



CARDI•OH

Ohio Cardiovascular Health Collaborative



In partnership with:



Cardi-OH ECHO Weight Management A Patient-Centered Approach

Thursday, November 7, 2019

Disclosure Statements



The following planners, speakers, moderators, and/or panelists of the CME activity have financial relationships with commercial interests to disclose:

- Adam T. Perzynski, PhD reports being co-founder of Global Health Metrics LLC, a Cleveland-based software company and royalty agreements for forthcoming books with Springer publishing and Taylor Francis publishing.
- Siran M. Koroukian, PhD received funds for her role as a site PI on a subcontract with the Cleveland Clinic.
- Christopher A. Taylor, PhD, RDN, LD, FAND reports grant funding and travel support for his role as a consultant, researcher, and presenter for Abbott Nutrition, and is also a member of the Scientific Advisory Council of Viocare, Inc.
- These financial relationships are outside the presented work.

All other planners, speakers, moderators, and/or panelists of the CME activity have no financial relationships with commercial interests to disclose.

Social, environmental, and cultural influences upon weight



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Objectives



After attending this brief didactic session, you should be able to accomplish the following:

- 1) Explain how family and other relationships determine body weight.
- 2) List and describe a minimum of 3 environmental influences upon weight.
- 3) Describe how cultural factors influence body weight.
- 4) List and describe a minimum of 2 culturally sensitive approaches to weight management counseling.



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AHA Scientific Statement

Identification of Obesity and Cardiovascular Risk in Ethnically and Racially Diverse Populations A Scientific Statement From the American Heart Association

Goutham Rao, MD, FAHA; Tiffany M. Powell-Wiley, MD, MPH, FAHA;
Irma Ancheta, PhD, FAHA; Kristen Hairston, MD; Katherine Kirley, MD, MS;
Scott A. Lear, PhD; Kari E. North, PhD; Latha Palaniappan, MD, MS, FAHA;
Milagros C. Rosal, PhD; on behalf of the American Heart Association Obesity Committee
of the Council on Lifestyle and Cardiometabolic Health

Key Factors

- Acculturation (Mexican-Americans)
- Race/ethnicity
- Historical norms (Changed in early twentieth century)
 - “Moral model”
- Sex
 - Social value of thinness to women
- Age
 - Period of highest weight gain is ages 25 – 34
 - Body weight peaks around age 60
- Beliefs/perception
 - Differences among racial and ethnic groups

Key Factors (Cont'd)

- Employment
 - Unemployment associated with obesity
- Occupation/income/education
- Household size
 - Living alone
 - Larger household size associated with obesity
- Marital status
 - “Synchronicity”
- Parenthood
 - Childbearing versus childrearing

A troubling trend

- African American women are much more likely to have obesity than any other group.
- 60% have obesity ($\approx 400,000$ women in Ohio)
- Obesity-related co-morbidities take a disproportionate toll on this population
- Why?

Why?

- Genes
 - Adiponectin



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Are some 70% of women, 39% of men in South Africa overweight?

06:35 | 23 August 2018 (GMT)

In a [tweet](#) encouraging people to exercise, the [City of Tshwane](#) municipality shared alarming statistics about how many South Africans were overweight.

“According to Healthy Living Alliance almost 70% of women and 39% of men are overweight in South Africa,” it claimed. It added that “the country has the highest obesity rate in sub-Saharan Africa”.

Why?

- Attitudes/Concern
 - Minimal evidence of differences
- Built environment/poverty/deprivation
 - These factors affect African American men
- Engagement in weight management
 - Physical activity
- Hall et al:
 - 50% adjusted hair to accommodate exercise
 - One-third exercised less frequently because of hair care issues; 40% avoided exercise altogether.

SOUTH ASIAN HEALTHY LIFESTYLE INITIATIVE (SAHELI)



SAHELI is one of the **first** healthy lifestyle research programs for South Asians (Indian, Pakistani, Bangladeshi, Sri Lankan and Nepali) in the U.S.



ENROLL IN THE SAHELI STUDY!

- If you are a South Asian adult (18-65 years old)
- Have not had a heart attack or stroke
- Live in the Chicagoland area

Scenario for discussion

- Gloria is a thirty-five-year old African American woman who works as a receptionist in a law firm. She completed high school in 2008. She lives with her mother (age 61) and two daughters, ages 14, and 12. She does not smoke, drink or take any medications. She describes her health as generally good. You are concerned about her weight. She is 5'5" tall and weighs 264lbs. You have successfully opened the door and identified that she is motivated to achieve a healthier weight. She is the only family member with obesity. How might you discuss physical activity in a culturally sensitive fashion.

Thank you!

Questions/Discussion