



## **Congressional Workshop Series: THE HEALTH AND ECONOMIC VALUE OF INCREMENTAL WEIGHT LOSS**

*Wednesday, December 12<sup>th</sup>; 340 Cannon; 2:00 pm – 3:30 pm*  
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### **BACKGROUND**

Obesity is one of the most costly diseases affecting America's adults and children. In fact, it is the single greatest contributing factor to every other major chronic disease afflicting Americans today. In recent years, the obesity epidemic has garnered Congress' attention and progress has been made via the passage and enactment of laws and policies designed to promoting health and wellness. These policies have also placed a specific emphasis on reigning in skyrocketing rates of obesity among all populations.

That said, there are significant gaps in understanding about what constitutes effective and meaningful results in combating obesity in America. This briefing will review the benefits – from an economic and health outcomes perspective – of weight loss as well as explore evidence-based programs, therapies and interventions that help Americans achieve better health outcomes.

Healthcare reform provided a first step in identifying appropriate strategies to prevent and treat obesity. While there exist many widely accepted methods and approaches to treat and prevent overweight and obesity, including nutrition counseling, increased physical activity and prescription and surgical interventions, barriers exist in providing access to these approaches at the community and clinical levels. This workshop will explore what hurdles exist in facilitating access to a broad spectrum of obesity prevention and treatment modalities as well as discuss evidence-based approaches to achieving positive health and economic outcomes.

### **THE WORKSHOP**

The workshop will help Members of Congress and their staff, as well as key members of the public health community, academia and industry identify policy solutions for addressing obesity by answering these questions:

#### **What are the Health and Economic Outcomes of Weight Loss?**

- What do clinicians consider to be meaningful, significant weight loss?
- How do we measure success of obesity therapies and treatments?
- What are the health outcomes of incremental weight loss?
- What is the economic benefit of incremental weight loss?
- What other benefits are derived from modest-to-significant weight loss?

#### **What Does Science Tell Us About Evidence-Based, Effective Interventions to Achieve Significant/Meaningful Weight Loss?**

- What strategies exist to help an individual achieve and maintain significant weight loss?
- What tools exist for clinicians and community leaders to help their patients, students, parents, children achieve positive health outcomes via weight loss?

- What hurdles exist in providing these therapies and interventions to American adults and children?
- What is the appropriate role of community-based obesity interventions in combating obesity?

**CONCLUSION: What Is the Role of Federal Policy in Facilitating these Therapies/Interventions?**

### **Workshop Details**

#### **“The Health and Economic Value of Incremental Weight Loss”**

Wednesday, December 12<sup>th</sup>

2:00 – 3:30 p.m.

340 Cannon

Space is limited. Response requested by Monday, December 10<sup>th</sup>.

#### **SPEAKERS INCLUDE:**

##### **Panel One: Health and Economic Value of Incremental Weight Loss:**

- **Jeffrey Levi, Trust for America’s Health**
- **William Dietz, PhD, Formerly from Centers for Disease Control and Prevention**

##### **Panel Two: Evidence-Based Strategies to Achieve Incremental Weight Loss**

- **Ed Foster-Simeon, U.S. Soccer Foundation**
- **Lee Kaplan, MD, PhD, Massachusetts General Hospital/Harvard University**
- **Margaret Furtado, MS, RD, LDN, Academy of Nutrition and Dietetics**