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

Karen Glanz PhD, MPH George A. Weiss University Professor







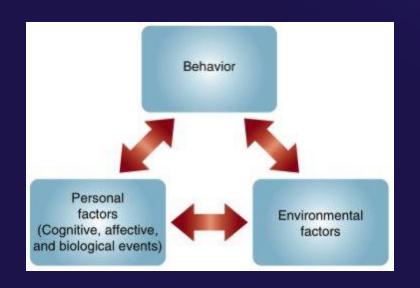
#### **Disclosures**

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 regimens

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



Preventive Medicine

Compliance with Dietary Regimens: Its Magnitude, Measurement, and Determinants<sup>1</sup>

KAREN GLANZ

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



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

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



1988

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, PhD, MPH; MICHAEL BASIL, PhD; EDWARD MAIBACH, PhD; JEANNE GOLDBERG, PhD, RD; DAN SNYDER

# Methods and concepts – studying and improving food and activity environments



2006



Critical Issues and Trends

#### Healthy Nutrition Environments: Concepts and Measures

Karen Glanz, PhD, MPH; James F. Sallis, PhD; Brian E. Saelens, PhD; Lawrence D. Frank, PhD



Applied Research Brief: Nutrition

#### Improving Dietary Self-monitoring and Adherence With Hand-held Computers: A Pilot Study

Karen Glanz, PhD, MPH; Suzanne Murphy, PhD, RD; Joanne Moylan, RD, MPH; Diana Evensen, MS; J. David Curb, MD, MPH



2009

Physical Activity and Food Environments: Solutions to the Obesity Epidemic

JAMES F. SALLIS and KAREN GLANZ





2021

JAMA Network | **Open**.. Original Investigation | Nutrition, Obesity, and Exercise

Effect of Financial Incentives and Environmental Strategies on Weight Loss in the Healthy Weigh Study

A Randomized Clinical Trial

Karen Ganz, PhD, MPH; Pamela A, Shaw, PhD; Pul L, Kwong, MPH; JI Rebakah Chol, MPH; Annie Chung, BA; Jingsan Zhu, MS, MBA; Qian Erin Huang, MPH; Karen Hoffer, BS; Kovin G, Volpp, MID, PhD



Use of the Nutrition Environment Measures Survey: A Systematic Review



Karen Glanz, PhD, MPH, Amanda K. Fultz, PhD, James F. Sallis, PhD, Margaret Clawson, MPH, Kelly C. McLaughlin, MS, Sarah Green, MPH, Brian E. Saelens, PhD, 5,6

## **Healthy Eating and Active Living**















### **An Active Lifestyle**







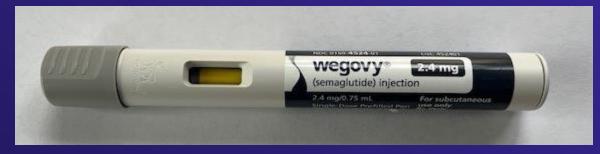


BICYCLE RIDE ACROSS GEORGIA

2005



## 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

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

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 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

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

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 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,

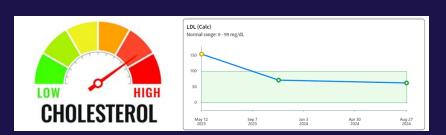
Your package was delivered.

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