

Obesity **Action** **ALERT**

An E-newsletter Proudly Brought to You By the **OAC**

July 2012

Obesity in the News

- [FDA Approves First Obesity Drug in 13 Years](#)
- [Obesity Care Continuum \(OCC\) Applauds FDA for Approval of New Obesity Drug](#)
- [Childhood Obesity and Bullying Top Health Concerns for Voters](#)
- [Study Shows Bariatric Surgery Improves Health in Adolescents Affected by Obesity](#)
- [Weight-loss Surgery Linked to Higher Risk of Abusing Alcohol](#)

Feature Story

**OAC Personally Invites You to Join Us for Our
Inaugural *Your Weight Matters* National
Convention**



The OAC has officially released our Inaugural Convention Personal Invitation video! We are so excited to debut this video because it really gives viewers

an inside look at what they can expect from this ground-breaking educational Convention.

With this being the Inaugural *Your Weight Matters* National Convention, we thought it was important to give you a complete understanding of the focus, purpose and vision for the meeting. We have designed this Convention to be unlike any other educational convention that is out there right now. Our goal is to provide solid, comprehensive and unbiased education for individuals at all stages in their journey with weight.

Besides a personal look into the Inaugural *Your Weight Matters* National Convention, this video also includes a personal invitation from OAC President/CEO Joe Nadglowski, inviting YOU to join us in Dallas, October 25-28, 2012 for this historical OAC event!

You can view the Inaugural Convention Personal Invitation video now by [clicking here.>>>](#)

We encourage you to share this video with friends, family, colleagues and patients, as there will be something for everyone at the Inaugural *Your Weight Matters* National Convention! The video is also hosted on the OAC's YouTube account, ObesityAction where individuals can provide comments on the video. We encourage you to share feedback with us regarding the video by commenting on the video on our YouTube channel.



- Eating protein is important for those trying to lose weight because they need to preserve their lean muscle through the weight-loss phase, however, protein's main purpose is to build and repair tissue, not to provide fuel or energy.
- Economists have determined that if the price of sugary drinks goes up 10 percent, consumption will go down by about 10-12 percent. This would reduce the number of calories from sugary beverages people drink each day, and may help with weight-loss.
- Omega-3 fatty acids, which are found in fatty fish, are thought to have many health benefits, such as: reducing inflammation throughout the body, decreasing triglycerides, lowering blood pressure, reducing blood clotting, reducing risks of dementia and boosting immunity.
- A recent study by Schneider-Friedrich, et. al. in the Journal of Clinical Endocrinology & Metabolism showed waist-to-height ratio (WHtR) to be the best predictor of cardiovascular risk and mortality.
- Sugary drinks are the single biggest source of "added" sugars in our diet today, that is, sugars that do not occur naturally in foods.

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



OAC Partners with Orexigen Therapeutics on New Campaign

- The OAC has partnered with Orexigen Therapeutics on a national awareness campaign, called "Take Five to Live Light." The goal of this campaign is to educate those affected by obesity on how taking five minutes to learn more about how losing just 5 percent of weight may benefit cardiovascular health and reduce the risk of complications from type 2 diabetes, and learn about an opportunity to participate in a research effort to advance new treatments for obesity.

To learn more about the "Take Five to Live Light" campaign, please [click here.>>>](#)

OAC Exhibits at the 29th Annual Meeting of the American Society for Metabolic and Bariatric Surgery (ASMBS)

- June 18-21, the OAC was in attendance at the 29th Annual Meeting of the ASMBS in San Diego.

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

OAC Board Member, Ted Kyle, RPh, MBA, Receives Award from The Obesity Society (TOS)

- OAC Board Member, Ted Kyle, RPh, MBA, was selected by The Obesity Society (TOS) to receive the 2012 Atkinson-Stern Award for Distinguished Public Service for all his advocacy work in the field of obesity. He will be presented with this award at Obesity 2012, September 20-24 in San Antonio, Texas. Congratulations Ted!

OAC Invites You to "Spend a Day on Capitol Hill"

- The OAC is offering an Advocacy Training session during our Inaugural *Your Weight Matters* National Convention. The session will take place Thursday, October 25, from 12:00 pm – 5:00 pm. Convention registration is required to participate in this session; however, the training session is FREE for Convention registrants.

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

OAC and Obesity PPM Webinar #4 Set to Take Place

July 19 - The OAC and Obesity PPM will host webinar #4 in our series on the complexity of obesity on Thursday, July 19 at 8 pm EST. This webinar, titled "Obesity, Hormones & Metabolism: Everything You Ever Wanted to Know but were Afraid to Ask," will offer an in-depth look at the relationship between obesity, hormones and metabolism.

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.