

AAACE/ACE CONSENSUS CONFERENCE ON OBESITY: BUILDING AN EVIDENCE BASE FOR COMPREHENSIVE ACTION

MARCH 23–24, 2014

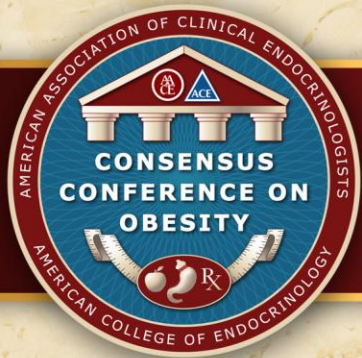
JW MARRIOTT | WASHINGTON, DC



Biomedical Pillar

What options are available for Obesity Management?

- Primary (initial prevention), secondary (treat symptomatic disease), tertiary (prevent complications) are all important.
 - Primary: Healthy lifestyle, reduction in environmental obesogenic influences, health education, social messaging
 - Secondary: Lifestyle and behavioral therapy; multidisciplinary approach, medications to induce and sustain weight loss over time.
 - Tertiary: Using weight loss therapy to treat and prevent obesity-related complications (examples: medications, surgery).



Biomedical Pillar

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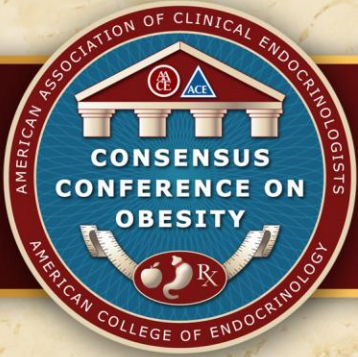
- Intensive multicomponent interventions that include lifestyle, pharmacotherapy, surgical intervention.
- Address treatment gaps, access to care
- Specific characteristics of behavioral programs:
 - individual/group programs
 - set weight loss goals
 - address barriers to change
 - engage in active self-monitoring
 - weight maintenance strategies



Biomedical Pillar

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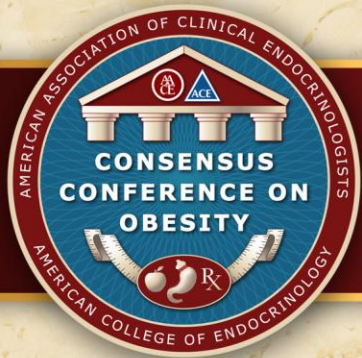
- Dietary counseling: appropriate choices, portions, use of meal replacements.
- Physical activity: strength, balance, endurance
- Cognitive therapy (trigger points/coping); motivational interviewing
- Individualized therapy is essential.
- Address sleep disorders



Government & Regulatory Pillar

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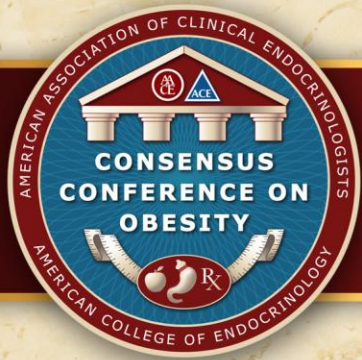
- Consensus
 - Lifestyle intervention
 - Environmental changes
 - There is a role for medicines and surgery
 - Technology
- Conflicts
 - None
- Knowledge gaps
 - Research methodology (target populations, translation)
 - Public awareness and health literacy



Health Industry & Economics

What options are available?

- What's been said – don't repeat
- *“Lifestyle” is not adequate: Pay for quality lifestyle rx – real diet modification specialists (IBT), effective physical activity interventions*
- Primary and secondary prevention
- *Create cultures: school, companies, etc.*
- Diet composition – no best
- *Commercial vs medical model weight loss – is one better?*
- Surgery



Organizations, Education & Research Pillar

What options are available?

- Prevention
 - Lifestyle modification, such as increased physical activity and healthy eating, including prescribed medical weight management*
 - *Nutritional Supplements and Over the Counter Medications are available but results are not evidence based
 - Pharmacotherapy
 - Bariatric Surgery
 - Medical Devices
- Gaps of knowledge discussed on next question