

Shifting the Paradigm to Advance Obesity Solutions

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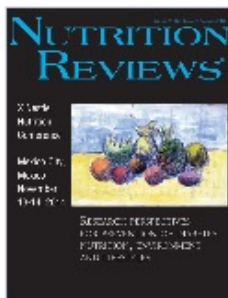
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Article Contents

INTRODUCTION

WHAT IS A SYSTEM?

WHY OBESITY IS A SYSTEMS
PROBLEM

A SYSTEMS APPROACH TO
OBESITY

A systems approach to obesity

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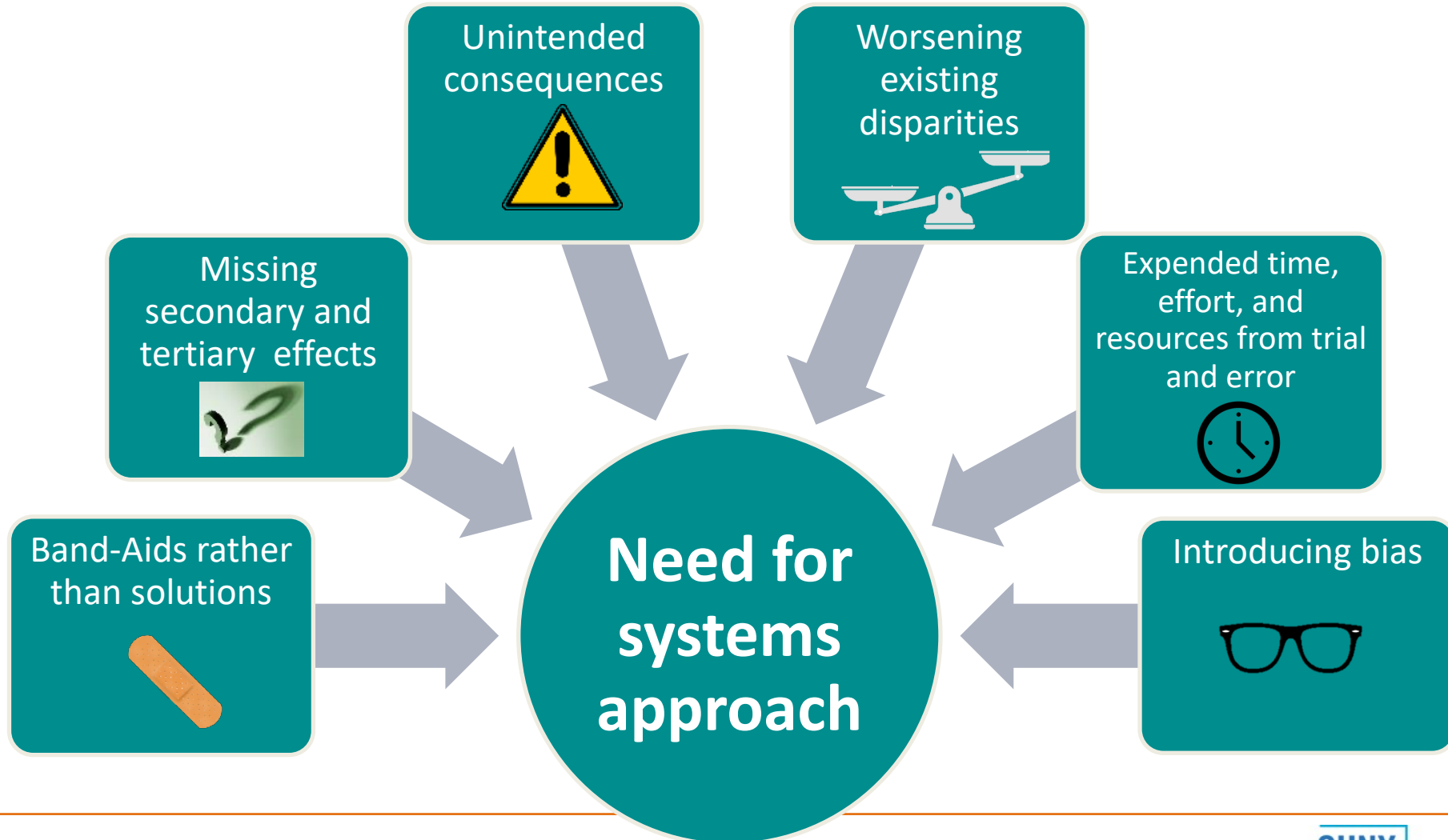
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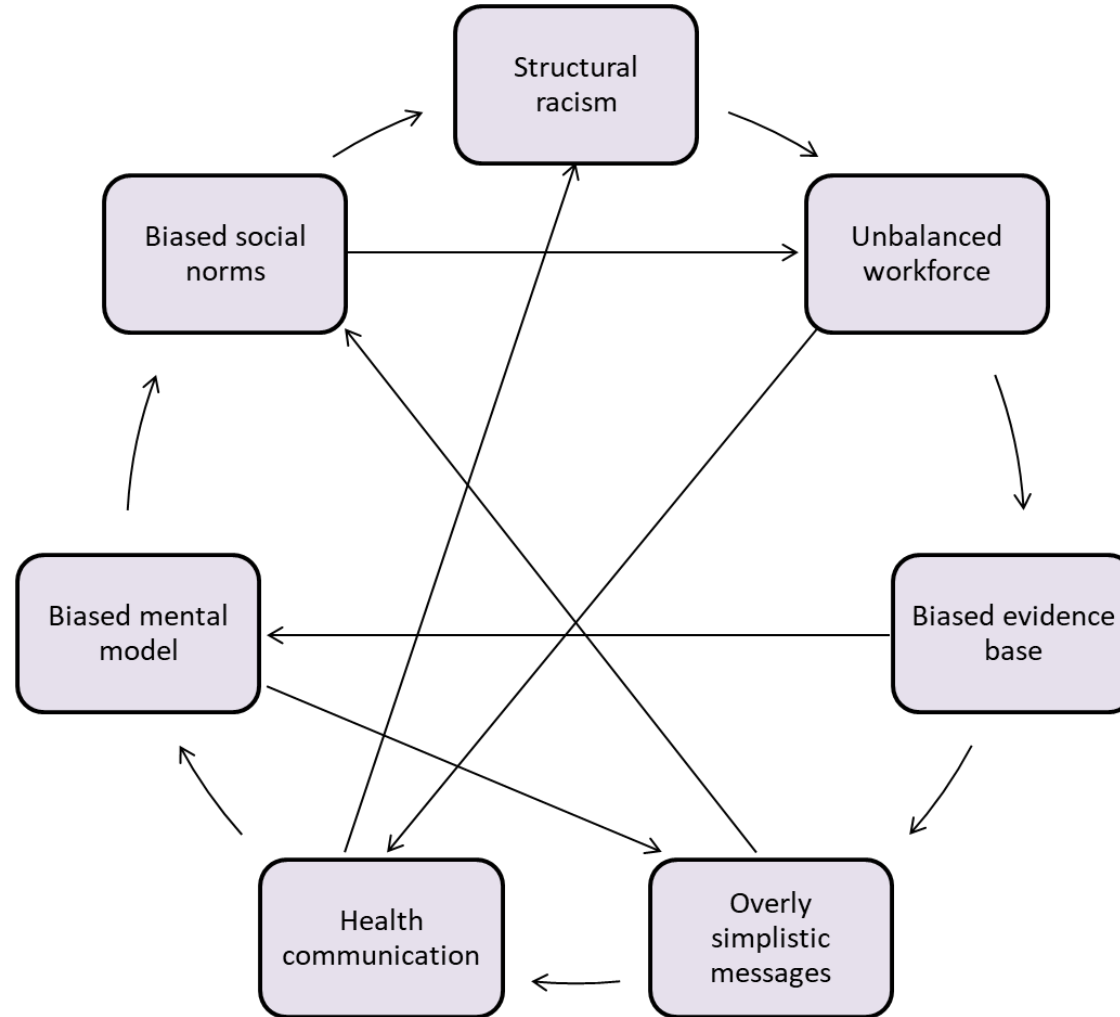
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Obesity has become a truly global epidemic, affecting all age groups, all populations, and countries of all income levels. To date, existing policies and interventions have not reversed these trends, suggesting that innovative approaches are needed 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

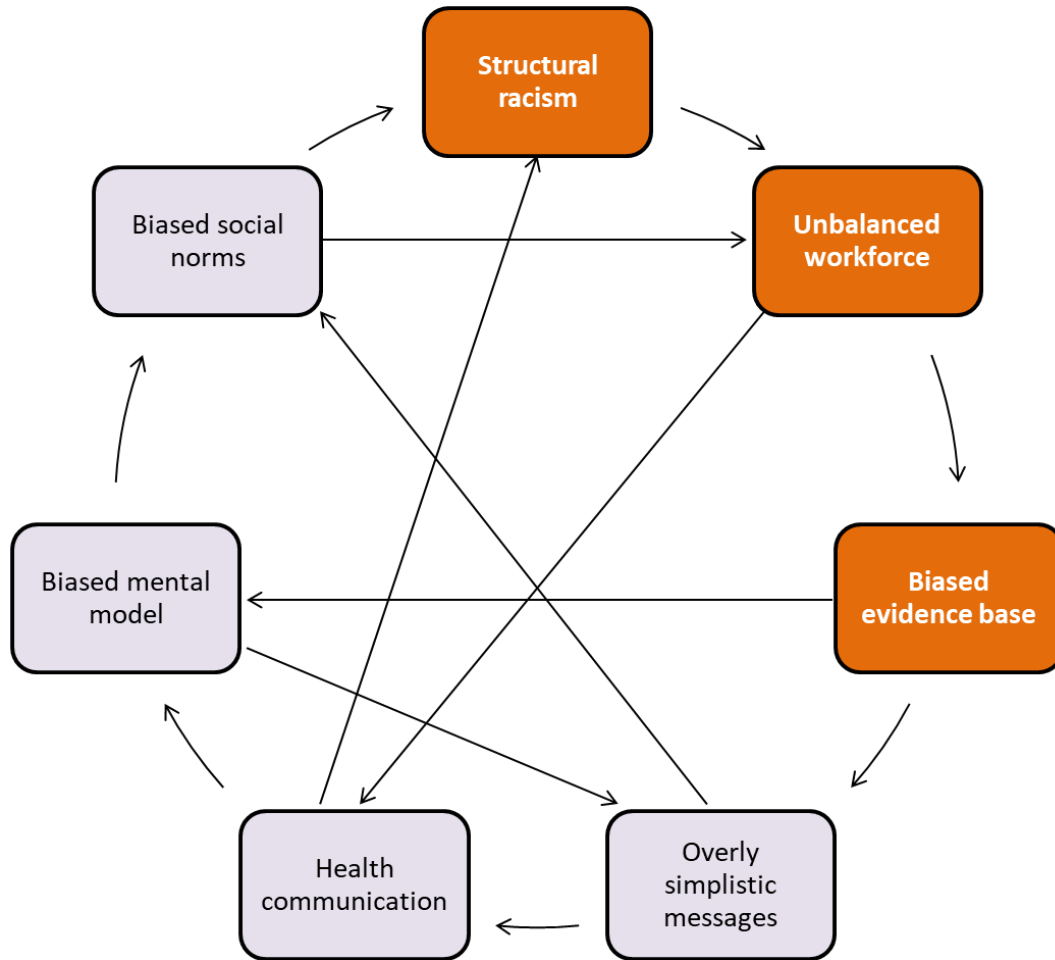
Dangers of not using a systems approach



The Reinforcing Loop



Session 2: Targeting academic and workforce structures that dismantle systemic racism while building an evidence base



Session Moderator: *Stephanie A. Navarro Silvera, Montclair State University*

Panelists

- *Daniel Aaron, Harvard Law School*
- *Jacqueline Dejean, Tufts University*
- *Michelle J. Ko, University of California, Davis*
- *Eliseo J. Pérez-Stable, National Institutes of Health*

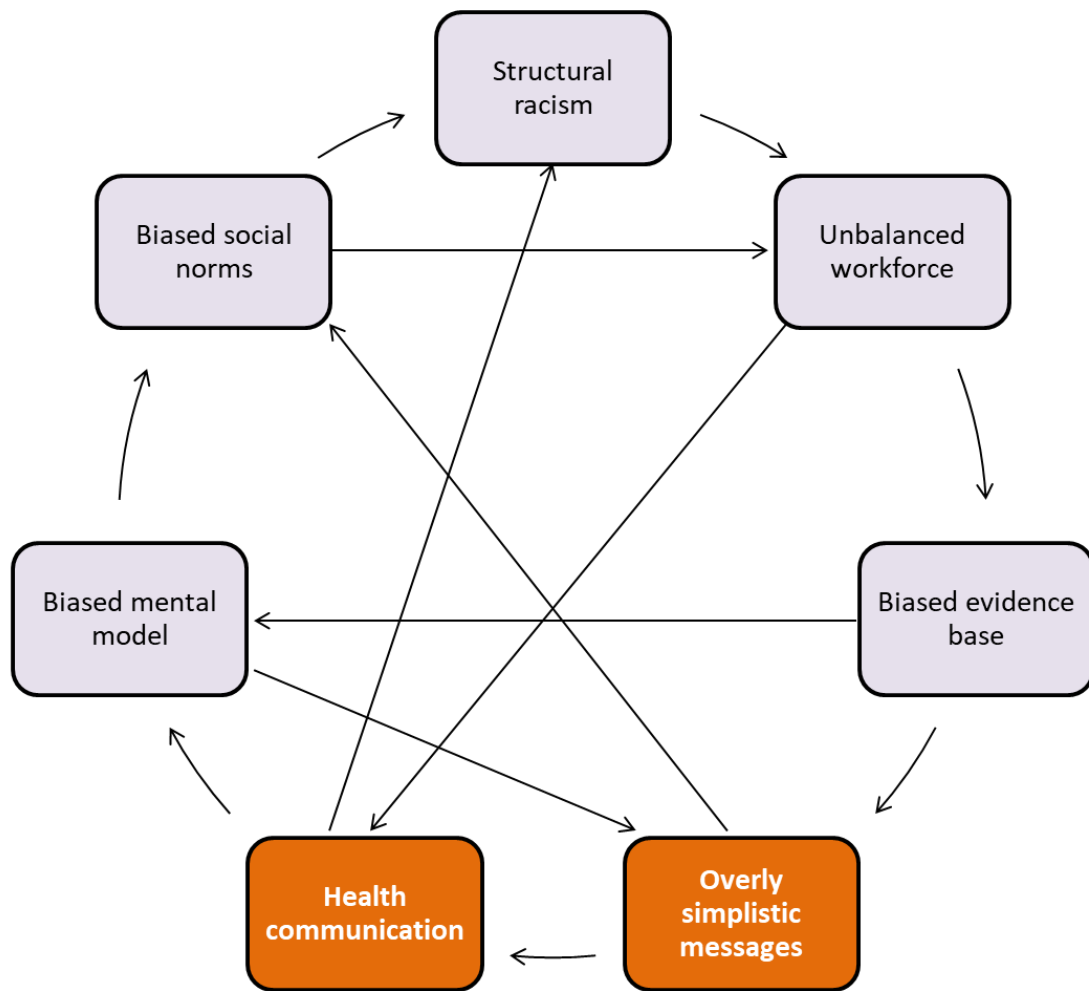
Structural Racism

“A system in which public policies, institutional practices, cultural representations, and other norms work in various, often reinforcing ways to perpetuate racial group inequity.”

– Aspen Institute, *Glossary for Understanding the Dismantling Structural Racism/Promoting Racial Equity Analysis*



Session 3: How communications can affect perceptions and the understanding of obesity

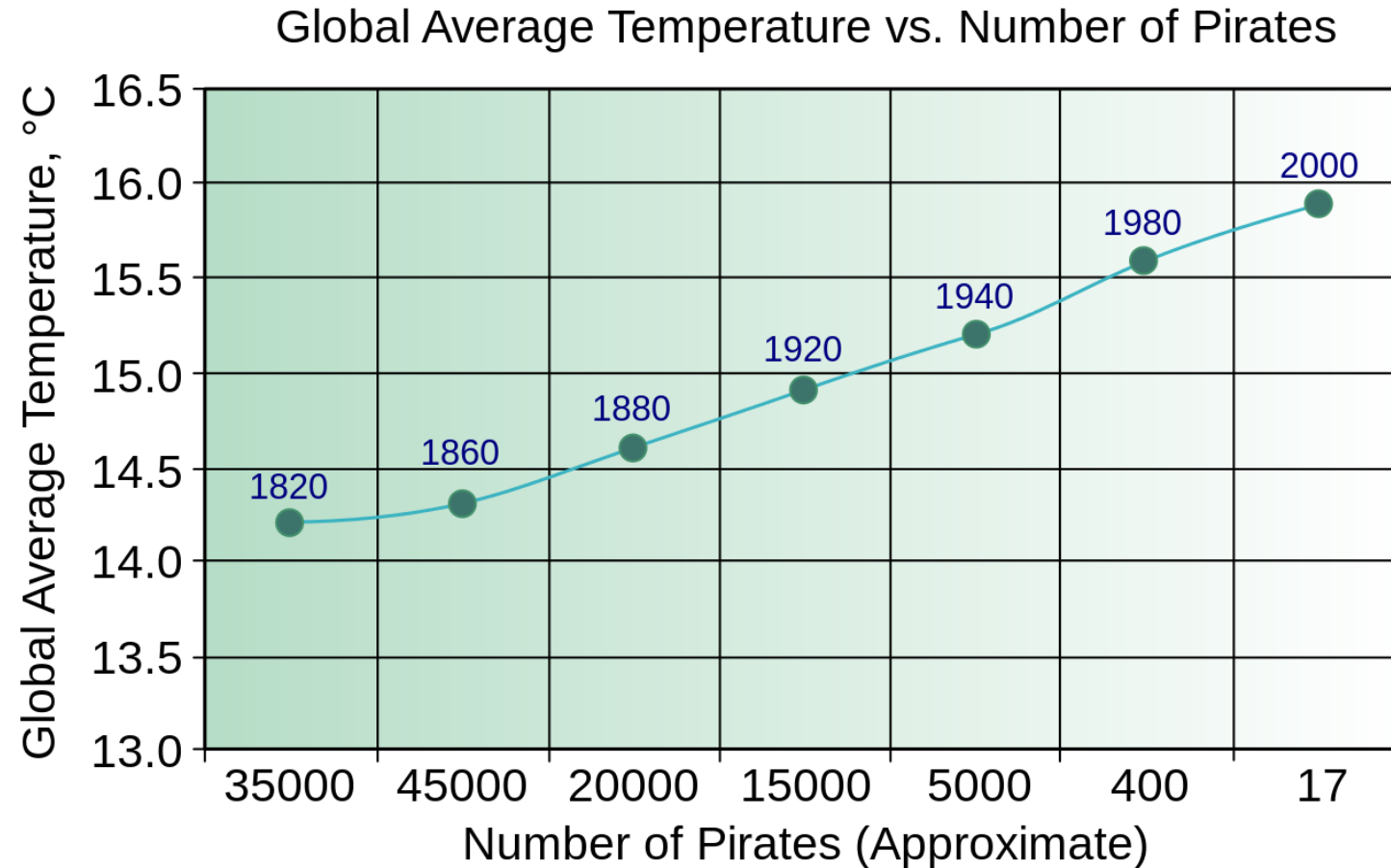


Session Moderator: *Bruce Y. Lee, City University of New York*

Presenters

- *Laura Lindenfeld, Stony Brook University*
- *Neal Baer, Executive Producer and Showrunner, "Designated Survivor" (NetflixMedia)*

Overly Simplistic Messages: Arrrgh!!



**Does this mean
that the
conclusion is:
To reverse
global warming,
train more
pirates**

PiratesVsTemp.svg: RedAndrderivative work: Mikhail Ryazanov, CC BY-SA 3.0 <<https://creativecommons.org/licenses/by-sa/3.0/>>, via Wikimedia Commons

Health Communications

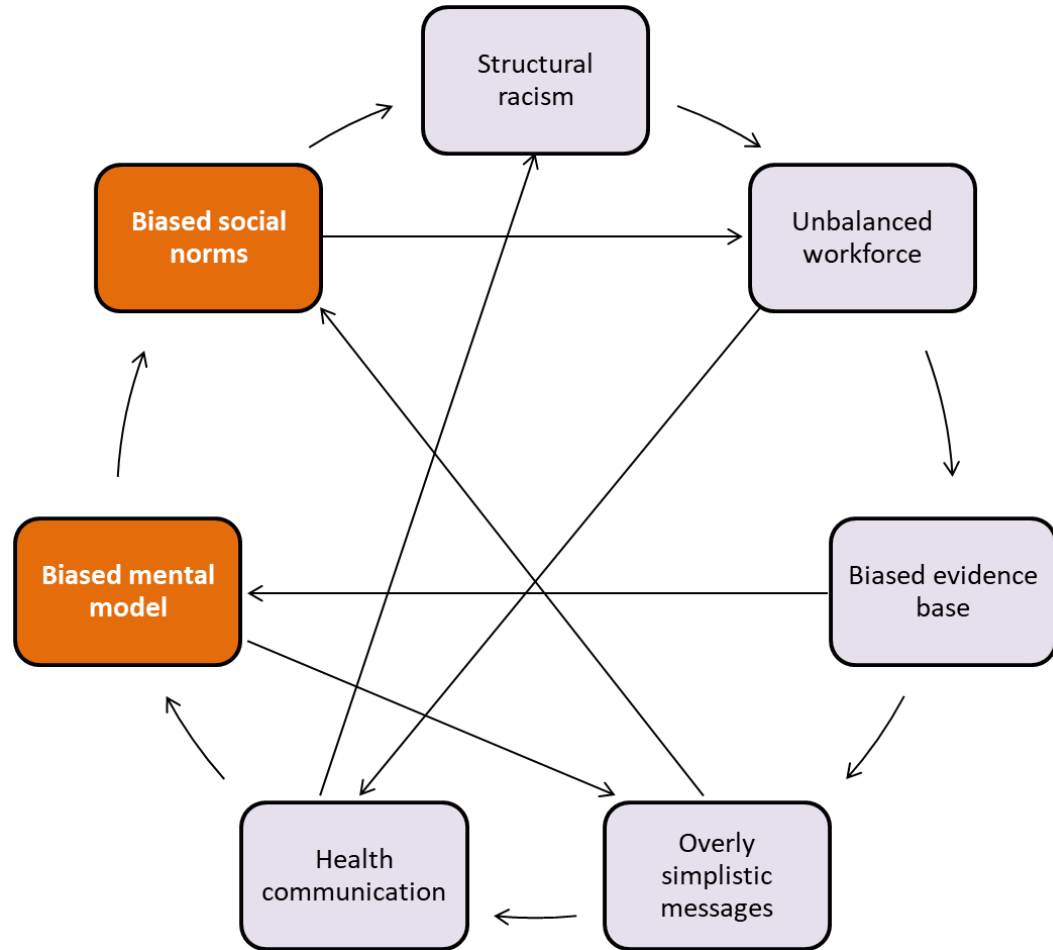
If a tree falls in the forest, and no one hears it...then maybe..

- There haven't been enough stories about the tree in newspapers and magazines.
- The tree has not been featured prominently enough on TV or in the movies.
- The tree could appear more in advertising.
- The tree doesn't have enough of a social media presence.



Photo by TRAVELBLOG: <https://www.pexels.com/photo/a-withered-tree-fallen-on-a-ground-7030118/>

Session 4: Changing the conversation around representation in media and body image



Session Moderator : *Rebecca Pearl, University of Florida*

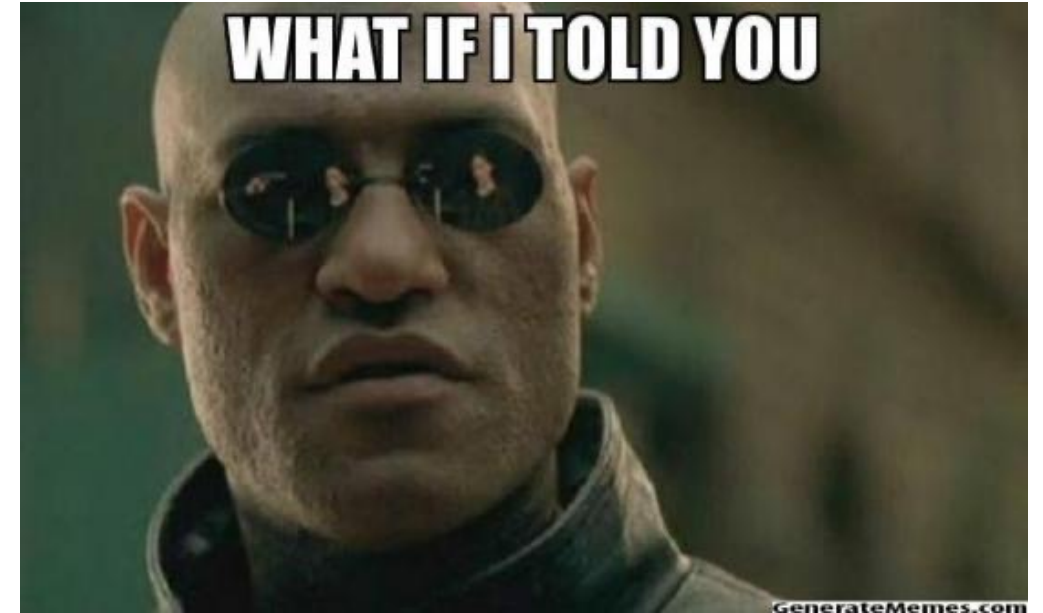
Presenters

- *Rebecca Pearl, University of Florida*
- *Ginny Levine, United States Tennis Association*

Biased Mental Models

“Not only do mental models impact what we think and understand, they also shape the connections and opportunities that we see.”

– *Melissa Simon, University of Chicago
(June 2021 Roundtable on Obesity
Solutions Workshop)*

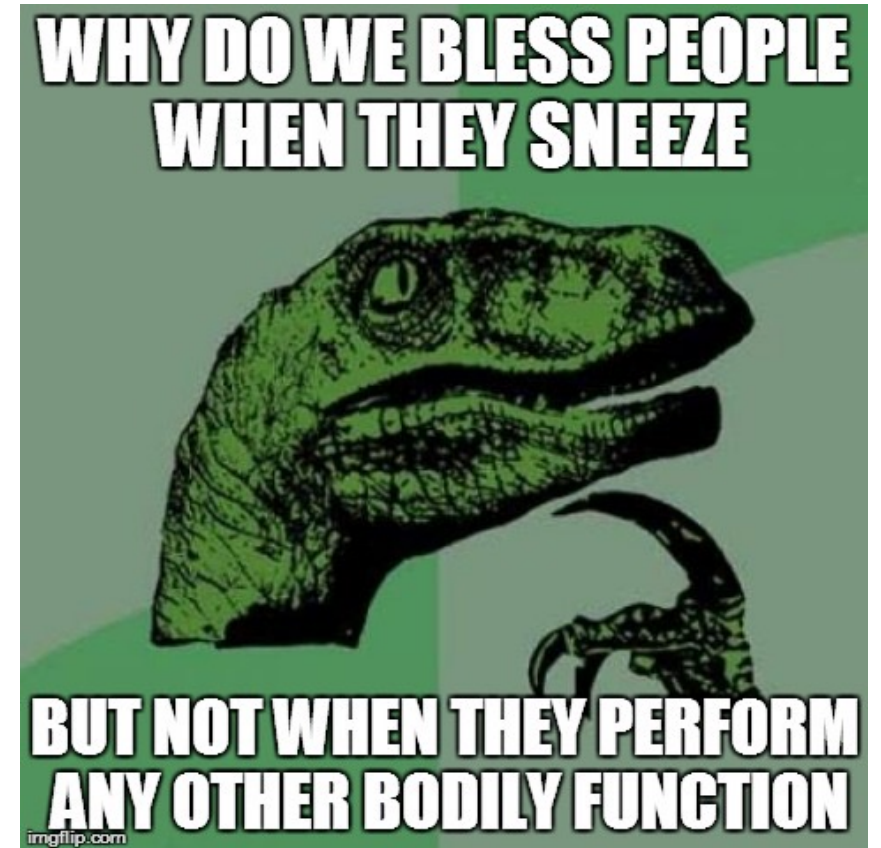


From: Twitter

Social Norms

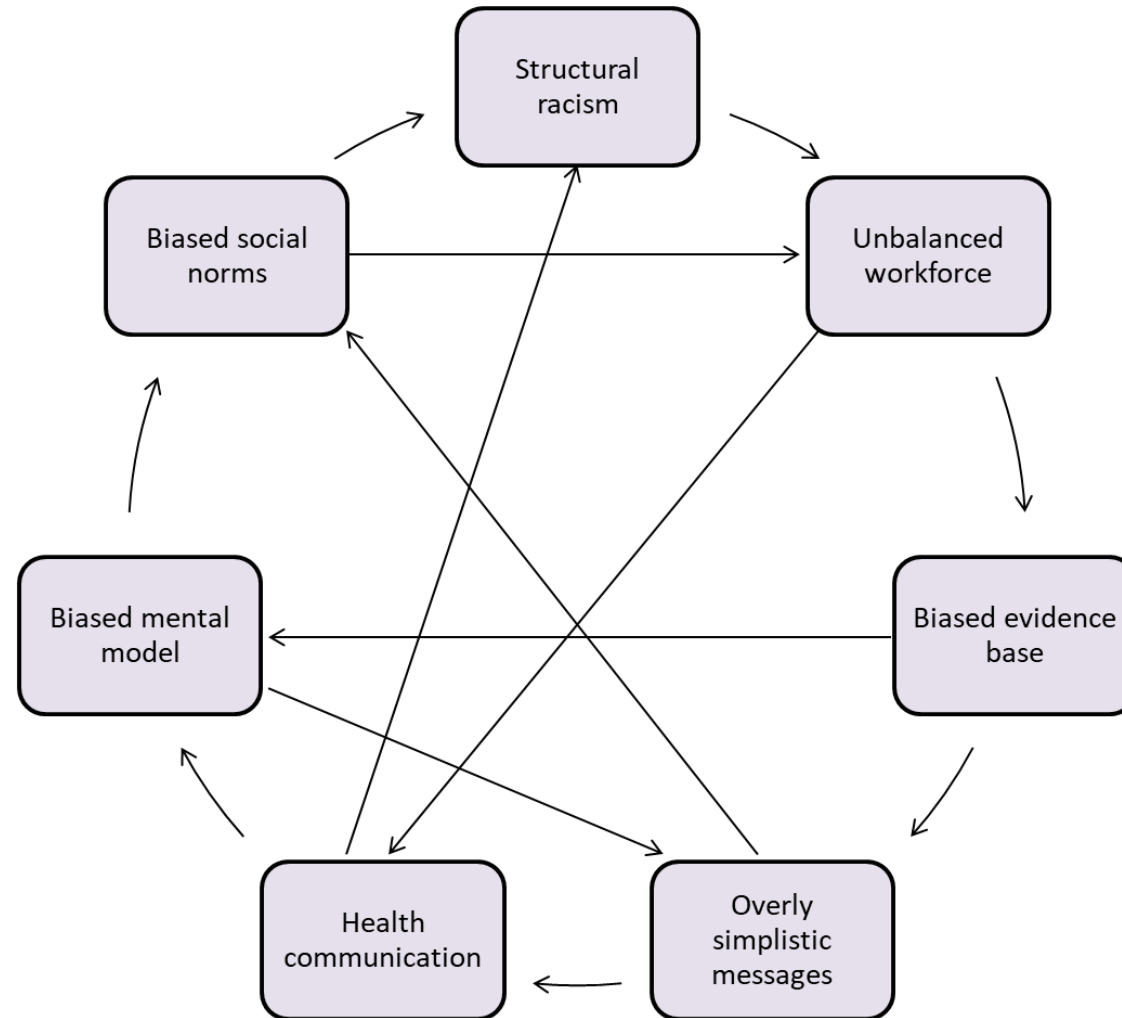
“Common standards within a social group regarding socially acceptable or appropriate behavior in particular social situations, the breach of which has social consequences.”

– *Oxford Reference*



From: imgflip

How to create systems change



HEALTHCARE

Report Shows It's Time To Change The Picture Of Obesity

Bruce Y. Lee Senior Contributor @

I am a writer, journalist, professor, systems modeler, computational and digital health expert, avocado-eater, and entrepreneur, not always in that order.

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