

What's the Skinny on Obesity?

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&

WEIGHT LOSS SERVICES



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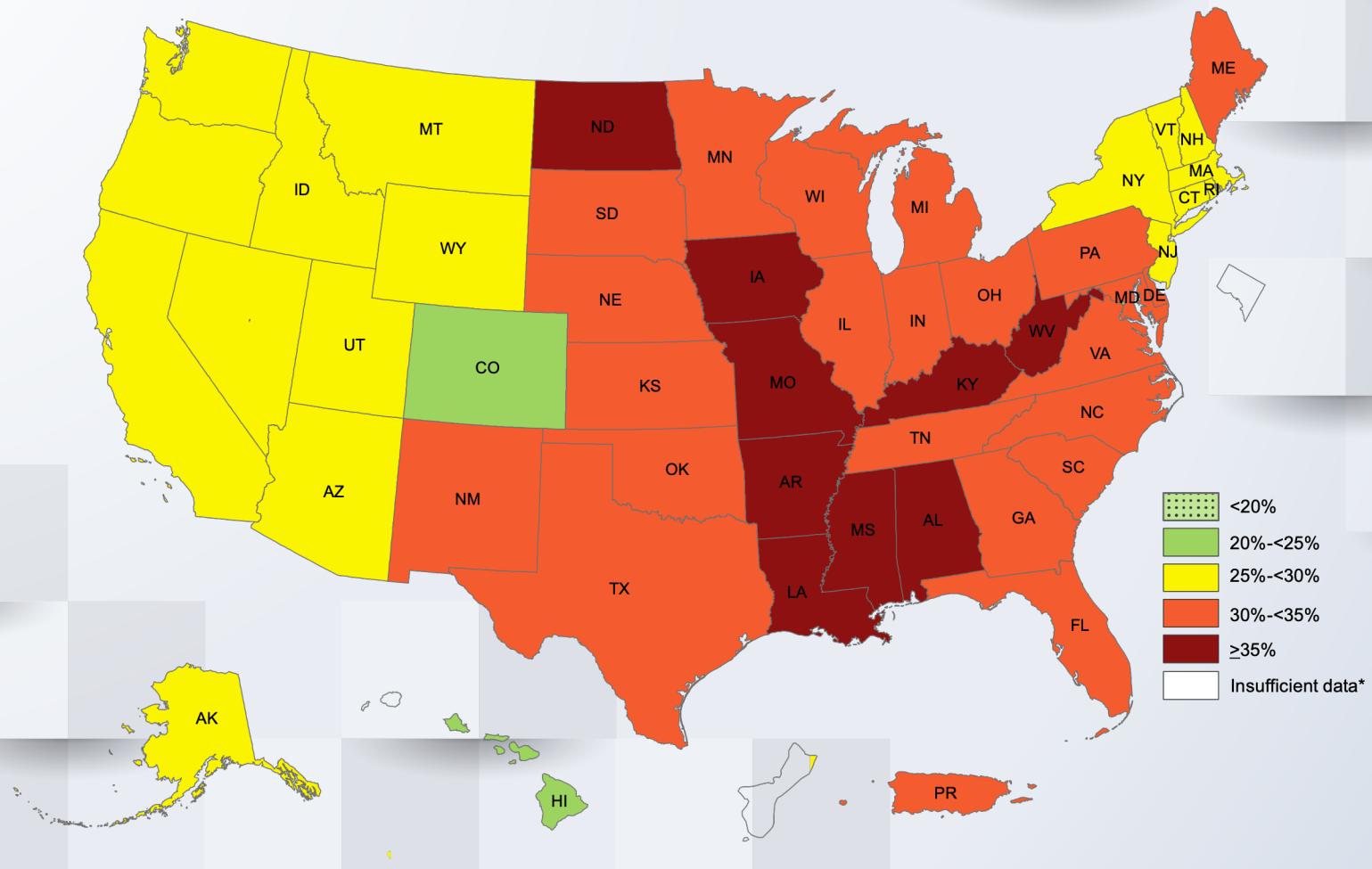
Weight Loss Services

DID YOU KNOW?

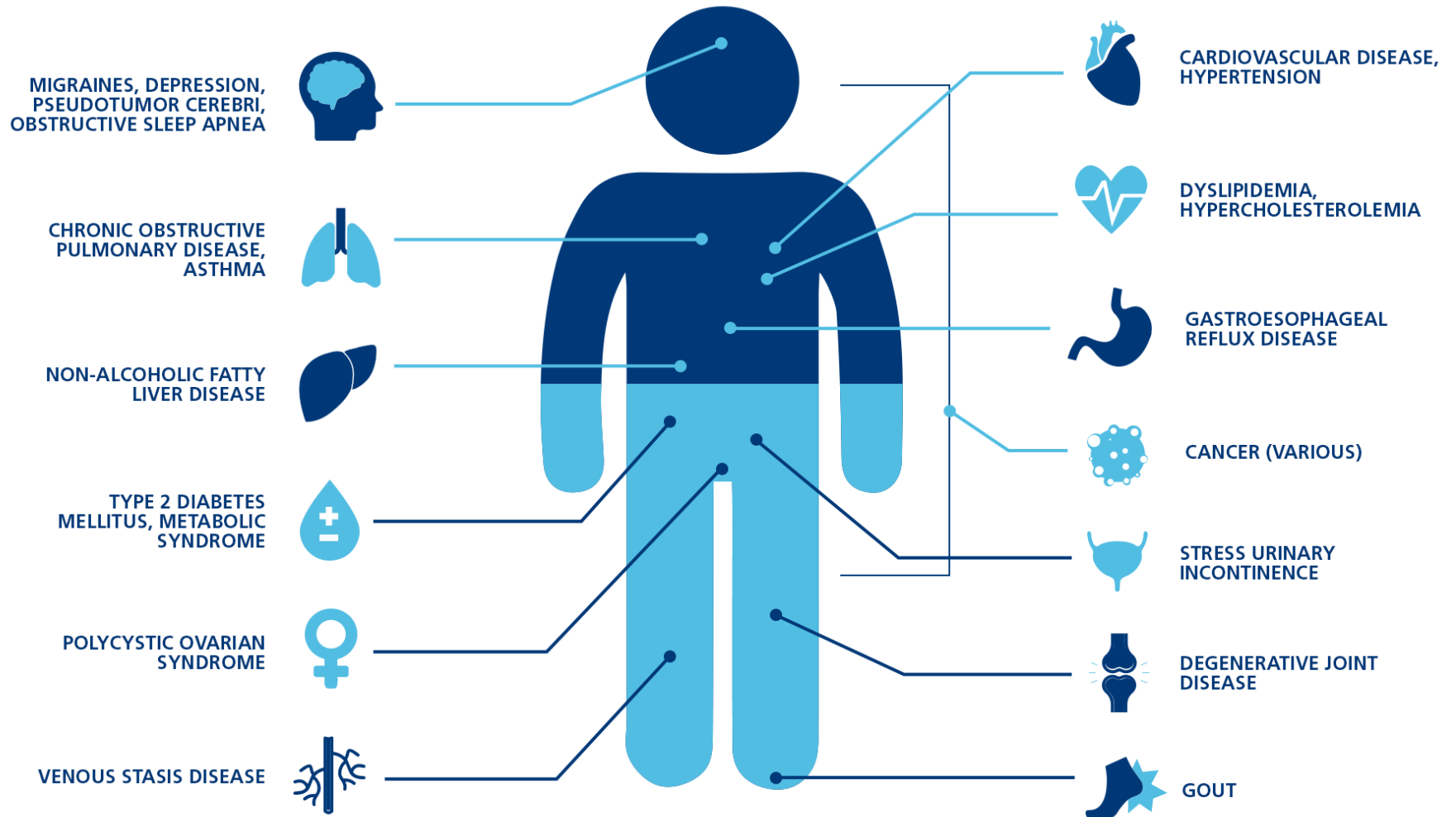
- ❑ OBESITY IS A DISEASE.
- ❑ OBESITY AFFECTS 100 MILLION ADULTS IN THE U.S.
- ❑ 40% OF ALL CANCERS HAVE BEEN ASSOCIATED WITH BEING OVERWEIGHT OR OBESE.
- ❑ THERE ARE 57 OTHER HEALTH CONDITIONS ASSOCIATED WITH OBESITY.



Overall Prevalence of Obesity in the U.S. 2018



OBESITY ASSOCIATED HEALTH PROBLEMS



Obesity is a SERIOUS, CHRONIC, AND PROGRESSIVE DISEASE requiring long-term medical management

		Years of life lost per age group		
		20–39 years	40–59 years	60–79 years
BMI: 30 to <35 kg/m²	Men	5.9 years	1.7 years	0.8 years
	Women	5.6 years	3.0 years	1.6 years
BMI: ≥35 kg/m²	Men	8.4 years	3.7 years	0.9 years
	Women	6.1 years	5.3 years	0.9 years

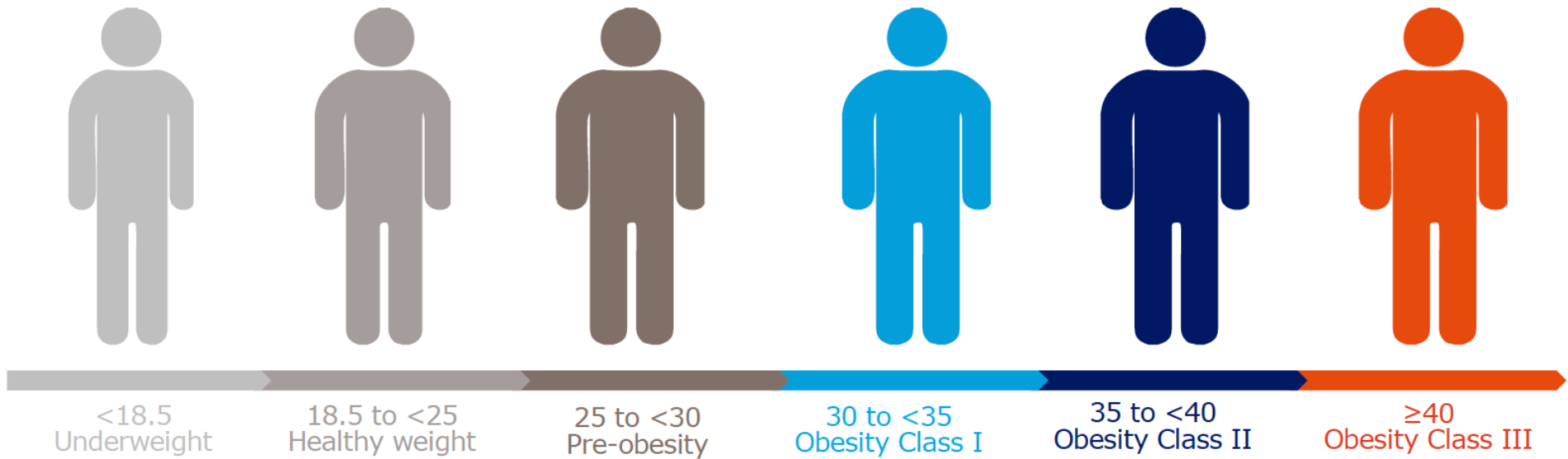
In 2015, high BMI contributed to 4 million deaths (7% of deaths from any cause).



**OBESITY SHOULD BE
TREATED IN THE SAME
SERIOUS MANNER AS
HIGH CHOLESTEROL AND
BLOOD PRESSURE.**

SO WHY ISN'T IT??!?

HOW DO I KNOW IF I'M OVERWEIGHT OR OBESE?



$$\text{BMI (kg/m}^2\text{)} = \frac{\text{body weight (kg)}}{\text{height squared (m}^2\text{)}}$$

HEIGHT

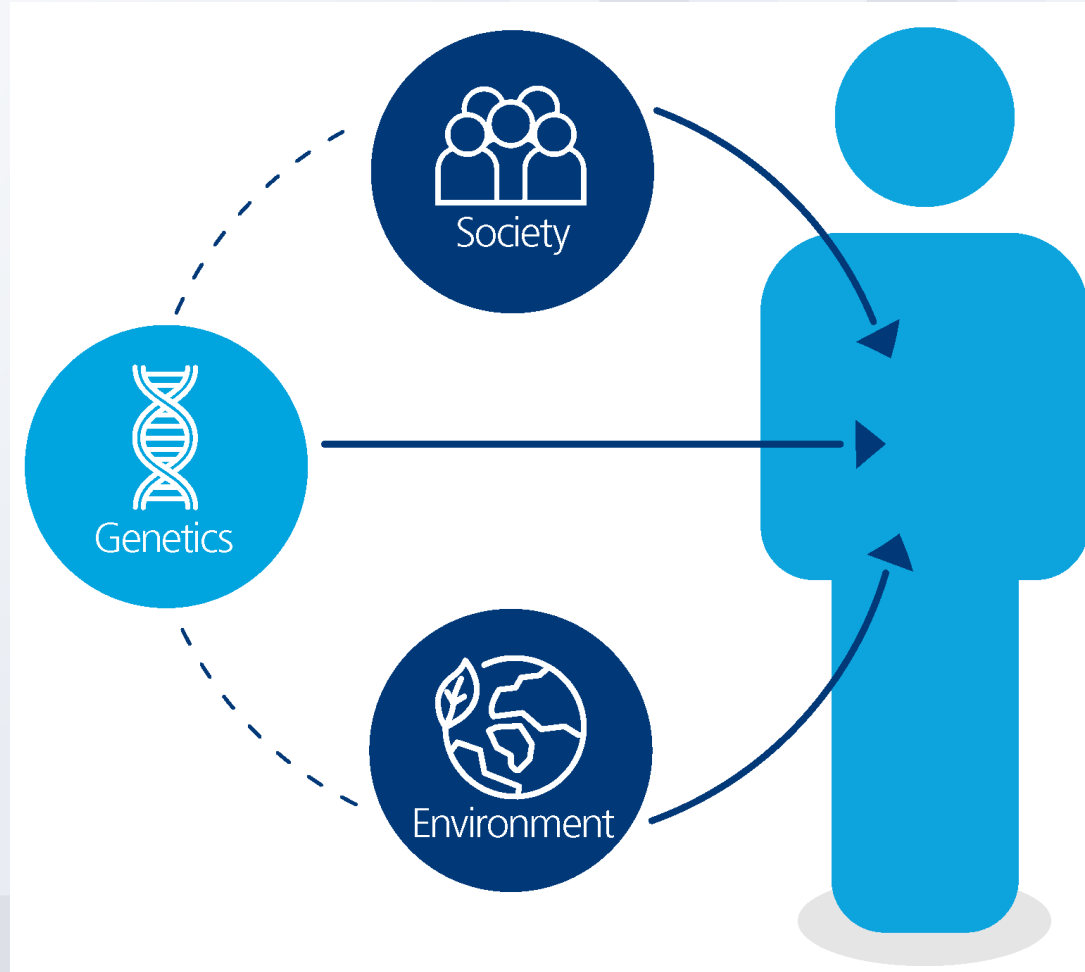
BMI →	UNDERWEIGHT				NORMAL					PRE-OBESE						OBESITY CLASS I					OBESITY CLASS II					OBESITY CLASS III									
	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
4' 9"	69	74	79	83	88	92	97	102	106	111	116	120	125	129	134	139	143	148	152	157	162	166	171	176	180	185	189	194	199	203	208	213	217	222	226
4' 10"	72	77	81	86	91	96	100	105	110	115	120	124	129	134	139	144	148	153	158	163	167	172	177	182	187	191	196	201	206	211	215	220	225	230	234
4' 11"	74	79	84	89	94	99	104	109	114	119	124	129	134	139	144	149	153	158	163	168	173	178	183	188	193	198	203	208	213	218	223	228	233	238	243
5' 0"	77	82	87	92	97	102	108	113	118	123	128	133	138	143	148	154	159	164	169	174	179	184	189	195	200	205	210	215	220	225	230	236	241	246	251
5' 1"	79	85	90	95	101	106	111	116	122	127	132	138	143	148	153	159	164	169	175	180	185	191	196	201	206	212	217	222	228	233	238	243	249	254	259
5' 2"	82	87	93	98	104	109	115	120	126	131	137	142	148	153	159	164	169	175	180	186	191	197	202	208	213	219	224	230	235	241	246	252	257	262	268
5' 3"	85	90	96	102	107	113	119	124	130	135	141	147	152	158	164	169	175	181	186	192	198	203	209	215	220	226	231	237	243	248	254	260	265	271	277
5' 4"	87	93	99	105	111	117	122	128	134	140	146	151	157	163	169	175	181	186	192	198	204	210	216	221	227	233	239	245	251	256	262	268	274	280	285
5' 5"	90	96	102	108	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240	246	252	258	264	270	276	282	288	294
5' 6"	93	99	105	112	118	124	130	136	143	149	155	161	167	173	180	186	192	198	204	211	217	223	229	235	242	248	254	260	266	273	279	285	291	297	304
5' 7"	96	102	109	115	121	128	134	140	147	153	160	166	172	179	185	192	198	204	211	217	223	230	236	243	249	255	262	268	275	281	287	294	300	306	313
5' 8"	99	105	112	118	125	132	138	145	151	158	164	171	178	184	191	197	204	210	217	224	230	237	243	250	256	263	270	276	283	289	296	303	309	316	322
5' 9"	102	108	115	122	129	135	142	149	156	163	169	176	183	190	196	203	210	217	223	230	237	244	251	257	264	271	278	284	291	298	305	311	318	325	332
5' 10"	105	112	118	125	132	139	146	153	160	167	174	181	188	195	202	209	216	223	230	237	244	251	258	265	272	279	286	293	300	307	314	321	328	335	342
5' 11"	108	115	122	129	136	143	151	158	165	172	179	186	194	201	208	215	222	229	237	244	251	258	265	272	280	287	294	301	308	315	323	330	337	344	351
6' 0"	111	118	125	133	140	147	155	162	170	177	184	192	199	206	214	221	229	236	243	251	258	265	273	280	288	295	302	310	317	324	332	339	347	354	361
6' 1"	114	121	129	136	144	152	159	167	174	182	189	197	205	212	220	227	235	243	250	258	265	273	280	288	296	303	311	318	326	334	341	349	356	364	371
6' 2"	117	125	132	140	148	156	164	171	179	187	195	203	210	218	226	234	241	249	257	265	273	280	288	296	304	312	319	327	335	343	350	358	366	374	382
6' 3"	120	128	136	144	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	280	288	296	304	312	320	328	336	344	352	360	368	376	384	392
6' 4"	123	131	140	148	156	164	173	181	189	197	205	214	222	230	238	246	255	263	271	279	288	296	304	312	320	329	337	345	353	361	370	378	386	394	403
6' 5"	126	135	143	152	160	169	177	186	194	202	211	219	228	236	245	253	261	270	278	287	295	304	312	320	329	337	346	354	363	371	379	388	396	405	413
6' 6"	130	138	147	156	164	173	182	190	199	208	216	225	234	242	251	260	268	277	286	294	303	312	320	329	337	346	355	363	372	381	389	398	407	415	424
6' 7"	133	142	151	160	169	178	186	195	204	213	222	231	240	249	257	266	275	284	293	302	311	320	328	337	346	355	364	373	382	391	399	408	417	426	435
6' 8"	137	146	155	164	173	182	191	200	209	218	228	237	246	255	264	273	282	291	300	309	319	328	337	346	355	364	373	382	391	401	410	419	428	437	446
6' 9"	140	149	159	168	177	187	196	205	215	224	233	243	252	261	271	280	289	299	308	317	327	336	345	355	364	373	383	392	401	411	420	429	439	448	457
7' 0"	151	161	171	181	191	201	211	221	231	241	251	261	271	281	291	301	311	321	331	341	351	361	371	381	391	401	411	422	432	442	452	462	472	482	492

IS IT MY OWN
FAULT THAT I AM
OVERWEIGHT?

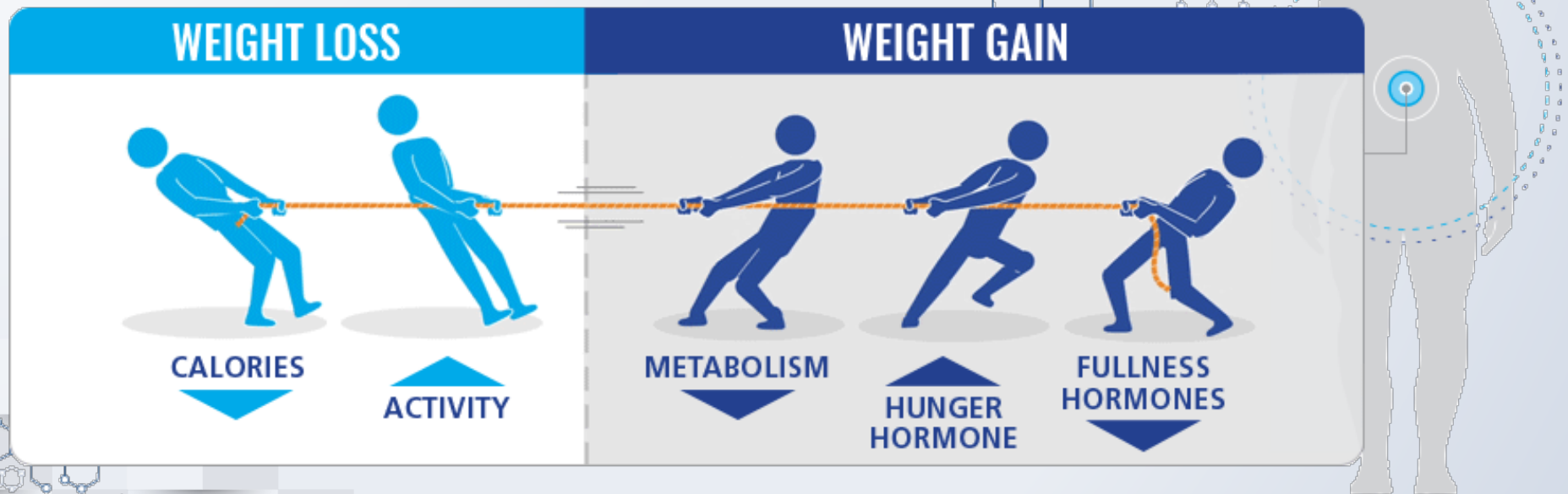
NO



FACTORS THAT CONTRIBUTE TO OBESITY



Weight gain and the ability to lose weight unfortunately isn't as simple as calculating calories in vs. calories out.



Food
intake

Energy
expenditure



Weight maintenance

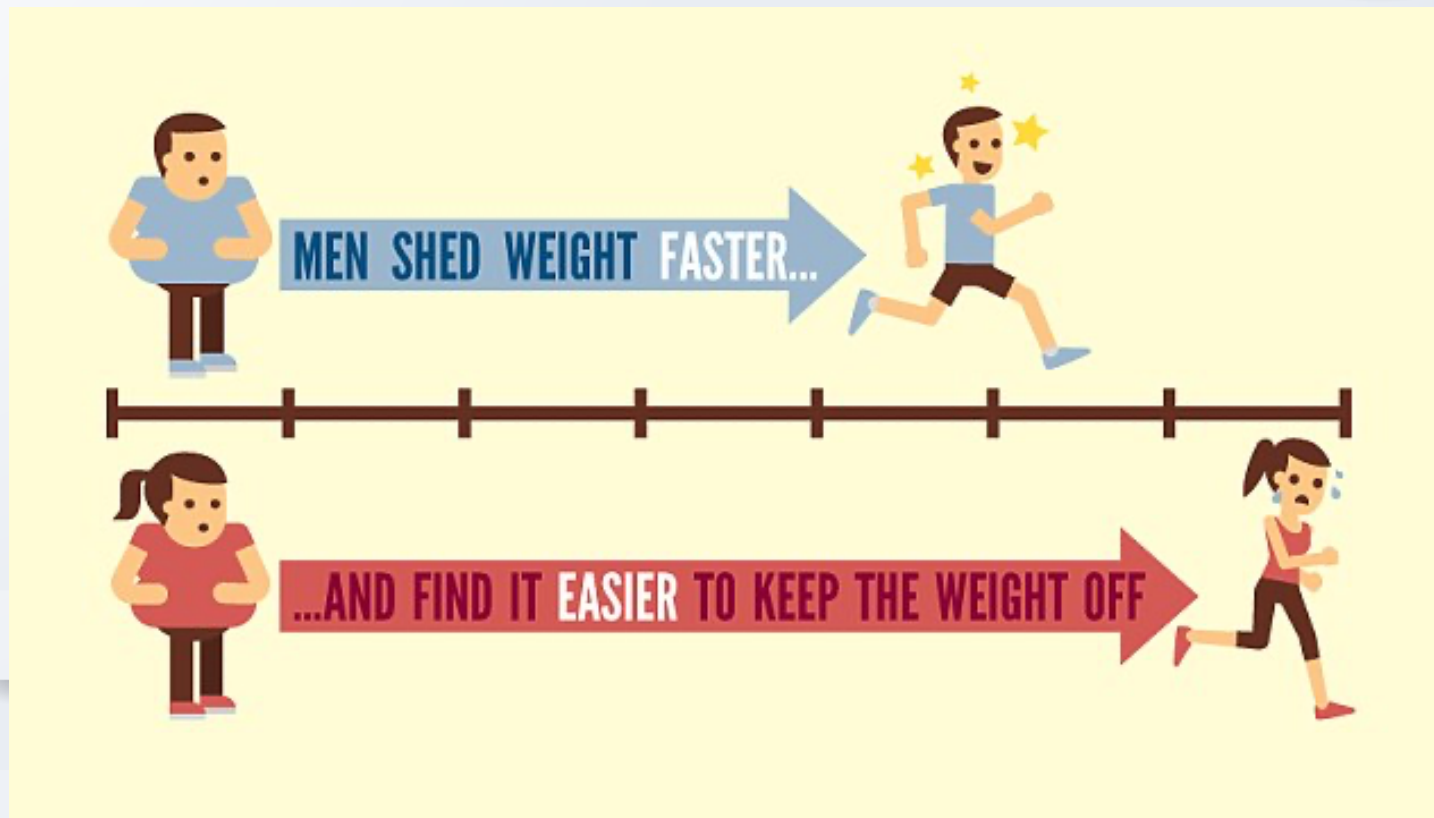


Factors that affect energy balance and cause fat accumulation:

- ❑ Chronic sleep loss
- ❑ Consumption of foods that are high in sugar or high fructose corn syrup, processed grains, unhealthy fats, and processed meats
- ❑ Low intake of fat-fighting foods such as fruits, vegetables, legumes, nuts, seeds, quality protein
- ❑ Stress and psychological distress
- ❑ Many types of medications
- ❑ Various environmental pollutants and chemicals in food

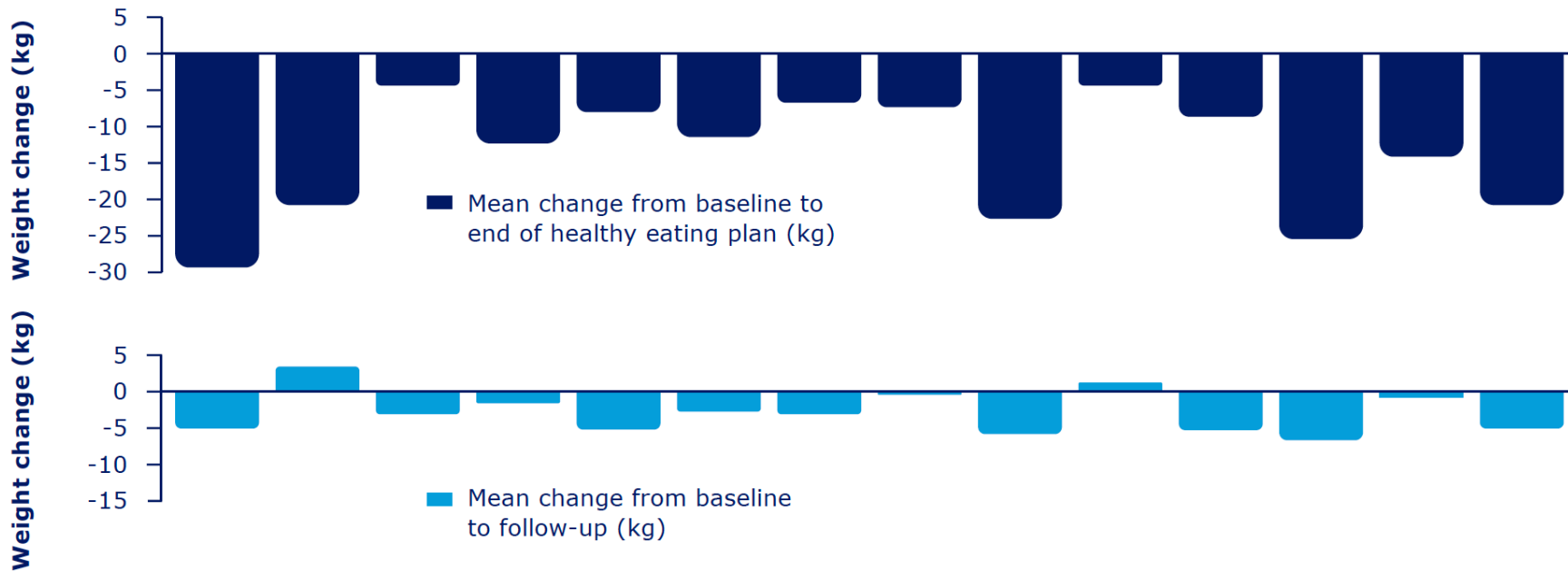
Million dollar question...

Do men lose weight more easily than women?



People with obesity regain weight after weight loss achieved by reduced-calorie meal plans^{1,2,a}

	Anderson et al. N=52	Foster et al. N=55	Graham et al. N=60	Hensrud et al. N=21	Jordan et al. N=111	Kramer et al. N=152	Lantz et al. N=54	Murphy et al. N=25	Pekkarinen et al. N=24	Stalonas et al. N=36	Stunkard et al. N=26	Wadden et al. N=281	Wadden et al. N=55	Walsh et al. N=143
Years of follow-up:	5-7	5	4.5	4	5	4	4	4	5.5	5	5	5	5	4.5
% of N in follow-up:	12%	47%	43%	88%	25%	77%	48%	33%	88%	81%	81%	22%	72%	47%

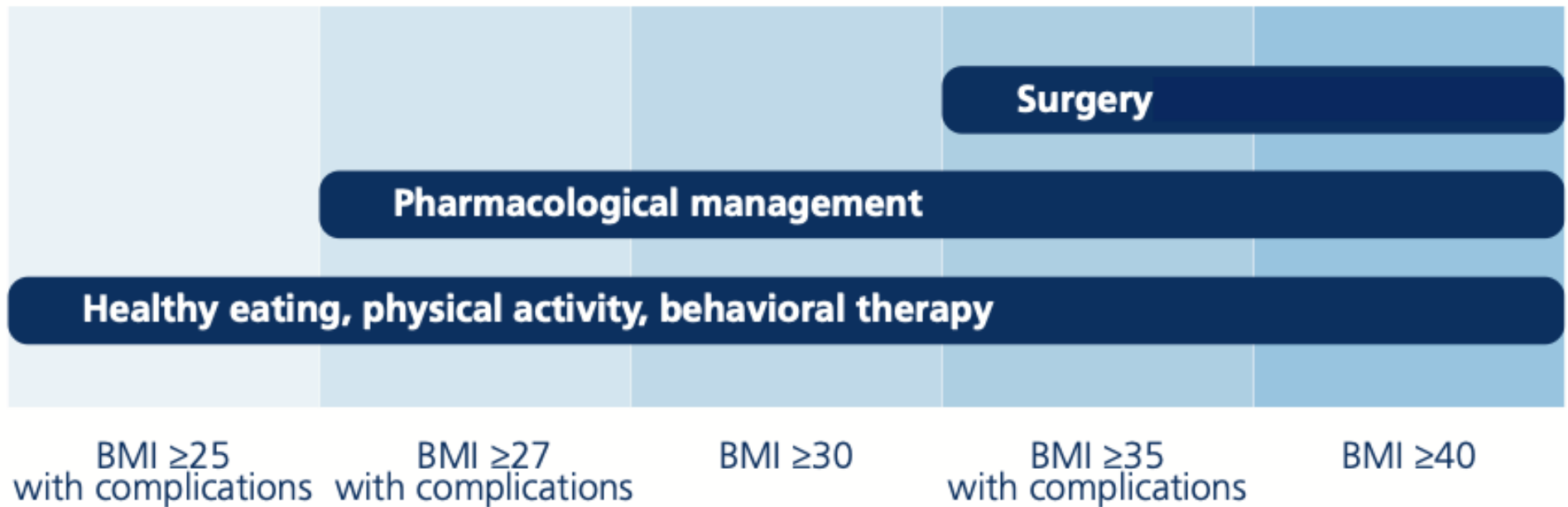


Treatments of Obesity

- ❑ Lifestyle Changes
- ❑ Medications
- ❑ Metabolic/Bariatric Surgery

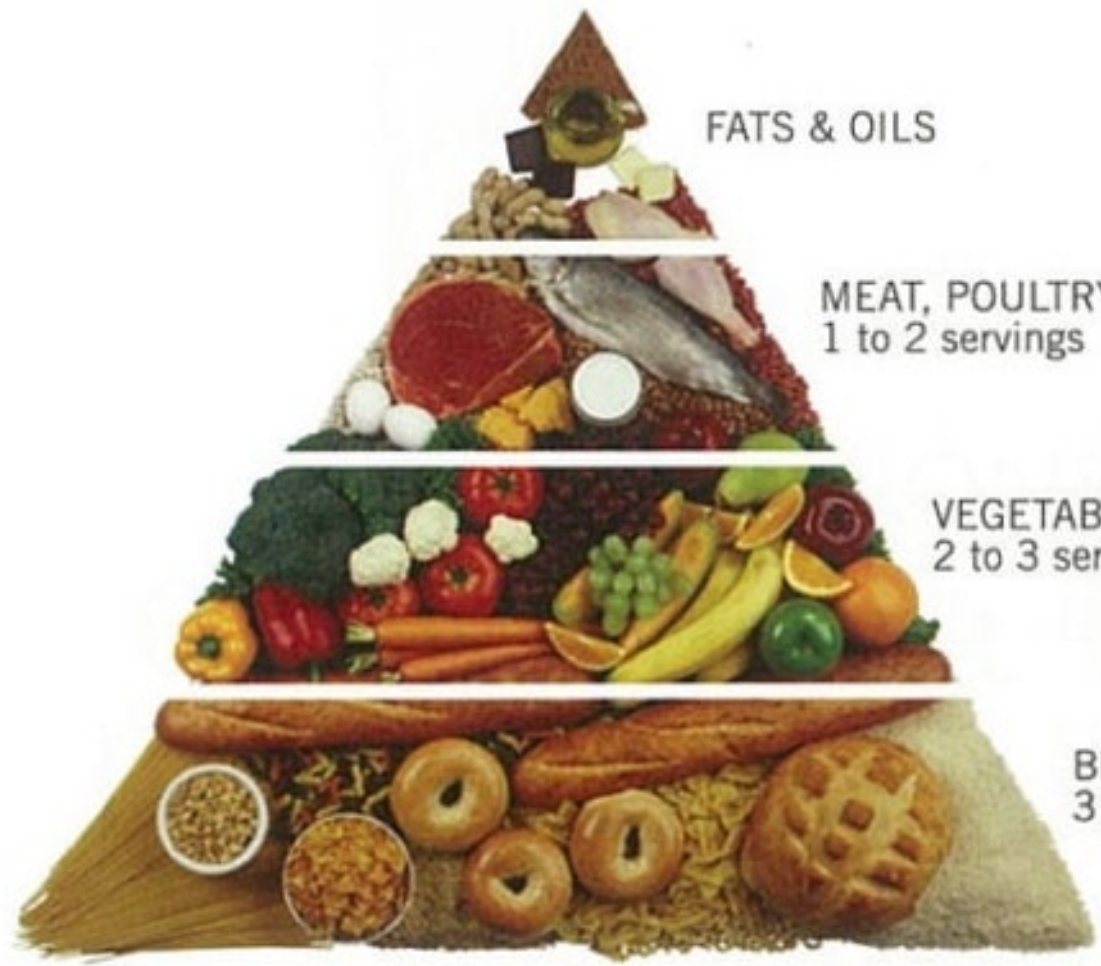


Stepwise Approach to Treating Obesity



"The best weight is
the weight you
achieve while living
the healthiest
lifestyle."



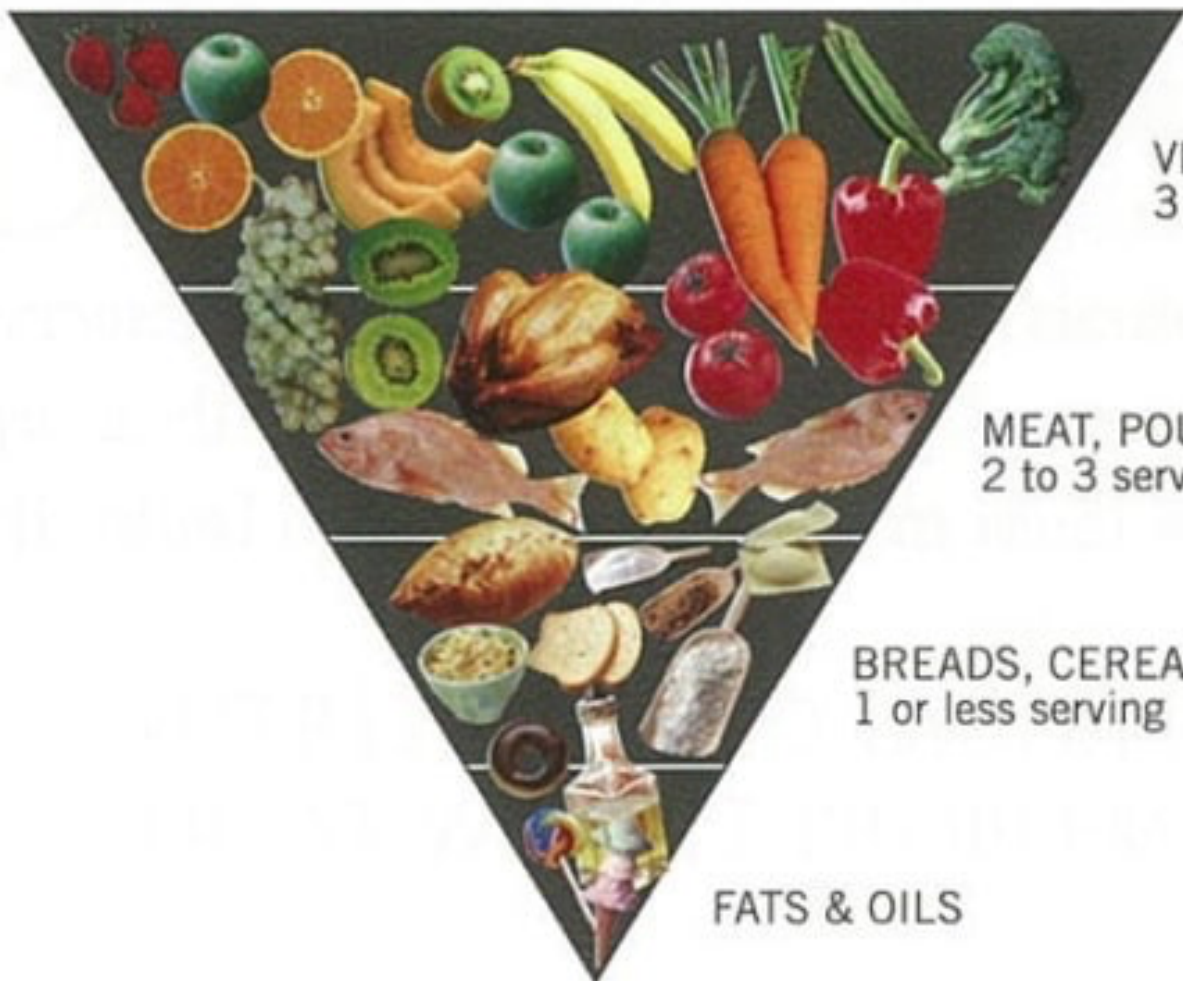


FATS & OILS

MEAT, POULTRY & FISH
1 to 2 servings

VEGETABLES & FRUITS
2 to 3 servings

BREADS, CEREALS, RICE & PASTA
3 to 5 servings



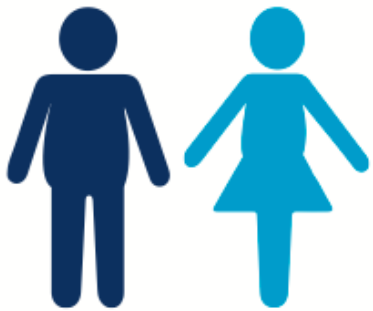
VEGETABLES & FRUITS
3 to 5 servings

MEAT, POULTRY & FISH
2 to 3 servings

BREADS, CEREALS, RICE & PASTA
1 or less serving

FATS & OILS

Calorie Intake Targets



~500 kcal/day
below energy
requirements

or



1,200-1,500
kcal/day total
for women



1,500-1,800
kcal/day total
for men

**Patients
weighing
>330 lb**

Add 300 kcal/day to
the recommendations
on the left



Exercise does not mean that you must go to the gym.

Strive for 30 minutes total per day of increased physical activity.

Be realistic about goals and expectations

- ❑ A realistic goal is to lose 1-2 lbs per week.
- ❑ If you burn 500 calories more than you consume every day you may lose about 1 lb per week.
- ❑ When making lifestyle changes be sure to set measurable and attainable goals.

For example: "I will walk for 30 minutes 5 days per week."



How do weight management medications help with weight loss?

- ↑ energy expenditure and metabolism
- ↓ the amount of fat the body absorbs
- ↓ appetite and reduce cravings
- ↓ release of hormones that cause hunger
- ↑ activity of hormones that help us feel full
- Slows stomach emptying

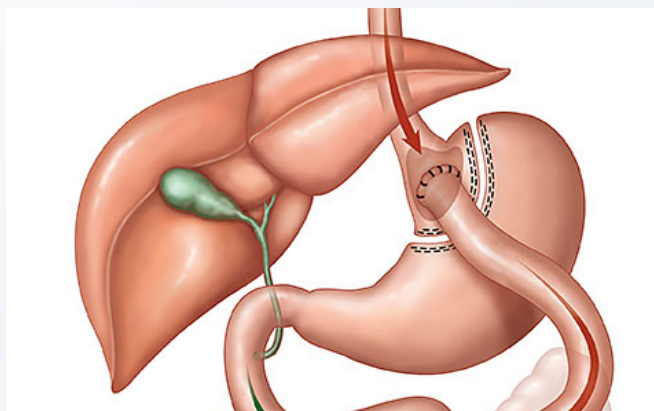


- Ghrelin



- Amylin
- Insulin
- Leptin
- GLP-1
- PYY
- CCK

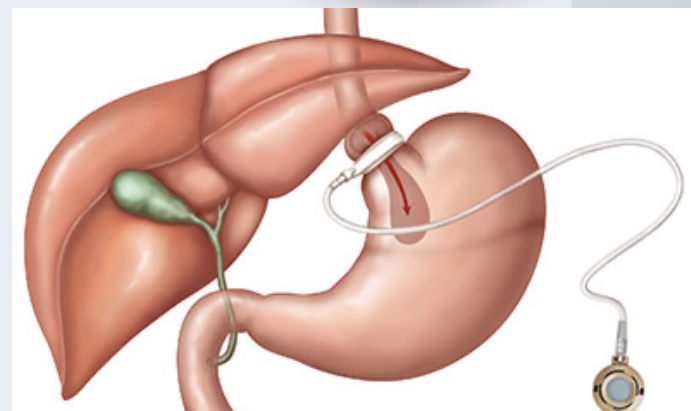
WEIGHT LOSS SURGERIES



Gastric
Bypass



Vertical
Sleeve
Gastrectomy



Gastric
Banding

MYTH

FACT

Most people who have bariatric surgery gain their weight back.

50% of patients may have a small regain of about 5% after 2 years post-op.

The chance of dying from bariatric surgery is more than the chance of dying from obesity.

30-day mortality rate after bariatric surgery is only about 0.13%.
Data shows up to 89% reduction in mortality.

Bariatric surgery is the “easy way out”.

Individuals affected by severe obesity are resistant to long-term weight-loss by diet and exercise.

Bariatric surgery causes serious health problems caused by vitamin and mineral deficiencies.

Nutrient deficiencies following surgery can be avoided with appropriate diet and the use of dietary supplements.

What are the benefits of weight loss of 5% or more?



Reduction in the risk of type 2 diabetes²⁶



Reduction in CV risk factors²⁷



Improvements in blood lipid profile (triglycerides)^{27,28}



Improvements in blood pressure²⁷



Improvements in osteoarthritic pain²⁹



Improvements in severity of obstructive sleep apnoea^{30,31}



Improvements in health-related quality of life³²

How do I get started with weight loss?

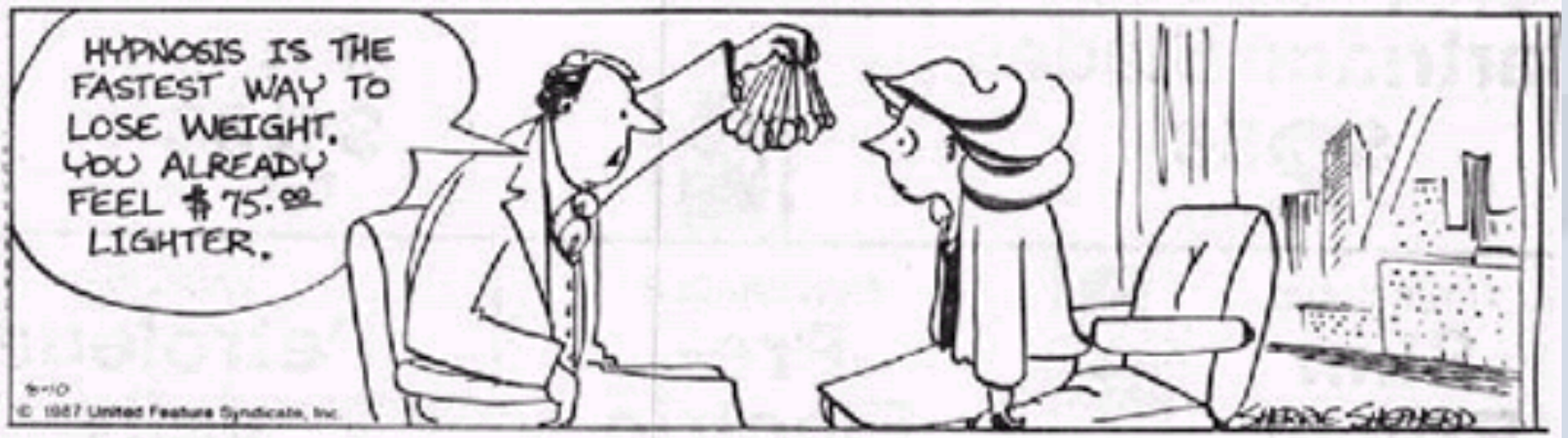
- ❑ Measure/decrease portions
- ❑ Eat slower
- ❑ Avoid skipping meals
- ❑ Eliminate intake of beverages with calories/sugar
- ❑ Identify eating triggers (i.e. boredom, stress) and develop alternative behaviors
- ❑ Keep a journal and track food intake, water intake, activity, sleep
- ❑ Weigh yourself 1 to 2 times per week



CALL OUR OFFICE TO FIND OUT HOW TO GET
STARTED OR TO MAKE AN APPOINTMENT!

814-467-3653

Visit: <https://windbercare.org/services/weight-loss-services>



References:

- ❑ <https://www.asmbbs.org>
- ❑ <https://www.obesityaction.org>
- ❑ <https://www.rethinkobesity.com>

Resources:

- ❑ <https://www.truthaboutweight.com>



THANKS!

Questions?

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