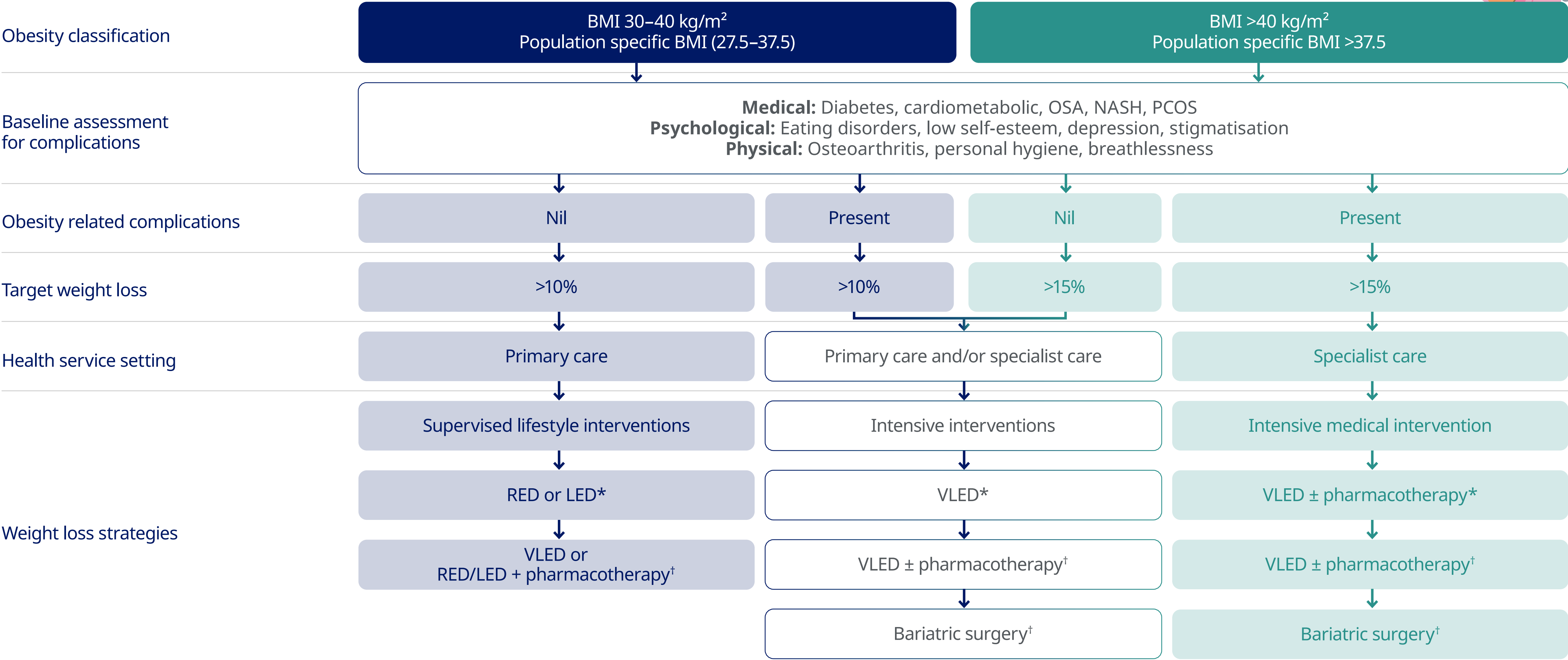


The Australian Obesity Management Algorithm: A simple tool to guide the management of obesity in primary care

Use this tool to assist you with treatment decisions for adults living with overweight and obesity.



Adapted from Markovic TP, et al. *Review Obes Res Clin Pract.* 2022;16:1353–63.
Population specific cut-offs apply to Asian populations and are recommended for Australian Indigenous populations.
*Followed by weight maintenance diet. [†]Followed by weight maintenance diet ± pharmacotherapy. ↓ If weight loss not achieved or maintained.
BMI: body mass index; LED: low energy diet; NASH: non-alcoholic steatohepatitis; OSA: obstructive sleep apnoea; PCOS: polycystic ovary syndrome; RED: reduced energy diet; VLED: very low energy diet.
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