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Obesity Action Coalition (OAC)

News from the OAC Health News Helpful Tips Obesity News Facts about Obesity

Obesity Action ALERT

An E-newsletter Proudly Brought to You by the

August 2012

News from the

Obesity in the News

- [Obesity Pill Qsymia Gains FDA Approval](#)
- [Americans' Concerns about Obesity Soar, Surpass Smoking](#)
- [Panel Says those Affected by Obesity Are Entitled to Coverage for Weight-loss Programs](#)
- [Limit Fast Food Advertising toward Kids, Lower Childhood Obesity Rates](#)
- [ABSI: A New, Better Way to Measure Obesity?](#)

Obesity Care Continuum (OCC) Commends Food and Drug Administration (FDA) for Second Obesity Medication Approval - Within the last month, we have seen the FDA approve two new obesity drugs, Belviq (lorcaserin HCl) and Qsymia (phentermine and topiramate). The OAC and our partners in the OCC commended the FDA for their continued proactive approach to ensuring safe obesity treatments for those affected.

To read the OCC's official press release, please [click here.>>>](#)

OAC Releases New Educational Piece on Weight Bias - The OAC has released the first of several educational guides on weight bias, Weight Bias in the Workplace – Information for Employers. The focus of this guide is to educate

Feature Story

Summer 2012 Issue of Your Weight Matters Magazine is Now Available!



The Summer 2012 issue of Your Weight Matters Magazine is now available online! OAC members can expect to receive their copy of the magazine in the mail within the next week.

We are excited to release this issue of the magazine because the center-spread is all about our Inaugural Your Weight Matters National Convention! This article highlights all the information you need to know to join us in Dallas for this ground-breaking Convention! You will find the complete program agenda, travel and lodging details, registration information, as well as a paper registration form you can fill out and mail in to the OAC National Office.

In this issue you will also find some great educational articles such as:

- "Band Over Bypass"
- "Hitting the Gym"
- "How to Overcome Weight Plateaus"
- and many more!

You can view the Summer 2012 issue of Your Weight Matters Magazine now by [clicking here.>>>](#)

Advertiser Corner

While you are on the OAC Web site checking out the latest edition of Your Weight Matters Magazine, please take a few minutes to visit our "Advertiser Corner." This section of the Web site is dedicated to recognizing the companies advertising in Your Weight Matters Magazine, and without their support, production would not be possible. Visit the "Advertiser Corner" now by [clicking here.>>>](#)

Want a Copy of Your Weight Matters Magazine?

Your Weight Matters Magazine is an exclusive OAC member benefit. If you would like to receive a subscription to the magazine, we invite you to become a member of our Coalition. To become a member of the OAC, please [click here.>>>](#)



- While in the water, you have 80-90 percent less weight pulling and pressing at your bones and joints. With 80 percent less weight, you are more likely to exercise with less pain; therefore, allowing your workouts to be longer and burning more calories to aid in your weight-loss.
- It is important when choosing protein supplements that they have a score of 100 on the protein digestibility corrected amino acid score (PDCAAS). Protein supplements that are made from whey, casein, soy and egg whites have a PDCAA score of 100.
- Basal Metabolic Rate (BMR) is the rate at which your body burns the calories needed to survive each day. This typically constitutes 60-70 percent of the calories that you consume each day, and the remainder of the calories must be expended through physical activity and exercise.
- Studies are now finding that body mass index (BMI) is a very poor predictor of who might be at risk of developing heart disease. A study

employers on the impact of weight bias in the workplace and offer steps to reducing it.

To view the guide and request copies, please [click here.>>>](#)

OAC Inaugural Convention: Less than Three Months Away

- Our Inaugural Convention is quickly approaching! This year's meeting is already shaping up to be a tremendous success, with more than 100 registrants already signed-up, and we still have three months left to go!

Our full [Convention Program agenda](#) is online and includes a listing of all the speakers already confirmed. We are thrilled to have some of the biggest names in the field of obesity volunteer their time to speak at this historic event for the OAC.

To read more, please [click here.>>>](#)

Fall Walk from Obesity Locations Announced

- The Walk from Obesity is a nationwide event designed to raise awareness of the disease of obesity. The list of cities hosting a Walk this fall has been officially announced!

To find out if a Walk from Obesity event is taking place near you this fall, please [click here.>>>](#)

OAC and Obesity PPM Webinar #4 Recording Now Available

- On July 19, the OAC and Obesity PPM hosted webinar #4 in our series on the complexity of obesity, titled "Obesity, Hormones & Metabolism: Everything You Ever Wanted to Know but were Afraid to Ask." The webinar featured Richard Atkinson, MD, who explained the relationship between hormones and obesity.

at the Centers for Disease Control (CDC) seemed to indicate that overweight individuals (BMI 25 to 30) did not have any increased risk of death compared to normal weight individuals (BMI under 25).

- One tablespoon of cooking oil contains 120 calories. That is roughly 6 percent of your daily calorie intake if you consume a 2,000 calorie diet.

For those of you that were unable to attend the live webinar, you can download the full presentation, with audio, from the OAC's Web site by [clicking here.>>>](#)

OAC Welcomes Two New Members to the Chairman's Council and Thanks its Recently Renewed Council Members - The OAC Chairman's Council continually welcomes new members to the OAC's highest level. We are proud to welcome Centennial Center for the Treatment of Obesity and Southern Surgical Hospital.

To read more, please [click here.>>>](#)

Connect with the OAC



Thank You!

Thank you for subscribing to the Obesity Action Alert, the OAC's FREE monthly e-newsletter. To learn more about the OAC or to join the Coalition as a member, please visit www.obesityaction.org.

Thank you,
Obesity Action Coalition

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