



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.¹ 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.^{1,2}



There are many misconceptions about weight gain, and people living with obesity often face weight bias and discrimination.^{3,4}



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



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



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



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



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

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