



# INTEGRATIVE HEALTH WEIGHT MANAGEMENT & OBESITY PART 1:

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# Disclosure to Participants

## **Notice of Requirements for Successful Completion:**

For successful completion, participants must attend the full activity and complete the program evaluation at the conclusion of the educational event.

## **Presenter Conflicts of Interest/Financial Relationships**

### **Disclosures:**

Damaris Grossmann DNP FNP-C

– No conflicts of interest

## **Disclosure of Relevant Financial Relationships and**

## **Mechanism to Identify and Mitigate Conflicts of**

**Interest:** No conflicts of interest

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# Disclosure Statement

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## ATECAM Nursing Conferences

### Requirements for Successful Completion and Disclosure

#### ANNOUNCEMENT AT THE BEGINNING OF THE PROGRAM:

Criteria for successful completion and receipt of completion certificate:

**Participants must be registered online**

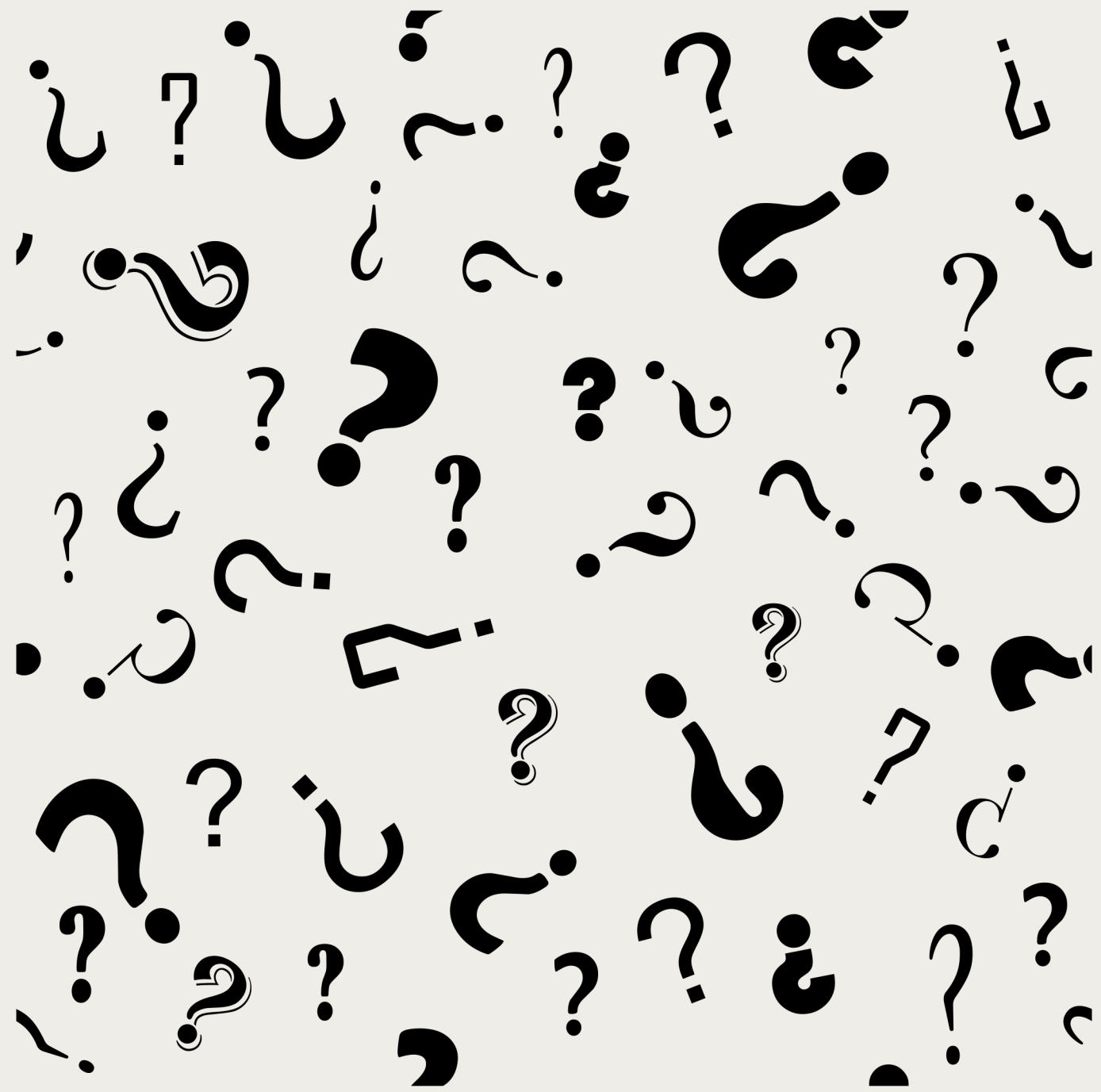
**Participants must remain for the entire presentation**

**Participants must complete the program evaluation**

#### DISCLOSURE STATEMENT:

No planners or presenters have disclosed a conflict of interest related to this educational activity.

# Q & A Chat



- Q & A and chat are features in the Zoom toolbar.
- Make sure you know where to go to ask questions and chat
- Requirement on your part to get CEU's
- Every 45 minutes in the middle of the Q & Q&A session you must ask a question. The question is “my name” is here.
- So if your name is John Doe, you type a question/statement” John Doe is here”. This is in the Q&A and not chat!
- If you have any questions ask about the topic
- Type Questions that you have during the topic and we will answer them at end of the webinar
- The Chat feature is used to [primary talk to each other with other attendees



# **OBJECTIVES:**

**What is Obesity vs. weight Management?**

**Why is it considered an epidemic**

**Understand the complexity of the development and treatment of obesity**

**.Identify, classify, and determine appropriate treatment approaches for people with obesity, including lifestyle, advanced pharmacological approaches, and bariatric surgery.**

**Create treatment plans for people with obesity that include motivational interviewing, behavior modification, and nutrition and physical activity plans.**

**What is Metabolic Syndrome**

**Obesity Associated Illness**

**Stigmatiz of Obesity?**

- DISCUSSION OF CALORIES
- HOW TO MINIMIZE EATING OUT CALORIES
- LAWS CHANGE FOR THE MENU TO SHOW CALORIC INTAKE
- COST OF OBESITY
- CARDIO METABOLIC & OBESITY
- NATURAL PATTERN OF WEIGHT GAIN
- WHAT TESTS ARE DONE IN THIS AREA OR MEASURED
- WEIGHT IMPROVES AND REVERSE DISEASES
- MEASUREMENT TOOLS BMI, WAIST-HIP RATIO, HEIGHT TO HIP
- OVERALL GENETICS IS THIS THE FULL PICTURE
- PARENTS' EATING AND PERCEPTION OF WHAT IS NEEDED
- SLEEP WEIGHT
- LIFESTYLE MANAGEMENT FUNCTIONAL MEDICINE APPROACH SLEEP, DIET, STRESS
- WHAT IS THE DIFFERENCE BETWEEN A PORTION AND A SERVING?
- HOW HAVE RECOMMENDED SERVING SIZES CHANGED?



- **SOME HELPFUL QUESTIONS ABOUT MANAGING FOOD PORTIONS**
- **HERE ARE A FEW QUESTIONS TO CONSIDER WHEN IT COMES TO MANAGING YOUR FOOD PORTIONS:**
- **WHAT IS THE APPROPRIATE AMOUNT OF FOOD FOR ME TO CONSUME?**
- **HOW CAN THE NUTRITION FACTS LABEL ASSIST ME IN MONITORING MY FOOD INTAKE?**
- **WHAT ARE SOME EFFECTIVE WAYS TO KEEP TRACK OF MY FOOD CONSUMPTION?**
- **HOW CAN I CONTROL MY MEAL PROPORTIONS WHEN COOKING AT HOME?**
- **WHAT STRATEGIES CAN I USE TO MANAGE PORTION SIZES WHEN EATING OUT?**
- **HOW CAN I MAINTAIN A HEALTHY DIET AND MANAGE FOOD PORTIONS WHEN ON A TIGHT BUDGET?**



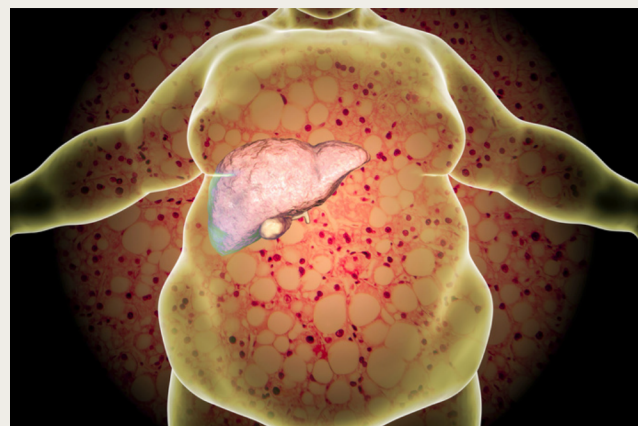
# Understanding Weight Management

Weight management involves maintaining a healthy weight through balanced diet, regular exercise, and lifestyle modifications. Measure progress regularly.



## What is Obesity vs. weight Management? Why is it considered an epidemic

Obesity is a medical condition in which a person has excessive body fat that can have a negative impact on their health. It is defined as having a body mass index (BMI) of 30 or higher.



Weight management is the process of adopting healthy habits and lifestyle changes to maintain a healthy weight.



Understand the complexity of the development and treatment of obesity  
.Identify, classify, and determine appropriate treatment approaches for people with obesity, including lifestyle, advanced pharmacological approaches, and bariatric surgery.

Obesity is a complex condition that involves a multitude of genetic, environmental, behavioral, and cultural factors. Understanding the complexity of the development and treatment of obesity requires a multidisciplinary approach that takes into account the various factors that contribute to the condition.

Genetic  
Environmental  
Behavioral  
Psychological  
Ways for Treatment Approach



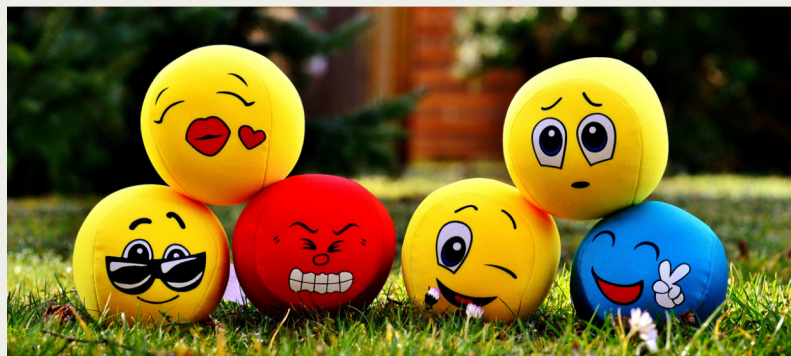


# Obesity Associated Illness

## Stigmatiz of Obesity?

We Need More BODY Positive Conversation

- **S O C I A L**
- **S T E R E O T Y P I N G   E A C H   P E R S O N**
- **M E D I A   &   P O P   C U L T U R E**
- **H E A L T H   S T I G M A**
- **E M O T I O N A L   I M P A C T**
- **E C O N O M I C   C O N S E Q U E N C E S**





# TYPES OF TREATMENT PLANS FOR PEOPLE WITH OBESITY

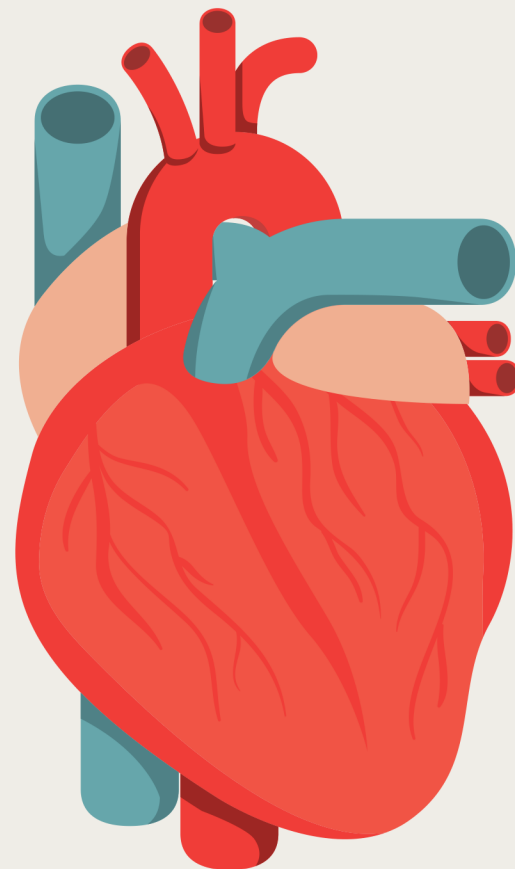
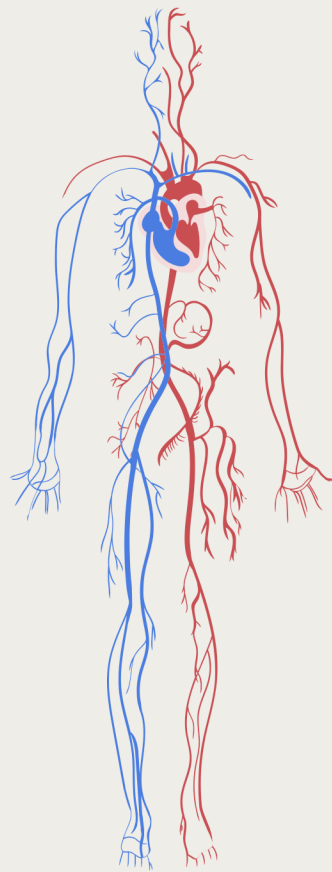
MOTIVATIONAL INTERVIEWING,  
BEHAVIOR MODIFICATION, AND  
NUTRITION AND  
PHYSICAL ACTIVITY PLANS  
& BARIATRIC SURGERY OPTIONS.





**CARDIO METABOLIC WITH OBESITY  
NATURAL PATTERN OF WEIGHT GAIN**

**CARDIOVASCULAR (HEART AND BLOOD VESSEL)  
+  
METABOLIC (BLOOD SUGAR AND INSULIN) HEALTH**







## What is Metabolic Syndrome



Metabolic syndrome is a cluster of conditions that increase the risk of cardiovascular disease, stroke, and type 2 diabetes. There is a significant body of evidence-based research on metabolic syndrome that has identified various risk factors, health consequences, and effective interventions.

### **Risk Factors Of Obesity from Metabolic Syndrome**

Inactivity

Stress

Insulin resistance

High Blood Pressure

Abnormal Lipid cholesterol  
levels

Abdominal Obesity BMI

### **Metabolic Syndrome: (Any 3 of the following 5)**

- Increased waist circumference (>35" women, >40" men)
- Blood Pressure (> 130/85 or on HTN meds)
- Fasting Blood Sugar (>100 mg/dl)
- Triglycerides (>150)
- HDL Cholesterol (<50 women, <40 men)

What is the appropriate amount of food for me to consume?  
 How can the Nutrition Facts label assist me in monitoring my food intake?

Nutrition Facts	
Serving Size oz. Serving Per Container	
Amount Per Serving:	
Calories	Calories From Fat
% Daily value*	
Total Fat	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium	%
Total Carbohydrate	%
Dietary Fiber	%
Sugars	
Protein	

\*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.

Nutrition Facts	
Serving Size 10 oz. Serving Per Container 5	
Amount Per Serving	
Calories 200	Calories From Fat 200
% Daily value*	
Total Fat 10 g	35%
Saturated Fat 1.5g	11%
Trans Fat 0.0 g	
Cholesterol 0 mg	1%
Sodium 210 mg	15%
Total Carbohydrate 15 g	3%
Dietary Fiber 2 g	3%
Sugars 3 g	
Protein 30 g	
Vitamin A 3%	Vitamin C 3%
Calcium 6%	Iron 6%

\*Percent Daily values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on you calorie needs.

Serving size  
 Calories  
 Nutrition data  
 Daily %  
 extra ingredient  
 The Company  
 Barcode

My advice Find those Foods with no label.  
 Whole foods Produce

**DISCUSSION OF CALORIES**  
**HOW TO MINIMIZE EATING OUT CALORIES**  
**WHAT IS CALORIE IN OR IS THE TYPE OF FOOD**

**500 CALORIES**





# LAWS CHANGE FOR THE MENU TO SHOW CALORIC INTAKE COST OF OBESITY

2016 NEW REQUIRMENTS STARTED

VITAMIN D & OR ADDITIVES

ALLERGEN CONCENT

HOW MUCH CALORIES FOOD HAS AT THE RESTAURANT ( CA

MORE COUNTRIES UK NON GMO ( NOT ALLOWED GENETIC MODIFIED

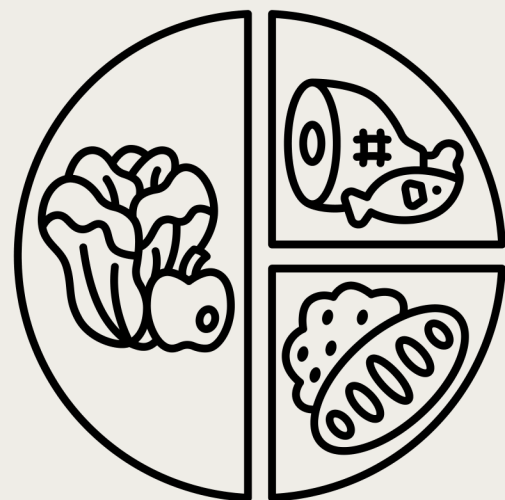


Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) / par 1 tasse (250 mL)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 80	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 115 mg	<b>5 %</b>
<b>Carbohydrate / Glucides</b> 12 g	<b>4 %</b>
Fibre / Fibres 0 g	<b>0 %</b>
Sugars / Sucres 11 g	
<b>Protein / Protéines</b> 9 g	
Vitamin A / Vitamine A	<b>15 %</b>
Vitamin C / Vitamine C	<b>0 %</b>
Calcium / Calcium	<b>30 %</b>
Iron / Fer	<b>0 %</b>
Vitamin D / Vitamine D	<b>45 %</b>

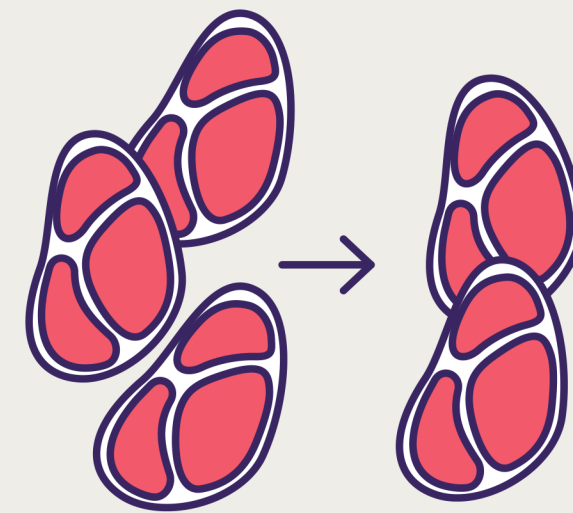
PASTEURISED / PASTEURISÉ

What is the difference between a portion and a serving?  
How have recommended serving sizes changed?

A portion is the actual amount of food that a person chooses to eat during a meal or snack. Portion sizes can vary widely and depend on individual preferences, eating habits, and hunger.



Serving size is a standardized, specific amount of food as determined by the food manufacturer or packaging.



## Some Helpful Questions About Managing Food Portions

Here are a few questions to consider when it comes to managing your food portions:

What is the Serving Size

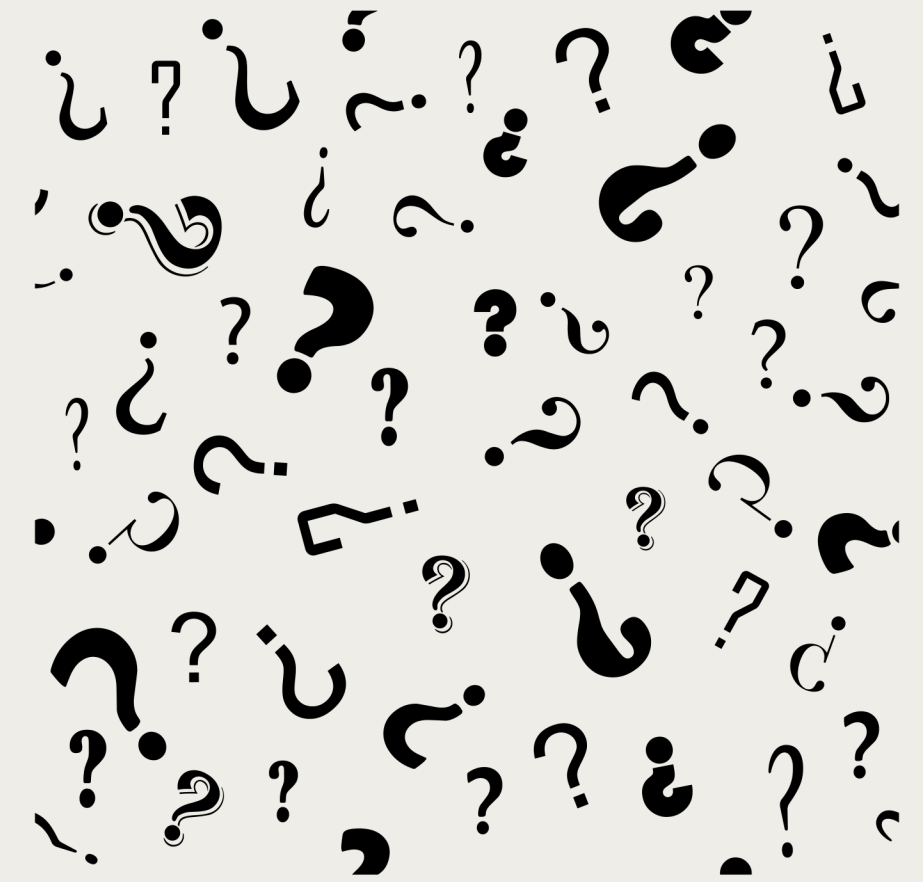
Am I Really Hungry or is it thirst

What are my Goals

How active am I

What is the Recipe

How can I go out and still maintain weight



**HUNGRY!**





**OVERALL GENETICS IS THIS THE FULL PICTURE**



**FAMILY HISTORY  
GENETICS  
SYNDROMES  
GENEITC & ENVIOEMNTASL TOXINS  
EPIGENTICS**







# IMPORTANCE OF SLEEP & WEIGHT

REGULATE APPETITE HORMONES

STRESS & HORMONES

HORMONAL CHANGES

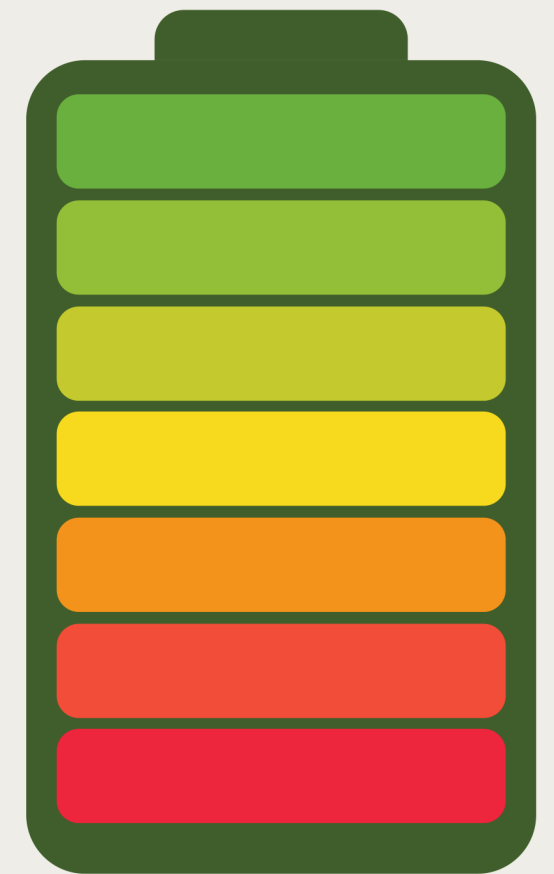
ENERGY

COGNITIVE FUNCTION

LATE NIGHT EATING

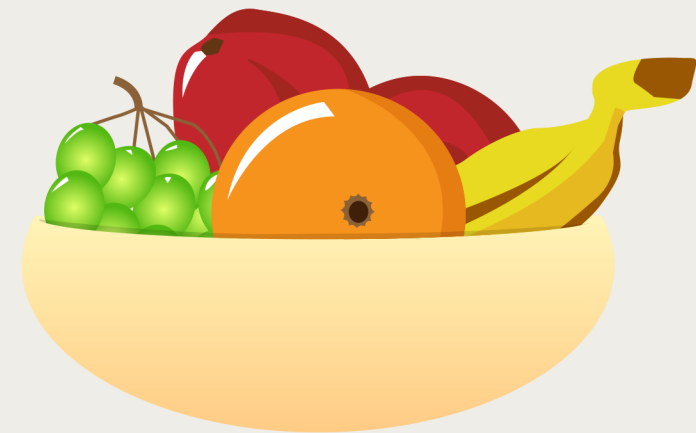
BLOOD SUGAR REGULATION

PHYSICAL ACTIVITY



# Lifestyle Management Functional Medicine Approach

We spoke about Sleep I would use Supplements of Magnesium and  
Adaptogens Ashwagandha ]



Personalization  
Underlay causes  
Nutrition  
Whole Food Approach  
ANtiinflammmtory Diet  
Balancing Macros  
Nutraceutical  
Gut Health  
Hormone Balance  
Mindful eating  
Balance Life stressors



# TIPS FOR ACHIEVING A HEALTHY WEIGHT

Set realistic goals and track your progress.

Incorporate physical activity into your daily routine.

Make healthy food choices and practice portion control.





# Navigating Diets and Fads



Diets don't work! Instead, focus on a balanced diet with portion control and daily exercise. Consult a registered dietitian for personalized advice.



Stay  
Focused

# Staying Motivated and on Track

Tracking your progress is key to staying motivated.  
Use apps like MyFitnessPal or Lose It! to monitor  
your food intake and exercise routine.

YOU  
GOT  
THIS!

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