



Your Weight Matters
YWM
Engage



YWM2022 – ENGAGE EVENT PROGRAM BOOK



YWM2022 – Engage is an Educational Initiative Proudly Presented by the Obesity Action Coalition

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WELCOME to YWM2022-Engage!

The OAC is beyond excited to be back with our Community this summer at our newly re-established in-person Convention: **YWM2022-Engage!** **YWM2022-Engage** will be our most immersive Convention experience yet, promising an unforgettable weekend where you can take a deeper dive into weight, health education and advocacy while making lasting connections with other attendees.

We know that nothing compares to spending quality time with people who are there to uplift and encourage you while supporting you on your personal wellness journey. That's why we've worked so hard to make **YWM2022-Engage** a reality and bring the best elements of the OAC back into an in-person event.

Throughout our weekend together, you'll hear presentations from leading experts in the weight and health industries (obesity medicine physicians, dietitians, researchers, surgeons, exercise physiologists, mental health professionals and more) get equipped with valuable tools and resources during hands-on workshops; embrace the power of your voice in our advocacy trainings; attend fun social events and build meaningful connections with others in the OAC Community. We've packaged everything that people love about the OAC and our Convention into an intimate weekend in Henderson, Nevada, that will inspire you through the rest of the year. We hope you use the knowledge, tools and support you receive to take your personal health and advocacy journey to the next level.

On behalf of the OAC National Board of Directors, the OAC staff and all our volunteers, we are delighted that you are joining us for **YWM2022-Engage**. We look forward to connecting with you throughout the weekend and we hope you come away feeling refreshed, supported and empowered!



Patty Nece, JD
Patty Nece, JD
OAC Chair



Scott Kahan, MD
Scott Kahan, MD
Program Agenda Committee Chair



Robert Kushner, MD
Robert Kushner, MD
Program Agenda Committee Co-chair

About the Obesity Action Coalition

The Obesity Action Coalition (OAC), a more than 78,000 member-strong non-profit organization, is dedicated to helping you in your health journey. For more than 17 years, 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 event.



THANK YOU to Our 2022 OAC Board of Directors and Committees

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THANK YOU to Our 2022 Convention National Sponsors

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HEALTH



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OAC Health Talks ◀



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YouTube.com/ObesityAction

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Currax Pharmaceuticals

is proud to sponsor the Obesity Action Coalition
2022 Your Weight Matters Convention

CurraxPharma.com ♦ 800-793-2145



WeightWatchers



WW is committed to **inspiring and guiding healthy habits** that **transform** people's lives. We are proud to support the **Obesity Action Coalition's** mission to **elevate and empower** those affected by obesity through **education, advocacy, and support**.

WW Logo and WeightWatchers are the trademarks of WW International, Inc.



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.



LET'S GET CONNECTED!

Social media can be a powerful tool to advocate for yourself and others living with obesity. You can use social media to share your lived experiences, connect with our supportive OAC Community and follow us on our various social media platforms.

Amplify all of the unique voices at Convention by snapping photos and posting them with this year's hashtag:

#YWM2022ENGAGE

 @YWMConvention & @ObesityAction

 @ObesityAction

 @ObesityAction

 YouTube.com/ObesityAction

Connect to Free Hotel Wi-Fi

Log-In: OAC Convention

Password: YWMEngage

Take Action: Like, Follow and Share!

Convention Scholarship Program

Unlocking opportunities for our Community

Each year, the OAC strives to make attending our in-person Convention a reality for anyone who has a desire to learn more about their weight and health and an interest in learning how to take action for the cause of obesity. The OAC is proud to offer the Convention Scholarship Program, an initiative designed to help individuals in need by awarding grants to fund or offset the expenses in attending the Convention.

Support real systems
Education
Quality
Experts
Community of support
Life-changing
Valuable
Experiences
Real Education
Quality education
Support resources
Valuable systems
Better health
Shared experiences
Cutting-edge research
Access to more
Amplifying our voices
Supportive community
Leading experts

In 2022, OAC was able to award grants to 10 applicants thanks to our generous donors:

Patty Nece, JD	Cherie Desjardin	Kyraen Kuhns	Dana Rosser
Kathryn Albright	Angela Fitch, MD	Robert Kushner, MD	Donna Ryan, MD
Elizabeth Beale	Jaime Fivecoat, MBA	Ted Kyle, RPh, MBA	Melissa Scull, MD
Donna Brandveen	Karen Fivecoat	Cindi Larimer, MD	Jerry Sowls
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Geisinger Special thanks to Geisinger Health for matching Convention Scholarship Program donations dollar for dollar!

90



GRANTS
AWARDED
SINCE 2014

\$115,250



RAISED THROUGH
DONATIONS

100%



OF DONATED FUNDS
GO DIRECTLY
TO GRANTS

STATS



Join us in extending scholarship grants to those who often find themselves locked out of education and support opportunities by making a donation: ObesityAction.org/Donate/Convention-Scholarship-Program

When it comes to **LOSING WEIGHT AND KEEPING IT OFF**

**“We’ve always had the WILL.
Now we have another WAY.”**



Actor Portrayals.

What is Saxenda®?

Saxenda® (liraglutide) injection 3 mg is an injectable prescription medicine used for adults with excess weight (BMI ≥ 27) who also have weight-related medical problems or obesity (BMI ≥ 30), and children aged 12-17 years with a body weight above 132 pounds (60 kg) and obesity to help them lose weight and keep the weight off. Saxenda® should be used with a reduced calorie diet and increased physical activity.

- Saxenda® and Victoza® have the same active ingredient, liraglutide, and should not be used together or with other GLP-1 receptor agonist medicines.
- It is not known if Saxenda® is safe and effective when taken with other prescription, over-the-counter medicines, or herbal weight-loss products.
- It is not known if Saxenda® is safe and effective in children under 12 years of age.
- It is not known if Saxenda® is safe and effective in children aged 12 to 17 years with type 2 diabetes.

Important Safety Information

Do not share your Saxenda® pen with others even if the needle has been changed. You may give other people a serious infection or get a serious infection from them.

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).

Who should not use Saxenda®?

Do not use Saxenda® if:

- you or any of your family have ever had MTC or if you have MEN 2.
- you are allergic to liraglutide or any of the ingredients in Saxenda®.
- you are pregnant or plan 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:

- are taking certain medicines called GLP-1 receptor agonists.
- 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, or mental health issues.
- 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 use Saxenda® or breastfeed.

Tell your health care provider about all the medicines you take, including prescription, 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 insulin and sulfonylurea medicines.



BMI=Body Mass Index



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**

Important Safety Information (cont'd)

How should I use Saxenda®?

- Inject your dose of Saxenda® under the skin (subcutaneously) 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.**

What are the possible side effects of Saxenda®?

Saxenda® may cause serious side effects, including:

- **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 stomach area (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), or clay-colored stools.
- **increased risk of low blood sugar (hypoglycemia) in adults with type 2 diabetes who also take medicines to treat type 2 diabetes such as sulfonylureas or insulin.**
- **risk of low blood sugar (hypoglycemia) in children who are 12 years of age and older without type 2 diabetes.**
- 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.

- **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.** Stop using Saxenda® and get medical help right away if you have any symptoms of a serious allergic reaction including swelling of your face, lips, tongue, or throat, fainting or feeling dizzy, very rapid heartbeat, problems breathing or swallowing, or severe rash or itching.
- **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.

The most common side effects of Saxenda® in adults include nausea, diarrhea, constipation, vomiting, injection site reaction, low blood sugar (hypoglycemia), headache, tiredness (fatigue), dizziness, stomach pain, and change in enzyme (lipase) levels in your blood. Additional common side effects in children are fever and gastroenteritis.

Please see Brief Summary of Information about Saxenda® on the following page.

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

Saxenda® and Victoza® are registered trademarks of Novo Nordisk A/S. Novo Nordisk is a registered trademark of Novo Nordisk A/S.

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<div>  <div> Brief Summary of Information about Saxenda® (liraglutide) injection 3 mg </div> </div>	What are the possible side effects of SAXENDA®? SAXENDA® may cause serious side effects, including: <ul style="list-style-type: none"> • See “What is the most important information I should know about SAXENDA®?” • 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 stomach area (abdomen) to your back. • gallbladder problems. SAXENDA® may cause gallbladder problems including gallstones. Some gallbladder problems need surgery. Call your healthcare provider if you have any of the following symptoms: <ul style="list-style-type: none"> ◦ pain in your upper stomach (abdomen) ◦ yellowing of your skin or eyes (jaundice) ◦ fever ◦ clay-colored stools • increased risk of low blood sugar (hypoglycemia) in adults with type 2 diabetes mellitus who also take medicines to treat type 2 diabetes mellitus such as sulfonylureas or insulin. • risk of low blood sugar (hypoglycemia) in children who are 12 years of age and older without type 2 diabetes mellitus • Signs and symptoms of low blood sugar may include: <ul style="list-style-type: none"> ◦ shakiness ◦ weakness ◦ hunger ◦ sweating ◦ dizziness ◦ fast heartbeat ◦ headache ◦ confusion ◦ feeling jittery ◦ drowsiness ◦ irritability <p>Talk to your healthcare provider about how to recognize and treat low blood sugar. You should check your blood sugar before you start taking SAXENDA® and while you take SAXENDA®.</p>
Rx Only This information is not comprehensive. How to get more information: <ul style="list-style-type: none"> • Talk to your healthcare provider or pharmacist • Visit www.novo-pi.com/saxenda.pdf to obtain the FDA-approved product labeling • Call 1-844-363-4448 	
Do not share your SAXENDA® pen with others even if the needle has been changed. You may give other people a serious infection or get a serious infection from them.	
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 healthcare provider 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 a type of thyroid cancer called medullary thyroid carcinoma (MTC), or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2).	
What is SAXENDA®? SAXENDA® is an injectable prescription medicine used for adults with obesity or overweight (excess weight) who also have weight related medical problems, and children aged 12 to 17 years with a body weight above 132 pounds (60 kg) and obesity to help them lose weight and keep the weight off. <ul style="list-style-type: none"> • SAXENDA® should be used with a reduced calorie diet and increased physical activity. • SAXENDA® and VICTOZA® have the same active ingredient, liraglutide, and should not be used together or with other GLP-1 receptor agonist medicines. • It is not known if SAXENDA® is safe and effective when taken with other prescription, over-the-counter medicines, or herbal weight loss products. • It is not known if SAXENDA® is safe and effective in children under 12 years of age. • It is not known if SAXENDA® is safe and effective in children aged 12 to 17 years with type 2 diabetes. 	<ul style="list-style-type: none"> • increased heart rate. SAXENDA® can increase your heart rate while you are at rest. Your healthcare provider should check your heart rate while you take SAXENDA®. Tell your healthcare provider if you feel your heart racing or pounding in your chest and it lasts for several minutes. • 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 healthcare 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. Stop using SAXENDA®, and get medical help right away if you have any symptoms of a serious allergic reaction including: <ul style="list-style-type: none"> ◦ swelling of your face, lips, tongue, or throat ◦ problems breathing or swallowing ◦ fainting or feeling dizzy ◦ severe rash or itching ◦ very rapid heartbeat • 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 healthcare provider right away if you have any mental changes that are new, worse, or worry you.
Who should not use SAXENDA®? Do not use SAXENDA® if: <ul style="list-style-type: none"> • you or any of your family have ever had a type of thyroid cancer called medullary thyroid carcinoma (MTC) or if you have an endocrine system condition called Multiple Endocrine Neoplasia syndrome type 2 (MEN 2). • you are allergic to liraglutide or any of the ingredients in SAXENDA®. • are pregnant or plan to become pregnant. SAXENDA® may harm your unborn baby. 	
Before taking SAXENDA®, tell your healthcare provider about all of your medical conditions, including if you: <ul style="list-style-type: none"> • are taking certain medicines called GLP-1 receptor agonists. • 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, or mental health issues. • are breastfeeding or plan to breastfeed. It is not known if SAXENDA® passes into your breast milk. You and your healthcare provider should decide if you will use SAXENDA® or breastfeed. Tell your healthcare provider about all the medicines you take including prescription, 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 healthcare provider if you take diabetes medicines, especially insulin and sulfonylurea medicines. Talk with your healthcare provider if you are not sure if you take any of these medicines.	The most common side effects of SAXENDA® in adults* include: <ul style="list-style-type: none"> • nausea • injection site reaction • tiredness (fatigue) • change in enzyme (lipase) levels in your blood • diarrhea • low blood sugar (hypoglycemia) • dizziness • constipation • headache • stomach pain • vomiting • upset stomach (dyspepsia) <p>*additional common side effects in children are fever and gastroenteritis</p> <p>Tell your healthcare provider if you have any side effect that bothers you or that does not go away.</p> <p>These are not all the possible side effects of SAXENDA®. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.</p>
How should I use SAXENDA®? <ul style="list-style-type: none"> • Inject your dose of SAXENDA® under the skin (subcutaneously) in your stomach area (abdomen), upper leg (thigh), or upper arm, as instructed by your healthcare provider. Do not inject into a vein or muscle. • If you take too much SAXENDA®, call your healthcare provider right away. Taking too much SAXENDA® may cause severe nausea, severe vomiting, and low blood sugar (hypoglycemia). 	Keep your SAXENDA® pen, pen needles, and all medicines out of the reach of children. Manufactured by: Novo Nordisk A/S, DK-2880 Bagsvaerd, Denmark More detailed information is available upon request. Available by prescription only. For information about SAXENDA® go to www.SAXENDA.com or contact: Novo Nordisk Inc. 800 Scudders Mill Road, Plainsboro, NJ 08536 1-844-363-4448. SAXENDA®, VICTOZA®, NovoFine®, and NovoTwist® are registered trademarks of Novo Nordisk A/S. PATENT Information: http://novonordisk-us.com/products/product-patents.html
	This Medication Guide has been approved by the U.S. Food and Drug Administration Revised: 12/2020



DIGITAL BEHAVIOR CHANGE FOR THE WHOLE PERSON

The program helps people improve their mental and physical wellbeing by providing behavior change skills and tools in order to improve lives and prevent and reduce the cost and impact of chronic health conditions.

For more information, visit
www.wondrhealth.com



Do you suspect there's more to your obesity than diet or lifestyle?

It could be a rare genetic
disease of obesity

Talk to your doctor to find out if genetic
testing is right for you.

The Uncovering Rare Obesity program
offers a no-charge genetic test and
2 genetic counseling sessions before
and after testing.

For more information, visit
RareObesityTest.com



UNCOVERING
RARE OBESITY®

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PHARMACEUTICALS



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

YWM2022-ENGAGE EVENT SCHEDULE

Thursday, July 14th

3:30 pm - 8:00 pm	Registration Open <i>Medinas Foyer South</i>
5:00 pm - 6:00 pm	Celebrating a Legacy: Remembering Rob Portinga <i>Kenitra A</i>
6:00 pm – 8:15 pm	Tabletop Exhibits <i>Medinas Foyer South</i>
6:15 pm – 7:00 pm	Pre-reception <i>Medinas Foyer South</i>
7:00 pm – 8:00 pm	Opening Ceremony <i>Presented by: Paul Davidson, PhD; Patty Nece, JD; and Kristal Hartman</i> <i>Casablanca FGH</i>

Friday, July 15th

7:00 am – 5:00 pm	Registration Open <i>Medinas Foyer South</i>
6:30 am – 7:30 am	Inaugural Rob Portinga Memorial Walk <i>Hotel Lobby</i>
7:30 am – 9:00 am	Breakfast <i>Medinas Foyer South</i>
7:30 am – 4:00 pm	Tabletop Exhibits <i>Medinas Foyer South</i>
9:00 am – 9:55 am	Challenging Negative Self-talk: Facing Internalized Weight Bias <i>Presented by: Robyn Pashby, PhD</i> <i>Casablanca FGH</i>
9:55 am – 10:50 am	The Genetics of Obesity – How Your Biology Affects Your Weight and Health <i>Presented by: Angela Fitch, MD</i> <i>Casablanca FGH</i>
10:50 am – 11:00 am	Break <i>Medinas Foyer South</i>
11:00 am – 11:55 am	Obesity Science and Innovation – What Does the Future Hold? <i>Presented by: Robert Kushner, MD</i> <i>Casablanca FGH</i>
12:00 pm – 1:15 pm	Lunch <i>Baraka Ballroom</i>



GENERAL SESSIONS

YWM2022-ENGAGE EVENT SCHEDULE

1:15 pm – 5:15 pm

Afternoon Workshops – Building the Foundation for Your Weight Management Journey

Casablanca FGH

Workshop 1: Creating Your Nutrition and Exercise Plan

Presented by: Sarah Muntel, RD; and Yelena Kibasova

Workshop 2: Taking Care of Your Mental Health

Presented by: Paul Davidson, PhD; and Robyn Pashby, PhD

Workshop 3: Finding Your Support System

Presented by: Andrea Matthes; and Nikki Massie, MA

6:30 pm - 9:00 pm

Social Event

Baraka Ballroom

Saturday, July 16th

7:15 am - 5:00 pm

Registration Open

Medinas Foyer South

6:30 am - 7:30 am

Morning Exercise Session

Kenitra AB

OR

Morning Walk

Hotel Lobby

7:30 am - 9:00 am

Breakfast

Medinas Foyer South

7:30 am - 4:30 pm

Tabletop Exhibits

Medinas Foyer South

9:00 – 9:55 am

Building a Better World for People with Obesity – It Starts with You!

Presented by: Jeanne Blankenship, MS, RD; Joseph Nadglowski; and Patty Nece, JD

Casablanca FGH

9:55 – 10:50 am

Harnessing the Power of Your Lived Experience

Presented by: Jaime Fivecoat, MBA; Kristal Hartman; Maya Cohen; and Sarah Le Brocq, BSc

Casablanca FGH

10:50 – 11:00 am

Break

Medinas Foyer South

11:00 – 11:55 am

Talking about Obesity: What We Want the World to Know

Presented by: Daniel Bessesen, MD; Amber Huett-Garcia, MPA; and Ted Kyle, RPh, MBA

Casablanca FGH

GENERAL SESSIONS



YWM2022-ENGAGE EVENT SCHEDULE

12:00 – 1:15 pm

Lunch

Baraka Ballroom

1:15 – 5:15 pm

Afternoon Workshops – Building the Foundation for Change

Casablanca FGH

Workshop 1: Access to Care

Presented by: Sarah Bramblette, MSHL

Workshop 2: Ending Weight Bias

Presented by: Patty Nece, JD; and James Zervios

Workshop 3: Everyday Advocacy

Presented by: Chrystal Jones; Elizabeth Paul; and Michelle Vicari

5:30 – 6:30 pm

Closing Ceremonies

Casablanca FGH



*Join us in celebrating the legacy of
OAC National Board Member and
long-time volunteer, Rob Portinga.*

*Rob was celebrated in our community for his
positivity and dedication, and he was one of the
most powerful connectors of people to the OAC.
He also served on numerous OAC committees and
leadership roles throughout the years.*

*We'll honor Rob on Thursday, July 14th,
from 5 pm-6 pm in the Kenitra A ballroom.
All are welcome.*



JOIN US FOR OUR

'80s

Themed Party!

**THIS WILL TAKE PLACE ON
FRIDAY, JULY 15TH AT 6:30 PM
IN THE BARAKA BALLROOM**

**DINNER, TRIVIA, MUSIC AND AN
'80S THEMED PHOTO BOOTH
WILL BE INCLUDED!**



SPEAKER BIOS



Daniel Bessesen, MD

Daniel Bessesen, MD, is professor of medicine in the Division of Endocrinology, Metabolism and Diabetes at the University of Colorado, School of Medicine (UCSOM). He is also director of the Anschutz Health and Wellness Center on the campus of UCSOM, the associate director of the Colorado Nutrition Obesity Research Center, and holds the Anschutz Foundation Endowed Chair in Health and Wellness. Dr. Bessesen has conducted research funded by the National Institutes of Health into nutrient metabolism and the regulation of body weight, and has also researched the care of patients with obesity.



Jeanne Blankenship, MS, RD

Jeanne Blankenship, MS, RD, is a registered dietitian nutritionist and the Vice President of Policy Initiatives and Advocacy for the Academy of Nutrition and Dietetics. Jeanne is the visionary for the Academy's advocacy platform which focuses on professional issues for dietitians and nutrition professionals as well as food and nutrition issues for consumers and the community. Jeannie Blankenship serves on the OAC National Board of Directors and is the Co-Chair of the Inclusivity and Diversity Task Force.



Sarah Bramblette, MSHL

Sarah Bramblette, MSHL, serves on the OAC National Board of Directors and as the Chair of the OAC Access to Care Committee. She is also Chair of the Lymphedema Advocacy Group. Living with both Lipedema and Lymphedema she shares her life experience to spread awareness about her conditions while advocating for improved diagnosis, treatment, and insurance coverage for obesity and fat disorders.



Maya Cohen

Maya Cohen had an early career as a clinical pharmacist in Boston and left the pharmacy world to be a full time mom in 1996. In 2001 she became the Volunteer Program Director of the TD Beach to Beacon 10K road race, Maine's largest annual sporting event and one of the top 10 road races in the world. After decades of excess weight, and increasing health concerns she sought professional help in treating her obesity. She has a very active lifestyle on the coast of Maine enjoying golf, boating, travel and motorcycling.



Paul Davidson, PhD

Paul Davidson, PhD, is the Director of Behavioral Services for the Center for Metabolic and Bariatric Surgery at Brigham and Women's Hospital in Boston and is an instructor at Harvard Medical School. He is an elected member of the Integrated Health Executive Council for the American Society of Metabolic and Bariatric Surgery who speaks and writes regularly about bariatric topics.



Angela Fitch, MD

Angela Fitch, MD, is an Assistant Professor of Internal Medicine and Pediatrics at Harvard Medical School. Board-certified in pediatrics, internal medicine and obesity medicine, she is the Co-Director of the Massachusetts General Hospital Weight Center. She is currently President-Elect of the Obesity Medicine Association and serves on the OAC National Board of Directors.



Jaime Fivecoat, MBA

Jaime Fivecoat, MBA, is a Retired Pension and Benefits professional having worked over 38 years at Michelin North America and is the founding Chair of the OAC. For the past 25 years, she has been involved in pension and health and welfare plan administration. Her expertise is in plan design, plan administration and plan governance. Jaime is an active and passionate advocate for the treatment of obesity and related issues as well as the stigma of obesity.



Kristal Hartman

Kristal Hartman is a proud member of the Obesity Action Coalition (OAC) and is honored to serve as the Co-Chair on the OAC National Board of Directors. Kristal Hartman is also the Co-Chair of the Convention Committee and serves on the Executive Committee and the Long-range Planning Committee. She had gastric sleeve surgery in August 2014, and it was the hardest and best decision she ever made for herself. She is passionate about her work in Biomarker and Genetic Research for Precision Medicine in Oncology, Obesity, and other Chronic Diseases.



Amber Huett-Garcia, MPA

Amber Huett-Garcia, MPA, is a 10-year post-op surgical patient and served previously on the OAC's National Board of Directors. Ms. Huett-Garcia also served as the first chair of the OAC Convention Planning Committee, holding this position for two years. Ms. Huett-Garcia is the Director of Development and Public Affairs with Teach for America - Memphis.



Chrystal Jones

Chrystal Jones joined the OAC team in 2021 as the Advocacy and Awareness Initiatives Associate. She is responsible for the coordination and execution of OAC's advocacy and awareness initiatives and activities in key issue areas.



Yelena Kibasova

Yelena Kibasova of [MoreThanMyWeight.com](https://www.morethanmyweight.com) is a Certified Fitness Instructor who got a fresh chance at a healthier life after having bariatric surgery in 2008. She has maintained a 150 pound weight-loss and has inspired her fitness students for the last four years. She believes in a holistic approach when it comes to managing her overall health.



Robert Kushner, MD

Robert Kushner, MD, is a Professor of Medicine and Medical Education at Northwestern University Feinberg School of Medicine, and Director of the Center for Lifestyle Medicine at Northwestern Medicine in Chicago, IL. He is a founder of the American Board of Obesity Medicine (ABOM), past President of The Obesity Society (TOS), and past board member of the Obesity Action Coalition. Dr. Kushner has also served as the Chair and Co-Chair of the planning committee for OAC's *Your Weight Matters* Convention.

SPEAKER BIOS



Ted Kyle, RPh, MBA

Ted Kyle, RPh, MBA, is a healthcare professional experienced in collaborating with leading health and obesity experts for sound policy and innovation to address health needs and the obesity epidemic in North America. In 2009, Ted founded ConscienHealth to help experts and organizations work for evidence-based approaches to health and obesity. Ted Kyle serves on the OAC's Access to Care Committee, Convention Committee, Nominating Committee and Long-range Planning Committee.



Sarah Le Brocq, BSc

Sarah Le Brocq, BSc, is a leading obesity advocate in the UK and serves as the Founder and Director of All About Obesity. She is passionate about changing the narrative around obesity, working to help remove weight stigma across society, and wants people living with obesity to be treated equally.



Nikki Massie, MA

Nikki Massie, MA, is a member of the OAC National Board of Directors and Co-Chair of the Membership Committee. She lives and works in Baltimore, Maryland, where she loves to take OAC Action by strategically leaving recently-read copies of *Weight Matters* Magazine everywhere she can. Nikki is also the Task Force Chair of the Inclusivity and Diversity Task Force.



Andrea Matthes

From 328lbs to triathlete and personal trainer, becoming a mom at 38, and getting diagnosed with stage 2 lipedema in 2019, Andrea has overcome a lifetime of challenges with food, fitness, body image and life. Through writing and speaking, Andrea uses her story to inspire others to let go of perfection so they can love themselves more and care for their bodies better. In 2014 Andrea founded I'mperfect Life, LLC to help women create the necessary mindset and habits we all need to live a truly happy and healthy lifestyle at every age, size, weight, and season of life.



Sarah Muntel, RD

Sarah Muntel, RD, is a registered dietitian from Indianapolis, IN. She has worked in the field of bariatrics for the past 18 years, working with both bariatric and metabolic surgery patients as well as medical weight-loss patients. Sarah is an active member of the Obesity Action Coalition and frequently contributes to OAC's *Weight Matters* Magazine and *Your Weight Matters* Blog.



Joseph Nadglowski

Joseph Nadglowski is President & CEO of the Obesity Action Coalition. A frequent speaker and author on the importance of obesity awareness, Mr. Nadglowski has more than 25 years of experience working in patient advocacy, public policy and education and is a graduate of the University of Florida.



Patty Nece, JD

Patty Nece, JD, is an OAC member and serves as the OAC Chair of the OAC National Board of Directors. An avid advocate for sound obesity treatments and eradication of weight-based bias, Patty encourages change by sharing her own experiences of living with lifelong obesity with legislators, health-care providers, government officials, medical school students and others.



Robyn Pashby, PhD

Robyn Pashby, PhD, is a clinical health psychologist, a passionate member of OAC, and someone who has both personal experience with and a family history of obesity. Dr. Pashby has spent the last 15 years incorporating mental healthcare into obesity treatment in a variety of multidisciplinary settings, and most recently in her own behavioral health group practice.



Elizabeth Paul

Elizabeth Paul, a non-profit professional and obesity advocate from Mankato, Minn., has lived with obesity her whole life. In her professional life working with youth, she works to create safe spaces for children to have positive experiences with the outdoors and move their bodies regardless of their size and ability. Liz is a member of the OAC and serves on OAC's National Board of Directors, Membership, Development, and Inclusivity and Diversity Committees.



Michelle Vicari

Michelle Vicari is a 14-year postoperative gastric bypass patient, maintaining her 158-pound weight-loss. Ms. Vicari is well known for her popular blog and Facebook page, "The World According to Eggface," where she shares her weight-loss journey and supports individuals on theirs. Michelle Vicari is the past Chair of the OAC and serves on the Convention Committee, the Executive Committee, the Inclusivity and Diversity Task Force, the Long-range Planning Committee, the Membership Committee and the Weight Bias Committee.



James Zervios

James Zervios is one of the founding staff members of the OAC and has worked in the nonprofit patient advocacy sector for more than 18 years. James has participated in hundreds of media interviews with publications and broadcast networks ensuring that the OAC's mission and vision are accurately represented at all times.

SPONSOR AND EXHIBITOR DIRECTORY

We are pleased to provide our attendees with access to credible tools and resources as a part of **YWM2022-Engage**! Make sure you set aside time to visit the Tabletop Exhibits Hall when you come to **YWM2022-Engage**, as some of the listed exhibitors and sponsors will have a wide-range of products and services that can best help you along your journey toward improved health!

Thank you to our featured sponsors and exhibitors who made YWM2022-Engage possible!

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Bariatric Advantage is committed to the patients, surgeons, support groups and other allied medical professionals who have dedicated their careers to helping improve the lives of patients affected with obesity. Our philosophy is simple, gather scientific data, provide this data to medical and nutritional experts for their review and analysis, then use this process to guide us in our development of unique nutritional supplements. Finally, we measure and publish the results of the patient experience scientifically through lab and other related tests. **800-898-6888**

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Obesity Action Coalition (OAC)
4511 North Himes Avenue, Suite 250
Tampa, FL 33614
www.ObesityAction.org
info@obesityaction.org



The Obesity Action Coalition (OAC) is a more than 78,000 member-strong 501(c)(3) National non-profit organization dedicated to giving a voice to people affected by the disease of obesity and helping them along their journey toward better health through education, advocacy, support and awareness. The OAC offers a variety of tools and resources such as awareness campaigns, annual meeting, virtual events, educational resources and a vibrant community of support to help you in your journey with weight and health. To learn more about the OAC and get connected to us, please visit: **ObesityAction.org**.

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Bronze Level Convention National Sponsor

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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 more about the OAC and help us learn more about you, too. We've created a Welcome Series 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!

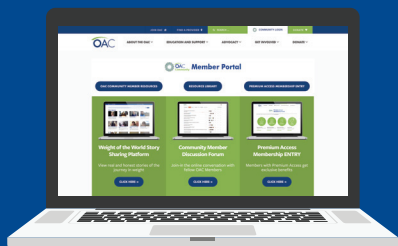
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Give With Our Donor Program

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 page 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/Member-Landing-Page**

SUPPORTING THE OAC HAS NEVER BEEN EASIER

Our mission is to elevate and empower all those affected by obesity through education, advocacy, awareness and support. Every dollar we are able to direct toward this effort comes from donors like you! You can have an extraordinary, positive impact on our Community.

Become a Partner in Action by making a donation and help the OAC to expand educational opportunities, advance conversations around weight and health, end weight bias and create new and impactful programs.

However you chose to support the OAC, we are deeply grateful.



Contribute 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 obesity.



Join the Recurring Giving Program

When you make a recurring donation, you enable the OAC to take a planned, enduring approach to achieve our mission. These donations provide essential financial resources we can count on year-round.



Request a Match from Your Employer

Many companies offer a matching gift program to encourage philanthropy among their employees. If you've submitted a donation recently or plan to donate, be sure to check whether your contribution is eligible for a match!



Give a Gift of Stock

A gift of appreciated stock, bonds or mutual funds can provide fantastic tax benefits for you and help OAC expand our initiatives.



Leave a Legacy

Including a gift for OAC in your will by beneficiary designation will provide future generations hope, health and opportunities for a brighter future, making your legacy one that will endure.



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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/General-Support

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