

Nurses Obesity Network Newsletter

March 2022

ICYMI: Obesity Care Week 2022 – Now is the Time to ACT!

Sunday, February 27 – Saturday, March 5

March began with [Obesity Care Week](#), an annual awareness event that brings together patients, allies, medical care providers, and advocates for a week of awareness, education, and action around our shared goals:

- **Educating all Americans about obesity.** Obesity is a complex and chronic disease. People who have obesity must have access to affordable and science-tested medical treatments. Everyone should have access to prevention information and resources.
- **Increasing awareness and understanding of weight bias and stigma** to ensure that all people with obesity are treated equally with respect, empathy, and have equitable access to care.
- **Empowering all people to find their advocacy voice.** NOW is the time to ACT! Decision makers at the national, state, and local levels need to hear from you to prioritize obesity care, bias, and prevention.

2022 Theme: Now is the Time to ACT!

As Obesity Care Week comes to a close, the theme of ACTION remains especially relevant: now and in the months to come, we must continue to ACT for better obesity care. And nurses can do their part too:

Nurses as Patients Living with Obesity



Now is the Time to Stop Weight Bias!

Individuals with obesity face weight bias in all areas of life including school, healthcare practices, the workplace, and even among family and friends. Bias has a greater impact on people of color and people with intellectual disabilities.

[Take Action](#)
[Learn More](#)

[Video: Weight Bias](#) – An in-depth look at the impact of bias and how to combat it.

Featuring: Ted Kyle, RPh, MBA (ConscienHealth); Rebecca Puhl, PhD

Moderator: James Zervios (Obesity Action Coalition)

Nurses as Caregivers Paying it Forward in Practice



Find a Provider Who Specializes in the Treatment of Obesity

Obesity management is about health, not the number on the scale; it should be science-based, realistic, and provide results. The treatment of obesity is not as simple as “eat less and move more” but rather requires a combination of science-based treatment options based on the individual.

[Take Action](#)
[Learn More](#)

[Video: Discussing Obesity Treatment](#) – Where are we today? What does the future look like?

Featuring: Fatima Cody Stanford, MD, MPH, MPA, MBA

Moderator: James Zervios, Obesity Action Coalition

Nurses as Advocates for Better Obesity Care



Expand Access to Care

Obesity is a life-long disease that requires life-long healthcare options at all stages of a person’s journey to health. While there are evidence-based treatments for people with obesity that improve health outcomes, obesity care coverage remains piecemeal and has many hurdles for patients to receive necessary care.

[Take Action](#)
[Learn More](#)

[Video: Treat and Reduce Obesity Act](#) – A discussion about the hurdles and opportunities of expanding access to care through TROA.

Featuring: U.S. Senator Dr. Bill Cassidy, MD; U.S. Congressman Dr. Raul Ruiz, MD

Moderator: Joe Nadglowski, Obesity Action Coalition

Obesity Care Week Recap

OCW2022: Why We Care About Obesity Care – Ted Kyle, ConscienHealth

“As we come to the end of OCW2022, we come to face a basic question: why does it matter? Why do we care about obesity care? The answer is quite simple, really. Science tells us that obesity is a complex, chronic condition driven by our physiology. Yet our culture and even our healthcare systems do more to shame people for this disease than to help them deal with it. They make it worse.”

[Read More](#)