

My Experience as a Researcher in Obesity/Nutrition/Activity – *and as a GLP-1RA Patient*

Karen Glanz PhD, MPH
George A. Weiss University Professor



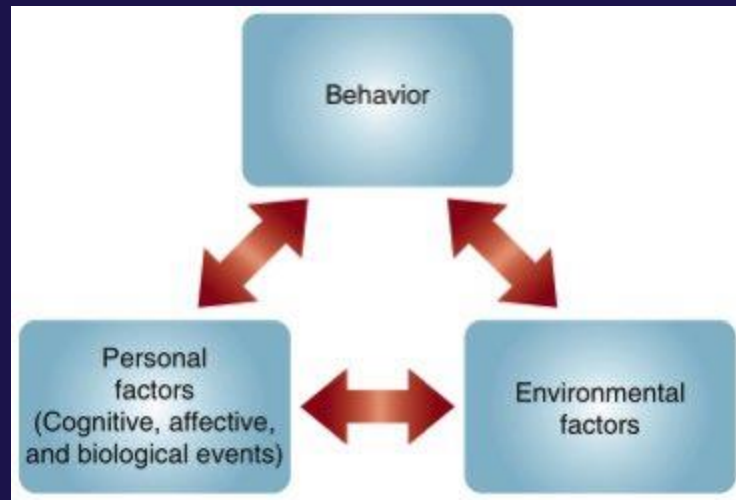
Disclosures

Content is based on my personal experiences as a patient with lived experience of obesity

Use of any brand names is meant for illustration only and does not indicate endorsement

Research examples are based on funding from government and foundation sources

Focus on behavior → then environments



1979

Journal of The American
Dietetic Association

Dietitians' effectiveness
and patient compliance
with dietary regimens¹

KAREN GLANZ, PH.D., M.P.H.²
Department of Health Behavior and Health Education,
University of Michigan School of Public Health,
Ann Arbor

1980



Compliance with Dietary Regimens: Its Magnitude,
Measurement, and Determinants¹

KAREN GLANZ
Department of Health Education, Temple University, Philadelphia, Pennsylvania 19122

1988



Environmental Interventions to Promote
Healthy Eating: A Review of Models, Programs,
and Evidence

Karen Glanz, PhD, MPH
Rebecca M. Mullis, PhD, RD

1998

Journal of The American
Dietetic Association

Why Americans eat what they do:
Taste, nutrition, cost, convenience, and weight
control concerns as influences on food consumption

KAREN GLANZ, PH.D, MPH; MICHAEL BASIL, PH.D; EDWARD MAIBACH, PH.D;
JEANNE GOLDBERG, PH.D, RD; DAN SNYDER

Methods and concepts – studying and improving food and activity environments



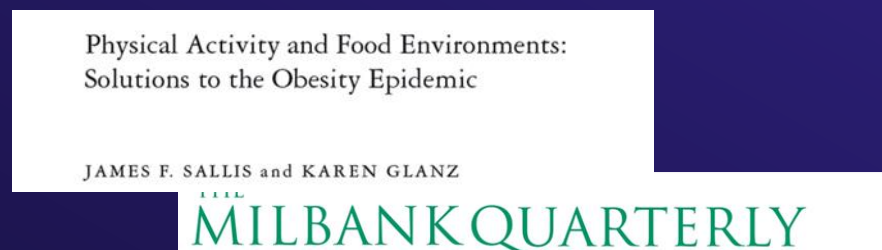
2005



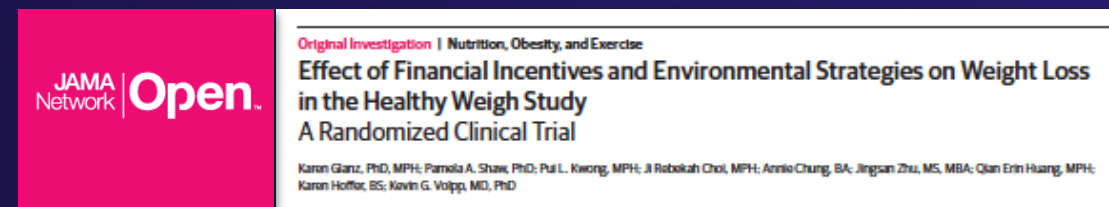
2006



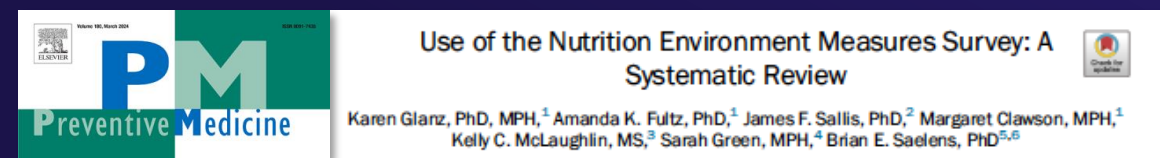
2009



2021



2023



Healthy Eating and Active Living



An Active Lifestyle



Israel Ride 2013, 2018



2018



2018



2005



2010



Biology meets behavior & environments

WAITING FOR WEGOVY

June 8, 2023: Prescription

June 12: Insurance
prequalification submitted

June 14: Insurance approval

June.. July.. August.. 'on order'

September: **not available**

September 20: *at an obesity
symposium... colleague
suggested switching to Penn
Medicine specialty pharmacy*



Text Message
Thu, Jun 15 at 11:43 AM

CVS Pharmacy: KAREN, Rx
W is on order and we will
text you when ready.
Questions? Call
[2152220829](tel:2152220829)

Fri, Jun 23 at 1:13 PM

CVS Pharmacy: KAREN, Rx
W is on order and we will
text you when ready.
Questions? Call
[2152220829](tel:2152220829)

Mon, Jul 3 at 12:48 PM

CVS Pharmacy: KAREN, Rx
W is on order and we will
text you when ready.
Questions? Call
[2152220829](tel:2152220829)

Mon, Jul 17 at 1:12 PM

CVS Pharmacy: KAREN, Rx
W is on order and we will
text you when ready.
Questions? Call
[2152220829](tel:2152220829)

Wed, Jul 26 at 11:02 AM

CVS Pharmacy: KAREN, Rx
W is on order and we will
text you when ready.
Questions? Call
[2152220829](tel:2152220829)

Mon, Aug 7 at 12:19 PM

CVS Pharmacy: KAREN, Rx
W is on order and we will
text you when ready.
Questions? Call
[2152220829](tel:2152220829)

October 2, 2023: note to my MD--
They said if you would approve
starting on the 0.5 mg Wegovy,
they can fill the prescription



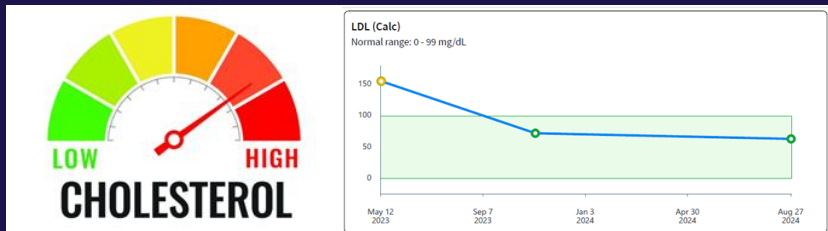
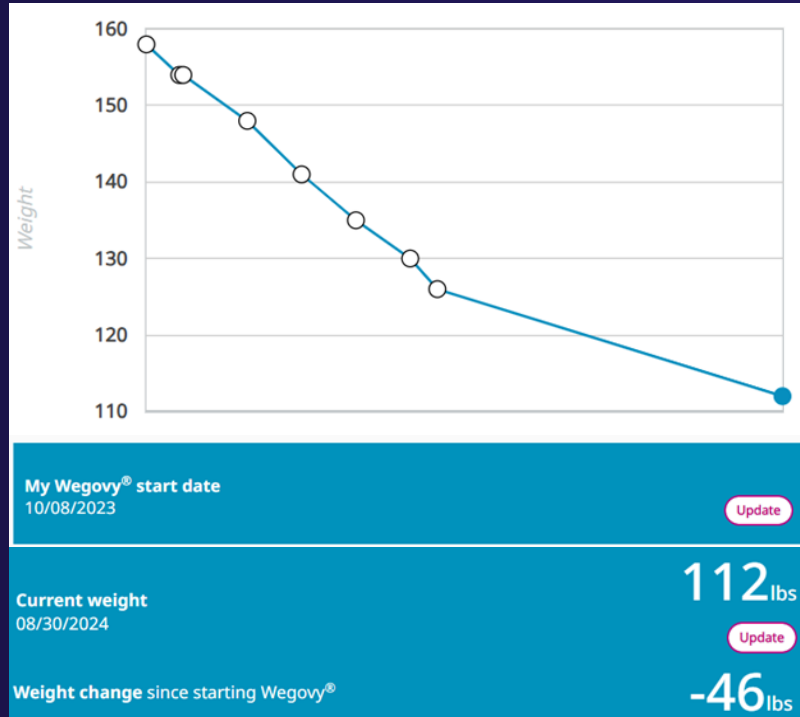
Hi Karen,

Your package was delivered.

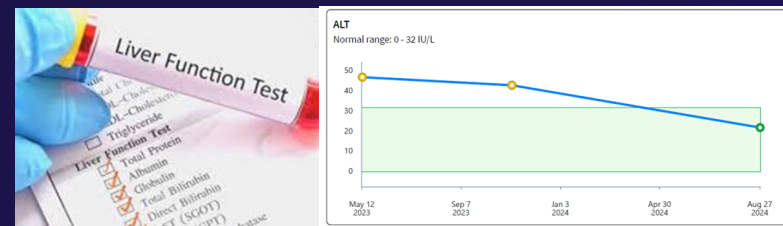
From PENN MEDICINE - 76TH ST PHARM

Delivered
Friday 10/06/2023
10:48 AM

WHAT HAPPENED? WHAT'S NEXT ON THE PATH?



GLP1 + Statin → LDL-C: 150 to 53



LFT's reduced to normal

Email: kglanz@upenn.edu