

***Optimizing Obesity Management
in 2019—Proactive Health Care vs
Reactive Illness Management***

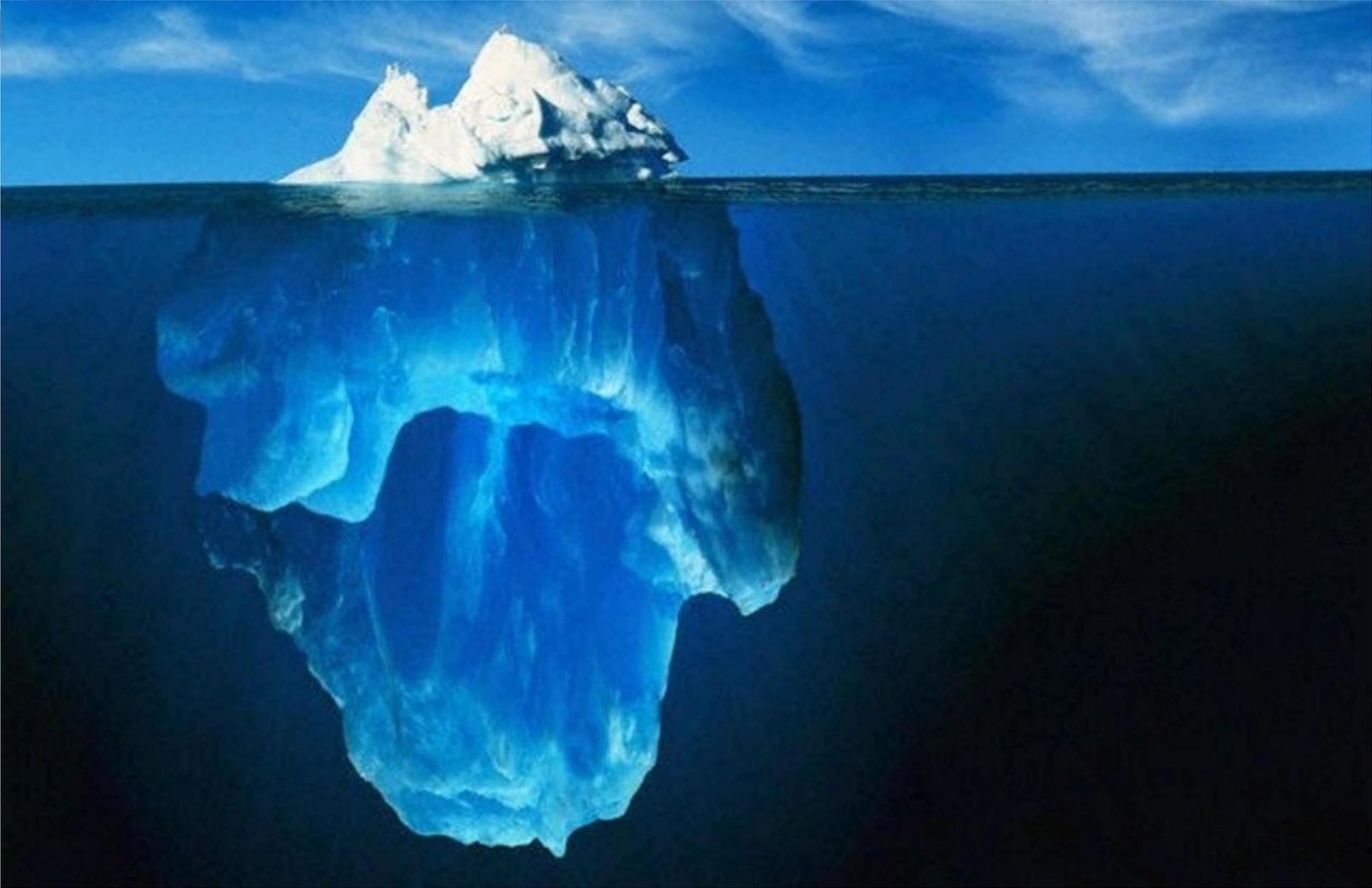
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Presenter disclosure

- **Presenter:** Diana L Lawlor MN RN NP
- **Relationships with commercial interests:**
 - **Grants/Research Support:**
 - **Speakers Bureau/Honoraria:** NovoNordisk; Bausch Health
 - **Consulting Fees:**
 - **Other:**
- **Presenter:** Angela Estey Physio Assist
- **Relationships with commercial interests:**
 - **Grants/Research Support:**
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 - **Consulting Fees:**
 - **Other:**



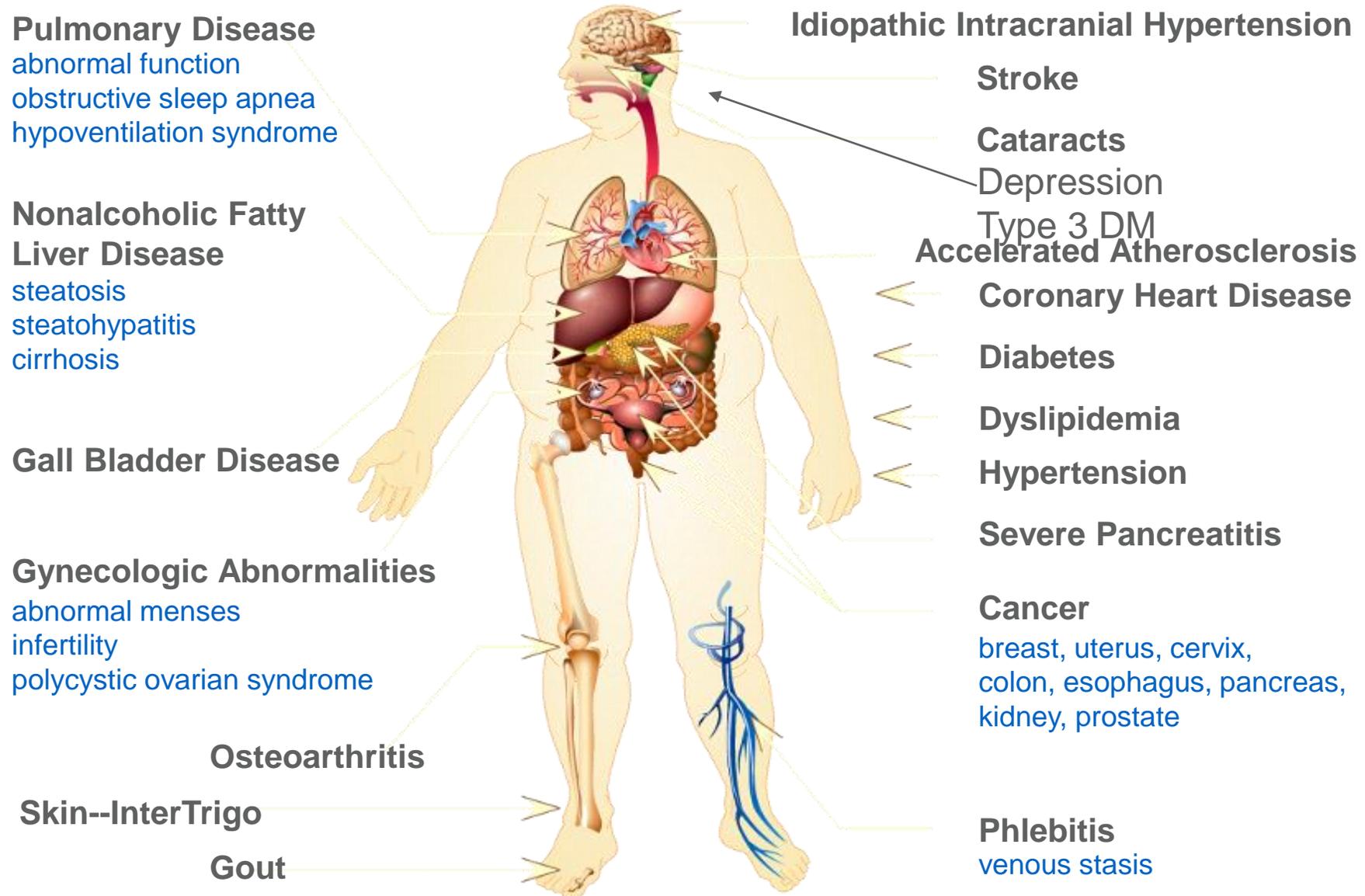




We Work Harder and Harder to Manage Disease



Medical Complications of Obesity



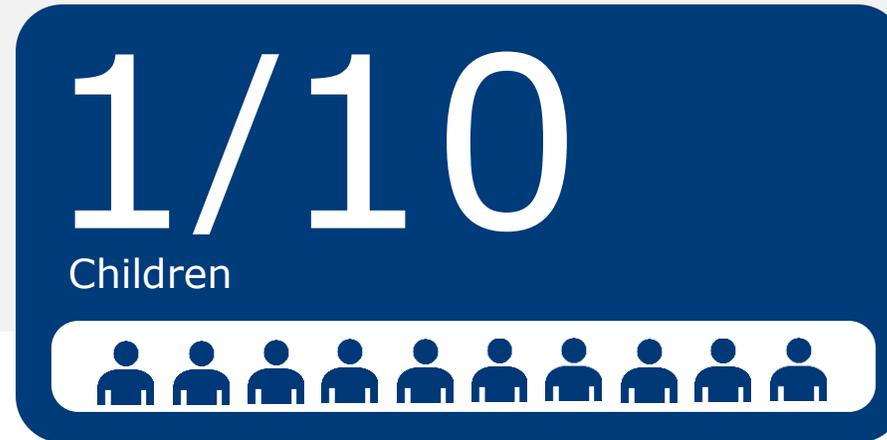
Obesity is a growing problem in Canada.

6 million

Canadians are living with this chronic disease.

Sources: 1. Canadian Obesity Network. 2018. Understanding Obesity Available at: <http://www.obesitynetwork.ca/understanding-obesity>;

Canadians living with obesity.



Sources: 1. Canadian Obesity Network. 2018. What is obesity?. Available at: <http://www.obesitynetwork.ca>

Obesity is recognized as a chronic disease and global health issue



“...obesity is a primary disease, and the full force of our medical knowledge should be brought to bear on the prevention and treatment of obesity as a primary disease entity...”¹



World Health Organization

“Obesity is a chronic disease, prevalent in both developed and developing countries, and affecting children as well as adults”³



“Recognizing obesity as a disease will help change the way the medical community tackles this complex issue that affects approximately one in three Americans”²



“FDA agrees with these comments that obesity is a disease...Being overweight, i.e., being more than one's ideal weight but less than obese, however, is not a disease.”³



“Obesity is a chronic and often progressive condition not unlike diabetes or hypertension.”⁴

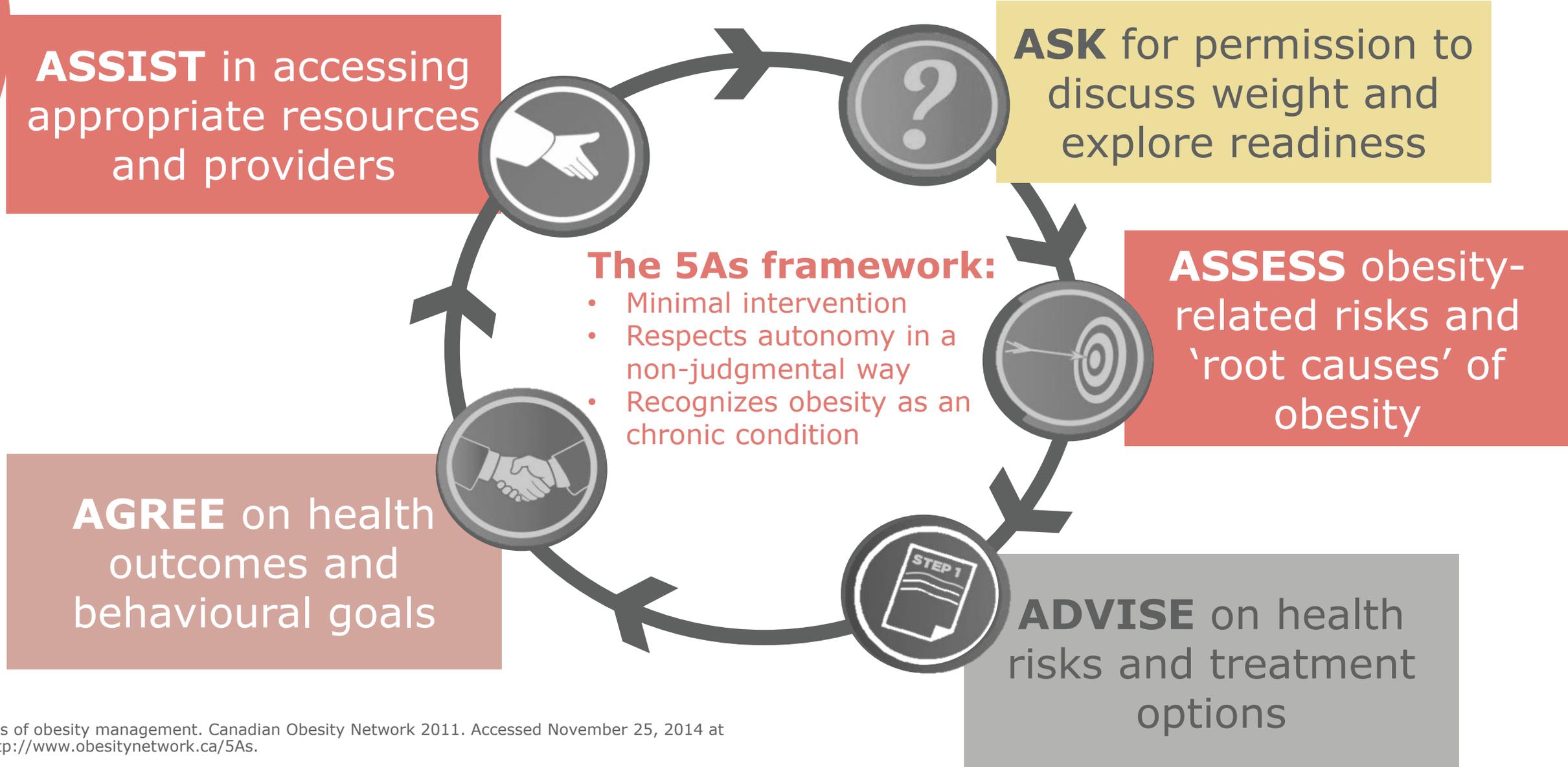
Diana's Top ProActive

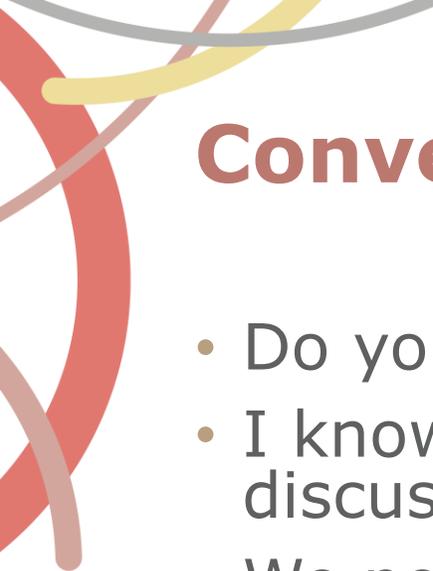
--5 As to Obesity Management –We need to talk to people about weight

--Not manage more and more comorbidities related to weight only

--Obesity Management needs to be recognized as a disease and as important as any co-morbidity it brings with it.

Starting the conversation: The 5As framework





Conversations—Practical Suggestions

- Do you feel you have a challenge with your weight?
- I know you have come in to discuss X but would it be OK if we discussed weight?
- We now know that obesity is a chronic disease and can begin at multiple points in peoples lives...would you say you have been battling obesity since childhood under age 10, adolescence onset between ages 11 and 19 or adulthood >age 19?
- What past programs and strategies have you trialed?
- Have you had success?
- Can I tell you about obesity as a disease?
- Are you open to me suggesting a potential strategy/plan that we can tweak together?

Diana's Top ProActive

--Partnerships—Primary Care and Chronic disease **clinics** like orthopedics, diabetes, HTN, Neurology, etc all need to determine a way to include obesity management as a key part of their clinics and have obesity teams mentor/support them in assisting patients with evidence based best practice opportunities

(Primary Care Pilot Program)

(Orthopedic Mentoring Program)

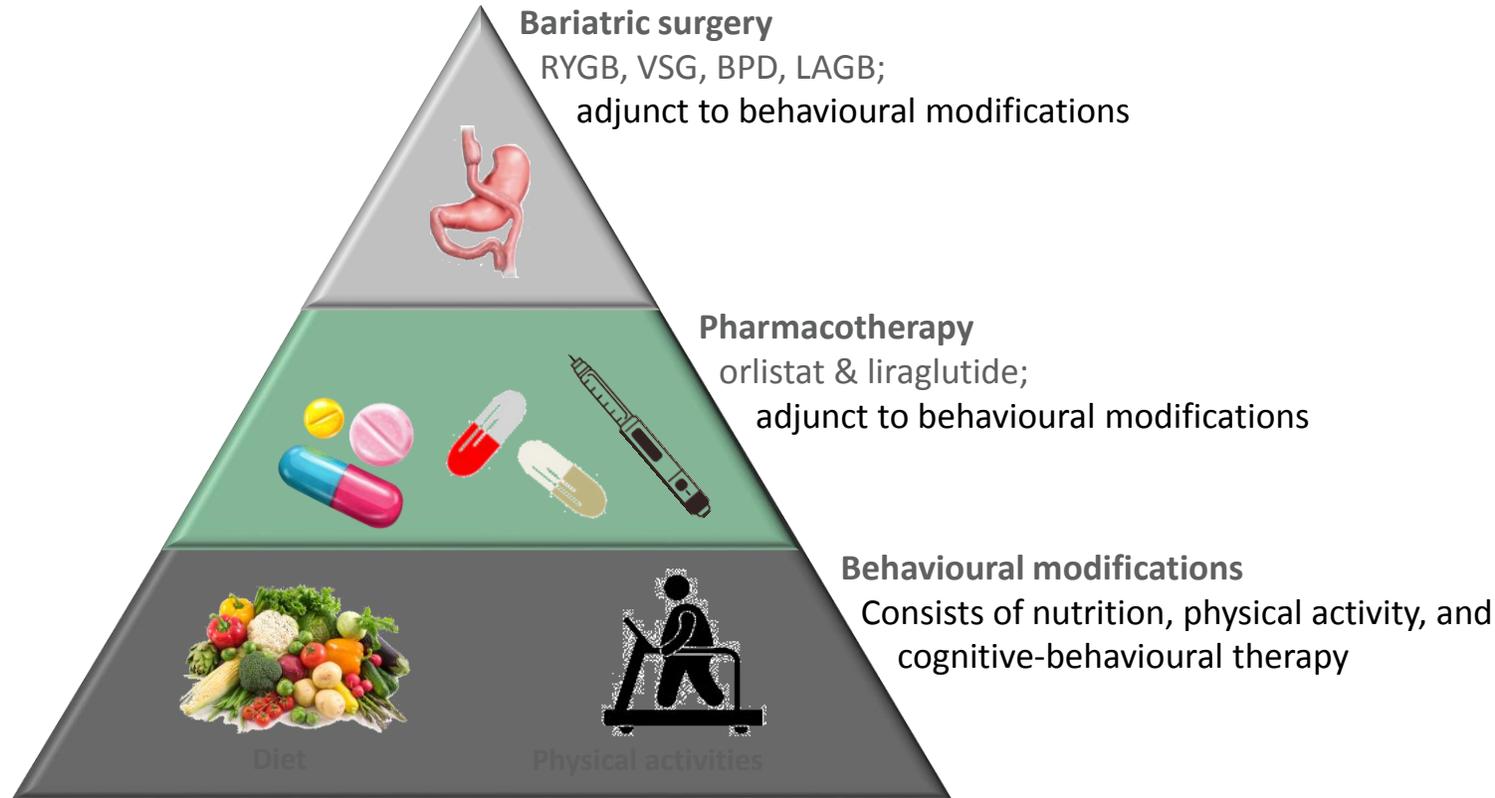
Diana's Top ProActive

--Obesity medications need to be seen as –as or more important than medications to manage obesity co-morbidities

Diana's Top ProActive

--Getting back to basics—food as part of education from birth and throughout the lifespan. A mandatory course at school throughout and education support for teachers
? Maybe it is supported and linked to Tertiary Care....

Three principal treatment modalities for obesity



The choice of treatment depends on the evaluation of a patient's level of obesity and their risk of obesity-associated disease

BPD = biliopancreatic diversion; LAGB = laparoscopic adjustable gastric banding; RYGB = Roux-en-Y gastric bypass; VSG = vertical sleeve gastrectomy.
Lau et al. CMAJ 2007;176(8 suppl):Online-1-117.

Diana's Top ProActive

--Moving built in as an expectation at all schools and workplaces (Military)

Diana's Top ProActive

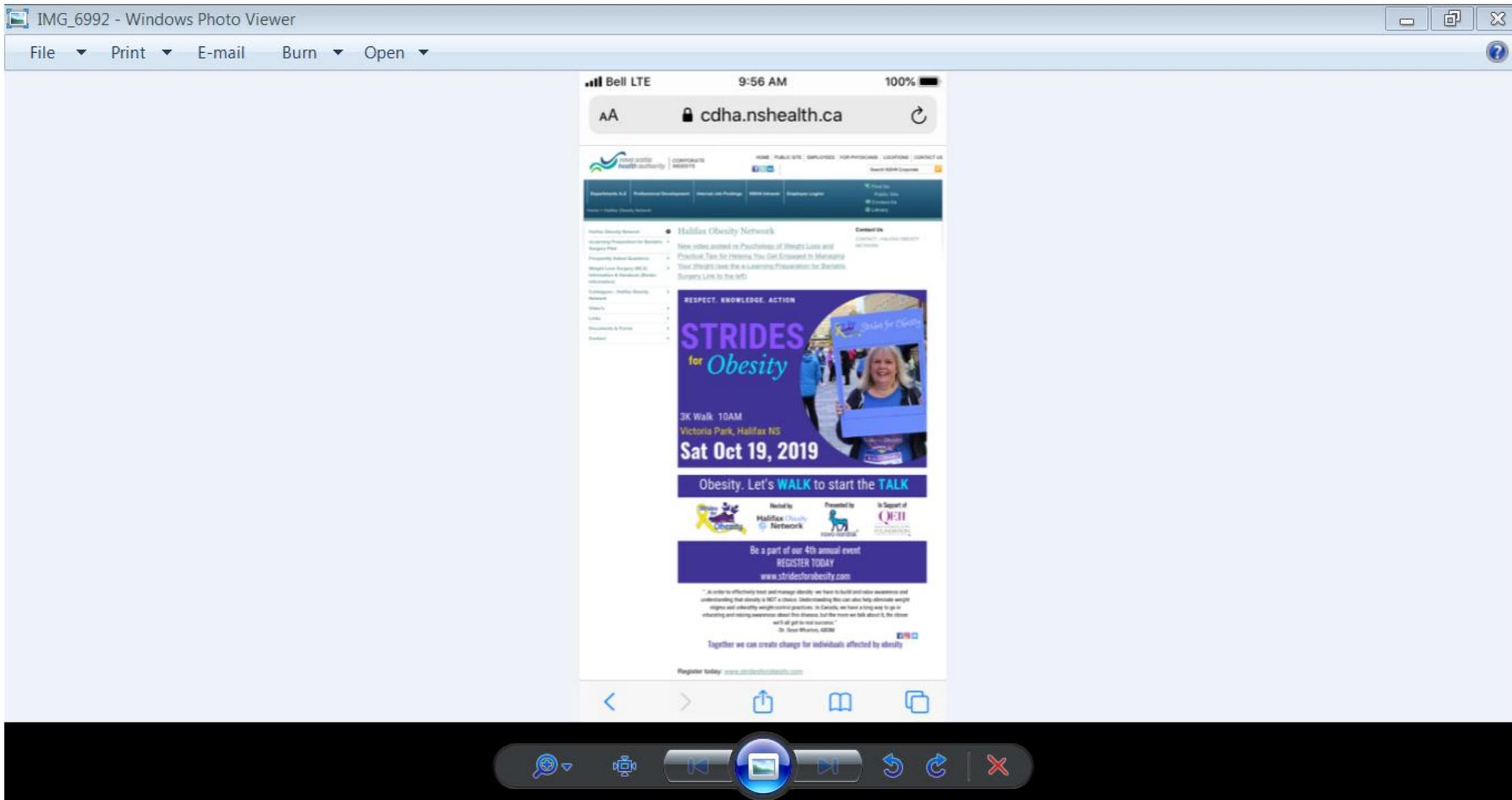
--Capture positive data and promote it

Diana's Top ProActive

--Media is powerful—use it for communication

--Talk and Demonstrate a need for change among leadership and colleagues (Strides for Obesity)

Website—Halifax Obesity Network



Summary

- Continue to focus on disease management but focus far more on prevention –primary and secondary
- Talk about Obesity
- Get creative—partnerships with other groups, schools, media...
- ProActive Focus is Key to the Future