

ADVOCACY NEWS

ADVOCACY ACTION

OAC Leads Major Coalition of Healthcare Groups in Calling on Policymakers to Treat Obesity with Respect

by Chris Gallagher, OAC Policy Consultant

Dear Americans -
Obesity is a serious medical condition and your weight matters. Numerous other conditions, both physical and psychosocial, are being linked to excess weight on a daily basis. Simply put, weight and health go hand-in-hand. Therefore, **let's treat obesity with the respect, urgency and action it deserves!**

Obesity Action Coalition &

Academy of Nutrition and Dietetics
American Academy of Nurse Practitioners
American Academy of Pediatrics
American Association of Diabetes Educators
American Association of Heart Failure Nurses
American Association of Orthopaedic Surgeons
American Cancer Society Cancer Action Network
American College of Cardiology
American College of Osteopathic Surgeons
American College of Preventive Medicine
American College of Sports Medicine
American College of Surgeons
American Osteopathic Academy of Orthopedics
American Sleep Apnea Association
American Society of Bariatric Physicians
American Society for Metabolic and Bariatric Surgery
American Society of Echocardiography
American Society of Nuclear Cardiology
Arthritis Foundation
Asian & Pacific Islander American Health Forum
Asian and Pacific Islander Obesity Prevention Alliance
Asian Pacific Partners for Empowerment, Advocacy and Leadership
Billings Clinic
Black Women's Health Imperative
Care Continuum Alliance
ConsciousHealth
Mental Health America
National Alliance on Mental Illness
National Asian American Pacific Islander Mental Health Association
National Asian Pacific American Families Against Substance Abuse
National Association of State Mental Health Program Directors
National Black Nurses Association
National Center for Weight and Wellness
National Council for Community Behavioral Healthcare
National Council of Asian Pacific Islander Physicians
National Indian Health Board
National Tongan-American Society
National Women's Health Resource Center
OWL - The Voice of Midlife and Older Women
Rudd Center for Food Policy & Obesity
Society for Cardiovascular Angiography and Interventions
Society for Vascular Surgery
Southeast Asian Community Center
The OASAR Foundation
The Downey Obesity Report
The Obesity Society
The Society of Thoracic Surgeons
Trust for America's Health

Take Action Now!
Go to the OAC Legislative Action Center at www.obesityaction.org/takeaction and tell Congress to "address weight as a matter of HEALTH!"

The Facts about Obesity: Obesity is a multi-factorial chronic medical condition requiring a comprehensive approach to both prevent and treat. Obesity is associated with a large number of related conditions such as type 2 diabetes, vascular disease, hypertension, heart disease, certain cancers, sleep apnea, arthritis and mental illness. Therefore, care should not be seen as simply having the goal of reducing body weight, but should additionally be focused on improving overall health and quality of life.

and psychosocial, are being linked to excess weight on a daily basis. Simply put, weight and health go hand-in-hand. Therefore, let's treat obesity with the respect, urgency and action it deserves!"

Advocates can access the OAC's Legislative Action Center at www.obesityaction.org/takeaction to tell policymakers that:

When you next discuss how to improve our nation's health, please consider the following evidence-based recommendations from the STOP Obesity Alliance to change the national conversation about weight and pledge to remember that:

- *Weight is about health, not appearance.*
- *Weight status does not necessarily reflect health status.*
- *It takes more than willpower to maintain a healthy weight - a strong support system is necessary.*
- *Body size and shape are influenced by inherited and environmental factors.*
- *Body mass index is one of many factors in determining a person's weight status as it relates to health.*
- *Incremental and sustained weight-loss advised by a healthcare provider is safe and healthy - whereas crash diets are dangerous and can contribute to negative health outcomes.*

As part of continuing efforts to educate federal policymakers about the critical need for national efforts to both prevent and treat obesity, the Obesity Action Coalition (OAC) spearheaded a coalition of more than 45 healthcare groups in asking all Americans to contact their legislators on Capitol Hill and urge them to "address weight as a matter of health!"

This call-to-action came in the form of a full-page advertisement, which was sponsored by the OAC in the May 7 issue of the Capitol Hill Newspaper, *Politico*, to coincide with the opening of the CDC's Weight of the Nation Conference. The ad calls on all Americans, stating that: "Obesity is a serious medical condition and your weight matters. Numerous other conditions, both physical

Supporting groups on the call-to-action included the leading groups in the obesity community (American Society for Metabolic and Bariatric Surgery, Academy of Nutrition and Dietetics, The Obesity Society and American Society of Bariatric Physicians) as well as other major healthcare provider and patient groups such as the Arthritis Foundation, American Academy of Pediatrics, American Cancer Society Cancer Action Network, Trust for America's Health, American College of Cardiology, Mental Health America and the National Women's Health Resource Center.

Take Action Today! Contact Your Legislator by Visiting www.obesityaction.org/takeaction.



ABOUT THE OBESITY ACTION COALITION (OAC)

The Obesity Action Coalition (OAC) is a National non-profit organization dedicated to giving a voice to individuals affected by obesity and helping them along their journey toward better health. Our core focuses are to elevate the conversation of weight and its impact on health, improve access to obesity care, provide science-based education on obesity and its treatments, and fight to eliminate weight bias and discrimination.



VIBRANT COMMUNITY



NATIONAL AWARENESS CAMPAIGNS



ANNUAL CONVENTION



ADVOCACY



PUBLIC EDUCATION

LEARN, CONNECT, ENGAGE

The OAC knows that the journey with weight can be challenging but we also know that great things happen when we learn, connect and engage. That is why the OAC Community exists. Our Community is designed to provide quality education, ongoing support programs, an opportunity to connect, and a place to take action on important issues.

Through the OAC Community, you can get access to:

- Weight & Health Education • Community Blogs
 - Community Discussion Forum
 - Ongoing Support • Meaningful Connections
- AND MUCH MORE**



JOIN TODAY: GO TO OBESITYACTION.ORG/JOIN

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