In recent years, physicians have learned that some medications — including several that are commonly prescribed for psychiatric disorders — may contribute to weight gain. This handout offers resources to help you monitor and manage your weight. The goal? Get the most out of your medical treatment while maintaining and improving your overall health.

Where can you find help?

• Your psychiatrist, psychiatric-mental health nurse practitioner (PMHNP), or primary care provider.
  – Your psychiatrist or PMHNP can discuss which medications may be contributing to your weight problem. They may be able to suggest alternative medication and non-medication options that may help. This treatment provider can also discuss ways to help manage your weight.
  – Your primary care provider (also known as “your regular doctor”) has the big picture view of your health and lifestyle and can help you create a weight management plan that works for you.
  – Please discuss any weight loss medications with both your primary care provider and your psychiatrist or PMHNP.

• A registered dietitian (RD). An RD can teach you about nutrition, help you choose foods, and monitor — and help celebrate — your progress. Ask your doctor for a referral or find an RD in your area by accessing: intermountainhealthcare.org/services/nutrition-services

• A structured program. Now is a great time to check out a weight management course or program.
  – Intermountain’s Weigh to Health program. With individual and group sessions, Weigh to Health gives information, support, and tools to help you achieve and maintain a healthy weight — and a healthier life. Topics include exercise, meal planning, stress management, and positive body image. This program may be covered by your health insurance with no copay. To find a Weigh to Health program in your area, go to intermountainhealthcare.org/services/nutrition-services/services/weigh-to-health-nutrition-program. Ask your provider for The Weigh to Health booklet.
  – Other community programs. Many other programs are also available, such as Weight Watchers or exercise groups. Your doctor may have advice on other programs or groups in your area.

OTHER WEB RESOURCES

• The American Dietetic Association (ADA) Nutrition information eatright.org
• American Heart Association Physical activity heart.org/en/healthy-living/fitness
• Centers for Disease Control (CDC) Nutrition and physical activity cdc.gov/nccdphp/dnpa
• National Institutes of Health Weight-control information win.niddk.nih.gov
• National Institutes of Health Aim for a healthy weight nhlbi.nih.gov/health/educational/lose_wt
• New USDA guidelines Tips to help you plan meals choosemyplate.gov
• Weight Watchers Various Utah locations (call 1-800-729-8746) weightwatchers.com
• 23½ Hours A YouTube video about the most important thing you can do for your health goo.gl/zVZPM

BOOKS