



CARDI•OH

Ohio Cardiovascular and Diabetes Health Collaborative



In partnership with:



Cardi-OH ECHO

Weight Management and Behavior Change: Cases and Discussions

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Cardi-OH ECHO Team and Presenters



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LEAD DISCUSSANTS

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CASE PRESENTERS

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Structure of ECHO Clinics

| Duration | Item |
|----------------------------------|--|
| 5 minutes | Introductions and announcements |
| 10 minutes | Didactic presentation, followed by Q&A |
| 40 minutes (20 minutes per case) | Patient case study presentations and discussions |
| 5 minutes | Reminders and Post-Clinic Survey |

Disclosure Statements



- The following planners, speakers, and/or content experts of the CME activity have financial relationships with commercial interests to disclose:
 - Marilee Clemons reports advising at Novo Nordisk.
 - Kathleen Dungan, MD, MPH reports receiving consulting fees from Eli Lilly, Boehringer Ingelheim, and Dexcom, research support from Sanofi, Dexcom, Abbott and Viacyte and presentation honoraria from Medscape, UpToDate, and Elsevier.
 - Adam T. Perzynski, PhD reports being co-founder of Global Health Metrics LLC, a Cleveland-based software company and royalty agreements for book authorship with Springer Nature publishing and Taylor Francis publishing.
 - Goutham Rao, MD serves on the Scientific Advisory Board of Dannon-WhiteWave (White Plains, NY), a division of Groupe Danone, S.A., Paris, France.
 - Christopher A. Taylor, PhD, RDN, LD, FAND reports funding for his role as a researcher and presenter for Abbott Nutrition and funding for research studies with the National Cattleman's Beef Association and the American Dairy Association Mideast.
 - These financial relationships are outside the presented work.
- All other planners, speakers, and/or content experts of the CME activity have no financial relationships with commercial interests to disclose.

Person-Centered Language Recommendations



The ADA and the APA recommend language that emphasizes inclusivity and respect:

- **Gender**: Gender is a social construct and social identity; use term “gender” when referring to people as a social group. Sex refers to biological sex assignment; use term “sex” when referring to the biological distinction.
- **Race**: Race is a social construct that is broadly used to categorize people based on physical characteristics, behavioral patterns, and geographic location. Race is not a proxy for biology or genetics. Examining health access, quality, and outcome data by race and ethnicity allows the healthcare system to assist in addressing the factors contributing to inequity and ensure that the health system serves the needs of all individuals.
- **Sexual Orientation**: Use the term “sexual orientation” rather than “sexual preference” or “sexual identity.” People choose partners regardless of their sexual orientation; however, sexual orientation is not a choice.
- **Disability**: The nature of a disability should be indicated when it is relevant. Disability language should maintain the integrity of the individual. Language should convey the expressed preference of the person with the disability.
- **Socioeconomic Status**: When reporting SES, provide detailed information about a person’s income, education, and occupation/employment. Avoid using pejorative and generalizing terms, such as “the homeless” or “inner-city.”

Weight Management: Goal Setting and Strategies for Dietary Change



Christopher Taylor, PhD, RD, LD

Professor and Director of Medical Dietetics

Director, Coordinated Program in Dietetics

Co-Director, Master of Dietetics and Nutrition Future Education Model
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Learning Objectives



1. Apply a simple, practical approach to setting nutritional goals with patients.
2. List and describe a minimum of three effective dietary changes consistent with weight loss.
3. List and describe a minimum of 3 methods to gauge overall dietary quality and overall intake.

Setting the Stage for Nutrition Goals



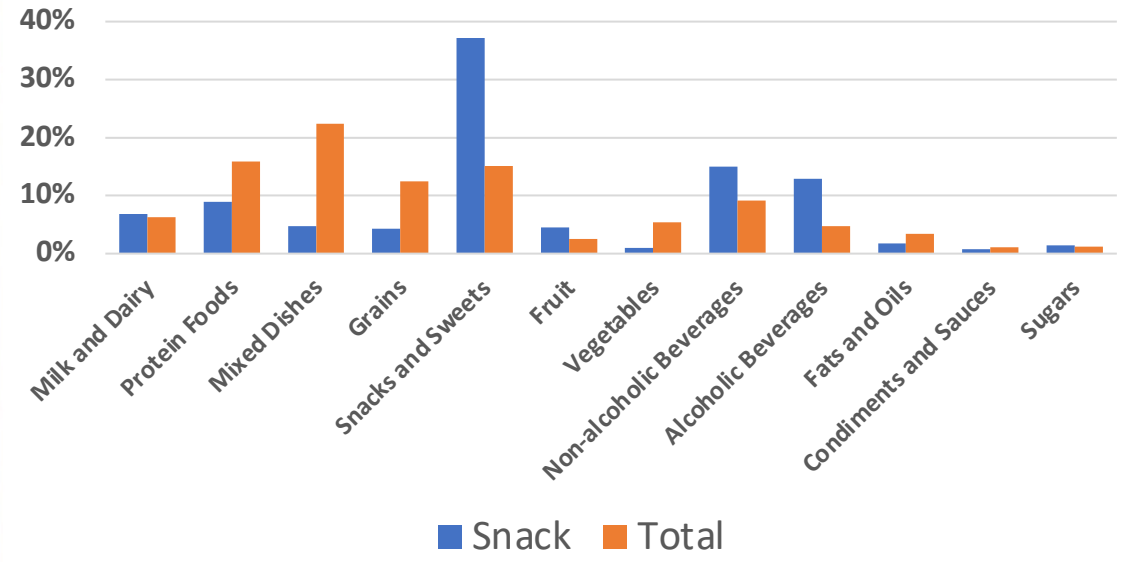
- Assess willingness and urgency to change
 - Understand lifestyle is part of their care and management?
 - Willing to make changes?
- Understanding their behaviors
 - Personalized recommendations resonate
 - People eat foods, not nutrients
- Get support before you start
 - Most know they should “do better”
 - Often don’t consider it a priority until the PCP raises concern

Strategies to Promote Weight Loss

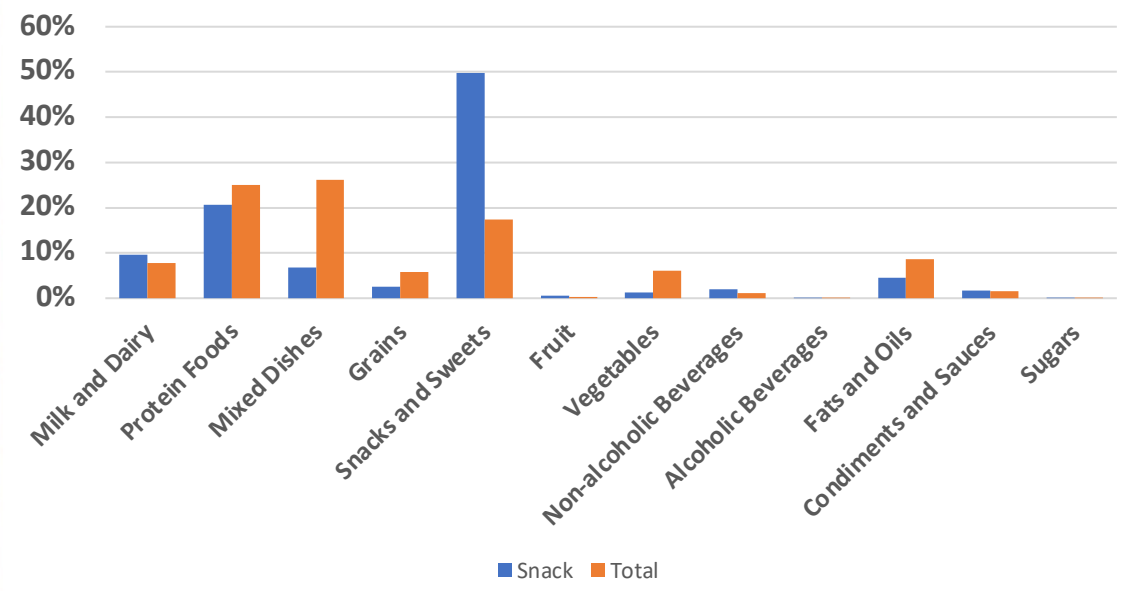


- Understanding the purpose of food
 - Fuel, fun, or something else
- Know when to say when
 - Portion control
 - Hunger and fullness queues
- Making meals and snacks purposeful
 - Contribution and composition

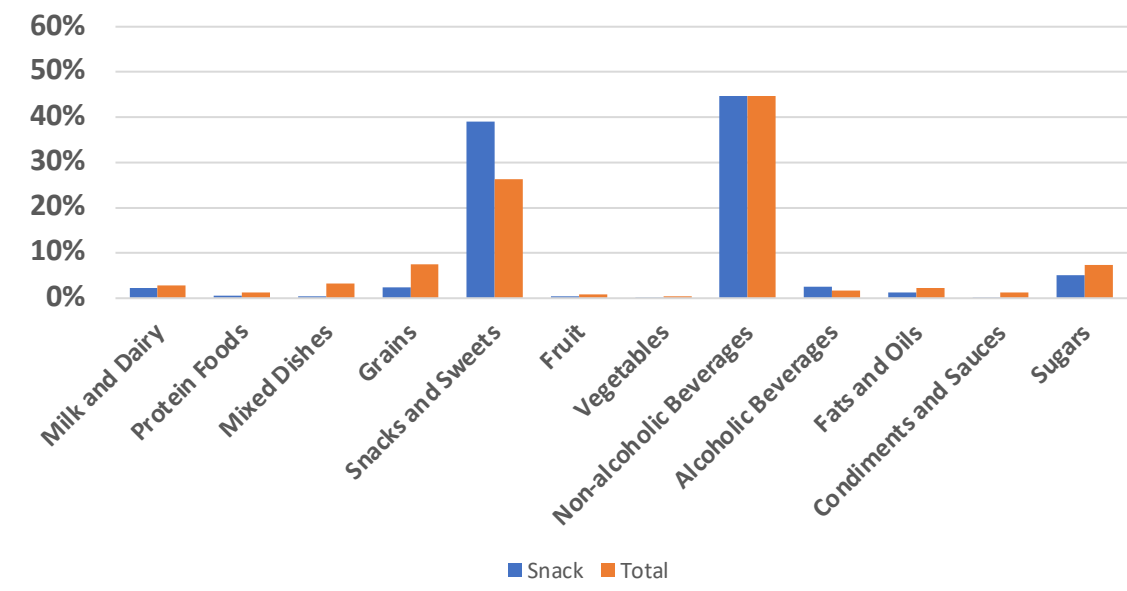
Energy



Total Fat



Added Sugars



Look for impact

Factors Related to Diet Quality

- Omission of food groups
- Higher intakes of energy-dense foods
- Skipping meals
- Composition of snack intakes



Taking the Next Steps

- Open the Door
- Determine past successes and challenges
- Identify small steps to build confidence
- Don't tackle the favorites immediately
- Know your limitations and refer



Thank you!

Questions/Discussion