OBESITY PREVENTION & THE OUTCOMES



Obesity Prevention

+ / - Genetic Predisposition, Epigenetics, Obesogenic Environment

Healthy Range of Weight, Measurements. & Lab Values

↑ Intake of Fruits, Vegetables, Fiber, Protein

 \downarrow Intake of Fast Food, Sugars, **Sweetened Beverages**

↓ Sitting Time

Active Lifestyle

Food as Fuel Mindset

Mindful Eating

Restorative/Quality Sleep

Positive Coping Skills

Positive Social Support

Comprehensive Obesity Screening

Open Communication about Weight with **Provider**

Evaluation of Overweight/Obesity

Seek Help from an **Obesity Certified** Specialist (if needed)

Early Management & Treatment of Overweight (Pre-Obesity)

No Comprehensive **Obesity Screening**

No Open Communication about Weight with Provider

Missed Evaluation of Overweight/Obesity

Don't Seek Help from an **Obesity Certified** Specialist (if needed)

> Late or No Management & Treatment of (Pre-Obesity)

Unhealthy Range of Weight, Measurements. & Lab Values

 \downarrow Intake of Fruits, Vegetables, Fiber, Protein

↑ Intake of Fast Food, Sugars, **Sweetened Beverages**

↑ Sitting Time

Sedentary Lifestyle

Food as Reward Mindset

Mindless Eating

Shallow/Restless Sleep

Negative Coping Skills

Negative Social Support

Decrease Risk for Obesity & Comorbid Conditions

- ↑ Early Diagnosis, Management & **Treatment of Obesity**
- $\cdot \downarrow$ Risk of Metabolic Syndrome
- ↓ Medication Use
- $\cdot \downarrow$ Risk for Bariatric Surgery
- ↓ Cost of Care
- ↑ Metabolic Health
- ↑ Quality of Life
- ψ Morbidity & Mortality









Increase Risk for Obesity & Comorbid Conditions

- \hat Risk of Obesity Progressing to Severe Disease
- ↑ Risk of Metabolic Syndrome
- ↑ Medication Use
- ↑ Risk for Bariatric Surgery
- ↑ Cost of Care
- $\cdot \downarrow$ Metabolic Health
- → Quality of Life
- ↑ Morbidity & Mortality



Contact Us

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