



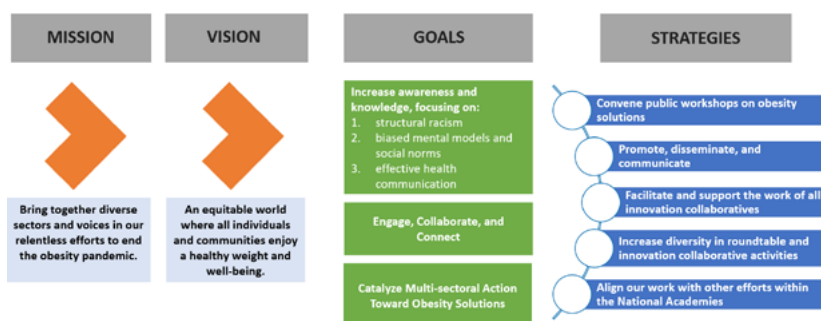
# 2021 YEAR IN REVIEW

## ROUNDTABLE ON OBESITY SOLUTIONS

### MISSION

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.

### ROUNDTABLE STRATEGIC ROADMAP



### 43 MEMBERS

#### From the following sectors:

- Public sector
- Non-profit
- Academia
- Business/Industry
- Philanthropy

With representatives from the areas of the federal government, community and national nonprofits, health care, health insurance, public health, worksite/employer, industry, early care and education, education/school-based, food/nutrition, physical activity, policy, research, and public advocacy.

### INNOVATION COLLABORATIVES

Work continues in **five innovation collaboratives**—ad hoc convening activities that foster information sharing and collaboration toward the Roundtable aims. They engage interested members and others to develop tools, metrics, and frameworks for on-the-ground implementation and to identify and disseminate promising practices:

- [Business Engagement in Obesity Solutions Innovation Collaborative](#)
- [Early Care and Education Innovation Collaborative](#)
- [Integrated Clinical and Social Systems for the Prevention and Management of Obesity Innovation Collaborative](#)
- [Lived Experience Innovation Collaborative \(New\)](#)
- [Physical Activity and Health Innovation Collaborative](#)

### COLLABORATIONS

Each meeting of the roundtable presents an opportunity for member connections and collaborations. The roundtable remains committed to provide opportunities for its members to interact with each other and invited speakers on obesity-related projects with the understanding that this is an important way to foster dialogue and accelerate the implementation of multi-sector work.

### COMMUNICATION

The Roundtable takes a systems approach to dissemination—a multi-layered process that meets people on all media platforms. Visit us online.

- Website:

[NATIONALACADEMIES.ORG/OUR-WORK/ROUNDTABLE-ON-OBESITY-SOLUTIONS](https://nationalacademies.org/our-work/roundtable-on-obesity-solutions)

### ENGAGEMENT AND READERSHIP

The roundtable's virtual workshops and publications in 2021 engaged participants and readers representing more than 500 local, state, and federal departments and agencies and more than 700 nongovernmental organizations, which include nonprofits, philanthropies, and private-sector entities.



## ACTIVITIES



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### ADDRESSING STRUCTURAL RACISM, BIAS, AND HEALTH COMMUNICATION AS FOUNDATIONAL DRIVERS OF OBESITY

(Virtual Workshop Series)

During its eighth year, the roundtable hosted a three-part [workshop series](#) exploring sustainable systems-wide changes to reduce the prevalence and incidence of obesity. It examined the connections between drivers of obesity and promising solutions that have the potential for lasting systems change, including effective health communication, structural racism, and bias and stigma.

The Proceedings of a Workshop will be available spring 2022.

### EXPLORING STRATEGIES FOR SUSTAINABLE SYSTEMS-WIDE CHANGES TO REDUCE THE PREVALENCE OF OBESITY: A FIRST WORKSHOP IN THE SERIES

This workshop explored the intersection of weight bias and stigma and obesity in the context of the health care and workplace setting. The workshop also examined the intersection of structural racism and obesity in the context of housing and education, identifying policies and structures of oppression and promising solutions.

 To learn more, visit the [workshop page](#).

 [WATCH PRESENTATION VIDEOS](#)

 [DOWNLOAD PROCEEDINGS OF A WORKSHOP—IN BRIEF](#)

### LEVERAGING HEALTH COMMUNICATION, DATA, AND INNOVATIVE APPROACHES FOR SUSTAINABLE SYSTEMS-WIDE CHANGES TO REDUCE THE PREVALENCE OF OBESITY: A SECOND WORKSHOP IN THE SERIES

This workshop addressed data and innovative approaches for sustainable systems-wide changes to reduce the prevalence of obesity. The sessions addressed how to operationalize health communication and explore innovative data and policy approaches for obesity solutions. It also connected health communication to current modeling and data-driven efforts to advance obesity solutions.

 To learn more, visit the [workshop page](#).

 [WATCH PRESENTATION VIDEOS](#)

 [DOWNLOAD PROCEEDINGS OF A WORKSHOP—IN BRIEF](#)

### SYSTEMS AND OBESITY: ADVANCES AND INNOVATIONS FOR EQUITABLE HEALTH AND WELL-BEING: A THIRD WORKSHOP IN THE SERIES

This workshop explored how to advance strategies for sustainable systems-wide changes that leverage the three drivers (biased mental models/social norms, structural racism, and health communication) introduced in the first two workshops that can inform actionable priorities for individuals, organizations, and policy makers to reduce both the incidence and prevalence of obesity. An additional session focused on patient-provider communication around obesity treatment and solutions.

 To learn more, visit the [workshop page](#).

 [WATCH PRESENTATION VIDEOS](#)

The Proceedings of a Workshop—in Brief will be available spring 2022.

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### CONNECTING THE ROUNDTABLE'S STRATEGIC PLAN TO EXISTING NATIONAL ACADEMIES' WORK

In 2021, the roundtable also held [member-focused meetings](#) to learn from and dialogue with National Academies' activities working in the roundtable's strategic priority areas of effective health communication, structural racism, and stigma and bias. These activities included:

- [Consensus Study on High and Rising Mortality Rates Among Working-Age Adults](#)
- [Food and Nutrition Board](#)
- [Food Forum](#)
- [National Academy of Medicine's Culture of Health Program](#)
- [Roundtable on Black Men and Black Women in Science, Engineering, and Medicine](#)
- [Roundtable on the Promotion of Health Equity](#)
- [Standing Committee on Advancing Science Communication](#)

## PERSPECTIVES PAPER



This year, three National Academy of Medicine's (NAM) Perspectives papers\*—expert commentaries and discussion papers—grew out of roundtable and innovation collaborative activities and discussions:

- [Lessons Learned for Obesity Prevention and Care from Five Integrated Programs](#) by William H. Dietz, Jennifer E. Fassbender, Jeffrey Levi, Nicolaas P. Pronk, Susan Z. Yanovski, and David D. Fukuzawa
- [Children's Access to Healthy Food Suffers When Child Care Programs Close Their Doors](#) by Jennifer Bonney, Elizabeth Campbell, Debbie I. Chang, Carol Dreibelbis, Lynette M. Fraga, Geraldine Henchy, Jeff Hild, Roshelle Payes, and Jennifer Weber
- [Obesity, Biased Mental Models, and Stigma in the Context of the Obesity COVID-19 Syndemic](#) by Peter S. Hovmand, Nicolaas P. Pronk, Theodore K. Kyle, Joseph Nadglowski, Patricia M. Nece, and Cypress T. Lynx

To view a list of all of the roundtable's *NAM Perspectives*, visit <https://www.nationalacademies.org/our-work/roundtable-on-obesity-solutions/publications>

\* *NAM Perspectives*, published by the National Academy of Medicine (NAM), are individually authored papers by roundtable members and outside experts in health and health care. The views expressed in these papers are those of the authors and not necessarily of the authors' organizations, the NAM, or the National Academies of Sciences, Engineering, and Medicine (the National Academies). Perspectives are intended to help inform and stimulate discussion. They are not reports of the NAM or the National Academies.