AACE/ACE Consensus Conference on Obesity: Building an Evidence Base for Comprehensive Action

March 23–24, 2014

JW Marriott | Washington, DC
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).
What options are available for obesity management?

• 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
What options are available for obesity management?

• 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
What options are available for obesity management?

- 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
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
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