



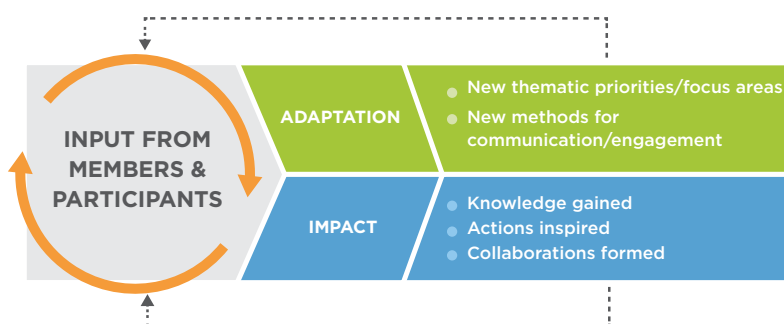
2020 YEAR IN REVIEW

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

With representatives from the areas of federal government, community and national non-profit, health care, health insurance, public health, worksite/employer, food and beverage industry, early care and education, education/school-based, transportation, 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](#)

COMMUNICATION

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

• Website:

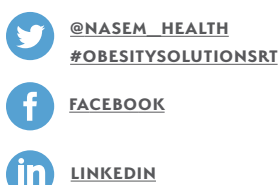
[NATIONALACADEMIES.ORG/OUR-WORK/ROUNDTABLE-ON-OBESITY-SOLUTIONS](https://nationalacademies.org/our-work/roundtable-on-obesity-solutions)

In 2020, the Roundtable website was visited nearly 20,000 times.

• Video:



• Social Media:



COLLABORATIONS

Each meeting of the Roundtable presents an opportunity for member connections and collaborations. Due to the COVID-19 pandemic, Roundtable members were only able to connect virtually and thus were limited in their ability to make connections. The Roundtable remains committed to provide opportunities for its members to interact with each other and invited speakers on obesity-related projects recognizing that this is an important way to foster dialogue and accelerate implementation of multi-sector work.

ACTIVITIES



During its seventh year, the Roundtable hosted five **planning meetings and webinars** and three **virtual public workshops** in support of a systems-oriented approach to obesity solutions.

1

SYSTEMS-ORIENTED STRATEGIC PLANNING (Planning Discussions and Member Webinars)

Over the course of 2020, the Roundtable held several meetings and webinars with members to undergo a strategic planning effort and identify future focus areas. The ultimate goal of the strategic planning process is to coalesce around a systems-oriented approach toward obesity solutions that is actionable and supports member priorities. Toward this aim, with the support of an expert systems facilitator, a causal systems map of drivers—integrated with evidence-based solutions to obesity—was developed through a series of group model building exercises and member working sessions. The learnings, feedback, and the resulting systems map will inform the development of a Road Map to Action for implementing solutions to obesity—for the Roundtable, its Innovation Collaboratives, its member organizations, and other stakeholders.

To further inform this process, the Roundtable also hosted public workshops to complement the Roundtable members' group model building exercises and provide members with a baseline of information about systems thinking and systems science modeling approaches.

3

USING SYSTEMS APPLICATIONS TO INFORM OBESITY SOLUTIONS (Virtual Workshop)

The Roundtable on Obesity Solutions continued its work exploring the applications of systems science to better understand and address obesity. This 1-day virtual workshop highlighted the real-world use of systems science applications to explore how that can be used in the field of obesity and why systems science applications can be valuable for different stakeholders (e.g., communities, private sector, policy makers).

To learn more, visit bit.ly/obesitysystemsapps



[WATCH PRESENTATION VIDEOS](#)



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



[READ PROCEEDINGS OF A WORKSHOP](#) (AVAILABLE SPRING 2021)

2

INTEGRATING SYSTEMS AND SECTORS TOWARD OBESITY SOLUTIONS: PARTS 1 AND 2 (Virtual Workshop)

Part 1 of the virtual workshop provided background on systems theories, methodologies, and applications. Speakers examined the history of systems science, using systems thinking to address health inequities and improve population health, and other applications.

To learn more, visit bit.ly/obesitysystems1



[WATCH PRESENTATION VIDEOS](#)



Part 2 of the virtual workshop explored systems and contributing factors that can influence obesity and included examples from the field that apply systems thinking to address obesity and the health and wellbeing of the population. The workshop looked at existing societal systems that have the potential to shape public health, and considered opportunities for systems change as they relate to obesity solutions. Presenters explored how systems and contributing factors like inequity (i.e., social determinants), power dynamics, relationships, capacity, and political will affect systems that can influence obesity, and how they can impact effective communications and cross-sector collaboration to address obesity.

To learn more, visit bit.ly/obesitysystems2



[WATCH PRESENTATION VIDEOS](#)



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



[READ PROCEEDINGS OF A WORKSHOP](#) (AVAILABLE EARLY 2021)

PERSPECTIVES PAPER



This year, one National Academy of Medicine Perspectives (expert commentaries and discussion papers) grew out of Roundtable and Innovation Collaborative activities and discussions.

- [The Current Understanding of Gestational Weight Gain Among Women with Obesity and the Need for Future Research](#) by Anna Maria Siega-Riz, Lisa M. Bodnar, Naomi E. Stotland, and Jamie Stang

To view a list of all of the Roundtable's NAM Perspectives, visit bit.ly/roosperspectives

* NAM 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.