

## When discussing obesity treatment options, what would you want your doctor to consider?

Select all that apply.

- I want to improve my physical and emotional well-being
- I want to be more mobile/have fewer physical limitations
- I want to reduce the risk of future health issues linked to excess weight
- I want to spend more quality time with my family and friends
- I want to look and feel better
- Other motivations not listed

## How hard has it been for you to achieve and maintain your weight loss goals?

- Not challenging at all
- Somewhat challenging
- Quite challenging
- Next to impossible

## How many times have you been on a diet in your adult life?

- Dietary changes are not my thing
- 1-2 times
- 3-4 times
- 5-10 times
- More than 10 times

## Have you tried anti-obesity medications to lose weight?

- I have tried medications/supplements purchased over the counter/not prescribed by a doctor
- I have tried medications prescribed by a doctor
- I have never tried any kind of anti-obesity medication

## Have you experienced weight loss followed by weight regain? If yes, what factors do you think contributed to the weight regain? Select all that apply.

- I hit a plateau and got discouraged, so I quit my exercise and/or diet regimen
- I continued to be hungry, and I didn't feel full, so I had a hard time maintaining my diet
- I lacked the time to prepare healthy food and participate in physical activity
- I could not afford the cost of a healthy diet and exercise
- Other ways not listed
- I have not experienced this



**YOUR EFFORTS TO LOSE WEIGHT MIGHT BE IMPACTED BY YOUR BODY HAVING BIOLOGICAL RESISTANCE TO WEIGHT LOSS.<sup>1-3</sup> THIS MEANS THAT WHEN YOU TRY TO LOSE WEIGHT, YOUR BODY FIGHTS BACK BY RESTRICTING THE NUMBER OF CALORIES YOU BURN.<sup>2</sup> IT CAN ALSO MEAN THAT YOU FEEL MORE HUNGRY AND LESS FULL WHEN YOU EAT DUE TO HORMONES PRODUCED BY YOUR BODY AIMING AT MAKING YOU GAIN WEIGHT BACK.<sup>2,4</sup>**

## Do you currently have any of the following health concerns? Select all that apply.

- I have high blood sugar (pre-diabetes or type 2 diabetes)
- I have high blood pressure
- I have high cholesterol
- I have difficulty sleeping (for example, sleep apnea)
- I have chronic knee, hip, or back pain
- Other ways not listed
- I do not have any other health concerns



**OBESITY IS A DISEASE, AND IT SIGNIFICANTLY IMPACTS YOUR HEALTH BY INCREASING THE RISK OF DEVELOPING RELATED CONDITIONS SUCH AS DIABETES, HIGH BLOOD PRESSURE, SLEEP APNEA, AND OTHER SERIOUS HEALTH COMPLICATIONS.<sup>4-6</sup>**

## How does your weight affect your physical well-being? Select all that apply.

- It hasn't affected me physically
- I have difficulty breathing when going up the stairs or walking
- I am unable to do the activities I once loved
- I am having a difficult time keeping up with my kids/family members/friends
- I have trouble with simple daily activities, like bending to put on my shoes on
- Other ways not listed



**LIVING WITH OBESITY CAN MAKE SOME EVERYDAY ACTIVITIES MORE DIFFICULT AND CAN AFFECT YOUR QUALITY OF LIFE.<sup>7</sup>**

## How does your weight affect your emotional well-being? Select all that apply.

- It doesn't affect me at all
- I feel embarrassed
- I feel like people judge me
- I feel that I don't receive the same opportunities in life, at work, or in my education
- It makes me feel upset/frustrated
- I feel uncomfortable in my own skin
- I don't feel healthy
- It impacts my relationships with friends and loved ones
- Other ways not listed



**OBESITY CAN AFFECT PEOPLE PHYSICALLY, BUT IT CAN ALSO IMPACT THEM EMOTIONALLY DUE TO THE SELF-BLAME THAT CAN COME FROM NOT REACHING THEIR WEIGHT LOSS GOALS OR FROM FACING STIGMA, BIAS, OR DISCRIMINATION OVER THEIR WEIGHT.<sup>3,7,8</sup>**

## Are you ready to set a specific weight loss goal with your doctor?

- Yes, I have a specific goal in mind
- I am not sure what weight goal is right for me, but I do want to set one
- I am not ready to set a specific goal for now



**IF ONE OF YOUR GOALS IS TO REDUCE THE RISK OF DEVELOPING COMPLICATIONS SUCH AS DIABETES OR HEART DISEASE, THEN YOUR DOCTOR CAN ADVISE YOU ON SETTING AN APPROPRIATE GOAL TO REDUCE YOUR RISK FACTORS.**

## When discussing obesity treatment options, what would you want your doctor to consider? Select all that apply. Select all that apply.

- Allows me to continue with daily activities/doesn't take me away from family/work
- Convenient
- Builds upon my own efforts
- Allows me to have fewer concerns about my long-term health
- Low risk of side effects or complications
- Other options not listed



**NUMEROUS OBESITY TREATMENT OPTIONS EXIST. DISCUSSING WHAT YOU'VE ALREADY TRIED AND YOUR PRIORITIES IN TREATMENT WITH YOUR DOCTOR CAN GUIDE THE CONVERSATION TOWARD FINDING THE BEST SOLUTION FOR YOU.<sup>6,9</sup>**

### References:

1. MacLean PS, Bergouignan A, Cornier MA, Jackman MR. Biology's response to dieting: the impetus for weight regain. *Am J Physiol Regul Integr Comp Physiol.* 2011;301(3):R581-R600. doi:10.1152/ajpregu.00755.2010 2. Melby CL, Paris HL, Foright RM, Peth J. Attenuating the biological drive for weight regain following weight loss: must what goes down always go back up? *Nutrients.* 2017; 9(5):468. doi:10.3390/nu9050468 3. Hall KD, Kahan S. Maintenance of lost weight and long-term management of obesity. *Med Clin North Am.* 2018;102(1):183-197. doi:10.1016/j.mcna.2017.08.012 4. Apovian CM, Aronne LJ, Bessesen DH, et al; Endocrine Society. Pharmacological management of obesity: an Endocrine Society clinical practice guideline. *J Clin Endocrinol Metab.* 2015;100(2):342-362. doi:10.1210/jc.2014-3415 5. Roh E, Choi KM. Hormonal gut-brain signaling for the treatment of obesity. *Int J Mol Sci.* 2023;24(4):3384. doi:10.3390/ijms24043384 6. Greenway FL. Physiological adaptations to weight loss and factors favouring weight regain. *Int J Obes (Lond).* 2015;39(8):1188-1196. doi:10.1038/ijo.2015.59 7. Stephenson J, Smith CM, Kearns B, Haywood A, Bissell P. The association between obesity and quality of life: a retrospective analysis of a large-weight population-based cohort study. *BMC Public Health.* 2021;21(1):1990. doi:10.1186/s12889-021-12009-8 8. Sarwer DB, Polonsky HM. The psychosocial burden of obesity. *Endocrinol Metab Clin North Am.* 2016;45(3):677-688. doi:10.1016/j.ecl.2016.04.016 9. National Heart, Lung, and Blood Institute. Overweight and obesity: treatment. Updated March 24, 2022. Accessed August 5, 2024. <https://www.nhlbi.nih.gov/health/overweight-and-obesity/treatment>