



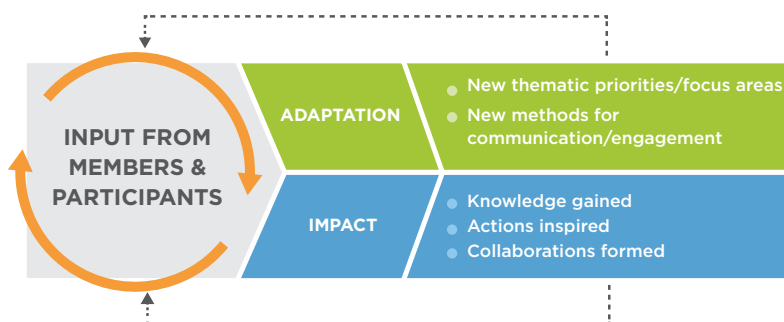
# 2019 YEAR IN REVIEW

## ROUNDTABLE ON OBESITY SOLUTIONS

### MISSION

Established in 2014, the Roundtable on Obesity Solutions brings together diverse sectors and voices to solve the obesity crisis. Through meetings, public workshops, publications, and innovation collaboratives, the Roundtable fosters an ongoing dialogue on critical and emerging issues in obesity prevention, treatment, and weight maintenance. The Roundtable explores the science, evidence, evaluation, and innovation efforts that advance progress in reducing the impact of obesity, as well as applies effective equity strategies to address obesity-related disparities. Utilizing a policy, systems, and environmental change lens, the Roundtable explores and advances effective solutions.

### LIFECYCLE & PROCESS



### 44 MEMBERS

#### From the following sectors:

- Public sector
- Business/Industry
- Non-profit
- Philanthropy
- Academia

Representatives from the areas of federal and local government, community and national non-profit, health care, health insurance, public health, worksite/employer, food and beverage industry, physical activity industry, media and communications, early care and education, education/school-based, food/nutrition, physical activity, policy, research, and public advocacy

### COLLABORATIVES

Work continues in **four innovation collaboratives**—ad hoc convening activities that foster information sharing and collaboration toward the Roundtable aims. They engage interested members and others to develop tools, metrics, and frameworks for on-the-ground implementation and to identify and disseminate promising practices:

- Business Engagement in Obesity Solutions Innovation Collaborative
- Early Care and Education Innovation Collaborative
- Integrated Clinical and Social Systems for the Prevention and Management of Obesity Innovation Collaborative
- Physical Activity and Health Innovation Collaborative

### COLLABORATIONS

Each meeting of the Roundtable presents an opportunity for members to interact with each other. The development of **31 reported collaborations** this year among member organizations and invited speakers on obesity-related projects is an important way that the Roundtable continues to foster dialogue and accelerate implementation of multi-sector work.

### COMMUNICATION

The Roundtable takes a systems approach to dissemination—a multi-layered process that meets people on all media platforms. Visit us online.

[NATIONALACADEMIES.ORG/OBESITYSOLUTIONS](https://www.nationalacademies.org/obesitysolutions)



- [@NASEM\\_HEALTH](https://twitter.com/NASEM_HEALTH)  
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- [FACEBOOK](https://www.facebook.com/NASEM_HEALTH)
- [LINKEDIN](https://www.linkedin.com/company/NASEM_HEALTH)

## ACTIVITIES



During its sixth year, the Roundtable hosted two **public workshops**, one **webinar**, and three **planning discussions**.

### 1 **ADVANCING EFFECTIVE OBESITY COMMUNICATIONS** (Workshop)

This public workshop provided an overview of the current communications environment and its impact on delivering information on obesity solutions, and examined strategies to reach specific audiences. The workshop also explored the complexities of communicating solutions to obesity and lessons that have been learned to inform future efforts.

To learn more, visit <http://bit.ly/obesitycomms>.



[WATCH PRESENTATION VIDEOS](#)



[VIEW PROCEEDINGS OF A WORKSHOP—IN BRIEF / \(DOWNLOAD\)](#)



[READ PROCEEDINGS OF A WORKSHOP \(AVAILABLE SPRING 2020\)](#)

### 3 **THE POTENTIAL ROLE OF NUTRITION IN THE FIRST 2 YEARS OF LIFE IN THE PREVENTION OF CHILD OVERWEIGHT AND OBESITY** (Webinar)

This webinar explored the role of infant and early childhood nutrition (birth to < 2 years of age) related to healthy growth and the prevention of overweight and obesity later in childhood. Presentations featured the current prevalence and trends of infants and young children with high weight-for-length, the state of the science on nutrition-related modifiable risk factors, and obesity prevention interventions that address healthy growth, with a special emphasis on reducing disparities in populations with above-average obesity risk.

To learn more, visit <http://bit.ly/WebinarEarlyNutrition>.



[WATCH WEBINAR RECORDING](#)

### 2 **A HEALTH EQUITY APPROACH TO OBESITY EFFORTS** (Workshop)

This public workshop addressed current policies and practices that perpetuate health inequities and advance health equity, as well as considered principles and approaches to addressing these issues as part of obesity prevention and treatment efforts.

To learn more, visit <http://bit.ly/obesityequity>.



[WATCH PRESENTATION VIDEOS](#)



[VIEW PROCEEDINGS OF A WORKSHOP—IN BRIEF / \(DOWNLOAD\)](#)



[READ PROCEEDINGS OF A WORKSHOP](#)

### 4 **SOLUTIONS TO OBESITY PREVENTION** (Planning Discussion)

Presentations and discussions were aimed at informing the Roundtable membership about the state of evidence to support solutions to obesity prevention at the federal/state level; in schools; through health care; in early care and education or the family and home; at the worksite; or in the community. Additionally, a panel of presenters discussed new approaches to obesity prevention and control, focusing on systems modeling, diffusion, and scaling.

### 5 **MENTAL HEALTH AND OBESITY** (Planning Discussion)

A speaker presented an overview of the evidence known about the relationship between mental health and obesity.

### 6 **FEDERAL FOOD PROGRAMS AND INNOVATIONS** (Planning Discussion)

A panel of presenters discussed federal food programs and innovations.

## PERSPECTIVES PAPER



This year, one perspectives paper\*—expert commentaries and discussion papers—grew out of Roundtable and Innovation Collaborative activities and discussions:

- **Partnering to Tackle the Obesity Epidemic: How Employers are Rethinking to Better Address Care, Treatment, and Engagement with their Employees** by Jenny Bogard, Richard Lindquist, and Margaret Rehayem

\* Perspectives, published by the National Academy of Medicine (NAM), are individually authored papers by Roundtable members and outside experts in health and health care. The views expressed in these papers are those of the author(s) and not necessarily of the author(s)' organizations, the National Academy of Medicine (NAM), or the National Academies of Sciences, Engineering, and Medicine (the National Academies). Perspectives are intended to help inform and stimulate discussion. They are not reports of the NAM or the National Academies.