Results

Summary: Among a mix of PCPs who reported referring patients to multidisciplinary weight management programs, a sizable minority—almost 40%—referring to such programs in their practices, and 34% do so individually within their communities. Fewer report referring to specialists or social workers.

Nearly all participating providers (98%) wished to remain engaged in treatment, with about half indicating a desire to refer to other providers for additional support. The majority of providers use communication received from WMS to inform follow-up visits and plan patient transitions back to primary care transitions, and clarify roles and expectations between providers.

Reports of unmet needs of comorbidities or weight management efforts were extremely common and most typically involved limited information shared by WMS regarding patient medical history, insufficient time, and inadequate reimbursement.

Conclusions: Pediatricians appear to desire a collaborative relationship with WMS by participating in co-managing their patients. Recommendations for future research include: identifying the perspectives of patients with pediatric obesity, examining how and why PCPs co-manage care, and better understanding the ongoing need for follow-up visits.

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References