Discussion Questions

The following questions have been developed to guide the interactive discussion at the individual tables. Each session will begin with brief introductory presentations followed by a 60-minute discussion using the questions below. Individual tables will then report back to the full group with a topline summary of the key issues discussed.

Please select a representative from your table for each session to take notes and report back to the full group at the end of discussion.

Session 1: Obesity Diagnosis, Risk Factors, and Comorbidities

DIAGNOSIS AND IMPLICATIONS *(Tables 1, 3, 5)*

1. What are patient-centric approaches to starting an obesity discussion, being mindful of weight stigma and weight bias?

2. What other clinical tools can be used, other than BMI to diagnose obesity?

3. How do we remove the blame of the patient from the diagnosis of obesity?

4. Is obesity a risk factor or a disease? How should we be labeling it? How do we balance it being both a risk factor and a disease?

SPECIAL POPULATIONS *(Tables 2, 4, 6)*

5. How should we approach obesity conversations with patients in specific groups, such as those who have struggled with life-long obesity; those with eating disorders; and those of different races and ethnicities?

6. How should we counsel those of child-bearing age, including fertility issues and transgender topics?

7. From an advocacy perspective, how can we address health equity and disparities to promote diagnosis and prevention?

Session 2: Risk to Resilience

LIFESTYLE AND PREVENTION *(Tables 1, 3, 5)*

1. What are the challenges of managing obesity in different groups for primary and secondary prevention of CVD? Examples include the following groups:

   a. Primary prevention – before CVD; low CVD risk
   b. Primary prevention – before CVD; high CVD risk
   c. Secondary prevention – established CVD

2. What does long term weight management or lifelong obesity control look like?

   a. Is weight loss the goal? If so, how much?
   b. If not, what is the goal? What metrics are we measuring?

3. How should we optimize lifestyle interventions to complement obesity medications (eg. nutrition, strength training)?

   a. What nutritional advice should we be offering about the following – fiber, protein quantity/type, oils, sugars - including substitutes?
   b. How can we be more sensitive about the impact of cultural dietary preferences?
   c. Should we have different approaches for lifestyle optimization in the elderly and those with sarcopenic obesity?

THERAPIES *(Tables 2, 4, 6)*

4. What is the role of existing and emerging medical interventions and their impact on cardiovascular health (and on cardiac procedures), particularly GLP-1RAs? How do we implement these therapies and in which patients?

5. How do we address reluctance by some to prescribe SGLT inhibitors and GLP1ra combination? Discuss safety/harms.

6. From an advocacy perspective, how can we address health equity and disparities to promote treatment?

   a. How can we promote appropriate access to these medications?
   b. How can we address disparities in non-medical lifestyle interventions, such as green spaces and walking safety?
   c. What should our approach be to alternative therapies, including medical spas and supplements?