

## Healthy Weight Workgroup

Obesity is “chronic, relapsing, multi-factorial, neurobehavioral disease, wherein an increase in body fat promotes adipose tissue dysfunction and abnormal fat mass physical forces, resulting in adverse metabolic, biomechanical, and psychosocial health consequences.” [Obesity Medicine Association](#)

### Prevention

Primary: Intervention to prevent the onset and occurrence of obesity in our community

Individual process and outcome measures

Population process and outcome measures

Secondary: Screening for elevated BMI, BP, impaired glucose metabolism, overweight conditions

Individual process and outcome measures

Population process and outcome measures

Tertiary: Managing and reversing disease process

Individual process and outcome measures

Population process and outcome measures

Broad Outcome Measures (need to dial in to context-specific measurables)

- Development healthy habits and lifestyle patterns into and throughout adulthood
- Prevention of future adverse health consequences
- Improved health and quality of life
- Improved body image and self-esteem
- Improved body composition

Broad Intervention/Process Measure Categories (need to dial in to context-specific measurables)

- Nutrition (primary driver)
- Mental health/behavior (key to maintaining weight loss, improving perception of health and body image)
- Physical activity (key to prevention and overcoming metabolic changes resulting from weight loss)
- Medications (many medications, homeopathics, and nutraceuticals are obesogenic; many emerging medications are effective in mitigating impaired glucose metabolism while promoting weight loss)
- Surgical interventions (perhaps beyond the scope of this group)
- AND...I propose we explore what I believe to be the next powerful intervention:
  - Group/centering approach to weight loss and wellness promotion
  - Emerging data suggests when all the above interventions take place within a committed cohort, outcomes exceed individual efforts.