



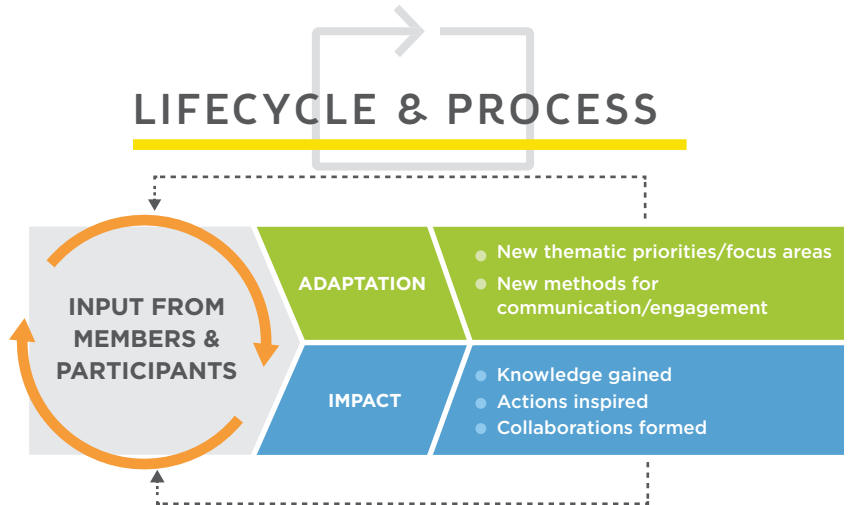
2018 YEAR IN REVIEW

ROUNDTABLE ON OBESITY SOLUTIONS

MISSION

Through meetings, public workshops, background papers, and innovation collaboratives, the Roundtable provides a trusted venue for enhancing and accelerating discussion, development, and implementation of multisector collaborations and policy, environmental, and behavioral initiatives that will increase physical activity; reduce sedentary behavior; and improve the healthfulness of foods and beverages consumed to reduce the prevalence and adverse consequences of obesity and eliminate obesity-related health disparities.

LIFECYCLE & PROCESS



47 MEMBERS

From the following sectors: public sector, business, industry, nonprofit, philanthropy; and academia; with representatives from the areas of federal and local government, community and national nonprofit, health care, health insurance, public health, worksite/ employer, food and beverage industry, physical activity industry, media and communications, early care and education, education/ school-based, transportation, food/nutrition, physical activity, policy, research, and public advocacy

COLLABORATIONS

Each meeting of the Roundtable presents an opportunity for the members to interact with each other. The development of **17 reported collaborations** this year among member organizations and invited speakers on obesity-related projects is an important way that the Roundtable continues to foster dialogue and accelerate implementation of multisector work.

COLLABORATIVES

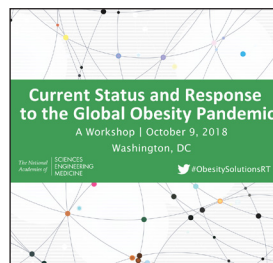
Work continues in **four innovation collaboratives**—ad hoc convening activities that foster information sharing and collaboration toward the Roundtable aims. They engage interested members and others to develop tools, metrics, and frameworks for on-the-ground implementation and to identify and disseminate promising practices:

- [Business Engagement in Obesity Solutions Innovation Collaborative](#)
- [Early Care and Education Innovation Collaborative](#)
- [Integrated Clinical and Social Systems for the Prevention and Management of Obesity Innovation Collaborative](#)
- [Physical Activity and Health Innovation Collaborative](#)

COMMUNICATION

The Roundtable takes a systems approach to dissemination—a multi-layered process that meets people on all platforms. Visit us online.

SNACK-SIZE INFOGRAPHIC



VIDEO



@NASEM_HEALTH
#OBESITYSOLUTIONSRT

ACTIVITIES



During its fifth year, the Roundtable hosted two **public workshops**, four **planning discussions**, and one **webinar**.

1 CURRENT STATUS AND RESPONSE TO THE GLOBAL OBESITY PANDEMIC (Workshop)

This public workshop examined the state of obesity globally, current global obesity prevention and treatment efforts, the complexity of the global approach to managing the obesity epidemic, and the lessons from the global approach for prevention and treatment efforts in the United States, especially for reducing disparities.

To learn more, visit <http://bit.ly/GlobalObesity>.

[WATCH PRESENTATION VIDEOS](#)

[VIEW PROCEEDINGS OF A WORKSHOP—IN BRIEF / \(DOWNLOAD\)](#)

[READ PROCEEDINGS OF A WORKSHOP \(AVAILABLE SPRING 2019\)](#)

2 UNDERSTANDING AND OVERCOMING THE CHALLENGE OF OBESITY AND OVERWEIGHT IN THE ARMED FORCES (Workshop)

This public workshop examined the challenges posed by overweight and obesity in the armed forces and explored opportunities to overcome these challenges. The workshop examined these issues as they affect service members (including active duty, guard, and reserve components), veterans, retirees, and their families and communities.

To learn more, visit <http://bit.ly/HealthyArmedForces>.

[WATCH PRESENTATION VIDEOS](#)

[VIEW PROCEEDINGS OF A WORKSHOP—IN BRIEF / \(DOWNLOAD\)](#)

[READ PROCEEDINGS OF A WORKSHOP](#)

3 PREVENTION OF EXCESSIVE WEIGHT GAIN AND THE 2018 PHYSICAL ACTIVITY GUIDELINES ADVISORY COMMITTEE SCIENTIFIC REPORT (Planning Discussion)

A panel of presenters discussed the state of the science of the relationship between excessive weight gain and physical activity and its implications for the 2018 Physical Activity Guidelines Scientific report.

4 WEIGHT GAIN IN YOUNG ADULTHOOD: FUTURE RISKS AND OPPORTUNITIES FOR ACTION (Planning Discussion)

Presenters explored what is known about the development of obesity and excessive weight gain in young adults, its impact on health risks later in life, and opportunities for action.

5 GLOBAL OBESITY UPDATE (Planning Discussion)

Presenters described global obesity activities in the context of lessons to apply to the U.S. and Roundtable members discussed their interest in future global meetings/updates.

7 THE CURRENT UNDERSTANDING OF PRE-PREGNANCY WEIGHT, GESTATIONAL WEIGHT GAIN, AND THE IMPACTS ON MATERNAL AND CHILD HEALTH AMONG WOMEN WITH OBESITY: A VIRTUAL WORKSHOP (Webinar)

This webinar discussed new evidence since the 2009 Institute of Medicine and National Research Council report, *Weight Gain During Pregnancy: Reexamining the Guidelines*, focusing on women with class II and III obesity. The webinar explored new evidence on trends and associated health outcomes; discussed promising interventions, including patient-centered counseling; and highlighted limitations of the current evidence and research gaps.

To learn more, visit <http://bit.ly/WebinarPregnancyObesity>.

[WATCH WEBINAR RECORDING](#)

6 THE PHYSIOLOGY OF WEIGHT REGULATION (Planning Discussion)

Presenters explored what is known about the physiology of weight regulation, including the role of the metabolic, brain, gastrointestinal, and endocrine pathways. Current research on energy balance and endocrine disruptors were highlighted.

PERSPECTIVE PAPERS



This year, **two perspectives***—expert commentaries and discussion papers by leading voices in health and health care and posted by the National Academy of Medicine (NAM)—grew out of Roundtable activities.

- **[Actions to Improve Physical Activity Surveillance in the United States](#)** by Russell R. Pate, David Berrigan, David M. Buchner, Susan A. Carlson, Genevieve Dunton, Janet E. Fulton, Eduardo Sanchez, Richard P. Troiano, James Whitehead and Laurie P. Whitsel

- **[Clinical Perspectives on Obesity Treatment: Challenges, Gaps, and Promising Opportunities](#)** by Steven Heymsfield, Louis J. Aronne, Ihuoma Eneli, Rekha B. Kumar, Marc Michalsky, Elizaveta Walker, Bruce M. Wolfe, Susan J. Woolford, and Susan Yanovski

02 * Perspectives, published by the National Academy of Medicine (NAM), are individually authored by Roundtable and Forum members and outside experts in health and health care. The views expressed in these papers are those of the author(s) and not necessarily of the author(s)' organizations, the National Academy of Medicine (NAM), or the National Academies of Sciences, Engineering, and Medicine (the National Academies). Perspectives are intended to help inform and stimulate discussion. They are not reports of the NAM or the National Academies.