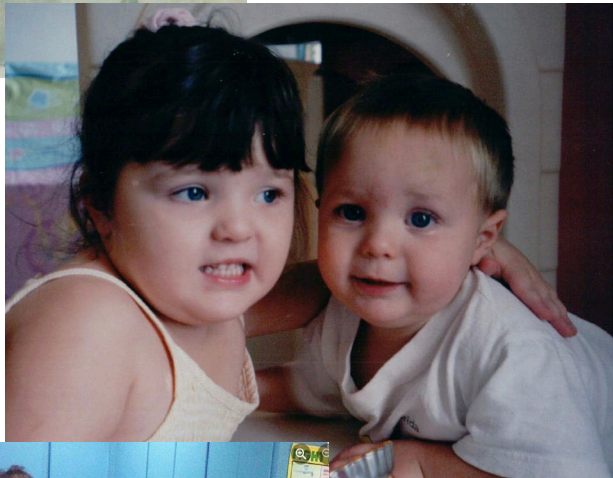
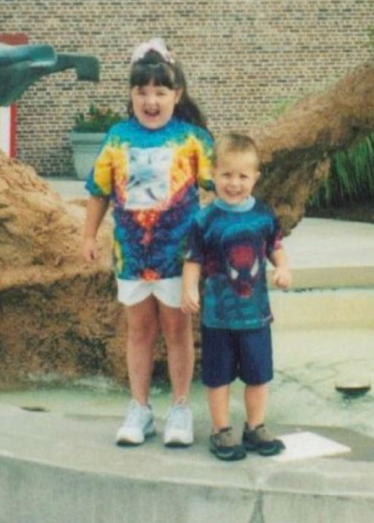


BMI OUTSIDE THE CLINIC: THE PATIENT PERSPECTIVE

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

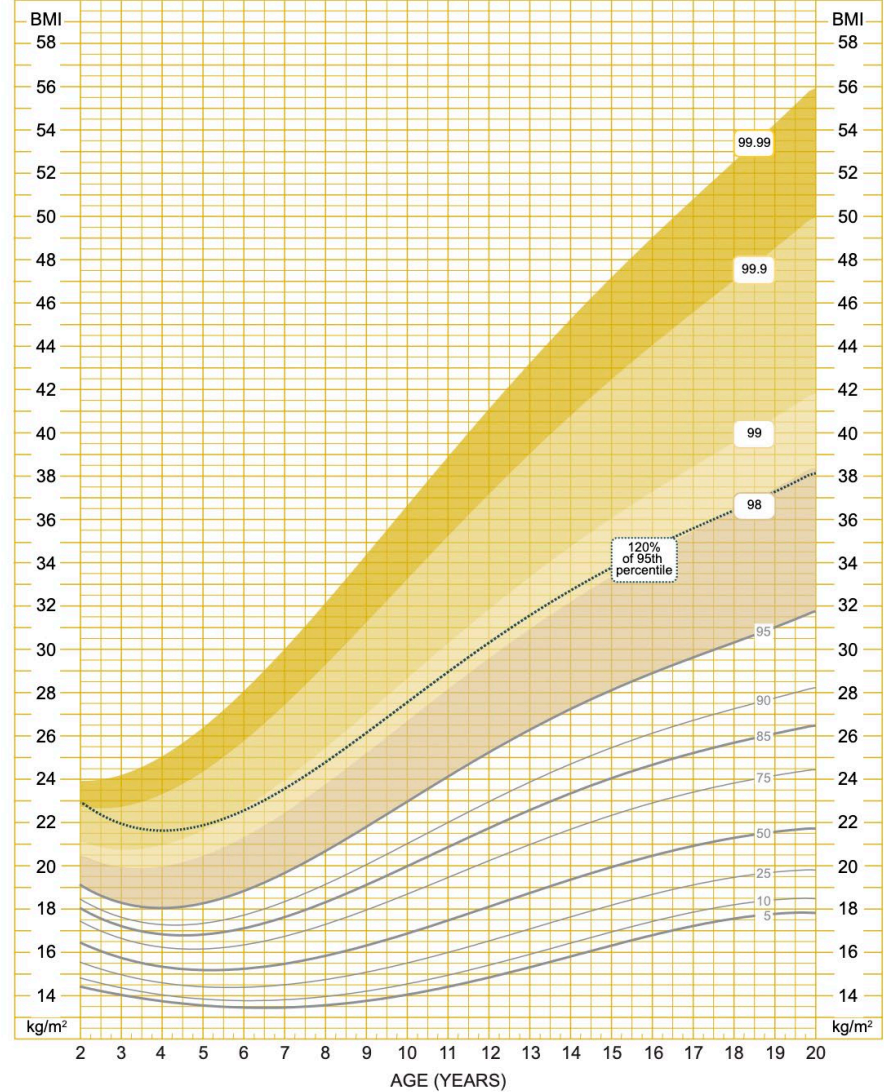


Girls: Ages 2–20 years

Body mass index-for-age percentiles

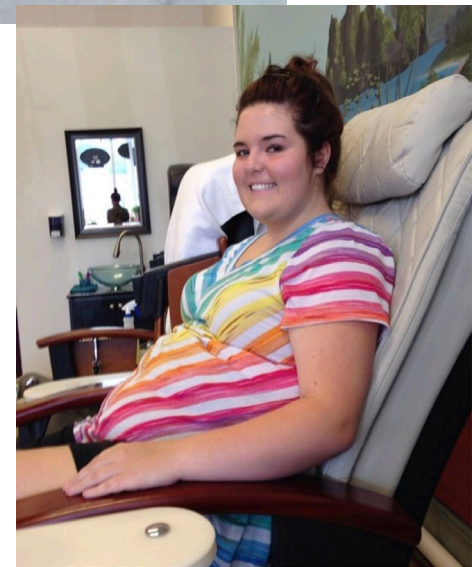
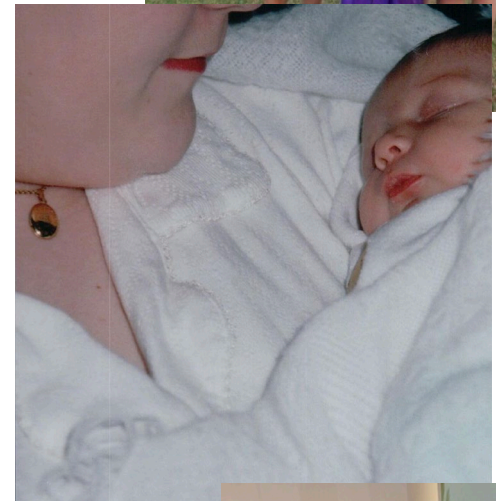
NAME _____

RECORD # _____



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.

CS330334

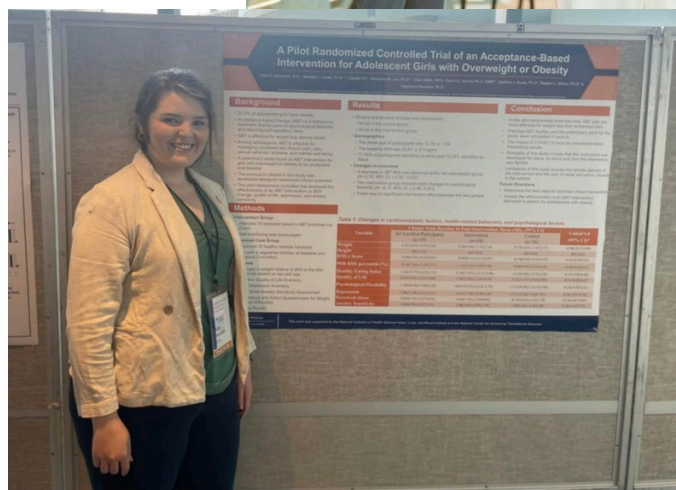





Access to high-quality, evidence-based obesity treatment significantly improved my physical and mental health.




After Care Summaries in MyChart







Blood Pressure
125/80




BMI
33.03




Weight
217 lb
3.2 oz




Height
5' 8"




Blood Pressure
118/78




BMI
34.93




Weight
223 lb




Height
5' 7"




Temperature (Oral)
98.6 °F



Pulse
82



Respiration
14



Oxygen Saturation
99%



Behavioral Intervention



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

Behavioral Intervention + Topiramate



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



Perspective

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

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

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

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PDF



TOOLS



SHARE

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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