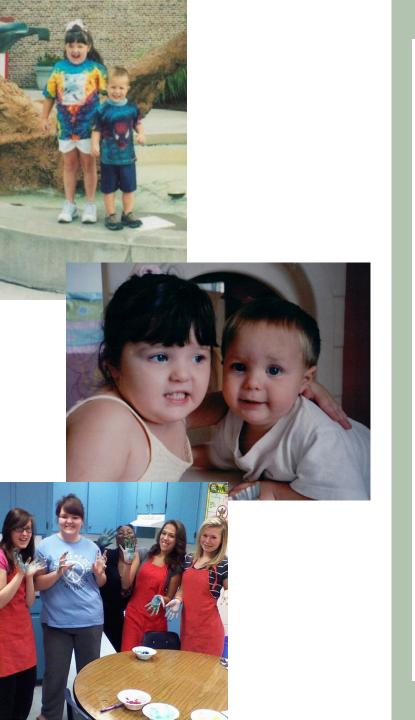
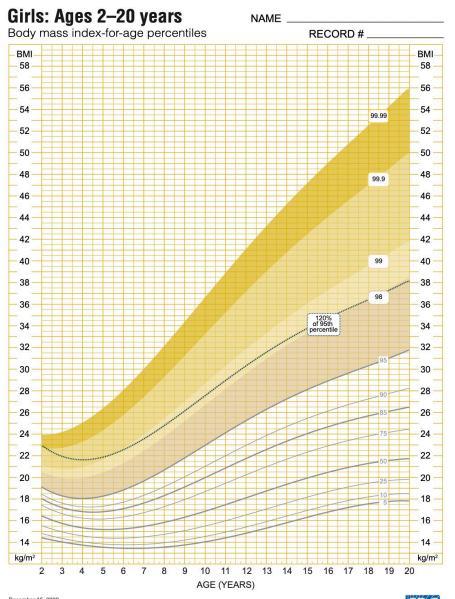
BMI OUTSIDE THE CLINIC: THE PATIENT PERSPECTIVE

Faith Anne Heeren, BA

DISCLOSURES

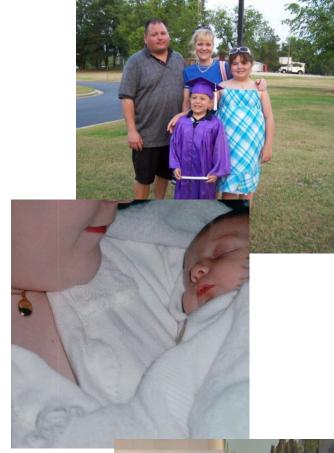
- Consulting for Novo Nordisk and WeightWatchers
- Content is based on my personal experiences as a patient with lived experience of obesity





December 15, 2022
Data source: National Health Examination Survey and National Health and Nutrition Examination Survey.
Developed by: National Center for Health Statistics in collaboration with National Center for Chronic Disease Prevention and Health Promotion, 2022.

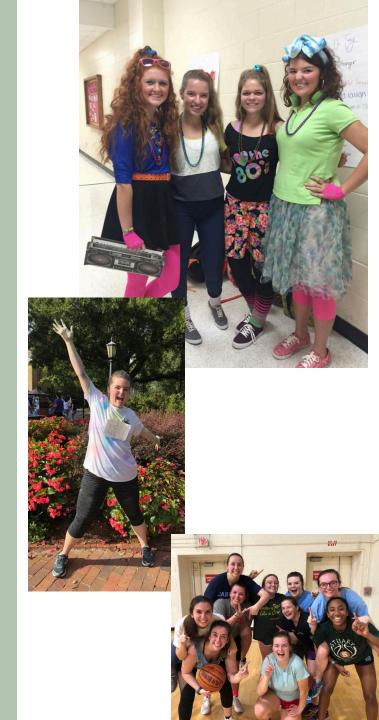








Access to high-quality, evidence-based obesity treatment significantly improved my physical and mental health.





After Care Summaries in MyChart



Blood Pressure 125/80



33.03





Height 5' 8"

217 lb 3.2 oz





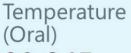
BMI 34.93



Weight 223 lb



Height 5' 7"





Pulse 82

98.6 °F

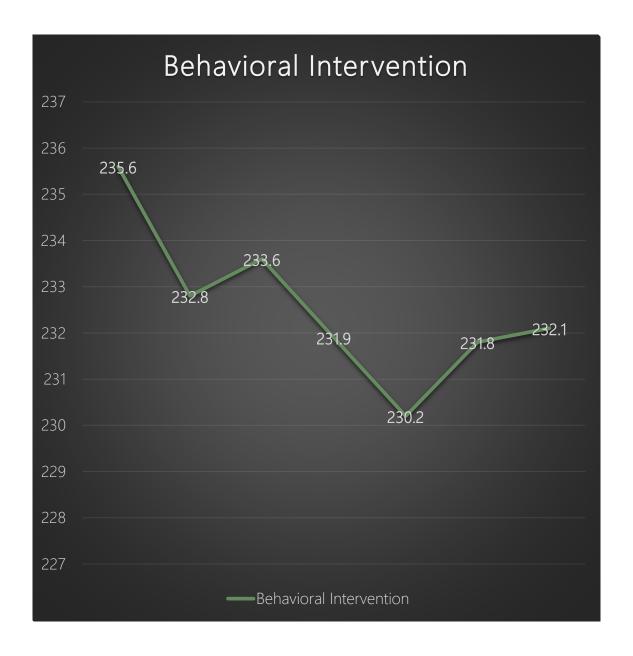


Respiration 1 /



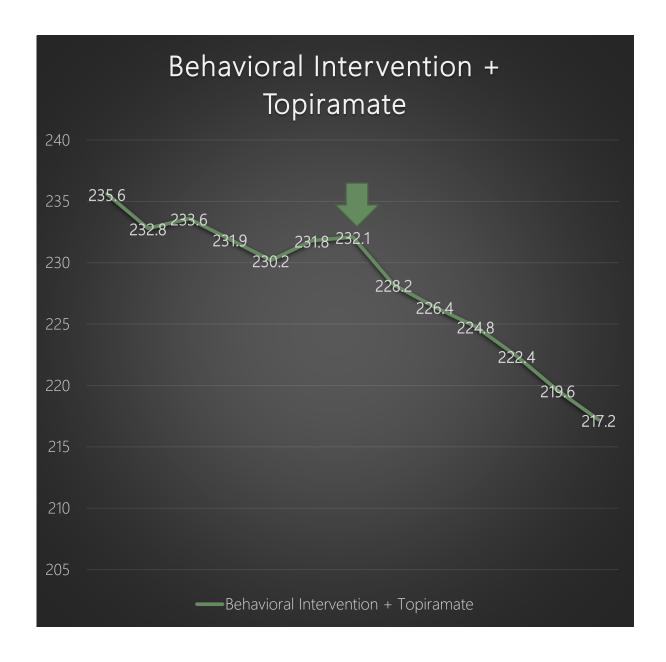
Oxygen Saturation 99%





Re-established care in 2023

- Scheduled visit to discuss medication
- Experienced excessive daytime sleepiness and joint pain
- Bloodwork prior to visit revealed some concerning levels



Started Topiramate in addition to behavioral intervention

- Increased energy and decreased joint pain
- Achieved clinically meaningful weight loss
- Plan to continue monitoring levels that were concerning at baseline





Weight Control Services including any Service to lose, gain, or maintain weight regardless of the reason for the Service or whether the Service is part of a treatment plan for a Condition, except as indicated as covered under the Preventive Health Services category of the WHAT IS COVERED? section. This exclusion includes, but is not limited to weight control/loss programs; appetite suppressants and other medications; dietary regimens; food or food supplements; exercise programs; exercise or other equipment; gastric or stomach bypass or stapling, intestinal bypass, gastric balloons, jaw wiring, jejunal bypass, gastric shunts, and procedures designed to restrict your ability to assimilate food. Complications of any kind arising from, or related to, weight control surgery, as determined by us, are not covered. Complications of weight control surgery are excluded when the preceding weight control surgery was not a Covered Service under this Booklet or another BCBSF/HOI policy and it also applies if the surgery was performed while you were covered by a previous carrier or self-funded plan at any time prior to coverage under this Booklet even if the Service(s) was/were covered under the prior carrier or self-funded plan.





Perspective

Scaling-Up Stage 4 Pediatric Obesity Clinics: Identifying Barriers and Future Directions Using Implementation Science

Faith A. Newsome X, Abhaya Dilip, Sarah C. Armstrong, Ramzi G. Salloum, Michelle I. Cardel

First published: 26 April 2021 | https://doi.org/10.1002/oby.23162

Read the full text >



Patient-Centered Care for Obesity: How Health Care Providers Can Treat Obesity While Actively Addressing Weight Stigma and Eating Disorder Risk



Michelle I. Cardel, PhD, MS, RD*; Faith A. Newsome*; Rebecca L. Pearl, PhD; Kathryn M. Ross, PhD, MPH; Julia R. Dillard; Darci R. Miller, MPH; Jacqueline F. Hayes, PhD; Denise Wilfley, PhD, MA; Pamela K. Keel, PhD; Emily J. Dhurandhar, PhD; Katherine N. Balantekin, PhD, RD

Wellness Achieved through Changing Habits: A Randomized Controlled Trial of an Acceptance-Based Intervention for Adolescent Girls with Overweight or Obesity

Faith A. Newsome , Michelle I. Cardel , Xiaofei Chi, Alexandra M. Lee, Darci Miller, Sarada Menon, David M. Janicke, Matthew J. Gurka, Meghan L. Butryn, and Stephanie Manasse

Systemic and Environmental Contributors to Obesity Inequities in Marginalized Racial and Ethnic Groups

Faith A. Newsome, BA^{a,*}, Clarence C. Gravlee, PhD^b, Michelle I. Cardel, PhD, MS, RD^{a,C}



The information we choose to share, however we choose to present it, must be paired with an actionable plan and access to high-quality, evidence-based treatment.

THANK YOU

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