



## Exploring Strategies for Sustainable Systems-Wide Changes to Reduce the Prevalence of Obesity: A Virtual Workshop

April 8, 2021

### AGENDA

#### SESSION ONE – AN INTRODUCTION

- 10:00 AM**      **The Roundtable on Obesity Solutions’ Strategic Planning Process and Systems Map: A Brief Overview**  
*Nicolaas P. Pronk, HealthPartners Institute, Chair of the Roundtable on Obesity Solutions*
- 10:10 AM**      **An Introduction to the Intersection of Biased Mental Models, Stigma, Weight Bias, Structural Racism, and Effective Health Communications with Obesity Solutions**  
*Camara Phyllis Jones, Morehouse School of Medicine*
- 10:30**            **Moderated Discussion and Q&A**

#### SESSION TWO – THE INTERSECTION OF STRUCTURAL RACISM AND OBESITY

- 10:40 AM**      **Remarks from Session Moderator**  
*Stephanie A. Navarro Silvera, Montclair State University*
- 10:45 AM**      **Housing**  
*Roland J. Thorpe Jr., Johns Hopkins Bloomberg School of Public Health*
- 11:00 AM**      **Education**  
*J. Alexander Navarro, University of Michigan Center for the History of Medicine*
- 11:15 AM**      **Moderated Discussion and Q&A**  
*Session Moderator: Stephanie A. Navarro Silvera*
- 11:45 AM**      **Break**

### SESSION THREE – THE INTERSECTION OF BIASED MENTAL MODELS, STIGMA, WEIGHT BIAS, AND OBESITY

- 12:00 PM**      **Remarks from Session Moderator**  
*Carlos J. Crespo, Oregon Health and Science University and Portland State University*
- 12:05 PM**      **Worksite**  
*Stephen Bevan, Institute for Employment Studies*
- 12:20 PM**      **Healthcare**  
*Keith C. Norris, UCLA David Geffen School of Medicine*
- 12:35 PM**      **Moderated Discussion and Q&A**  
*Session Moderator: Carlos J. Crespo*
- 1:00 PM**      **LUNCH BREAK**

### SESSION FOUR – WRAP-UP REFLECTIONS PANEL

- 1:30 PM**      **Panel Discussion**  
*Session Moderator: Angela M. Odoms-Young, University of Illinois at Chicago*  
*Panelists:*
- *Carol Byrd-Bredbenner, Rutgers University*
  - *Carlos J. Crespo, Oregon Health and Science University and Portland State University*
  - *Stephanie A. Navarro Silvera, Montclair State University*
  - *Melissa A. Simon, Northwestern University Feinberg School of Medicine*
- 2:15 PM**      **Moderated Discussion and Q&A**
- 2:30 PM**      **ADJOURN WORKSHOP**

## WORKSHOP PLANNING COMMITTEE

**Angela M. Odoms-Young, Ph.D.** (Co-Chair)  
Associate Professor  
Department of Kinesiology and Nutrition  
College of Applied Health Sciences  
University of Illinois at Chicago

**Nicolaas (Nico) P. Pronk, Ph.D., M.A., FACSM, FAWHP** (Co-Chair)  
President, HealthPartners Institute  
Chief Science Officer, HealthPartners, Inc.

**Carol Byrd-Bredbenner, Ph.D., R.D.**  
Distinguished Professor of Nutritional Sciences  
Director of the Graduate Program in Nutritional Sciences  
Department of Nutritional Sciences  
Rutgers University

**Carlos J. Crespo, Dr.P.H., M.S.**  
Professor and Vice Provost  
Oregon Health and Science University  
Portland State University School of Public Health

**Stephanie A. Navarro Silvera, Ph.D., M.S., C.P.H.**  
Professor  
College of Education and Human Services  
Department of Public Health  
Montclair State University

**Melissa A. Simon, M.D., M.P.H.**  
Vice Chair for Research  
Department of Obstetrics and Gynecology  
Director  
Institute for Public Health and Medicine  
Center for Health Equity Transformation  
George H. Gardner Professor of Clinical Gynecology  
Feinberg School of Medicine  
Northwestern University

Established in 2014, the Roundtable on Obesity Solutions brings together diverse sectors and voices to solve the obesity crisis. Through meetings, public workshops, publications, and innovation collaboratives, the Roundtable fosters an ongoing dialogue on critical and emerging issues in obesity prevention, treatment, and weight maintenance. The Roundtable explores the science, evidence, evaluation, and innovation efforts that advance progress in reducing the impact of obesity, as well as applies effective equity strategies to address obesity-related disparities. Utilizing a policy, systems, and environmental change lens, the Roundtable explores and advances effective solutions.

The Health and Medicine Division (HMD) is a division of the National Academies of Sciences, Engineering, and Medicine (the Academies). The Academies are private, nonprofit institutions that provide independent, objective analysis and advice to the nation and conduct other activities to solve complex problems and inform public policy decisions related to science, technology, and medicine. The Academies operate under an 1863 congressional charter to the National Academy of Sciences, signed by President Lincoln. See more at: <http://nationalacademies.org/obesitysolutions>