



In this newsletter, we will review what we have learned throughout this newsletter series and test your knowledge about obesity and weight management.

# Looking back at the Rethinking Obesity newsletter series

## We have learned a lot about obesity and weight management!

We hope that this newsletter series has helped you understand that obesity is not a choice. It is a complex, chronic condition that requires long-term management.<sup>1</sup> We hope that the tips we provided in these newsletters can help you or someone you care about get started on their weight management journey with the help of healthcare professionals and the support of family and friends. It is important to remember that you don't have to do it alone.

### Throughout this newsletter series, we have learned:



Obesity can be influenced by environmental, genetic, physiological, psychological, and socio-economic factors.<sup>1,2</sup>



There are many misconceptions about weight gain, and people living with obesity often face weight bias and discrimination.<sup>3,4</sup>



A 5–10% weight loss can help improve obesity-related complications, such as type 2 diabetes, cardiovascular disease, sleep disorders, and joint pain.<sup>5-7</sup>



There are treatment options and strategies for weight management that can be tailored to each person's specific needs.<sup>5</sup>



Strategies for how to start and prepare for a conversation about weight with a healthcare professional—including important questions to ask.<sup>8</sup>



What reasonable expectations for weight loss are and how to set realistic and achievable goals using the SMART method.<sup>6</sup>



Resources that are available to you, including through your employer benefits plan, that can help support the weight management journey.<sup>6</sup>

Test your knowledge with this quiz (and then check the answers on the back) to find out how much you have learned.

1. **Fill in the blank: "Obesity is a \_\_\_\_\_ condition that involves extra or abnormal body fat that affects your health."**
  - a. Simple
  - b. Temporary
  - c. Chronic
  - d. Lifestyle
  
2. **BMI is:**
  - a. the only way to measure obesity
  - b. a simple measure of weight relative to height
  - c. a measure of obesity that determines how healthy a person is
  - d. not useful for healthcare professionals
  
3. **People with obesity are often stigmatized due to incorrect assumptions about the weight they carry.**
  - True
  - False
  
4. **Obesity can be caused by:**
  - a. Environmental factors
  - b. Genetic factors
  - c. Physiological/psychological factors
  - d. Social/economic factors
  - e. All of the above
  
5. **Weight loss of 5–10% is not enough to see any health benefits.**
  - True
  - False
  
6. **Which of these is not a complication of obesity?**
  - a. Heart disease
  - b. Depression
  - c. Sleep apnea
  - d. High blood pressure
  - e. None of the above
  
7. **After weight loss, the body's response is to increase the level of hunger hormones, which may lead to weight regain.**
  - True
  - False

8. **The foundation of weight management is to make healthy behavioural changes.**
- True
  - False
9. **Which of the below is not considered a behavioural change for healthy weight management?**
- a. Reducing stress
  - b. Improving your sleep
  - c. Bariatric surgery
  - d. Recognizing and changing unhealthy habits
10. **Which of these potential weight management strategies have been recommended by the Canadian Medical Association?**
- a. Bariatric surgery
  - b. Anti-obesity medications
  - c. Balanced/healthy diet
  - d. Increasing physical activity
  - e. All of the above
11. **Making sudden and dramatic behavioural changes usually leads to long-term weight loss.**
- True
  - False
12. **Giving your doctor a summary of your weight history can help them determine the best strategies for weight management.**
- True
  - False
13. **Which of these services may be covered under your employer-offered benefits plan?**
- a. Nutrition counselling
  - b. Psychological consultations
  - c. Wellness programs
  - d. Access to anti-obesity medications
  - e. All of the above
14. **Clinics exist that specialize in the management of obesity.**
- True
  - False

## Hear from someone living with obesity

"Since I began my weight management journey, my relationships with people have greatly improved because I don't have those feelings anymore of perceiving they are judging me. When I look at pictures of my obese self, I don't even recognize that person and I don't know how I let myself get that far."

Now that we have a better understanding about obesity, weight management, and the resources that are available to us, it is important that we use what we have learned to help change the way others think about obesity. Breaking down misconceptions about weight can help people start making positive changes in their lives and get the treatment they need.

### Want to learn more?

For additional information about obesity and how to help you or someone you care about start their weight management journey and reach their goals:



Visit Obesity Canada



Speak with your  
healthcare professional



Contact your human  
resources department



### We want to hear from you!

Email us at [NNCICustomerCare@novonordisk.com](mailto:NNCICustomerCare@novonordisk.com) to share your ideas and comments.

### Answers to quiz questions:

1. C 2. B 3. True 4. E 5. False. Weight loss of 5–10% has been shown to provide many health benefits 6. E 7. True 8. True 9. C 10. E 11. False. Making small and sustainable behavioural changes that fit with one's lifestyle is the most recommended way to lose weight and keep it off long-term 12. True 13. E 14. True

**References:** 1. Obesity Education Initiative, et al. *Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report*. Bethesda, MD: National Institutes of Health; 1998. 2. Obesity Canada. What Causes Obesity? 2019. Available at: <https://obesitycanada.ca/understanding-obesity/>. Retrieved July 18, 2019. 3. Obesity Canada. Weight Bias. 2019. Available at: <https://obesitycanada.ca/weight-bias/>. Retrieved July 18, 2019. 4. Durrer D, et al. Weight stigma in health care. What are the causes and the consequences? *EASO*. 2018:1-8. 5. Lau DCW, et al. 2006 Canadian clinical practice guidelines on the management and prevention of obesity in adults and children. *CMAJ*. 2007;176(8):1-117. 6. Obesity Canada. 5As of Obesity Management. 2017. Available at: <https://obesitycanada.ca/resources/5as/>. Retrieved January 2019. 7. World Health Organization. Obesity: Preventing and Managing the Global Epidemic. Report of a WHO consultation. *World Health Organ Tech Rep Ser*. 2000;894:1-253. 8. Kushner RF. Clinical assessment and management of adult obesity. *Circulation*. 2012;126(24):2870-2877.