

Risk to Resilience: Addressing Weight Management in Cardiovascular Care Roundtable

The World Health Organization's (WHO) latest data shows that the worldwide prevalence of adult obesity has more than doubled since 1990, with 1 in 8 individuals affected worldwide. By 2030, the prevalence of obesity in the United States is projected to reach 1 in 2 adults. This escalating epidemic underscores the urgent need to address obesity, particularly in the context of cardiovascular (CV) disease.

Obesity poses a substantial risk factor for various forms of CV disease, contributing to heightened morbidity and mortality rates. Recognizing this critical intersection, the **Risk to Resilience: Addressing Weight Management in Cardiovascular Care** Heart House Roundtable will delve into the multifaceted dimensions of managing obesity within the context of cardiovascular care.

The Roundtable will draw on the collective experiences and wisdom of the entire CV care team, to explore innovative strategies on how to initiate conversations on obesity with patients, how to advocate for health equity to ensure access to diagnosis and prevention for all; and how to leverage holistic approaches, from pharmacotherapy to lifestyle interventions—for primary and secondary prevention of CV disease. These strategies are key to empowering both clinicians and patients in navigating the complex journey of weight management and its impact on CV health.

Through collaborative dialogue and knowledge-sharing, the Roundtable aims to catalyze innovative approaches into practical guidance to address the complex challenges posed by obesity within the realm of CV care, ultimately contributing to improved patient outcomes and public health.

Heart House Roundtables

The Heart House Roundtables explore the practical issues that clinicians and patients face every day within high-value clinical areas. These meetings are grounded in the concept of convening a broad range of expertise to include representatives from professional societies, patients, federal agencies, integrated health systems, and others as identified. Through interactive and in-depth discussions, participants not only identify and clarify gaps in clinical care, but also brainstorm potential solutions to help drive better patient care and outcomes. Roundtables have historically been used to inform the development of actionable content to include clinical policy as well as clinician and patient tools to be used at the point of care.

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