

Defining Progress in Obesity Solutions through Structural Changes: A Third Workshop in the Series

October 25, 2022

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Workshop 1: Shifting the Paradigm

Shifting the Paradigm: Targeting Structures, Communications, and Beliefs to Advance Practical Strategies for Obesity Solutions: A Workshop

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Video Playlist

Meeting Materials

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The [Roundtable on Obesity Solutions](#) will convene for a one-day virtual workshop on Tuesday, April 19 (10 AM-3 PM ET). Drawing from diverse examples across public health, the workshop will explore the connections between structural racism, health communication, biased mental models/social norms, and obesity, and their interactions with the evidence base and workforce, to uncover practical strategies for intervention. This will be the first workshop in a series on [Translating Knowledge of Foundational Drivers of Obesity into Practice](#).

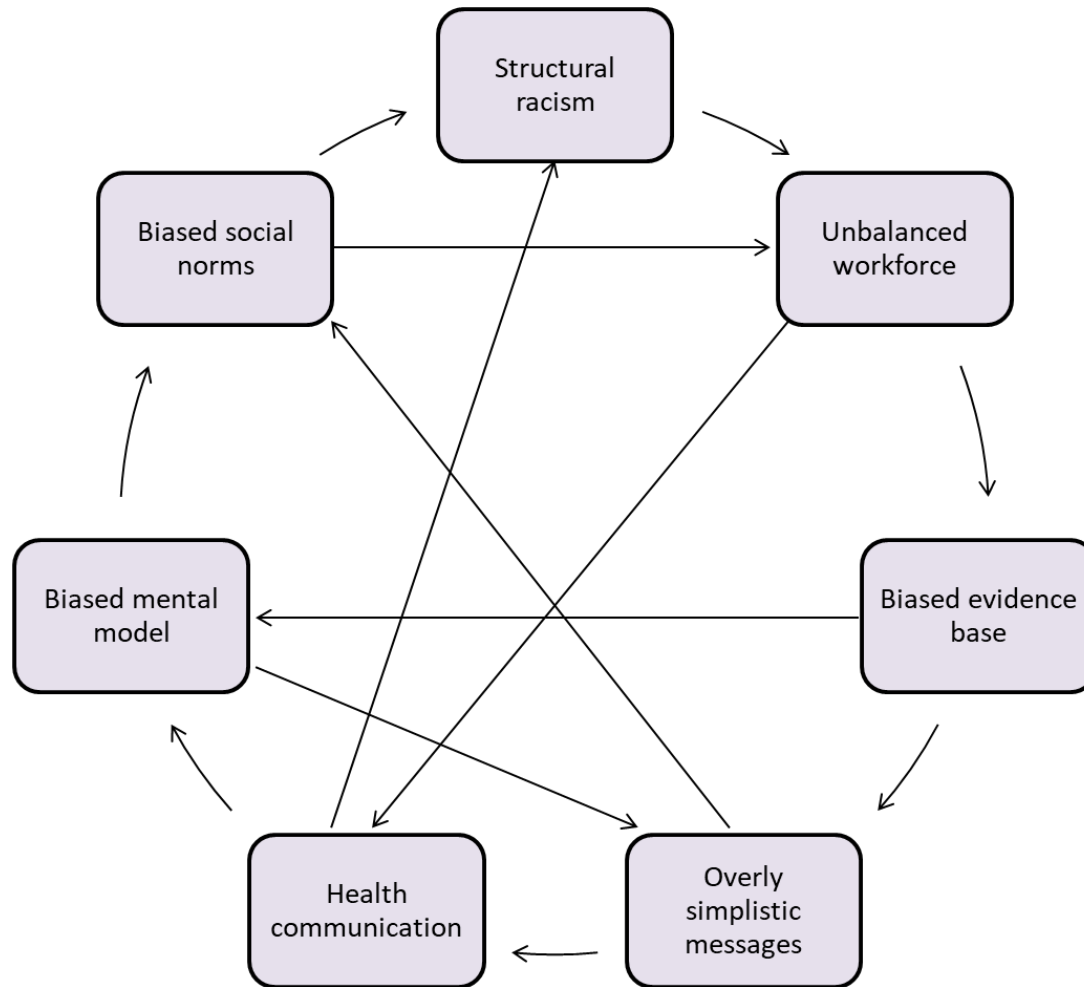
AGENDA [↓](#)

DATE

Apr 19, 2022

10:00AM - 3:00PM ET

The reinforcing loop



Workshop 2: Engaging communities

Engaging Communities in Addressing Structural Drivers of Obesity: A Second Workshop in the Series

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The [Roundtable on Obesity Solutions](#) will convene for a one-day virtual workshop on Monday, July 25 (10 AM-3 PM ET) titled “Engaging Communities in Addressing Structural Drivers of Obesity.” Giving special attention to the relevance and impact of power within communities, the workshop will focus on community engagement, explore the barriers and opportunities for solutions at the community level, and highlight examples that emphasize the intersection of obesity with structural racism, bias and stigma, and health communication. This will be the second workshop in the series, [Translating Knowledge of Foundational Drivers of Obesity into Practice](#).

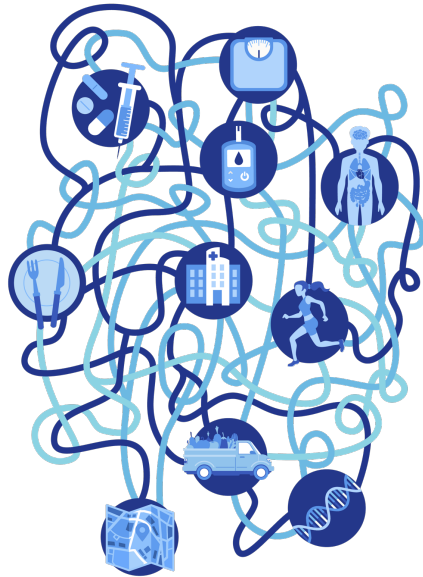
AGENDA [↓](#)

DATE
Jul 25, 2022
10:00AM - 3:00PM ET

PROJECTS

Community engagement and power

A Community is a Complex System



Power Dynamics Are Key



Workshop 3: Measuring progress

Defining Progress in Obesity Solutions through Structural Changes: A Third Workshop in the Series

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The third and final workshop in the [Roundtable on Obesity Solutions](#)' 2022 workshop series, *Translating Knowledge of Foundational Drivers of Obesity into Practice*, will be held on October 25, 2022. This workshop on *Defining Progress in Obesity Solutions through Structural Changes* will focus on methods to assess progress in addressing the structural drivers of obesity. Presentations will explore innovative approaches and performance indicators to ensure that progress is being made, and strategies to hold leaders and decision makers accountable.

[REGISTER](#) 

[AGENDA](#) 

DATE
Oct 25, 2022
9:00AM - 3:00PM ET

You cannot fix what you cannot measure



Source: Kidney Cars

One measure cannot tell the whole story

Trent Dilfer

1 Super Bowl ring



Dan Marino

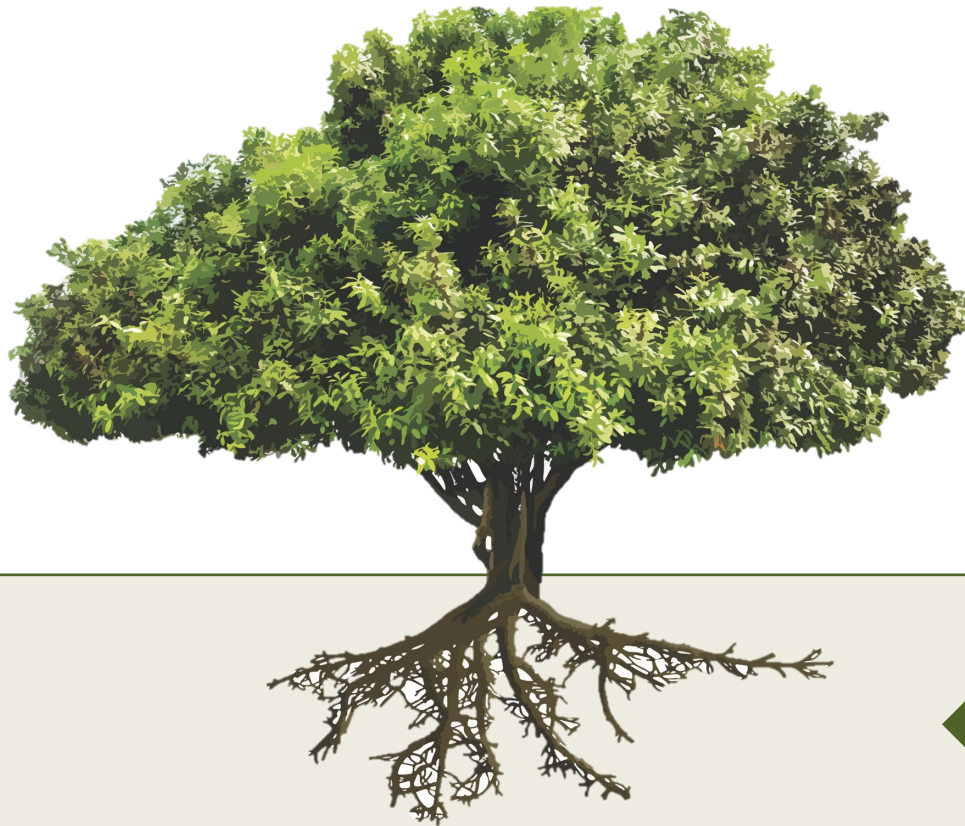
0 Super Bowl rings



A systems approach to measurement is needed



Measurements need to get at the root causes



What's going on here?

It is time to move from distal measures to more proximal measures

Proximal measures:

- Availability of healthy food in neighborhood
- Ability to afford healthy options
- Diet among social network
- Access to physical activity locations

Unable to find or afford healthy food or places to exercise

Decreased participation in physical activity

Individual consumes unhealthy diet

Increase in blood pressure

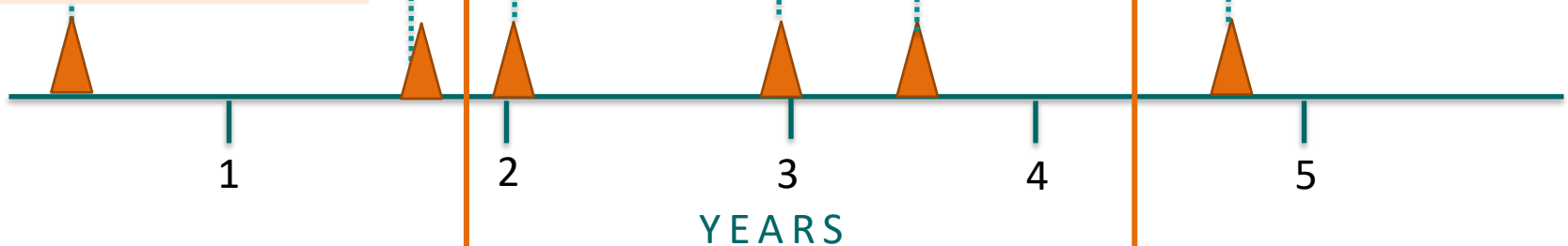
Increase in cholesterol

Distal measures:

- Change in weight
- Change in BMI
- Cardiovascular disease diagnosis

Increase in BMI

Weight gain



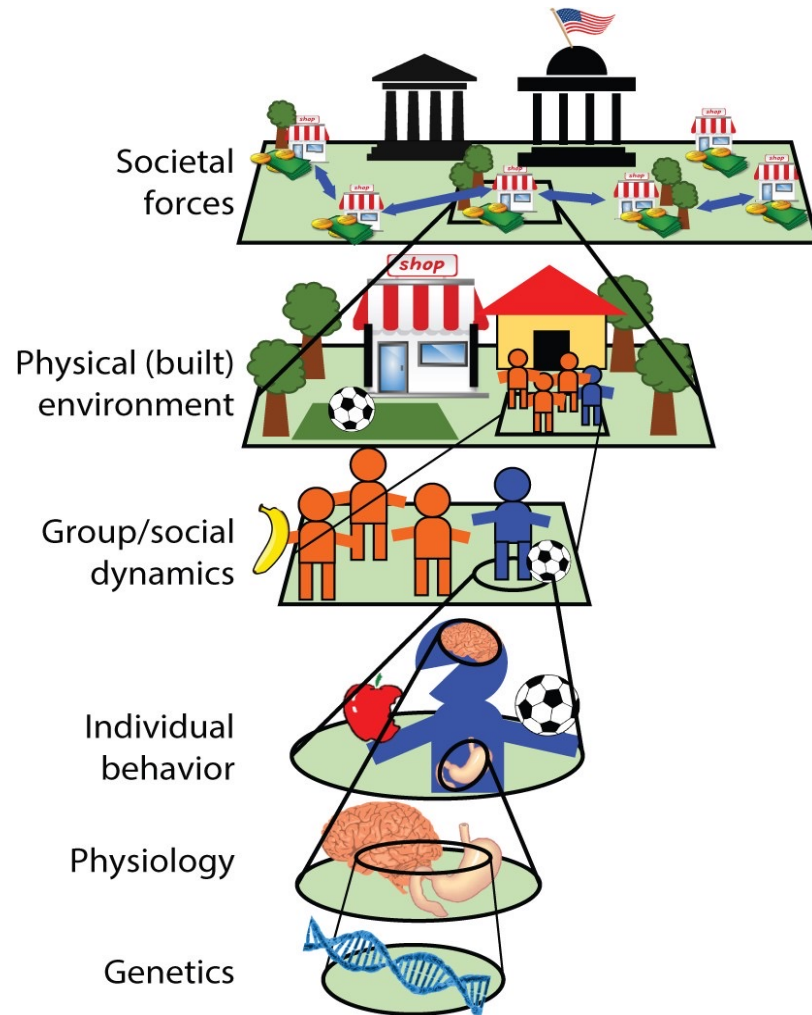
Measurements need to promote long term sustainability rather than be short term focused



"We need to end short-termism... at least until next week"

Source: <https://damburst.com.au/why-short-term-thinking-is-destructive/>

Measurements need to cross multiple scales



NUTRITION REVIEWS

A systems approach to obesity

Bruce Y. Lee, Sarah M. Bartsch, Yeeli Mui, Leila A. Haidari, Marie L. Spiker, and Joel Gittelsohn



Obesity has become a truly global epidemic, affecting all age groups, all populations, and countries of all income levels. To date, existing policies and interventions have not reversed these trends, suggesting that innovative approaches are needed to transform obesity prevention and control. There are a number of indications that the obesity epidemic is a systems problem, as opposed to a simple problem with a linear cause-and-effect relationship. What may be needed to successfully address obesity is an approach that considers the entire system when making any important decision, observation, or change. A systems approach to obesity prevention and control has many benefits, including the potential to further understand indirect effects or to test policies virtually before implementing them in the real world. Discussed here are 5 key efforts to implement a systems approach for obesity prevention: 1) utilize more global approaches; 2) bring new experts from disciplines that do not traditionally work with obesity to share experiences and ideas with obesity experts; 3) utilize systems methods, such as systems mapping and modeling; 4) modify and combine traditional approaches to achieve a stronger systems orientation; and 5) bridge existing gaps between research, education, policy,

Proper measurements can bring together diverse stakeholders



Source: NASA

Summary

- You can't fix what you can't measure
- One measure can't tell the whole story
- A systems approach to measurement is needed
- Measurements need to get at the root causes
- We need more proximal measures
- Measurements need to be long-term focused rather than be short-term
- Measurements need to cross multiple scales
- Proper measurements can bring together diverse stakeholders

Thank you!

NATIONAL
ACADEMIES

Sciences
Engineering
Medicine

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