

above advertisement in *Politico*, a newspaper distributed to all elected officials on Capitol Hill. We placed this ad with the goal of grabbing the attention of legislators on Capitol Hill and getting the message across that obesity needs to be taken seriously and addressed as a matter of health.

Obesity has reached epidemic proportions in the United States; however, until obesity is treated as a serious disease, it will not get the attention and action needed. That is why we want Congress to take notice and address weight as a matter of health!

Take Action!

We need you to help us get this message to Congress by contacting your elected officials and urging them to address weight as a matter of health. The OAC has made it easy for you to contact your elected officials on this issue through our Legislative Action Center. The Action Center is a helpful resource that you can use to locate your elected officials and then send them one of the pre-written messages that we have provided for you.

Spread the Word!

After you submit your message through the Legislative Action Center, it gives you the option to "Tell-a-friend." Help us spread the word by sharing the message with your family, friends and colleagues! The Action Center allows you to share the link with up to six individuals, and it is as easy as simply entering their email addresses and clicking "send email."

Help make a difference and take action today! Visit the OAC's Legislative Action Center now by [clicking here.>>>](#)



- One of the fastest ways to burn more fat at rest is to eat a well-balanced diet. If you eat a diet consisting of the right amount of carbohydrates, fats and protein, your body will burn about 60 percent of your calories from fat and about 40 percent from carbohydrates in a resting state.
- Scientists think people gain weight from drinking sugary drinks because drinking high-calorie beverages does not make them feel full (but eating something high-calorie does). This means that drinking 240 calories in a 20-ounce soda will not keep you from eating 240 fewer calories.
- Aside from eating a proper diet, cardiovascular exercise is the main support on which to lean for weight-loss, specifically fat-loss.
- There are three different fuel sources, fat, carbohydrates and protein, and your body generally uses two of them: fat and carbohydrates.
- The OAC celebrated our 7th anniversary this past May.

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



Obesity Care Continuum (OCC) Exhibits at Weight of the Nation Conference - May 7-9, the OAC exhibited with the Obesity Care Continuum (OCC) at the Centers for Disease Control and Prevention's (CDC) Weight of the Nation Conference, held in Washington, DC.

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

Early-bird Pricing Still Available for Your Weight Matters National Convention - There is still time to take advantage of early-bird pricing for the OAC's Inaugural *Your Weight Matters* National Convention! Register before August 31 to save 25 percent on Full Convention Registration. For more information, please [click here.>>>](#)

OAC and Obesity PPM Webinar #3 Now Available for Download - The OAC and Obesity PPM hosted webinar #3 in our series on the complexity of obesity, "Obesity & Health Policy," on Thursday, May 24. If you were unable to attend this webinar, it is now available for full download from the OAC's Web site! You can download it now by [clicking here.>>>](#)

Webinar #4, "Obesity, Hormones & Metabolism: Everything You Ever Wanted to Know but were Afraid to Ask," is set to take place Thursday, July 19 at 8pm EST. You can register to attend this FREE webinar now by [clicking here.>>>](#)

Please note: If you registered for Webinar #2 or #3, you DO NOT need to register for the remaining webinars.

Most Recent "Bias Busters" Issue Needs Your Immediate Attention - The most recent "Bias Busters" issue that needs your attention is the use of stigmatizing images of individuals affected by obesity in the media. The best way to put an end to the use of these images is to contact the publications that use stigmatizing images by writing a letter to the editor.

For more information on this "Bias Busters" issue and to view a sample letter to the editor, please [click here.>>>](#)

OAC Welcomes Three New Chairman's Council Members and Thanks those that Recently Renewed - This month, the OAC welcomes three new additions to the Chairman's Council - **Elkhart Clinic**, **ReShape Medical** and **St. Vincent Bariatric Center of Excellence**. We are excited to add this many new corporate members just within the past month.

This month, we also want to thank two current Chairman's Council Members for renewing their membership at the highest level. **Enteromedics** is a medical device company and has supported the OAC for the past four years. We appreciate their continued support and commitment to advancing treatments and the cause of obesity. We also recognize the **National Association of Bariatric Nurses (NABN)** who has also been a long-time supporter of the OAC. NABN is a great ally to have in the fight against obesity and we are grateful for their support at the highest level.

To learn more about these companies, please [click here.>>>](#)