

Eating Disorder Screening in Primary Care Weight Management

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With an increase in desire for medical weight management services, physician training must also progress. Individuals with obesity may have underlying eating disorders such as binge eating disorder or OSFED that can be difficult to diagnose. A quality improvement project was started to screen patients seeking medical weight management care for eating disorders. Patients without prior medical weight management care were identified by appointment concern or discussion with their physician. They were given a standardized eating disorder screening questionnaire called the SCOFF, a five question survey. If the screener was positive (patients answered yes to two or more questions) patients were referred to an eating disorders clinic for further evaluation and treatment. In the two months of this project, 15 patients were screened, 3 were positive and none were ultimately given a referral for eating disorder care. Future directions include improved clinician training in eating disorders and better study of specific markers of eating disorder in the obese population.