

# Obesity **Action** **ALERT**

An E-newsletter Proudly Brought to You by the 

**September 2012**



- [Many Americans Affected by Obesity Struggle with Stigma, Discrimination, Poll Finds](#)
- [Weight-loss Surgery Results in Positive Changes in Social Life, Medical Conditions](#)
- [Junk Food Laws May Help Curb Childhood Obesity: Study](#)
- [Online Obesity Treatment Programs Show Promise](#)
- [Obesity Rates by State: New CDC Data Looks at Weight across the Country](#)



## **OAC Announces Annual Awards Program**

The OAC is proud to announce the start of our Annual Awards Program! This is our chance to recognize our exceptional members for all of their efforts in the fight against obesity. With the launch of our National Convention this year in Dallas, TX, it was the perfect fit to celebrate our members! We will be presenting the OAC's Annual Awards during our Inaugural Convention, Saturday, October 27 at the 1st Annual Awards Dinner.

The Annual Awards that will be given out are:

- Outstanding Membership Recruitment by an OAC Member

- Outstanding Membership Recruitment by a Physician
- Bias Buster of the Year
- OAC Member of the Year
- Advocate of the Year (**Accepting Nominations**)
- Community Leader of the Year (**Accepting Nominations**)

We wanted to give our membership the opportunity to be involved in the Annual Awards process, so two of these awards are open to the membership for nominations: the Advocate of the Year and the Community Leader of the Year. The remainder of the awards will be nominated from within the OAC's Awards Review Subcommittee.

The deadline to submit nominations for these two awards is **Monday, October 1**. Nominate yourself or a fellow OAC Member today!

For more information on the OAC's Annual Awards Program, and to nominate yourself or someone you know, please [click here.>>>](#)



- "Band over bypass" refers to one of the tools surgeons have available to assist patients who gained weight after what was initially a successful gastric bypass operation.
- Fats provide nine calories per gram, as opposed to carbohydrates or protein which provide only four calories per gram.
- Where we live, what we eat, and how we choose to protect ourselves from the sun have all contributed to a recent increase in vitamin D insufficiency and deficiency across the U.S.
- Cardiovascular exercise is any rhythmic motion using large muscle groups that increase the heart rate. As you increase the heart rate, your body temperature will also increase causing your body to burn calories.
- As you progress through your weight-loss journey, your body is adapting to a stricter diet and exercise program. Unless you continually update your program to reflect the changes your body has already experienced, you will plateau because of the adaptation that has taken place.

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## Connect with the OAC



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## 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](http://www.obesityaction.org).

Thank you,  
Obesity Action Coalition



### **Inaugural Convention Early- bird Registration Deadline Extended**

- The OAC is excited to announce that we have extended the early-bird registration deadline for our Inaugural *Your Weight Matters* National Convention. **You now have until Wednesday, September 12 to take advantage of early-bird pricing!**

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

### **OAC Launches Convention Registration and Promotion Contest**

- In an effort to spread the word about the Inaugural Convention, the OAC launched a Convention Registration and Promotion Contest. There are two separate contests, one for OAC Members, bloggers and Convention attendees and a separate contest for physicians and physician practices. The deadline for both contests is October 1!

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

### **Take the "Bias Busters" Survey**

**Now** - OAC's "Bias Busters" wants to hear from you! We have created a short survey to find out how you define weight bias and stigma. It only takes a couple minutes to complete, and we would love your feedback!

You can complete the "Bias Busters" survey now by [clicking here.>>>](#)

### **Fall 2012 Walk from Obesity Events Kickoff**

**Today** - Today marks the official kickoff of Fall *Walk from Obesity* events! Today's Walk takes place in Northern California.

Find out if the *Walk from Obesity* is coming to a city near you and sign-up to participate by [clicking here.>>>](#)

### **OAC Submits State Public Policy**

**comments** -The OAC has submitted state exchange comments to a number of states regarding the Essential Benefit Benchmark plan selection.

View the OAC's 2012 public policy comments now by [clicking here.>>>](#)

### **24 Hours in Dallas, Texas**

- In mid-August, OAC staff held our second site visit at the host hotel for the Convention, the Hilton Anatole. OAC's Director of Communications, James Zervios, wrote a blog post on the OAC Blog detailing our experience at this amazing hotel!

Check out James' blog post now by [clicking here.>>>](#)

**OAC Proud to Welcome Two New Members to the OAC Chairman's Council** - This month, the OAC is proud to welcome two new organizations to the OAC Chairman's Council - Academy of Nutrition and Dietetics and UT College of Medicine Chattanooga - Internal Medicine Department.

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