

Nurses Obesity Network Newsletter

June 2022

June is Men's Health Month

#MensHealthMonth isn't just for men, but for everyone with important men in their lives – friends, family, and neighbors alike.



We all play an important role in encouraging them to be as healthy as possible. Men's mortality is higher for 9 of the top 10 causes of death including cancer, diabetes, and diseases of the heart, kidney, and liver. *Obesity* is a common risk factor for many of these causes.

In fact, people living with obesity are at much greater risk of developing a broad range of chronic diseases and conditions including diabetes, hypertension, cardiovascular disease, sleep apnea, osteoarthritis, several preventable cancers, severe outcomes from COVID-19 infection, and more...



According to [CDC data \(2017-2018\)](#) the age-adjusted prevalence of obesity in adults was 42.4%. Among men, the prevalence of obesity was 40.3% among those aged 20–39, 46.4% among those aged 40–59, and 42.2% among those aged 60 and over.

Changing the Conversation about Obesity

Awareness that [obesity is a complex and chronic disease](#), with available treatment options, is essential to changing the conversation. Obesity is not a result of poor personal choices. We must ensure that all people with obesity are treated equally with respect and empathy, free of [weight bias and stigma](#).

Obesity requires a full [continuum of care](#) including options such as nutritional counseling and increased physical activity plans, as well as FDA-approved medications for the treatment of obesity or bariatric surgery. People living with obesity deserve options and access to obesity treatment. Decision makers at the national, state, and local levels need to hear from you that this is a priority. [Learn More Here](#)

Nurses Take Action!

Nurses are widely recognized as a trusted source of health care and information. Encourage the men in your life to honestly evaluate how their weight could be affecting their overall health.

- Share informative resources and [obesity patient tools](#),
- Encourage development of a holistic plan to achieve and maintain a healthy weight
- Direct them to find an [obesity care provider](#) when needed

Register for Upcoming Conferences and Events

Join Nurses Obesity Network member organizations at their national conferences and events!



[Philippine Nurses Association of America](#)

When: July 6-10, 2022
 Where: New York City, NY



[National Association of Hispanic Nurses](#)

When: July 12-15, 2022
 Where: Miami, FL



[National Black Nurses Association](#)

When: July 26-31, 2022
 Where: Chicago, IL



[National Association of Indian Nurses of America](#)

When: October 7-8, 2022
 Where: Edison, NJ



[American Association of Nurse Practitioners](#)

When: September 15-18, 2022
 Where: Anaheim, CA



When: October 13-15, 2022
 Where: Philadelphia, PA



Do you participate in [Healthy Nurse, Healthy Nation](#), a free nurse wellness program open to everyone?

Sign up for their next fun challenge that starts July 18th, [Hack Your Hydration Challenge powered by Compass One Healthcare](#).

Drinking enough H₂O is one of the best things you can do for your mind, immune system, skin, digestion and so much more. You need to stay hydrated to do your job well. Yet, thanks to busy schedules, infection control protocols, and PPE, many nurses can't stay adequately hydrated at work. Over the next 10 days, we'll provide tangible tips to improve your hydration — both at home and at work. Let's Go! Join [here](#).

Learn More about the Nurses Obesity Network

The [Nurses Obesity Network](#) is a diverse group of nursing organizations committed to changing the way we view, treat, and advance care for people living with obesity — including members of our own nursing profession. Collectively, we will become role models for wellbeing, champions for change, and advocates for better obesity care and treatment.