Thinking Differently About Weight

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Washington, DC
kahan@nationalweight.org

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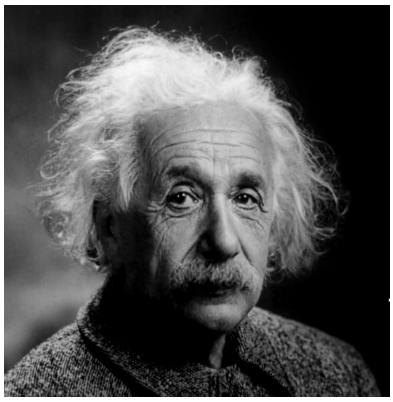
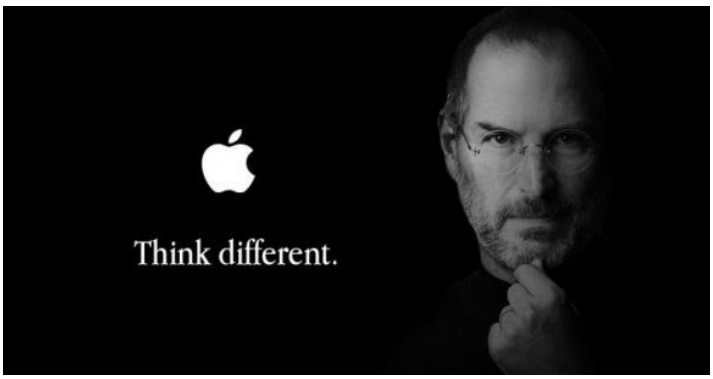


"We cannot solve our problems with the same thinking we used when we created them."



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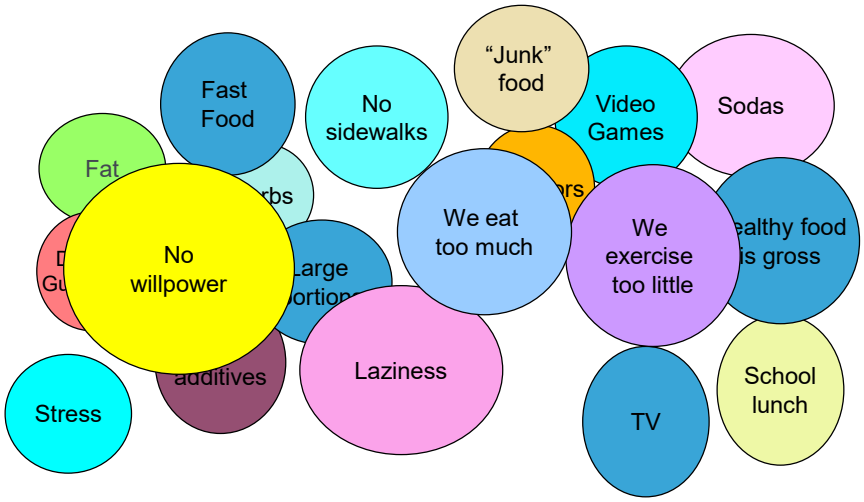
What Causes Weight Gain and Obesity??



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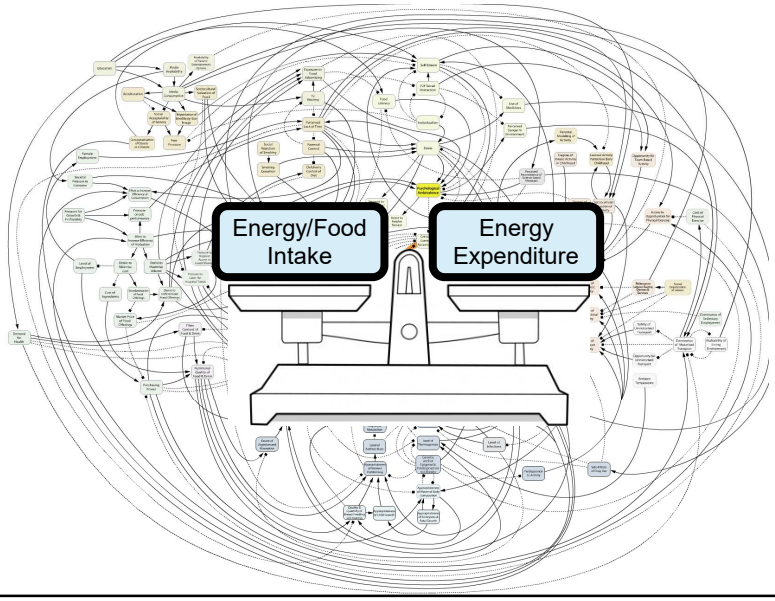

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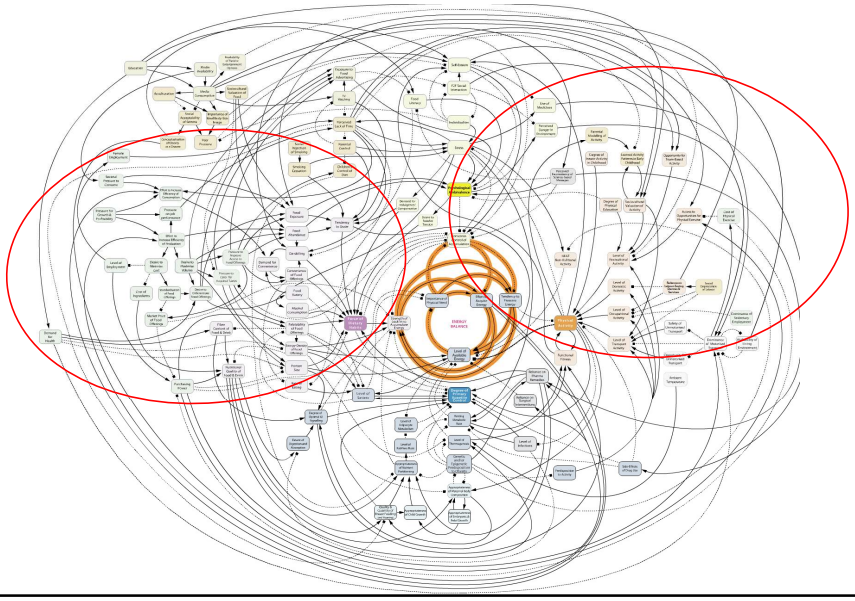
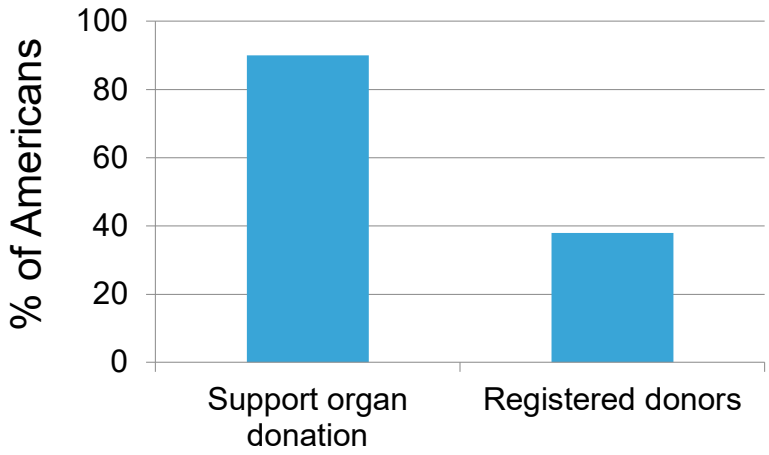


5

Our Environments Shape What We Do



www.organdonor.gov and HRSA/OPTN

6

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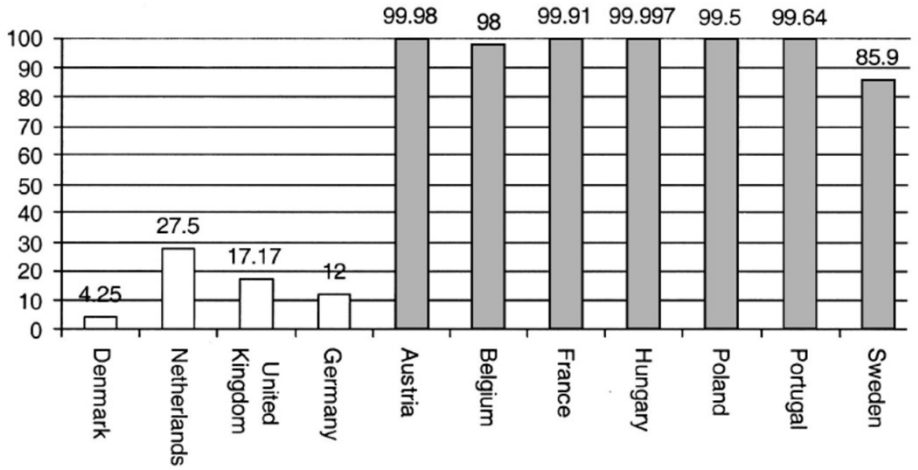

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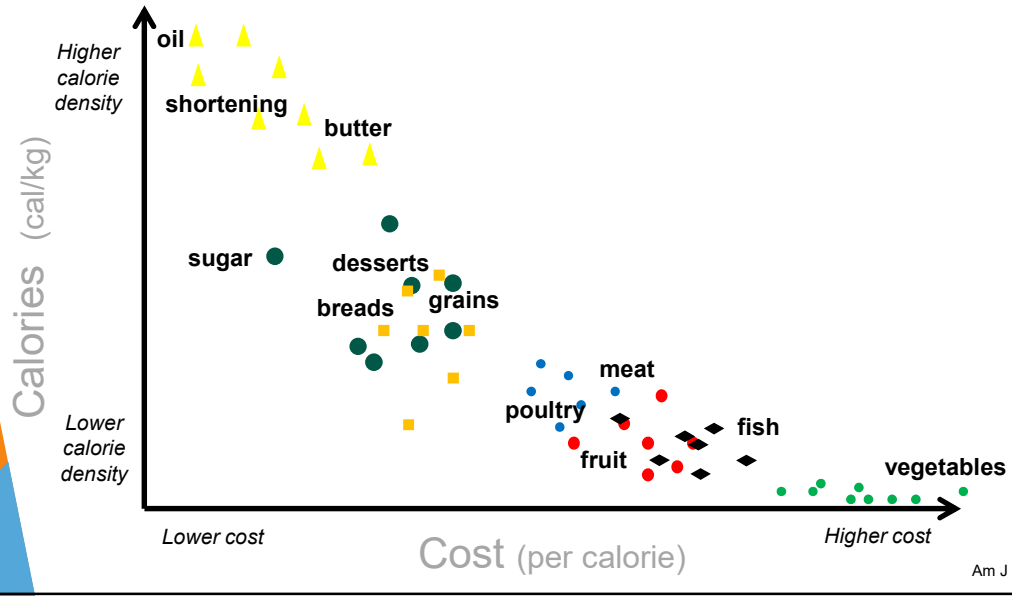
Unhealthy Foods Are [Much] Cheaper



Am J Clin Nutr, 2004

8

Portions Are Larger

1960 ⟶ **2000's**

Pendergrast M, 2000.

9

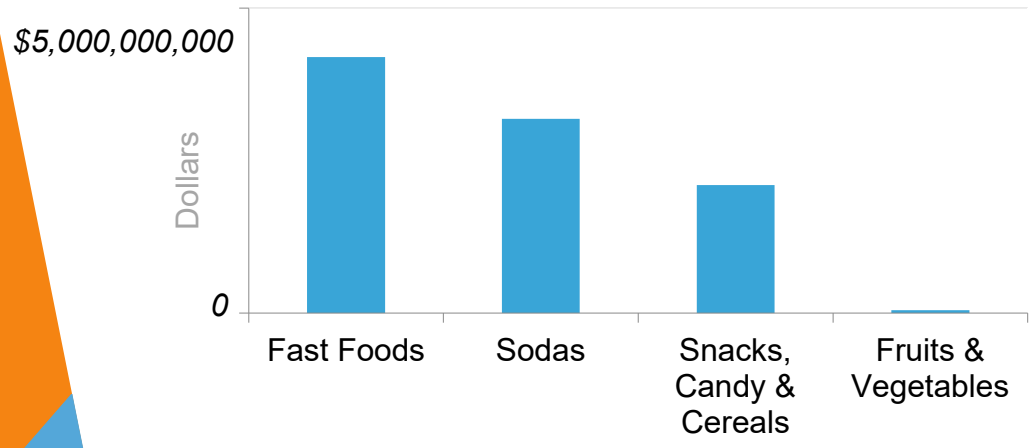
Unhealthy Foods Are More Available

10

Unhealthy Foods Are Tastier

11

Unhealthy Foods Are Heavily Marketed



U.S. Federal Trade Commission, Yale Rudd Center, Kaiser Family Foundation

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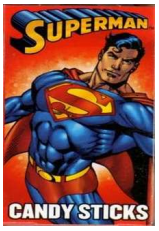
Unhealthy Foods Are Fun!



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Not Just Food Environments

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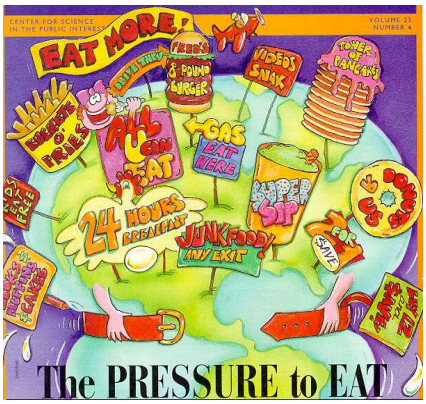
Is It Really Surprising We're Gaining Weight?!



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Rates of "Willpower"-Related Issues

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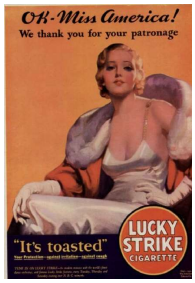
The Tobacco/Smoking Environment



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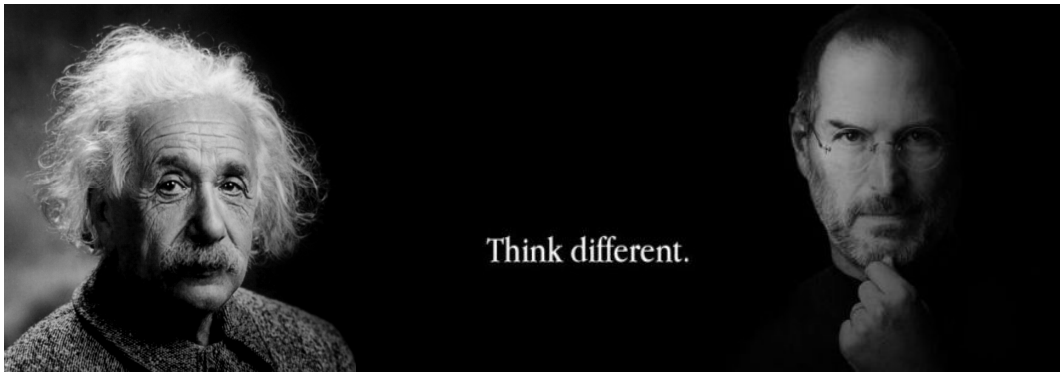

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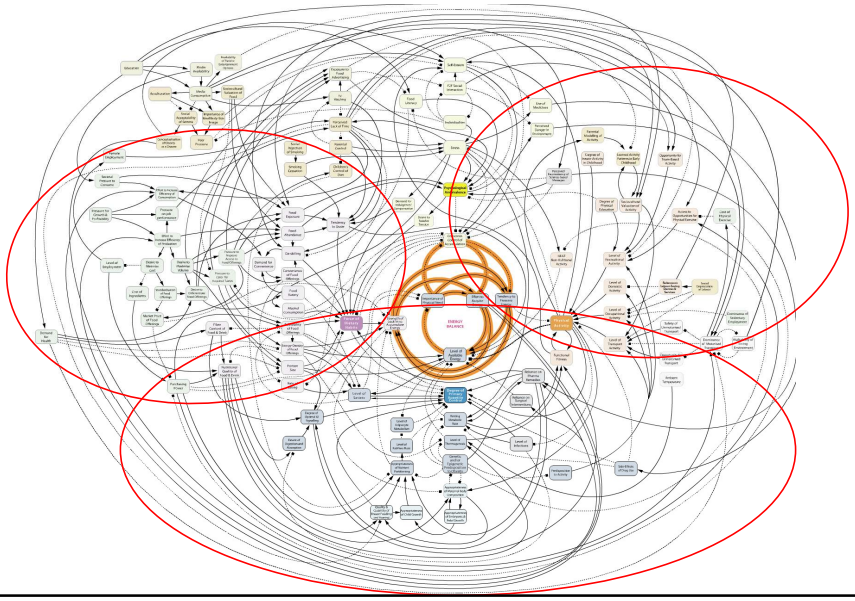
What Causes Weight Gain and Obesity??



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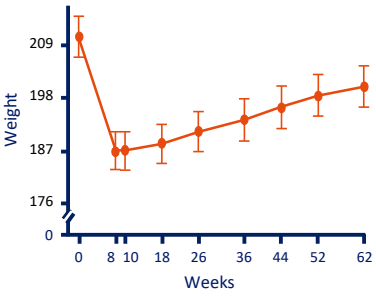
Hormone Changes and Hunger Persistently Oppose Weight Loss



Insulin Amylin
Leptin PYY
CCK GLP-1

Ghrelin

Sumithran P et al. N Engl J Med. 2011;365:1597–1604.

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ENCE OF FAT

After 'The Biggest Loser,' Their Bodies Fought to Regain Weight

Contestants lost hundreds of pounds during Season 8, but gained them back. A study of their struggles helps explain why so many people fail to keep off the weight they lose.

By GINA KOLATA MAY 2, 2016

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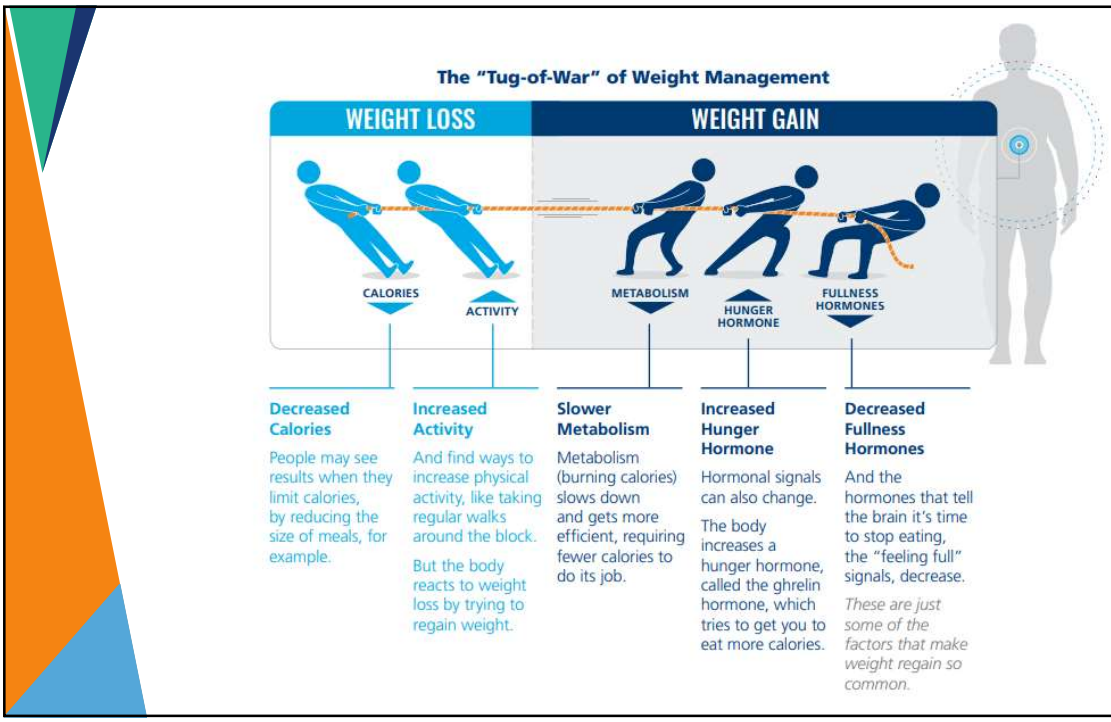

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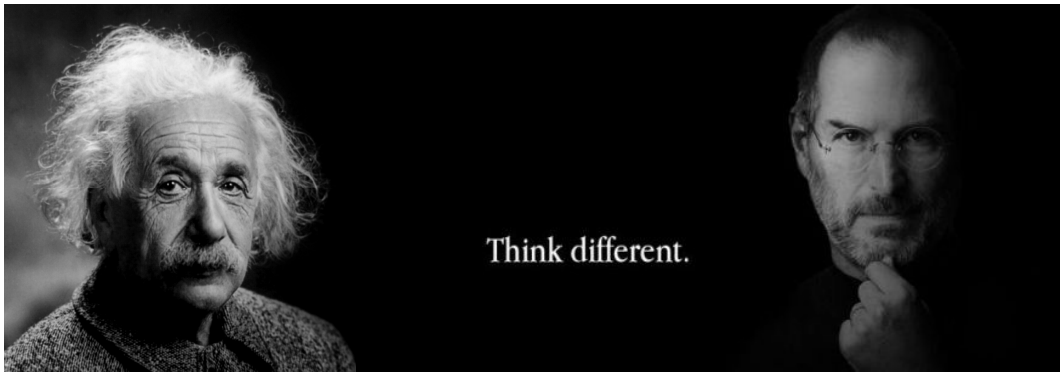

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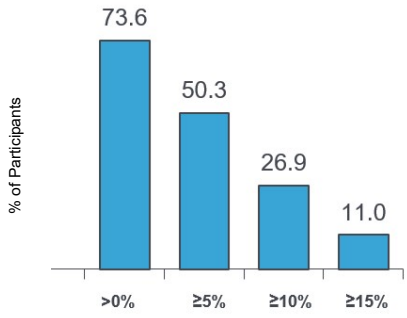
Obesity Treatment – Counseling



Look AHEAD Research Group. Obesity. 2014;22(1):5-13.

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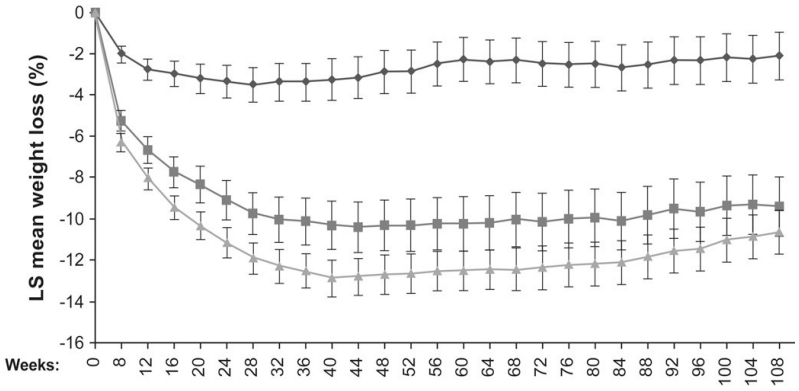
Obesity Treatment - Medication



Garvey WT, et al. 2012.

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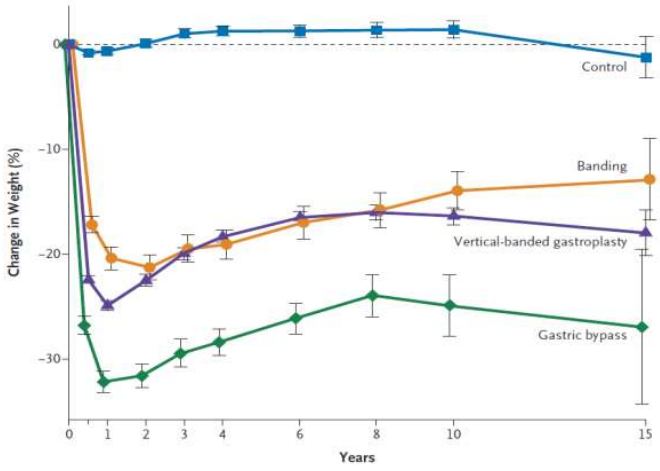
Obesity Treatment – Surgery



Sjostrom L, et al. NEJM. 2007;357:741-52.

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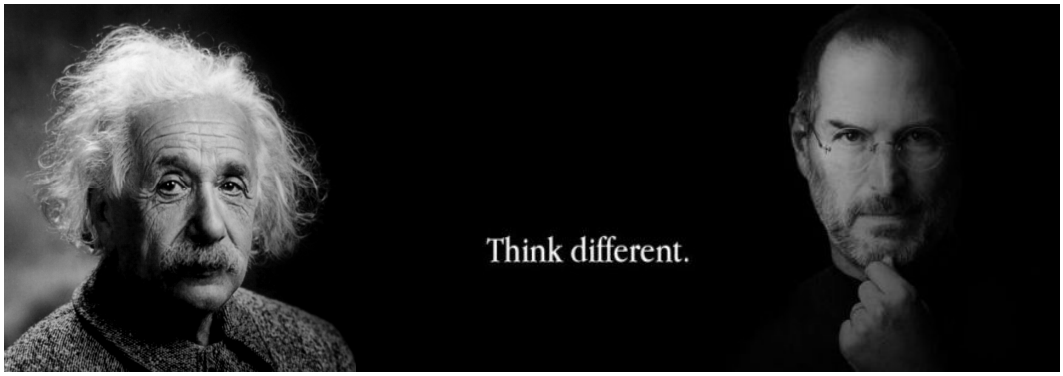

27

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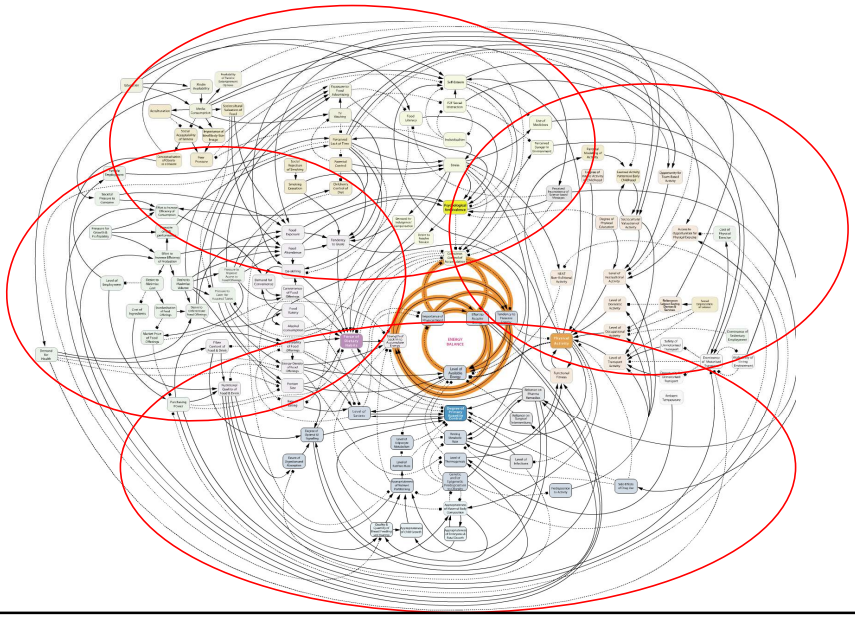

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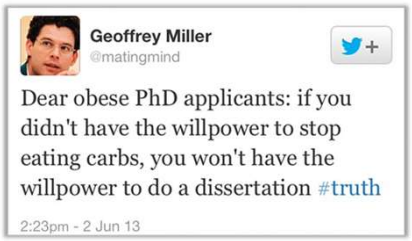
Don't Accept Weight Stigma



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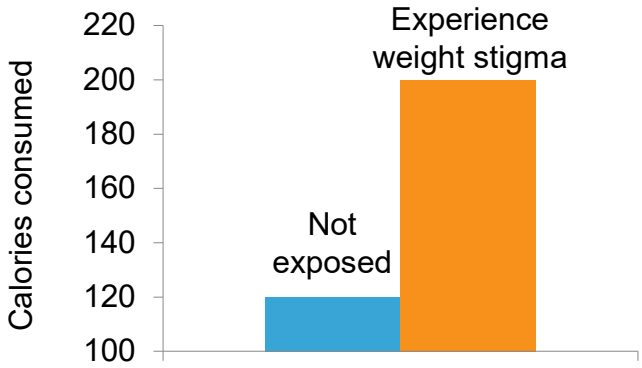
Weight Stigma Affects Weight and Health



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Just eat less and exercise more!

It's all about willpower

Just avoid carbs (or fat…or sweets, etc)

Thin tastes better!

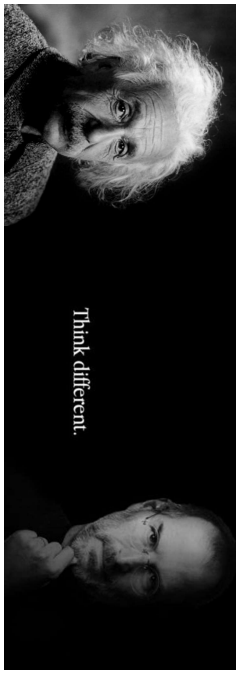
You are what you eat

No one loses weight and keeps it off

Only bariatric surgery works

"Ideal weight"

No pain, no gain!



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Thank you.

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