



# VIRTUAL EVENT SERIES **PROGRAM BOOK**



**YWM2020 – VIRTUAL** is an Educational Initiative Proudly Presented by the Obesity Action Coalition

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# WELCOME to YWM2020 – VIRTUAL!

**YWM2020 - VIRTUAL** marks the Obesity Action Coalition's (OAC) 9<sup>th</sup> Annual Convention! This year, more than ever, we are excited to deliver a top-notch educational program all in a virtual platform. Having the right kind of information about health and weight is extremely important, and that is why the OAC developed the *Your Weight Matters* Convention & EXPO. You'll see this first-hand throughout this event series as you learn practical tips and tools to improve your health, advocate for yourself and others and discover a community of support.

You will have the opportunity to experience a wide variety of interactive educational sessions that will present to you the latest cutting edge and science-based strategies to help with weight management and your personal health journey. We will begin by digging into the science behind obesity and then create a toolbox of strategies to implement into your personal approach to weight management. In addition to these excellent sessions, we are bringing you credible resources that can be found in the Virtual EXPO Hall as well as free OAC advocacy training sessions!

Throughout this series, we encourage your participation in the online chat tool so you can connect with others and help the OAC get to know you better! Also, don't miss the opportunity to ask the experts questions along the way using the Q&A feature.

On behalf of the OAC National Board of Directors, the OAC staff and all volunteers, we are delighted you are joining us at **YWM2020-VIRTUAL**. We look forward to connecting with each of you throughout these next few education-packed events as we start to **Think Differently about Our Weight!**



*Michelle Vicari*

**Michelle Vicari**  
OAC Chairwoman



*Scott Kahan MD*

**Scott Kahan, MD, MPH**  
Program Agenda Subcommittee Chair



*Robert Kushner*

**Robert Kushner, MD**  
Program Agenda Subcommittee Co-chair

## About the Obesity Action Coalition

The Obesity Action Coalition (OAC), a more than 75,000 member-strong non-profit organization, is dedicated to helping you in your health journey. For over a decade, the OAC has strived to increase access to obesity treatments, fight weight bias, educate the public and much more! We are here to provide you with the continuous support, knowledge, and representation that you deserve. Throughout the year, we hope you will stay engaged and active in our community by using all the opportunities you will learn about during this virtual event series.



# THANK YOU to Our 2020 Convention National Sponsors

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## IF YOU'RE CONSIDERING WEIGHT-LOSS SURGERY, **YOU DON'T HAVE TO DO IT ALONE.**

Your weight-loss journey might seem overwhelming. With the right team on your side, it doesn't have to be. That's why we've created online tools to provide you with:

- Tips for talking with your doctor about weight-loss surgery
- Guidance for affording — and preparing for — weight-loss surgery
- Materials to help your family support you before, during, and after surgery

To learn more, visit  
[medtronic.com/us-en/patients/treatments-therapies/bariatric-surgery/patient-support.html](http://medtronic.com/us-en/patients/treatments-therapies/bariatric-surgery/patient-support.html)

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Boehringer Ingelheim ranks among the world's 20 leading pharmaceutical corporations. Our vision drives us forward. It helps us to foster value through innovation in our company and to look to the future with constantly renewed commitment and ambition.



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## Daily vitamin packs personalized for you.

Take our free personalized assessment

[www.PersonaNutrition.com/YWM2020](http://www.PersonaNutrition.com/YWM2020)

**for 50% off your first order**  
+ Free consultation with a nutritionist.



## RESPECT PLEDGE

The OAC's Community is a place where individuals, regardless of where they are on their health journeys, can learn, connect, find support and be empowered to change the world for people living with the disease of obesity.

As a valued part of the OAC's diverse Community, I pledge to...

**Maintain Respect** by keeping a courteous and open-minded attitude at all times, whether engaging with the OAC or its Community.

**Acknowledge that there is No One-Size-Fits-All Approach** to treating obesity or issues with weight, and that personal decisions regarding weight should be free of judgement.

**Respect Different Journeys and Paths of OTHERS** by understanding and acknowledging that everyone is at a different stage with their health and journey with weight.

**Treat Obesity Seriously** by acknowledging that it is a complex disease and not simply a matter of personal choice, and that weight bias and discrimination are unacceptable.

**Help Create an Environment** where everyone in the OAC Community feels socially, emotionally, intellectually and physically safe, as well as listened to and supported.

It is only when we **RESPECT** one another and take the disease of obesity seriously that we can reach our ultimate goal: making the world a better place for all people who are affected.



Powered by the Obesity Action Coalition

## Find the Right Healthcare Provider to Talk about Your Weight and Health!

What is your zip code?

Select Specialty...

SEARCH

[ObesityCareProviders.com](http://ObesityCareProviders.com)

When it comes to

# LOSING WEIGHT AND KEEPING IT OFF

"We've always had the **WILL**. Now we have another **WAY**."



Actor Portrayals.

## Managing your weight long term requires more than willpower alone

**Saxenda® can help you lose weight and keep it off**

- ▶ When you lose weight, your **body fights back** by changing your appetite hormone levels, which can lead you to **regain the weight** you've lost.
- ▶ **Saxenda® helps regulate your appetite** by working like one of your body's fullness hormones—helping you to eat less, so you can **lose weight and keep it off**.

Ask your health care provider  
about FDA-approved Saxenda®

Check your  
prescription coverage at  
**SaxendaCoverage.com**

**Saxenda®**  
liraglutide injection **3mg**

## Indications and Usage

### What is Saxenda®?

Saxenda® (liraglutide) injection 3 mg is an injectable prescription medicine that may help some adults with excess weight (BMI  $\geq 27$ ) who also have weight-related medical problems or obesity (BMI  $\geq 30$ ) lose weight and keep the weight off. Saxenda® should be used with a reduced-calorie meal plan and increased physical activity

- Saxenda® is not for the treatment of type 2 diabetes
- Saxenda® and Victoza® have the same active ingredient, liraglutide, and should not be used together
- Saxenda® should not be used with other GLP-1 receptor agonist medicines
- Saxenda® and insulin should not be used together
- It is not known if Saxenda® is safe and effective when taken with other prescription, over-the-counter, or herbal weight-loss products
- It is not known if Saxenda® changes your risk of heart problems or stroke or of death due to heart problems or stroke
- It is not known if Saxenda® can be used safely in people who have had pancreatitis
- It is not known if Saxenda® is safe and effective in children under 18 years of age. Saxenda® is not recommended for use in children

## Important Safety Information

### What is the most important information I should know about Saxenda®?

Serious side effects may happen in people who take Saxenda®, including:

**Possible thyroid tumors, including cancer.** Tell your health care professional if you get a lump or swelling in your neck, hoarseness, trouble swallowing, or shortness of breath. These may be symptoms of thyroid cancer.

In studies with rats and mice, Saxenda® and medicines that work like Saxenda® caused thyroid tumors, including thyroid cancer. It is not known if Saxenda® will cause thyroid tumors or a type of thyroid cancer called medullary thyroid carcinoma (MTC) in people.

Do not use Saxenda® if you or any of your family have ever had MTC, or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).

BMI=Body Mass Index

Please see additional Important Safety Information on following page and Prescribing Information, including Medication Guide, at <http://www.novo-pi.com/saxenda.pdf>.



## Important Safety Information (cont'd)

### Who should not use Saxenda®?

#### Do not use Saxenda® if:

- you or any of your family have a history of MTC
- you have MEN 2. This is a disease where people have tumors in more than one gland in their body
- you are allergic to liraglutide or any of the ingredients in Saxenda®. Symptoms of a serious allergic reaction may include: swelling of your face, lips, tongue, or throat, fainting or feeling dizzy, very rapid heartbeat, problems breathing or swallowing, and severe rash or itching

Talk with your health care provider if you are not sure if you are pregnant or planning to become pregnant. Saxenda® may harm your unborn baby

#### Before taking Saxenda®, tell your health care provider about all of your medical conditions, including if you:

- have any of the conditions listed in the section “What is the most important information I should know about Saxenda®?”
- are taking certain medications called GLP-1 receptor agonists
- are allergic to liraglutide or any of the other ingredients in Saxenda®
- have severe problems with your stomach, such as slowed emptying of your stomach (gastroparesis) or problems with digesting food
- have or have had problems with your pancreas, kidneys or liver
- have or have had depression or suicidal thoughts
- are pregnant or plan to become pregnant. Saxenda® may harm your unborn baby. Tell your health care provider if you become pregnant while taking Saxenda®. If you are pregnant you should stop using Saxenda®
- are breastfeeding or plan to breastfeed. It is not known if Saxenda® passes into your breast milk. You and your health care provider should decide if you will take Saxenda® or breastfeed. You should not do both without talking with your health care provider first

Tell your health care provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Saxenda® slows stomach emptying and can affect medicines that need to pass through the stomach quickly. Saxenda® may affect the way some medicines work and some other medicines may affect the way Saxenda® works. Tell your health care provider if you take diabetes medicines, especially sulfonylurea medicines or insulin.

### How should I use Saxenda®?

- Inject your dose of Saxenda® under the skin (subcutaneous injection) in your stomach area (abdomen), upper leg (thigh), or upper arm, as instructed by your health care provider. **Do not inject into a vein or muscle**
- Never share your Saxenda® pen or needles with another person. You may give an infection to them, or get an infection from them

### What are the possible side effects of Saxenda®?

#### Saxenda® may cause serious side effects, including:

- **possible thyroid tumors, including cancer**
- **inflammation of the pancreas (pancreatitis).** Stop using Saxenda® and call your healthcare provider right away if you have severe pain in your stomach area (abdomen) that will not go away, with or without vomiting. You may feel the pain from your abdomen to your back
- **gallbladder problems.** Saxenda® may cause gallbladder problems, including gallstones. Some gallbladder problems need surgery. Call your health care provider if you have any of the following symptoms: pain in your upper stomach (abdomen), fever, yellowing of your skin or eyes (jaundice), and clay-colored stools
- **low blood sugar (hypoglycemia) in people with type 2 diabetes who also take medicines to treat type 2 diabetes.** Saxenda® can cause low blood sugar in people with type 2 diabetes who also take medicines used to treat type 2 diabetes (such as sulfonylureas). In some people, the blood sugar may get so low that they need another person to help them. If you take a sulfonylurea medicine, the dose may need to be lowered while you use Saxenda®. Signs and symptoms of low blood sugar may include: shakiness, sweating, headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heartbeat, and feeling jittery. You should check your blood sugar before you start taking Saxenda® and while you take Saxenda®
- **increased heart rate.** Saxenda® can increase your heart rate while you are at rest. Your health care provider should check your heart rate while you take Saxenda®. Tell your health care professional if you feel your heart racing or pounding in your chest and it lasts for several minutes when taking Saxenda®
- **kidney problems (kidney failure).** Saxenda® may cause nausea, vomiting, or diarrhea leading to loss of fluids (dehydration). Dehydration may cause kidney failure, which can lead to the need for dialysis. This can happen in people who have never had kidney problems before. Drinking plenty of fluids may reduce your chance of dehydration. Call your health care provider right away if you have nausea, vomiting, or diarrhea that does not go away, or if you cannot drink liquids by mouth
- **serious allergic reactions.** Serious allergic reactions can happen with Saxenda®. Stop using Saxenda® and get medical help right away if you have any symptoms of a serious allergic reaction
- **depression or thoughts of suicide.** You should pay attention to any mental changes, especially sudden changes, in your mood, behaviors, thoughts, or feelings. Call your health care provider right away if you have any mental changes that are new, worse, or worry you

Common side effects of Saxenda® include nausea, diarrhea, constipation, headache, vomiting, low blood sugar (hypoglycemia), decreased appetite, upset stomach, tiredness, dizziness, stomach pain, and changes in enzyme (lipase) levels in your blood. Nausea is most common when first starting Saxenda®, but decreases over time in most people as their body gets used to the medicine. Tell your health care professional if you have any side effect that bothers you or that does not go away.

Please see Prescribing Information, including Medication Guide, at <http://www.novo-pi.com/saxenda.pdf>.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.fda.gov/medwatch](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.



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**Saxenda®**  
liraglutide injection **3mg**

# YWM2020 – VIRTUAL EVENT SERIES SCHEDULE

*\*\*Please note that all Virtual Events take place in Eastern Time Zone (EST).*

## Saturday, July 11<sup>th</sup> – LIVESTREAM EVENT

1:00 pm – 1:15 pm EST

**Welcome to YWM2020 – VIRTUAL!**

1:15 pm – 2:00 pm EST

**Session 1: Thinking Differently about Your Weight**

*Presented by: Scott Kahan, MD, MPH*



Dr. Scott Kahan is a physician trained in both clinical medicine and public health. Dr. Kahan serves as Director of the National Center for Weight and Wellness in Washington, DC, Medical Director of the George Washington University Strategies to Overcome and Prevent (STOP) Obesity Alliance, and Chair of the Clinical Committee for The Obesity Society (TOS). He is on the Board of Directors for the American Board of Obesity Medicine (ABOM) and Obesity Action Coalition (OAC). He has received numerous awards, including the OAC Healthcare Provider Advocate of the Year and The Obesity Society's 2017 Clinician of the Year. Dr. Kahan is the Chair of the OAC's Convention Program Agenda Committee.

2:00 pm – 2:10 pm EST

**Break: Explore the Virtual EXPO Hall**

2:10 pm – 3:00 pm EST

**Session 2: The Roller Coaster of Life – Major Events and Personal Factors that Impact Weight**

*Presented by: Robert Kushner, MD*



Dr. Robert Kushner is a Professor of Medicine at Northwestern University Feinberg School of Medicine, and Director of the Center for Lifestyle Medicine at Northwestern Medicine in Chicago. Dr. Kushner serves as Program Co-chair for the OAC's National Convention and has served on this committee in a leadership role since the first Convention in 2012. Dr. Kushner is a former member of the OAC National Board of Directors.

## Tuesday, July 14<sup>th</sup> – ZOOM CONFERENCE

8:00 pm – 9:00 pm EST

**Virtual Support Chats**

*Requires Full Event or CE Credit Registration*

Access the Zoom Conference via the After Hours Access Page

## Thursday, July 16<sup>th</sup> – ZOOM CONFERENCE

8:00 pm – 9:00 pm EST

**Virtual Support Chats**

*Requires Full Event or CE Credit Registration*

Access the Zoom Conference via the After Hours Access Page



# YWM2020 – VIRTUAL EVENT SERIES SCHEDULE

*\*\*Please note that all Virtual Events take place in Eastern Time Zone (EST).*

## Saturday, July 18<sup>th</sup> – LIVESTREAM EVENT

1:00 pm – 1:15 pm EST

**Welcome Back!**

1:15 pm – 2:00 pm EST

**Session 3: Why is it So Hard to Lose Weight and Keep it off?**

*Presented by: Kevin Hall, PhD*



Dr. Kevin Hall received his Ph.D. in Physics from McGill University and is now a tenured Senior Investigator at the National Institute of Diabetes & Digestive & Kidney Diseases (NIDDK), one of the National Institutes of Health (NIH) in Bethesda, Md. His main research interests are the regulation of food intake, macronutrient metabolism, energy balance, and body weight. Dr. Hall develops mathematical models and computer simulations to help design, predict, and interpret the results of clinical research studies conducted by his laboratory to better understand human nutrition and metabolism. His award-winning Body Weight Planner has been used by millions of people to help predict how diet and physical activity dynamically interact to affect human body weight.

2:00 pm – 2:10 pm EST

**Break: Explore the Virtual EXPO Hall**

2:10 pm – 3:00 pm EST

**Session 4: “Eat Less, Move More” – We Know it’s Not that Simple: Finding Your Evidence-based Approach**

*Presented by: Christopher D. Still, DO, FACN, FACP*



Dr. Christopher Still has been studying developments in obesity and nutrition support for nearly two decades. Dr. Still directs the Geisinger Center for Nutrition and Weight Management as well as their Obesity Research Institute. His work has included research into genetic markers for obesity, NASH (a type of non-alcoholic fatty liver disease) and diabetes, and longitudinal assessment and outcomes of the bariatric surgery patient. Dr. Still is certified by the American Board of Internal Medicine, the American Board of Nutrition and the American College of Nutrition, among others. He is also an emeritus member of the OAC National Board of Directors.

## Tuesday, July 21<sup>st</sup> – ZOOM CONFERENCE

8:00 pm – 9:00 pm EST

**Virtual Support Chats**

*Requires Full Event or CE Credit Registration*

[Access the Zoom Conference via the After Hours Access Page](#)

## Thursday, July 23<sup>rd</sup> – ZOOM CONFERENCE

8:00 pm – 9:00 pm EST

**Virtual Support Chats**

*Requires Full Event or CE Credit Registration*

[Access the Zoom Conference via the After Hours Access Page](#)



# YWM2020 – VIRTUAL EVENT SERIES SCHEDULE

*\*\*Please note that all Virtual Events take place in Eastern Time Zone (EST).*

## Saturday, July 25<sup>th</sup> – LIVESTREAM EVENT

1:00 pm – 1:15 pm EST

**Welcome Back! Let's Learn Strategies for Navigating the "New Normal"**

1:15 pm – 2:15 pm EST

**Session 5: Adapting to a Changing World – Adding to Your Mental Health Toolbox**

*Presented by: Paul B. Davidson, PhD*



Dr. Paul Davidson is a bariatric psychologist and the Director of Behavioral Services in The Center for Metabolic and Bariatric Surgery at Brigham and Women's Hospital. He is also an instructor at Harvard Medical School. He is passionate about his clinical work, the promotion of behavioral research in obesity, advocacy for obesity care and his family.

2:15 pm – 2:30 pm EST

**Break: Explore the Virtual EXPO Hall**

2:30 pm – 3:30 pm EST

**Session 6: Become a Food BOSS – Manage Stress Eating, Beat Food Boredom, and Learn How to Feel in Charge**

*Presented by: Dawn Jackson Blatner, RDN, CSSD, LDN*



Dawn Jackson Blatner (@djblatner) is a registered dietitian nutritionist and certified specialist in sports dietetics. She is the author of two bestselling books, "The Flexitarian Diet" and "The Superfood Swap." She won ABC's reality T.V. show "My Diet is Better than Yours" and has worked as the dietitian for the Chicago Cubs, Lifetime T.V., *People Magazine* and *Shape Magazine*. Ms. Blatner also appears regularly on "Good Morning America." She says she LOVES speaking at the OAC's National Convention because the attendees are MAGICAL!

3:30 pm – 4:00 pm EST

**Recap of the Day**

## Sunday, July 26<sup>th</sup> – LIVESTREAM EVENT

1:00 pm – 1:15 pm EST

**Welcome Back! Let's Dig-in to More Strategies**

1:15 pm – 2:15 pm EST

**Session 7: Just Keep Moving Forward – Staying Active in Challenging Times**

*Presented by: Tim Church, MD, MPH, PhD*



Dr. Tim Church serves as the Chief Medical Officer of Genetic Direction and is also an adjunct professor at Pennington Biomedical Research Center at Louisiana State University. He received his Medical Doctorate and Ph.D. from Tulane University School of Medicine in New Orleans, LA. During his preventive medicine residency training, he also obtained a master's degree in Public Health.

2:15 pm – 2:30 pm EST

**Break: Explore the Virtual EXPO Hall**

2:30 pm – 3:30 pm EST

**Session 8: Figuring out Your New Family Flow – Master the ABC's of Your "New Normal"**

*Presented by: Nina Crowley, PhD, RDN, LD*



Dr. Nina Crowley is a registered dietitian and health psychologist by training and currently coordinates the metabolic and bariatric surgery program operations at the Medical University of South Carolina in Charleston, SC. She is active in her local, state and national professional groups for dietitians and bariatric surgery professionals. Dr. Crowley is also a passionate advocate for bias-free, patient-centered care for people with obesity, and is very proud to serve on the OAC National Board of Directors.

3:30 pm – 4:00 pm EST

**Virtual Events Closing Session**

# EXHIBITOR DIRECTORY

We are pleased to provide our attendees with access to credible tools and resources as a part of **YWM2020 – VIRTUAL!** Make sure you set aside time to visit the Virtual EXPO Hall featured in the Virtual Event Platform during the event series.

This year's Virtual EXPO Hall features a diverse group of exhibitors providing a wide-range of products and services that can best help you along your journey toward improved health. They are also offering great incentives and promotions as a part of their virtual booths!

## Bariatric Advantage

25 Enterprise, Ste 200

Aliso Viejo, CA 92656

[www.bariatricadvantage.com](http://www.bariatricadvantage.com)

[support@bariatricadvantage.com](mailto:support@bariatricadvantage.com)



**Bronze Level Convention National Sponsor**

Bariatric Advantage supports a vision of life-long nutritional health after bariatric surgery. We offer a complete line of vitamins and nutrition products designed specifically to meet the needs of bariatric patients. Our Healthy Transformation line of meal replacements and supplements support medically-supervised weight loss patients during and after weight loss.

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**Bariatric &  
Metabolic Institute**



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At BMI, we uniquely combine the expertise of 200+ renowned obesity scientists with top surgeons and obesity specialists. Collectively we have more than 85 years experience providing state-of-the-art, personalized care for individuals at any stage of their journey. We tailor our approach to **what's best for you**. Our institute focuses on weight loss and the control of diabetes through lifestyle interventions, drug therapies, surgical procedures and combination therapies. We are particularly suited for extreme obesity (> 400 lbs) as well as revisional surgery. We look forward to speaking with you and starting the conversation – a better way is just a click away!

## BariatricPal

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[store@BariatricPal.com](mailto:store@BariatricPal.com)



**BARIATRIC PAL®**

BariatricPal is an online community that was launched in 2003 with the specific purpose of connecting people throughout their individual weight loss journeys. Along with our forum, we also have an online store that caters to the needs to bariatric weight loss patients. The BariatricPal Store is a one-stop shop with more than 3,000 bariatric friendly products, offering a wide variety of popular brand names. The BariatricPal Store carries bariatric-friendly versions of all your favorites. We carry snacks, shakes, smoothies, bars, meals, accessories, vitamins, supplements, and so much more!

## Celebrate Vitamins

516 Corporate Pkwy.

Wadsworth, OH 44281

[www.celebratevitamins.com](http://www.celebratevitamins.com)

[success@celebratevitamins.com](mailto:success@celebratevitamins.com)



Celebrate Vitamins is a market leader in nutritional supplements intended specifically for weight loss patients. Celebrate products meet ASMBS guidelines and are offered in many different forms and flavors; always at the highest quality and at an affordable cost. Celebrate actively engages in the weight loss community through patient education and prioritizing the needs of the patient.

# EXHIBITOR DIRECTORY

## GOM, Inc.

1222 Quail Hollow Rd.  
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[www.gomhealth.com](http://www.gomhealth.com)  
[sdaniel@gomhealth.com](mailto:sdaniel@gomhealth.com)



GOM is a medically monitored telehealth platform for weight and chronic disease management. GOM is designed as a digital therapeutic that uses proprietary algorithms and Artificial Intelligence (AI) to personalize each user's plan based on phenotype, medical and weight history, and behavior. AI guides and titrates the plan type, intensity, and frequency in real-time. The intervention is delivered daily, weekly and monthly via check-in texts and notifications as well as video/audio calls with our team of experts. It also includes live health coaching, metabolic testing, body composition analysis and integrated wearables and digital devices.

## Livliga

PO BOX 18102  
Boulder, CO 80308  
[www.LivligaHome.com](http://www.LivligaHome.com)  
[info@LivligaHome.com](mailto:info@LivligaHome.com)



Livliga® is innovative tableware that makes it easy to embrace healthier eating. It is portion control made easy, attractive, and accessible. The products' proprietary designs uniquely incorporate the psychology of eating for anyone wanting a beautiful, yet subtle, way to improve and control their food environment. Each piece of tableware has measurements built into right-sized porcelain dinnerware, stainless steel serveware and chip-resistant glassware in a variety of patterns. Together, the Livliga suite of tableware acts as a system to make it effortless to mindfully eat healthful portions. This award-winning and patented tableware is lead-free, eco-friendly, dishwasher safe and microwave safe.

## Great Ideas in Nutrition Pty. Ltd.

Shop 6, 16 - 20 Stuart St.  
TWEED HEADS NSW 2485  
[www.portiondiet.com](http://www.portiondiet.com)  
[info@greatideas.net.au](mailto:info@greatideas.net.au)



Great Ideas in Nutrition is led by Senior Dietitian Amanda Clark, creator of *Portion Perfection - a visual weight control plan* - a set of tools focused on making it easier to eat the right amount for weight management using a visual approach. Tools include picture books, recipes, portion plates and bowls, snack containers and more. There's also a set of tools for post-bariatric surgery. Products are available via the company website ([www.portiondiet.com](http://www.portiondiet.com)) or Amazon ([www.amazon.com/portionperfection](http://www.amazon.com/portionperfection)).

## Lora Grabow, LMSW

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Lora Grabow, LMSW is a weight loss counselor who for the past two decades has partnered with individuals seeking to lose weight and keep it off. Holding a Masters in Social Work, Lora also equips medical providers and educational institutions to better serve weight loss patients. She works with a thriving obesity medicine practice located in Grand Rapids, MI, is a member of the American Society for Metabolic and Bariatric Surgery and the Obesity Action Coalition, and teaches weight loss tools via her online community.



## Medtronic

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**Bronze Level Convention National Sponsor**

Making healthcare better is our priority and we believe technology can play an even greater role in improving people's lives. In addition to alleviating pain, restoring health and extending lives, we work in partnership with others to create seamless, more efficient care. Learn how we're taking healthcare Further, Together at [Medtronic.com](http://Medtronic.com).

# EXHIBITOR DIRECTORY

## NewTri® Health

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NewTri® is a video-based, interactive educational program that prepares you for successful bariatric surgery and gives you the tools to stay healthy for the rest of your life. NewTri® is the only interactive and in-depth video course designed for bariatric surgery patients. It was created by experienced weight loss surgeons and leverages the best in current technology tools for learning, to ensure that you receive the highest level of quality in your pre-operative education.

## Novo Nordisk

800 Scudders Mill Rd.  
Plainsboro, NJ 08536  
[www.novonordisk-us.com](http://www.novonordisk-us.com)



**Platinum Level Convention National Sponsor**

For over 90 years, Novo Nordisk, a global healthcare company, has been committed to discovering and developing innovative medicines to help people with serious chronic conditions lead longer, healthier lives with fewer limitations. Our history, along with our patient-centric approach, helps us advance the understanding and treatment of obesity. We lead initiatives and collaborate with other organizations to enhance obesity research, education and advocacy. We've built our business on the conviction that the formula for lasting success is staying focused, thinking long-term and doing business in a financially, socially and environmentally responsible way. For more information, visit [novonordisk.us](http://novonordisk.us) and [@novonordiskus](http://@novonordiskus).

## Nutrition Direct™

1400 Atwater Dr.  
Malvern, PA 19355  
[www.nutritiondirect.com](http://www.nutritiondirect.com)  
[www.endo.com/endopharma/contact-us](http://www.endo.com/endopharma/contact-us)



**Silver Level Convention National Sponsor**

Nutrition Direct™ is a 30-day supply of nutritional supplements recommended for people who have had weight loss surgery. The supplements are delivered each month in one simple package and formulated to meet the specific ASMBS recommendations.

## OCEANS Lifestyles, Inc.

173 E. Franklin St.  
Chapel Hill, NC 27514  
[www.oceanslifestyles.com](http://www.oceanslifestyles.com)  
[faith.newsome@oceanslifestyles.com](mailto:faith.newsome@oceanslifestyles.com)



OCEANS stands for Outreach, Community Engagement, Advocacy and Non-Discriminatory Support. We are a support and advocacy group for adolescents on their weight management journeys. We work directly with adolescents to empower them in their decisions, educate and engage the community, and inform advocacy-based policy to impact society.

## Persona Nutrition

35131 SE Douglas St., Ste 105  
Snoqualmie, WA 98065  
[www.personanutritions.com](http://www.personanutritions.com)  
[CustomerCare@PersonaNutrition.com](mailto:CustomerCare@PersonaNutrition.com)



**Bronze Level Convention National Sponsor**

Persona™, a Nestlé Health Science (NHSc) company, creates science-backed, uniquely personalized vitamin programs. Each customized program uses high-quality, bioavailable ingredients, delivered to customers' doorsteps. The proprietary algorithm used for the assessments is based on scientific research reviewed by the company's team of MDs, RDs and nutritionists, and factors in lifestyle, individual needs, and prescription medications to deliver vitamin and supplement recommendations as unique as the consumer.

## ProCare Health

205 Stag Industrial Blvd.  
Lake St. Louis, MO 63367  
[www.procarenow.com](http://www.procarenow.com)  
[support@procarenow.com](mailto:support@procarenow.com)



**ProCare Health**  
BARIATRIC VITAMINS & SUPPLEMENTS

As a leader in innovative health products, ProCare Health produced the industry's first once daily multivitamin (at 40-60% less cost). The multivitamins consist of creamy and delicious calcium chews as well as probiotic and prenatal offerings, all specifically designed to meet the needs of weight loss surgery patients. Patients can have confidence that they are receiving their essential supplementation, as we are the only company testing every ingredient in every lot and we meet and exceed ASMBS recommendations. Trust and transparency are key to ProCare Health's mission that vitamins should enhance life, not complicate it! Request free samples online and save 15% with code **YWM15**.

# EXHIBITOR DIRECTORY

## Rhythm Pharmaceuticals

222 Berkeley Street, 12<sup>th</sup> Floor  
Boston, MA 02116

[www.rhythmtx.com](http://www.rhythmtx.com)

[LEADforRareObesity@rhythmtx.com](mailto:LEADforRareObesity@rhythmtx.com)



*Silver Level Convention National Sponsor*

Rhythm Pharmaceuticals is a late-stage biopharmaceutical company based in Boston that is leading the transformation of care for people living with rare genetic disorders of obesity. While general obesity is an epidemic around the world, Rhythm is focused on a rare subset of people with genetic deficiencies impairing the melanocortin-4 receptor (MC4R) pathway in the hypothalamus that regulates hunger, caloric intake, and energy expenditure, consequently affecting body weight. For healthcare professionals, visit [www.UNcommonObesity.com](http://www.UNcommonObesity.com) for more information. For patients and caregivers, visit [www.LEADforRareObesity.com](http://www.LEADforRareObesity.com) for more information.

## Six Factors to Fit: Weight Loss that Works for You!

120 S. Riverside Plaza, Suite 2190  
Chicago, IL 60606-6995

[www.amazon.com/](http://www.amazon.com/)

[Six-Factors-Fit-Weight-Works/](https://www.amazon.com/dp/195112300X)

[dp/195112300X/](https://www.amazon.com/dp/195112300X)

[publications@eatright.org](mailto:publications@eatright.org)



Written by renowned weight-management expert Dr. Robert Kushner, Six Factors to Fit is a habits-based program that uses personalized strategies to help you lose weight in a healthy way. This book targets YOUR issues that have been holding YOU back from losing weight and keeping it off. Using a scientifically validated quiz, along with nutritional nudges and lifestyle habit tweaks, Six Factors to Fit helps you ease into a healthier and more energetic life. *Published by the Academy of Nutrition and Dietetics, the world's largest organization of food and nutrition professionals.*

## STOP Obesity Alliance

950 New Hampshire Ave.

Washington, DC 20037

[www.stopobesityalliance.org](http://www.stopobesityalliance.org)

[obesity@gwu.edu](mailto:obesity@gwu.edu)



The **Strategies to Overcome and Prevent (STOP) Obesity Alliance** is made up of a diverse group of business, consumer, government, advocacy, and health organizations dedicated to reversing the obesity epidemic in the United States. Drawing on the strengths of the collaborative, STOP conducts research, makes policy recommendations, and develops hands-on tools for providers, advocacy groups, policymakers, and consumers. As STOP celebrates 10 years of making major strides in addressing obesity, we will continue to drive innovative practical strategies in obesity prevention, care, and treatment.

## UNJURY® Protein

45975 Nokes Blvd. #170

Sterling, VA 20166

[www.UNJURY.com](http://www.UNJURY.com)

[Service@UNJURY.com](mailto:Service@UNJURY.com)



UNJURY® Protein is a quality leader in protein supplements, meal replacements and vitamins. Made with the highest quality ingredients, our products are recommended at America's top-rated hospitals, and the excellent taste UNJURY is known for results in better compliance and patient outcomes. Our products and programs set bariatric and medical weight loss patients up for success. We offer support for medical weight loss practices by providing live e-coached programs when providers prefer to refer patients.



Does it feel like your hunger is stuck in the “on” position?

Insatiable hunger can make it hard for you to focus, and it feels like no matter what you do, you continue to gain weight. That could be because a rare genetic disorder of obesity is preventing your brain from telling you that you’re full.

Learn more at **LEADforRareObesity.com**.

**LEAD**  
for  
**RARE OBESITY**

Listen, Empower, Advocate,  
and Drive change  
for rare genetic disorders of obesity

**Rhythm**  
PHARMACEUTICALS

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## NUTRITION DIRECT™: IT'S ALL IN THE DELIVERY

### A CONVENIENT WAY TO GET NUTRITIONAL SUPPLEMENTS YOU NEED

If you need **lifelong nutritional support after weight loss surgery**, look no further than Nutrition Direct™. It's a program designed to make this process as simple as possible.

Discover the many benefits of Nutrition Direct™ below:

- **Over 65,000 new weight loss surgery patients** have enrolled since 2015
- Over **420,000 home deliveries** have been made
- **30-day supply** of supplements formulated with recommended micronutrients to meet American Society for Metabolic and Bariatric Surgery (ASMBS) Nutritional Guidelines\*
- **Free delivery** to your doorstep
- Automatic refills

\*ASMBS Nutritional Guidelines for the Surgical Weight Loss Patient 2016 Update - Micronutrients.

**NUTRITIONDIRECT™**  
IT'S ALL IN THE DELIVERY

**endo**  
pharmaceuticals  
an endo international company

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NS-05524/ June 2020 www.endo.com 1-800-462-ENDO (3636)

**VISIT [NUTRITIONDIRECT.COM](https://www.nutritiondirect.com)  
TO LEARN MORE AND  
ACCESS RESOURCES**



# Getting Involved with the OAC

You've learned about OAC and you believe in the mission to make the world a better place for people affected by obesity. Now you want to get involved, but how?



## Get Connected

To get involved, first get connected! Learn about the OAC and help us learn more about you, too. We've created a Welcome Series meant to get us both started.

**ObesityAction.org/Get-Connected**



## Explore the OAC Action Center

Get information about key issues and discover ways to take action and address them. From signing petitions against weight bias to writing policy makers, there's so much to do!

**ObesityAction.org/Action-Center**



## Share Your Experiences

What topics related to weight are personal for you and why? Sharing your experiences can humanize obesity and encourage people to think differently about weight.

- **WeightoftheWorld.com**
- **Forum.ObesityAction.org**
- **Membership@obesityaction.org**



## Get Social

The OAC's messages reach more people when you engage with our content. Follow us, like our posts, leave a comment and share our posts with others!

- Facebook and LinkedIn:  
**@ObesityActionCoalition**
- Twitter, Pinterest and Instagram:  
**@ObesityAction**



## Share Our Resources

Our diverse collection of educational resources offers quality, science-based information about obesity, weight and health. They raise awareness, reduce weight bias and provide support. Please share them in your communities!

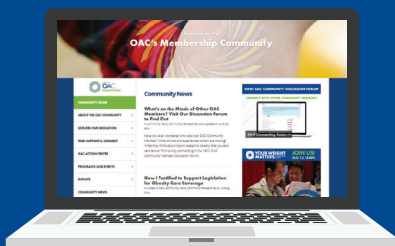
**ObesityAction.org/Get-Educated/Public-Resources/Brochures-Guides**



## Give With Our Donor Program

Our Donor Program inspires fun, easy ways to give back to our cause. From celebrating a milestone or hosting a Facebook birthday fundraiser to honoring a loved one with a tribute gift, give in ways that matter to you.

**ObesityAction.org/Donate/Ways-to-Give**



## Stay Active in the OAC Community ENGAGE Platform!

The OAC's Community ENGAGE Platform is our "Hub" for OAC updates, news, member stories, opportunities to engage and more. We update this platform regularly, so return often to stay informed and get involved!

Visit **ObesityAction.org/Community**

# SUPPORTING THE OAC HAS NEVER BEEN EASIER

With your support, the OAC can continue raising awareness of obesity as a disease, work to improve access to obesity care and treatment, fight to eliminate weight bias, and provide a strong community of support for individuals affected by obesity.

Check out some of the ways you can help to raise money for the OAC and move our mission forward. Together we make a real difference in people's lives.



## Make a Donation Online or by Mail

Whether you donate \$5 or \$500, your tax-deductible contribution will help improve the lives of the more than 93 million Americans affected by the disease of obesity.



## Join OAC's Monthly Giving Program

When you join the OAC's Monthly Giving Program, you support the OAC in an easy, cost-effective way. With your monthly contribution, you provide important financial resources we can count on year-round.



## Participate in Workplace Giving

Many workplaces offer the opportunity to donate to the OAC through payroll deduction or through matching gift programs that match their employees' contributions to their favorite charities.



## Give a Gift of Stock

A gift of appreciated stock, bonds or mutual funds can provide fantastic tax benefits for you and help OAC achieve our mission. Email [mhittinger@obesityaction.org](mailto:mhittinger@obesityaction.org) to learn more.



## Shop with AmazonSmile

Using AmazonSmile is an easy way to make a difference while going about your everyday life. When you designate the Obesity Action Coalition as the charitable organization of your choice, the AmazonSmile Foundation will donate 0.5% of the purchase price of eligible products to the mission of the OAC.

Your support fuels our mission. When you participate, advocate and donate, you help us to create a better world for millions of Americans. With your help, we can continue to elevate and empower those affected by obesity through education, advocacy and support.

## Make a difference today.

You can find these listed programs and learn about additional easy ways to give on the web at [ObesityAction.org/Donate/Ways-to-Give!](https://ObesityAction.org/Donate/Ways-to-Give!)



