

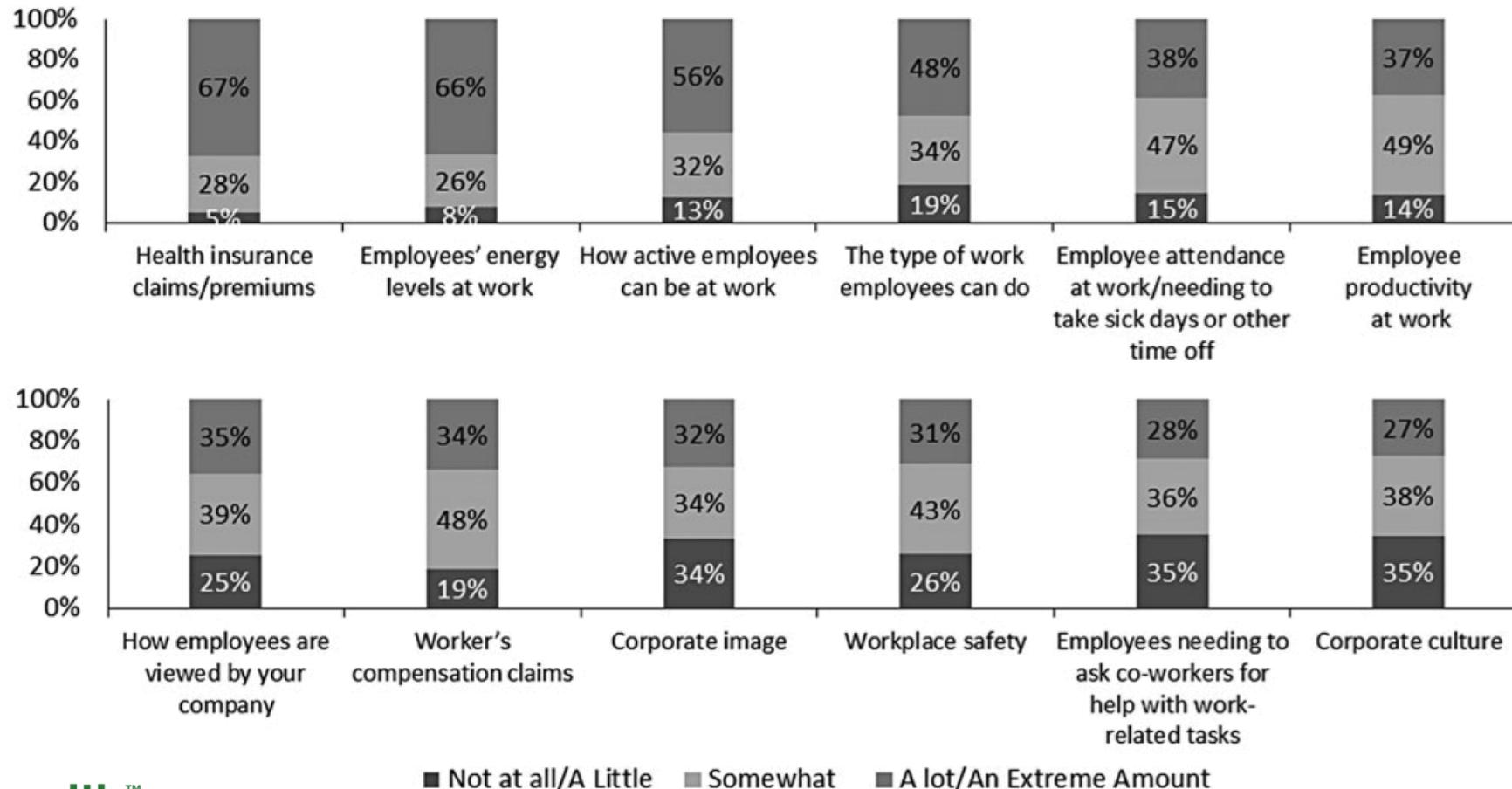
Tackling Obesity to Prevent Diabetes

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August 14-15

Obesity and Diabetes Are Costly for Health Benefits, Productivity, and Competitiveness

Employers Recognize the Impacts of Obesity



Good Obesity Care Works

To Prevent and Even Reverse Type 2 Diabetes

- Lifestyle therapy can prevent diabetes
- Pharmacotherapy can prevent progression to diabetes
- Surgery can put diabetes into remission



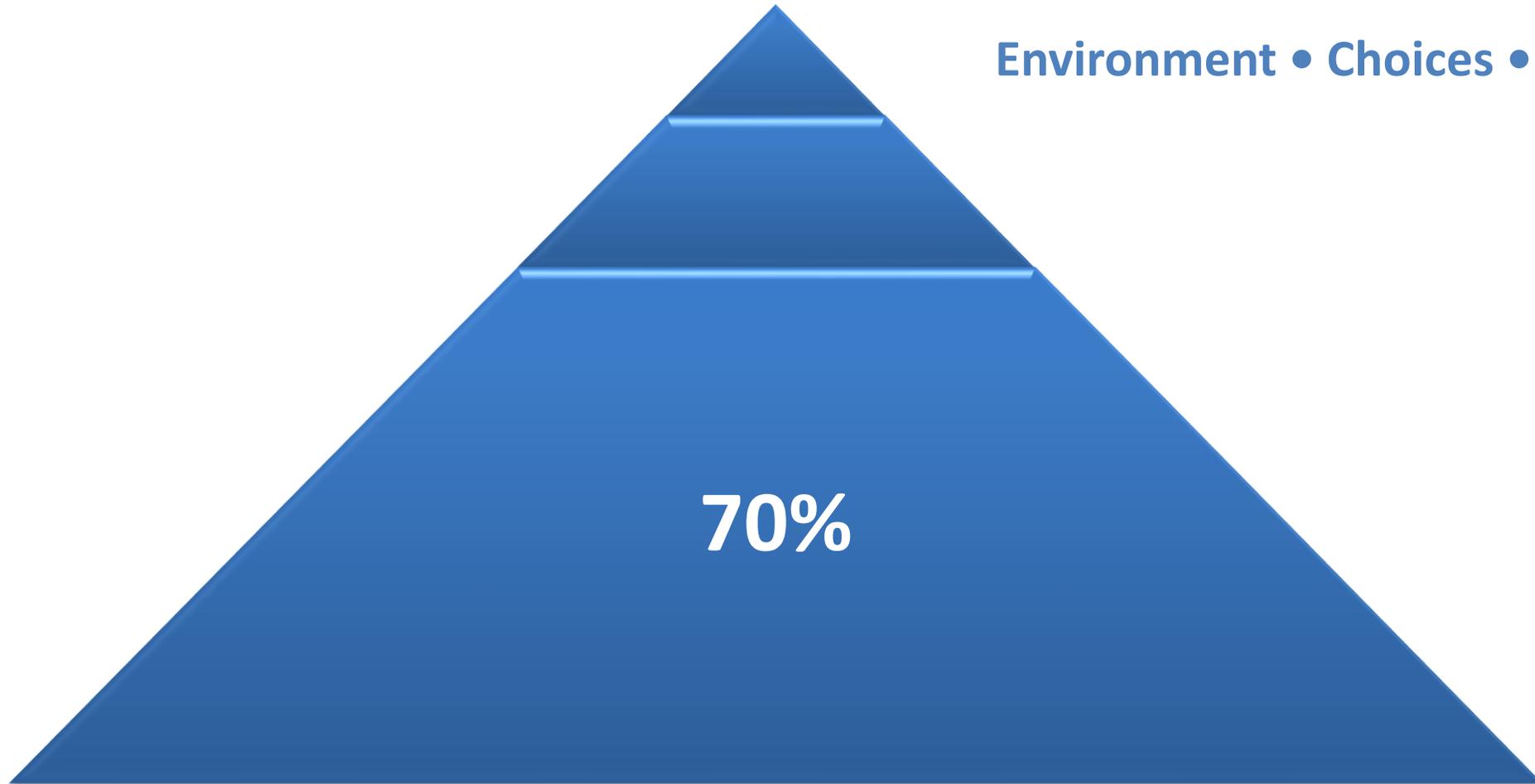
But Bias Often Gets in the Way

- **Intellectual bias**
favoring personal convictions
- **Weight bias**
directed at people with obesity



God Judging Adam, Etching by William Blake / WikiArt

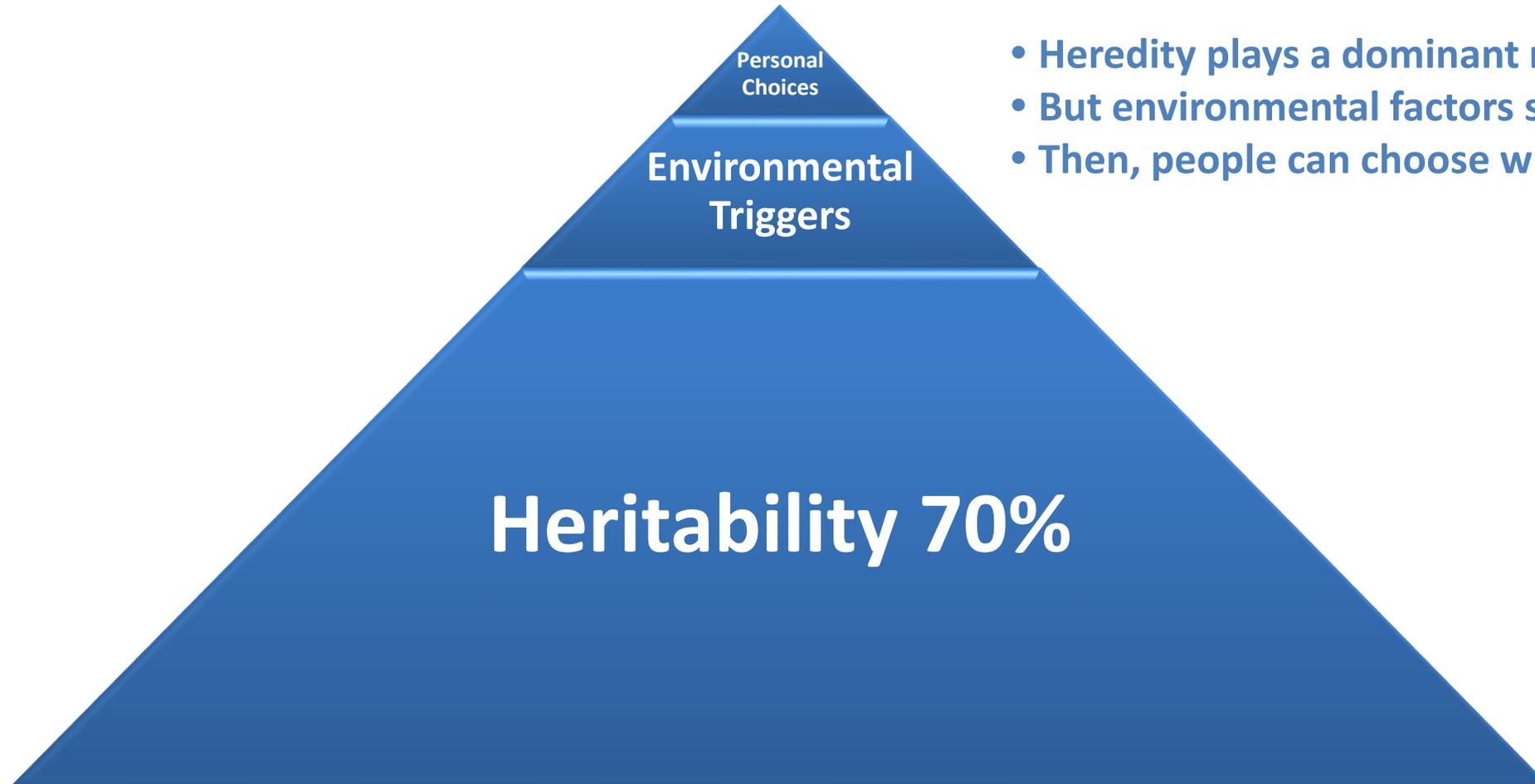
People Typically View Obesity as the Result of Poor Choices



Environment • Choices • Genes

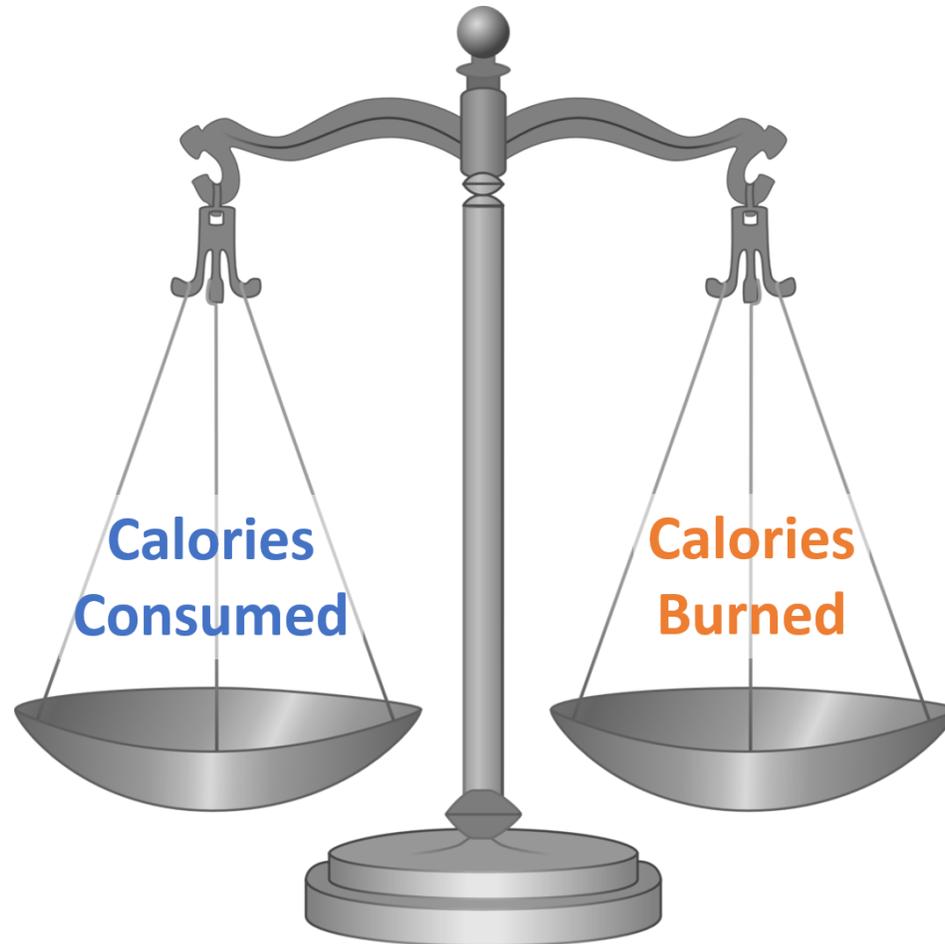
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The Truth Is That Obesity Is a Highly Heritable Chronic Disease



- Heredity plays a dominant role in obesity risk
- But environmental factors serve to activate it
- Then, people can choose what to do about it

Isn't Obesity Just the Result of Eating More Calories Than You Burn?



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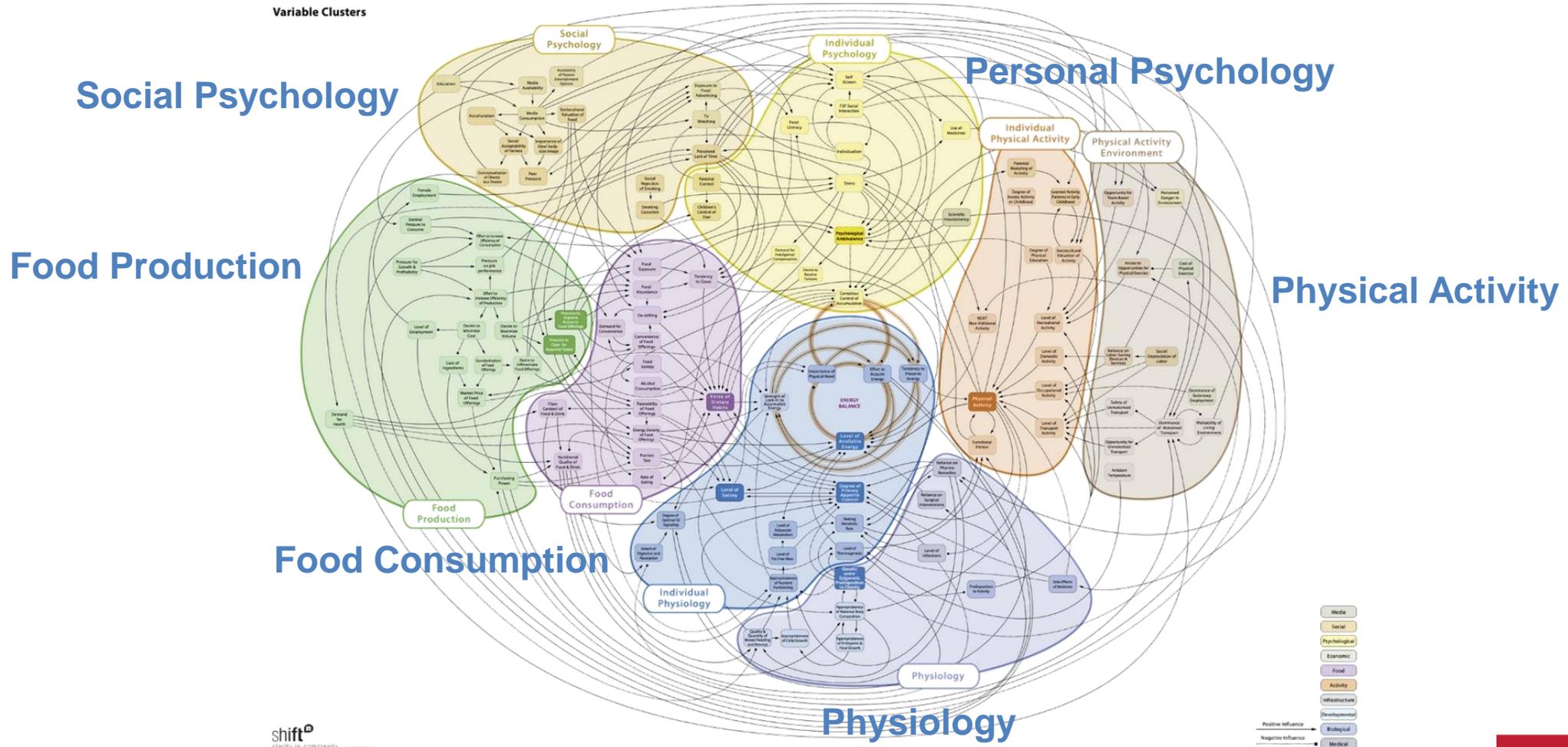
Rocket Science May Be Complicated . . .



GPM Core Observatory, illustration by NASA Goddard Space Flight Center / flickr

... But Obesity Is Far More Complex

Obesity System Map
Variable Clusters



Smart Benefits and a Commitment to Well-Being Can Bring Competitive Advantages

Reduce diabetes and obesity impact

- Work culture that promotes health and well-being
- Diabetes prevention
- Access to obesity care



Targets of Opportunity, photograph by Randy Robertson / flickr

More Information



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