

Domain 1 • Class 2 • Diagnosis Code 00398

Ineffective overweight self-management

Approved 2023 • Level of Evidence 2.1

MeSH: Overweight (M0473031), Self-Management (M0019611)

Concept focus: Behavior

Context / symptom focus: Weight management

Subject of care: Individual

Judgment: Ineffective

Anatomical site: —

Age lower limit: 10y

Age upper limit: —

Clinical course: —

Status of the diagnosis: Problem-focused

Situational constraint: —

Definition

Unsatisfactory handling of treatment regimen, consequences, and lifestyle changes associated with accumulation of excessive fat for age and gender.

Defining characteristics

Overweight signs

- Body mass index > 25 kg/m² in individuals > 18 years of age
- Body mass index > 85th percentile or 25 kg/m² but < 95th percentile
- or 30 kg/m² for age and gender in individuals 2-18 years of age
- Weight-for-length > 95th percentile in individuals < 2 years of age

Overweight complications

- Decreased serum high-density lipoprotein levels
- Difficulty maintaining usual physical activity
- Excessive sweating
- Frequent skin diseases
- Increased blood pressure
- Increased fasting plasma glucose
- Increased serum low-density lipoprotein levels
- Increased serum triglyceride levels
- Insulin resistance
- Musculoskeletal pain
- Obstructive sleep apnea
- Shortness of breath

Overweight behaviors

- Average daily physical activity is less than recommended for age and gender
- Binge eating
- Difficulty with realistic goal-setting
- Disinhibited eating
- Inadequate participation in weight management program
- Ineffective medication self-management
- Prioritizing others' meal preferences
- Stress eating

Related factors

- Competing demands
- Conflicting information sources
- Decreased awareness of available nutrition services
- Depressive symptoms
- Excessive stress
- Inadequate access to accurate weight management information
- Inadequate access to accurate weight management programs
- Inadequate access to adaptive equipment to enable physical activity
- Inadequate access to safe exercise facilities
- Inadequate activity program
- Inadequate autonomy
- Inadequate caregiver knowledge of appropriate nutritional requirements
- Inadequate caregiver knowledge of weight management strategies
- Inadequate commitment to recommended physical activity level
- Inadequate eating plan
- Inadequate intrinsic motivation
- Inadequate knowledge of appropriate nutritional requirements
- Inadequate knowledge of weight management strategies
- Inadequate meal planning
- Inadequate recommendations regarding managing obstacles to weight loss
- Inadequate self-confidence
- Inadequate self-efficacy
- Inadequate social support network
- Inadequate structured lifestyle support
- Inappropriate dietary intake
- Inappropriate weight-loss targets
- Inconsistent recording in a food diary
- Ineffective fatigue self-management
- Self-defeating thoughts
- Unaddressed absence of affordable healthy food options
- Unaddressed absence of local availability of healthy food options
- Unaddressed sleep deprivation
- Unhealthy family meals

At risk population

- Abused children
- Adolescents
- Children with body mass index crossing percentiles upward
- Economically disadvantaged individuals
- Individuals who experienced premature pubarche
- Individuals who experienced rapid weight gain during childhood
- Individuals who experienced rapid weight gain during infancy
- Individuals who inherited interrelated factors
- Individuals who were not exclusively chestfed
- Individuals who were overweight during infancy
- Individuals whose birth parents had gestational diabetes
- Individuals whose birth parents have diabetes
- Individuals with cultural preferences for less healthy food choices
- Individuals with family history of obesity
- Individuals with high body mass index percentiles for age and gender
- Individuals with high disinhibition and restraint eating behavior score
- Individuals with parents who are obese

Associated conditions

- Chronic diseases
- Depressive disorder
- Eating disorder
- Inborn genetic diseases
- Mobility limitations
- Pharmaceutical preparations
- Polycystic ovary syndrome

Domain 1 • Class 2 • Diagnosis Code 00487

Risk for ineffective overweight self-management

Approved 2023 • Level of Evidence 2.1

MeSH: Overweight (M0473031), Self-Management (M0019611)

Concept focus: Behavior

Context / symptom focus: Weight management

Subject of care: Individual

Judgment: Ineffective

Anatomical site: —

Age lower limit: 10y

Age upper limit: —

Clinical course: —

Status of the diagnosis: Potential to deteriorate

Situational constraint: —

Definition

Susceptible to unsatisfactory handling of treatment regimen, consequences, and lifestyle changes associated with accumulation of excessive fat for age and gender.

Risk factors

- Conflicting information sources
- Decreased awareness of available nutrition services
- Depressive symptoms
- Excessive stress
- Inadequate access to accurate weight management information
- Inadequate access to accurate weight management programs
- Inadequate access to adaptive equipment to enable physical activity
- Inadequate access to safe exercise facilities
- Inadequate activity program
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