

**TABLE S1. State-Specific Summary of Medical-Legal Considerations Regarding Weight Management Practices**

State	State Board Name	State Medical Board Website	Legal Concerns
Alabama	Alabama Board of Medical Examiners	<a href="http://www.albme.org">www.albme.org</a>	Yes, specific standards for the utilization of controlled substances for weight reduction with regards to proper medical evaluation, documentation, and dispensing; contact Board to obtain pdf document approved for publication October 19, 2011
Alaska	Alaska State Medical Board	<a href="http://www.commerce.alaska.gov/web/">www.commerce.alaska.gov/web/</a>	Yes, specific standards for patient care overall including mandatory licensing for out-of-state physicians providing consultations or assessments, prescription without medical examination, etc. Contact board to obtain pdf
Arizona	Arizona Medical Board	<a href="http://www.azmd.gov">www.azmd.gov</a>	No specific rules/regulations. Board follows standard of care
Arizona D.O.	Arizona Board of Osteopathic Examiners in Medicine and Surgery	<a href="http://www.azdo.gov">www.azdo.gov</a>	No specific rules/regulations. Board follows standard of care
Arkansas	Arkansas State Medical Board	<a href="http://www.armedicalboard.org">www.armedicalboard.org</a>	Yes, strict rules in regards to anorexiant drug guidelines. Prescriber must be competent in obesity management and pathophysiology and comprehensive medical evaluation. Standards of care of documentation specifics in place. Written informed consent from parent/guardian required for <18 years of age. Limits on 30-day prescription during the first initial encounter. Adopted March 13, 1998; Amended August 6, 2015, Effective December 14, 2015. Contact Board to obtain pdf
California	Medical Board of California	<a href="http://www.mbc.ca.gov">www.mbc.ca.gov</a>	Contact Board; no specific information available
California D.O.*	Osteopathic Medical Board of California	<a href="http://www.ombc.ca.gov/">www.ombc.ca.gov/</a>	Contact Board; no specific information available
Colorado*	Colorado Medical Board	<a href="https://www.colorado.gov/pacific/dora/Medical_Board">https://www.colorado.gov/pacific/dora/Medical_Board</a>	Contact Board; no specific information available
Connecticut	Connecticut Medical Examining Board Department of Public Health	<a href="http://www.ct.gov/dph">www.ct.gov/dph</a>	No specific rules/regulations. Board follows standard of care

Delaware	Delaware Board of Medical Licensure and Discipline	<a href="http://www.dpr.delaware.gov">www.dpr.delaware.gov</a>	Guidelines in place for general practice, but no specific rules/regulations with regards to weight management
District of Columbia	District of Columbia Board of Medicine	<a href="http://doh.dc.gov/bomed">doh.dc.gov/bomed</a>	No specific rules/regulations. Board follows standard of care
Florida	Florida Board of Medicine	<a href="http://www.flboardofmedicine.gov/">www.flboardofmedicine.gov/</a>	Standards for the prescription for obesity drugs in place. Written informed consent from parent required for <18 years of age. Law implemented 12-4-97 and amended 2-17-98; contact Board to obtain pdf
Florida D. O.	Florida Board of Osteopathic Medicine	<a href="http://www.floridasosteopathicmedicine.gov">www.floridasosteopathicmedicine.gov</a>	Follows Florida Board of Medicine
Georgia	Georgia Composite Medical Board	<a href="http://www.medicalboard.georgia.gov/">www.medicalboard.georgia.gov/</a>	No specific rules/regulations. Board follows standard of care
Hawaii	Hawaii Medical Board	<a href="http://www.cca.hawaii.gov">www.cca.hawaii.gov</a>	No specific rules/regulations. Board follows standard of care
Idaho	Idaho Board of Medicine	<a href="http://bom.idaho.gov">bom.idaho.gov</a>	No specific rules/regulations. Board follows standard of care
Illinois*	Illinois Division of Professional Regulation	<a href="http://www.idfpr.com">www.idfpr.com</a>	Contact Board; no specific information available
Indiana	Medical Licensing Board of Indiana	<a href="http://www.in.gov/pla/medical.htm">www.in.gov/pla/medical.htm</a>	No specific rules/regulations. Board follows standard of care
Iowa	Iowa Board of Medicine	<a href="http://www.medicalboard.iowa.gov">www.medicalboard.iowa.gov</a>	No specific rules/regulations. Board follows standard of care
Kansas	Kansas State Board of Healing Arts	<a href="http://www.ksbha.org">www.ksbha.org</a>	Amphetamines cannot be prescribed for obesity. Limits on no more than 30 days supply of obesity drugs. Discontinue if <5% weight loss in 90 days. Nutrition counseling and physical examination must be documented. Law July 24 1985, last amended March 20, 1998
Kentucky	Kentucky Board of Medical Licensure	<a href="http://kbml.ky.gov">kbml.ky.gov</a>	Detailed restrictions on the use of amphetamines or amphetamine-like controlled substances; Failure to comply with statutory authority can result in unprofessional conduct by physician; effective 1-13-1997; amended 2-3-1990; contact Board for pdf

Louisiana	Louisiana State Board of Medical Examiners	<a href="http://www.lsbme.louisiana.gov">www.lsbme.louisiana.gov</a>	Proposed Rule Amendment Regarding Medications Used in the Treatment of Obesity published July 20, 2016. Medication may be utilized in the treatment of obesity to include components of non-controlled drugs, which have been approved for the treatment of exogenous obesity by the US FDA, even though such components have not been separately approved for such purpose by the FDA. Rules do not differentiate between children and adults. Contact Board to obtain pdf
Maine	Maine Board of Licensure in Medicine	<a href="http://www.maine.gov/md">www.maine.gov/md</a>	No specific rules/regulations. Board follows standard of care
Maine D. O.	Maine Board of Osteopathic Licensure	<a href="http://www.maine.gov/osteo/">www.maine.gov/osteo/</a>	No specific rules/regulations. Board follows standard of care
Maryland	Maryland Board of Physicians	<a href="http://www.mbp.state.md.us/">www.mbp.state.md.us/</a>	Not authorized to give legal advice; follows standard of care
Massachusetts	Massachusetts Board of Registration in Medicine	<a href="http://www.mass.gov/massmedboard">www.mass.gov/massmedboard</a>	No specific rules/regulations. Board follows standard of care
Michigan*	Michigan Board of Medicine	<a href="mailto:BPLHelp@michigan.gov">BPLHelp@michigan.gov</a>	Contact Board; no specific information available; Michigan Civil Service Commission offers weight management programs through State Group Health Plans.
Minnesota	Minnesota Board of Medical Practice	<a href="http://www.bmp.state.mn.us">www.bmp.state.mn.us</a>	Not authorized to give legal advice; follows standard of care
Mississippi	Mississippi State Board of Medical Licensure	<a href="http://www.msbl.ms.gov">www.msbl.ms.gov</a>	Rule 1.6 Bariatric Medicine/Medical Weight Loss Clinics-effective 10/31/2012. 100 Category 1 AMA or AOA CME hours required prior to initiation of practice with 30 Category 1 AMA or AOA CME hours required to renew certification. Medical Spa facility with >30% patients for weight management must provide comprehensive lifestyle therapy programs

Missouri	Missouri Board of Registration for the Healing Arts	<a href="http://www.pr.mo.gov/healingarts.asp">www.pr.mo.gov/healingarts.asp</a>	<p>The Missouri Board of Registration for the Healing promulgated a rule pertaining to the use of Human Chorionic Gonadotropin (HCG) for weight loss and/or the treatment of obesity, which the Board has declared to be of no medical or osteopathic value (20 CSR 2150-2.170). The rule further states that the Board will not pursue disciplinary action against a licensee for the use of HCG for weight loss and/or obesity treatment if the patient signs the board-approved Informed Consent for HCG form before beginning treatment. As the Board investigates matters on an individual, case-by-case basis, you may also want to reference § 334.100, RSMo, setting forth the causes to pursue discipline against a physician's license in Missouri. Among the provisions, the statute provides that physicians must adhere to the standard of care recognized by members of their profession, refrain from any harmful or unprofessional conduct, and follow all state and federal drug laws and regulations. The above-referenced statute and the Board's rules governing physicians and surgeons are available online</p> <p>at:<a href="https://www.sos.mo.gov/cmsimages/adrules/csr/current/20csr/20c2150-2.pdf">https://www.sos.mo.gov/cmsimages/adrules/csr/current/20csr/20c2150-2.pdf</a>  <a href="http://revisor.mo.gov/main/OneSection.aspx?section=334.100&amp;bid=17759&amp;hl=">http://revisor.mo.gov/main/OneSection.aspx?section=334.100&amp;bid=17759&amp;hl=</a></p>
Montana	Montana Board of Medical Examiners	<a href="http://boards.bsd.dli.mt.gov/med">http://boards.bsd.dli.mt.gov/med</a>	No specific rules/regulations. Board follows standard of care
Nebraska	Nebraska Board of Medicine and Surgery	<a href="http://dhhs.ne.gov/Pages/default.aspx">http://dhhs.ne.gov/Pages/default.aspx</a>	Informed consent, defined. Informed consent shall mean consent to a procedure based on information, which would ordinarily be provided to the patient under like circumstances by health care providers engaged in a similar practice in the locality or in similar localities. Failure to obtain informed consent shall include failure to obtain any express or implied consent for any operation, treatment, or procedure in a case in which a reasonably prudent health care provider in the community or similar communities would have obtained an express or implied consent for such operation, treatment, or procedure under similar circumstances.
Nevada	Nevada State Board of Medical Examiners	<a href="http://www.medboard.nv.gov">www.medboard.nv.gov</a>	The <i>Dietary Guidelines for Americans</i> that has been approved by the Board will be available for inspection at the office of the Board of Medical Examiners, 1105 Terminal Way, Suite 301, Reno, Nevada 89502, or may be obtained, free of charge, from the Office of Disease Prevention and Health Promotion of the United States Department of Health and Human Services at the Internet address <a href="http://www.health.gov/dietaryguidelines">http://www.health.gov/dietaryguidelines</a> .
Nevada D. O.	Nevada State Board of Osteopathic Medicine	<a href="http://www.bom.nv.gov">www.bom.nv.gov</a>	Follows Nevada State Board of Medical Examiners
New Hampshire	New Hampshire Board of Medicine	<a href="http://www.state.nh.us/medicine">www.state.nh.us/medicine</a>	No specific rules/regulations. Board follows standard of care

New Jersey	New Jersey State Board of Medical Examiners	<a href="http://www.state.nj.us/lps/ca/bme/index.html">www.state.nj.us/lps/ca/bme/index.html</a>	Specific regulations for standards of care for general practice, rules and conduct. No specific information pertaining to weight management. Contact Board to obtain pdf
New Mexico*	New Mexico Medical Board	<a href="http://www.nmmb.state.nm.us">www.nmmb.state.nm.us</a>	Contact Board; no specific information available
New Mexico D. O.	New Mexico Board of Osteopathic Medical Examiners	<a href="http://www.rld.state.nm.us/boards/Osteopathy.aspx">www.rld.state.nm.us/boards/Osteopathy.aspx</a>	Contact Board; no specific information available
New York	New York State Board for Medicine (Licensure)	<a href="http://www.op.nysed.gov/prof/med/">http://www.op.nysed.gov/prof/med/</a>	No specific rules/regulations. Board follows standard of care
North Carolina*	North Carolina Medical Board	<a href="http://www.ncmedboard.org">www.ncmedboard.org</a>	Weight control programs have to be evaluated by North Carolina Board of Dietetics/Nutrition
North Dakota	North Dakota Board of Medicine	<a href="http://www.ndbom.org">www.ndbom.org</a>	No specific rules/regulations. Board follows standard of care
Ohio	State Medical Board of Ohio	<a href="http://www.med.ohio.gov">www.med.ohio.gov</a>	FAQ's regarding short-term weight loss anorexiant. Ohio Administrative Code Rule 4731-11-04C2A that clarifies limiting labeling requirement to 12 weeks. Off-label schedule III and IV short-term anorexiant are prohibited. Physician assistants cannot evaluate the patients.
Oklahoma	Oklahoma Board of Medical Licensure and Supervision	<a href="http://www.okmedicalboard.org">www.okmedicalboard.org</a>	No specific rules/regulations. Board follows standard of care
Oklahoma D. O.	Oklahoma State Board of Osteopathic Examiners	<a href="http://www.ok.gov/osboe/">www.ok.gov/osboe/</a>	No specific rules/regulations. Board follows standard of care
Oregon	Oregon Medical Board	<a href="http://www.oregon.gov/OMB">www.oregon.gov/OMB</a>	Oregon Administrative Rules prohibit use of Schedule II controlled substances for the purposes of weight reduction or control. In addition, the use of Schedule III or IV controlled substances are restricted and must follow specific guidelines. A violation of the provision of this rule, as determined by the Board, shall constitute Unprofessional Conduct as the term is used whether or not actual injury to a patient is established. Contact Board to obtain pdf

Pennsylvania	Pennsylvania State Board of Medicine	<a href="http://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/Medicine/Pages/default.aspx#.VPXy7J3naUk">http://www.dos.pa.gov/ProfessionalLicensing/BoardsCommissions/Medicine/Pages/default.aspx#.VPXy7J3naUk</a>	The Board is not authorized to provide advisory opinions, render legal advice, or to pre-approve or dis-approve a particular conduct. No specific rules/regulations. Board follows standard of care
Pennsylvania D. O.	Pennsylvania State Board of Osteopathic Medicine	<a href="http://www.dos.state.pa.us">www.dos.state.pa.us</a>	No specific rules/regulations. Board follows standard of care
Rhode Island	Rhode Island Board of Medical Licensure and Discipline	<a href="http://www.health.ri.gov">http://www.health.ri.gov</a>	No specific rules/regulations. Board follows standard of care

			<p>The Board recognizes that obesity is a condition which affects millions of people in the U.S. and causes or exacerbates a variety of medical problems that contribute to a great deal of suffering. Further, there is a tremendous amount of research and product design devoted to this rapidly changing area of medical practice. Nonetheless, the Board believes that there are general and specific points that physicians should consider.</p> <p>First, in determining the standard of practice for the treatment of obesity, the Board will continue to focus on the same concerns it has in other areas of practice. The Board's primary concern is the provision of safe, quality medical care including but not limited to the following: appropriate performance of an appropriate physical and psychological evaluation, appropriate laboratory testing, discussion of treatment risks and benefits with the patient. Follow-up care, monitored prescribing practices, and maintenance of proper medical records. In devising an appropriate treatment plan, the physician is encouraged to consult the medical literature regularly. In this regard, the Board recommends review of "Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults", published by the NIH and available on the internet at <a href="http://www.nhlbi.nih.gov/index.htm">http://www.nhlbi.nih.gov/index.htm</a>.</p> <p>Second, the Board recognizes that pharmacotherapy is but one small area of the comprehensive treatment of the obese patient. However, the Board understands that controlled substances are subject to abuse by individuals who seek them for other than legitimate medical purposes. There is continued concern about the inappropriate prescribing of controlled substances in bariatric medicine, just as in other practice areas. Therefore, it is incumbent on the physician to be vigilant in the proper use of these medications. The use of some Schedule II substances (namely amphetamine, methamphetamine, their salts and isomers) for the treatment of obesity is prohibited. Contact Board for pdf</p>
South Carolina	South Carolina Board of Medical Examiners	<a href="http://www.llr.state.sc.us/pol/medical">www.llr.state.sc.us/pol/medical</a>	
South Dakota*	South Dakota Board of Medical and Osteopathic Examiners	<a href="http://www.sdbmoe.gov">www.sdbmoe.gov</a>	Contact Board; no specific information available
Tennessee*	Tennessee State Board of Medical Examiners	<a href="http://tn.gov/health/topic/ME-board">http://tn.gov/health/topic/ME-board</a>	Contact Board; no specific information available
Tennessee D. O.*	Tennessee Board of Osteopathic Examination	<a href="http://tn.gov/health/topic/osteoboard">http://tn.gov/health/topic/osteoboard</a>	Contact Board; no specific information available

Texas	Texas Medical Board	<a href="http://www.tmb.state.tx.us">www.tmb.state.tx.us</a>	No specific statutes or rules related to weight management in Texas; follows standard of care and rules related to obtaining informed consent from patients. Medical Board is not authorized to issue advisory opinions to specific situations.
Utah	Utah Physicians & Surgeons Licensing Board	<a href="http://www.dopl.utah.gov">www.dopl.utah.gov</a>	General rules for licensure and Unprofessional Conduct. Contact Board to obtain pdf
Utah D. O.	Utah Osteopathic Physicians & Surgeons Licensing Board	<a href="http://www.dopl.utah.gov">www.dopl.utah.gov</a>	Follows Utah Physicians & Surgeons Licensing Board
Vermont	Vermont Board of Medical Practice	<a href="http://www.healthvermont.gov">www.healthvermont.gov</a>	No specific rules/regulations. Board follows standard of care
Vermont D. O.	Vermont Board of Osteopathic Physicians and Surgeons	<a href="http://www.sec.state.vt.us/">www.sec.state.vt.us/</a>	No specific rules/regulations. Board follows standard of care
Virginia	Virginia Board of Medicine	<a href="http://www.dhp.virginia.gov">www.dhp.virginia.gov</a>	<p>Strict rules and regulations. 18VAC85-20-90. Pharmacotherapy for weight loss.</p> <p>A. A practitioner shall not prescribe amphetamine, Schedule II, for the purpose of weight reduction or control.</p> <p>B. A practitioner shall not prescribe controlled substances, Schedules III through VI, for the purpose of weight reduction or control in the treatment of obesity, unless specific conditions are met. Contact Board for pdf</p>
Washington	Washington State Medical Commission	<a href="http://www.doh.wa.gov">www.doh.wa.gov</a>	No specific rules/regulations. Board follows standard of care; may follow rules similar to prescribing opioids for non-cancer chronic pain
West Virginia	West Virginia Board of Medicine	<a href="http://www.wvbom.wv.gov">www.wvbom.wv.gov</a>	General rules for licensure and Unprofessional Conduct. Contact Board to obtain pdf
Wisconsin	State of Wisconsin Department of Safety and Professional Services	<a href="http://www.dsps.wi.gov">www.dsps.wi.gov</a>	Board is unable to routinely answer questions submitted by credential holder or public related to professional practice. Professional practice conduct and formal disciplinary orders in place.
Wyoming*	Wyoming Board of Medicine	<a href="http://www.wyomedboard.wyo.gov">www.wyomedboard.wyo.gov</a>	Contact Board; no specific information available
Guam	Guam Board of Medical Examiners	<a href="http://www.dphss.guam.gov">www.dphss.guam.gov</a>	Contact Board; no specific information available
Mariana Islands	Commonwealth of the Northern Mariana Islands	<a href="http://cnmibpl-hcplb.net">http://cnmibpl-hcplb.net</a>	Contact Board; no specific information available
Puerto Rico	Puerto Rico Board of Medical Licensure and Discipline	<a href="http://www2.pr.gov/Pages/default.aspx">http://www2.pr.gov/Pages/default.aspx</a>	Contact Board; no specific information available



Virgin Islands	Virgin Islands Board of Medical Examiners	<a href="http://www.fsmb.org/licensure/fcvs/state-requirements/ssr_virgin_islands">http://www.fsmb.org/licensure/fcvs/state-requirements/ssr_virgin_islands</a>	Contact Board; no specific information available
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\*No correspondence or response was received from the respective State Medical Board.