



Obesity

Virtual learning program

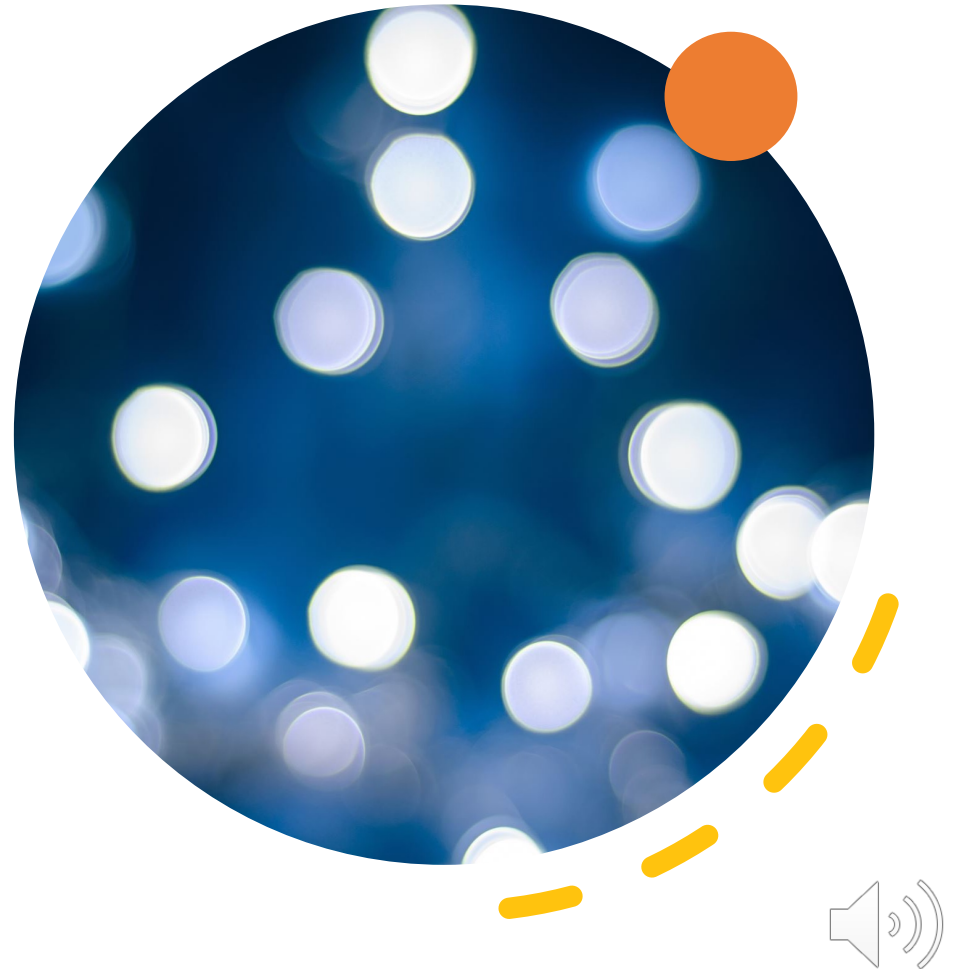


Virtual Care Together Design Collaborative

Made possible by a
Grant received from
Healthcare Excellence
Canada and Canada
Health info way

Our goal is to Increase
patient access to obesity
management via virtual
care

We developed six
educational obesity
sessions focused on
obesity education and
management.





Meet our Team



Dr. Melanie MacNeil

Family Physician

Dr. Melanie MacNeil is a family physician practicing in the Annapolis Valley. She has been living and practicing in Nova Scotia with her husband and 4 children since 2016. She graduated from the Northern Ontario School of Medicine (NOSM) in 2011 and completed her residency training in Family Medicine in 2013.

Dr. MacNeil pursued further education in Obesity Medicine in order to treat the root cause of many chronic medical conditions including diabetes, hypertension, fatty liver, polycystic ovarian syndrome/infertility and sleep apnea.

She has undergone extensive training in the evaluation and treatment of Obesity. She is a Diplomate of the American Board of Obesity Medicine which is the highest certification offered in Obesity Medicine. She is also a certified bariatric educator.



Callista King

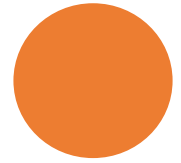
Registered Nurse

Callista King, earned her Bachelor's degree in nursing at Memorial University of Newfoundland, and has been working as a Registered Nurse since 2010. She has experience in various health care settings including general medicine, cardiac critical care and management.

In 2016/17, Callista made the transition from acute to primary care. In 2018, she completed the Family Practice Nursing Education program through the Registered Nurses Professional Development Centre. In addition, she has also completed various courses on nutrition, behavior change and obesity management in primary care.

Callista is currently employed as a Family Practice Nurse at Harvest Tides. Her true passion lies in primary care nursing. She believes that a 'wellness and prevention' approach to health care can support and empower patients to become active participants in their own health care journey. "It's a privilege to be a part of that experience."

Outside of work, Callista enjoys spending time outside with her husband and two children. She has a love for fitness, food, reading and travel.



Dr. Micheal Mindrum

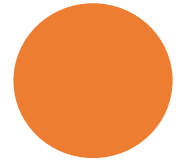
Internist

Dr. Mindrum practices general internal medicine.

He has in depth experience managing acute complications of metabolic diseases such as type 2 diabetes. He also has experience seeing firsthand the profound impact a shift in lifestyle can have in improving these metabolic illnesses.

He wishes to focus the next part of his career in prevention and enhancing patient well being. His interests are in metabolism, obesity, type 2 diabetes, and therapeutic nutrition. He is passionate about helping patients optimize their metabolic health with a “lifestyle first” approach, reducing medications when possible, and optimizing others in order to help patients achieve their goals.

He graduated from the University of Louisville School of Medicine and completed his residency training at the University of Hawaii, The University of Vermont, and Dalhousie University. He married Dr. Christa Mindrum, a family physician and Newfoundlander, which led to his migration north to Nova Scotia. He is a proud father of three beautiful children.



Dee Badcock

Registered Nurse

Dee is a Family Practice Nurse on the Harvest Tides Team. This year marks 25 years since graduating from UNB with her Bachelor of Nursing.

The majority of her career has been spent taking care of patients at their sickest in the ER and ICU. As a Family Practice Nurse she enjoys promoting health across all ages - from caring for the babies in our practice as they grow to helping others achieve and maintain their health as they age.

She has a particular interest in partnering with those living with weight and working together to help patients attain the healthiest version of themselves. These partnerships have been some of the most rewarding ones in her nursing career.

When she isn't at work you can find her at yoga, checking in on her grown kids and dreaming of travelling again - soon hopefully!!



Aida Raab

Kinesiologist

Aida Raab is a Kinesiologist and Program Coordinator at CBI Kings in New Minas . She has been working with the clinic for the past 2 years. She graduated from Acadia University in 2019 with her Bachelors in Kinesiology and minor in Psychology

Throughout her time at Acadia, Aida worked as a student athletic therapist for the men's football, hockey, and ruby team. She also participated in programming for Cardiac Rehab and Active Living for Aging Adults.

Aida is now focusing her passion with body mechanics and exercise at CBI to help individuals with chronic conditions to return to work, return to sport, return to regular activity, and/or with weight management



Anne McLaughlin

Dietician

Anne has worked as a dietitian for over 15 years, having graduated from the Acadia University School of Nutrition and Dietetics and completing an Acadia Dietetic Internship in 2003.

Anne became a Certified Diabetes Educator in 2006 and a Certified Bariatric Educator in 2019.

She works at the Valley Regional Hospital Diabetes Centre working children and adults living with diabetes.



Let's work together to progressively build on knowledge

Session 1: Obesity as a chronic disease by Dr. Melanie MacNeil

Session 2: Complication of obesity by Dr. Michael Mindrum

Session 3: The three pillars of Obesity Management by Dee Badcock and Dr. Melanie MacNeil

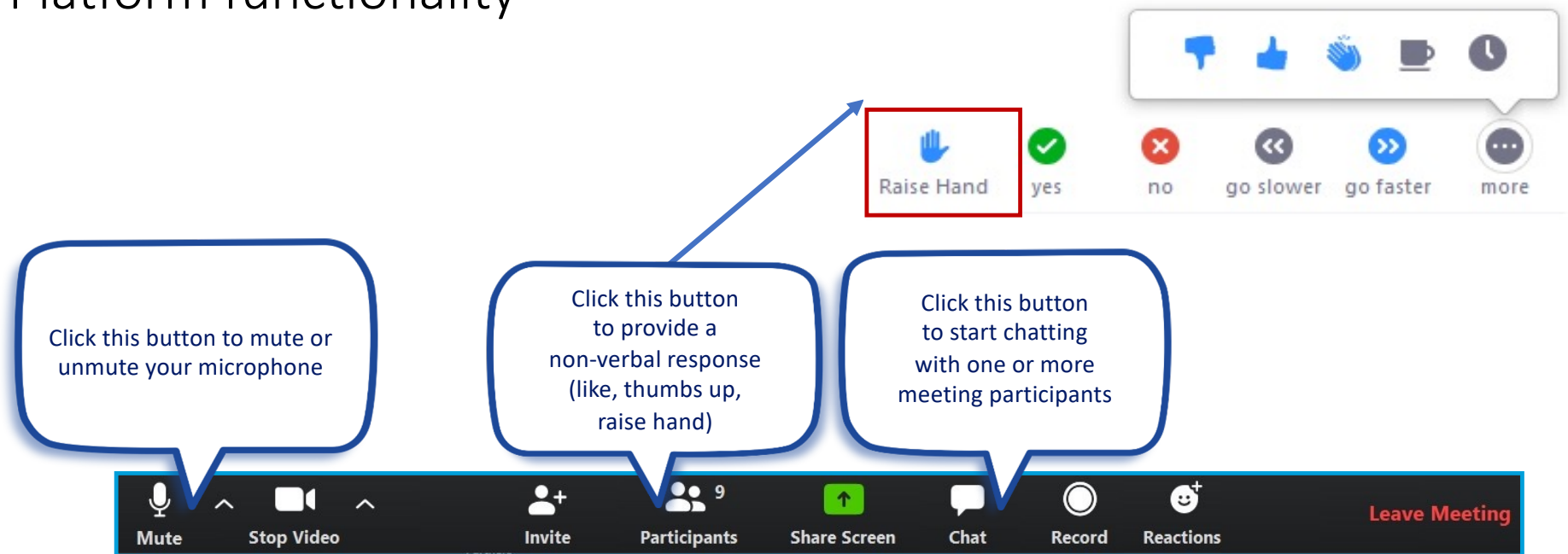
Session 4: Nutrition Therapy basics by Anne McLaughlin

Session 5: Exercise Benefits by Aida Raab

Session 6 : Behavior Change by Callista King



This is the meeting console. You can click the specific buttons for different features.
Platform functionality

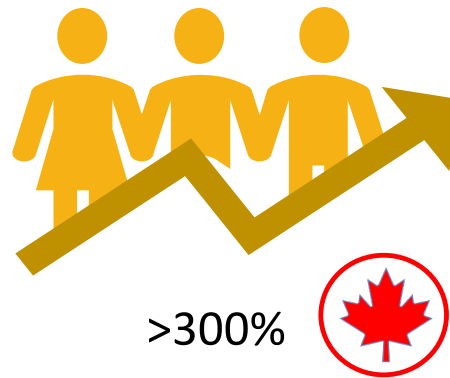


The pre-discussion section of each meeting will be recorded and will be available on the forum.



Prevalence of adult obesity in Canada is increasing

1985: 6.1%



2020: 28.2%

BMI, body mass index, PwO, people living with obesity.

1. Twells LK, et al. Canadian Adult Obesity Clinical Practice Guidelines: Epidemiology of Adult Obesity. Available from: <https://obesitycanada.ca/guidelines/epidemiology>.
2. Statistics Canada. Table 13-10-0096-01 Health characteristics, annual estimates DOI: <https://doi.org/10.25318/1310009601-eng>



Weight Bias and Stigma

Weight Bias, Stigma & Discrimination

Weight Bias

refers to negative attitudes toward others because of their weight

Weight Stigma

refers to stereotypes and labels we assign to people who have obesity

Weight Discrimination

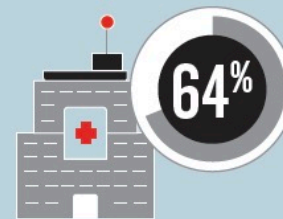
refers to actions against people who have obesity that can cause social exclusion and inequities



Elementary school kids with obesity face a 63% higher chance of being bullied



54% of adults with obesity report being stigmatized by coworkers



64% of adults with obesity report experiencing weight bias from a health care professional

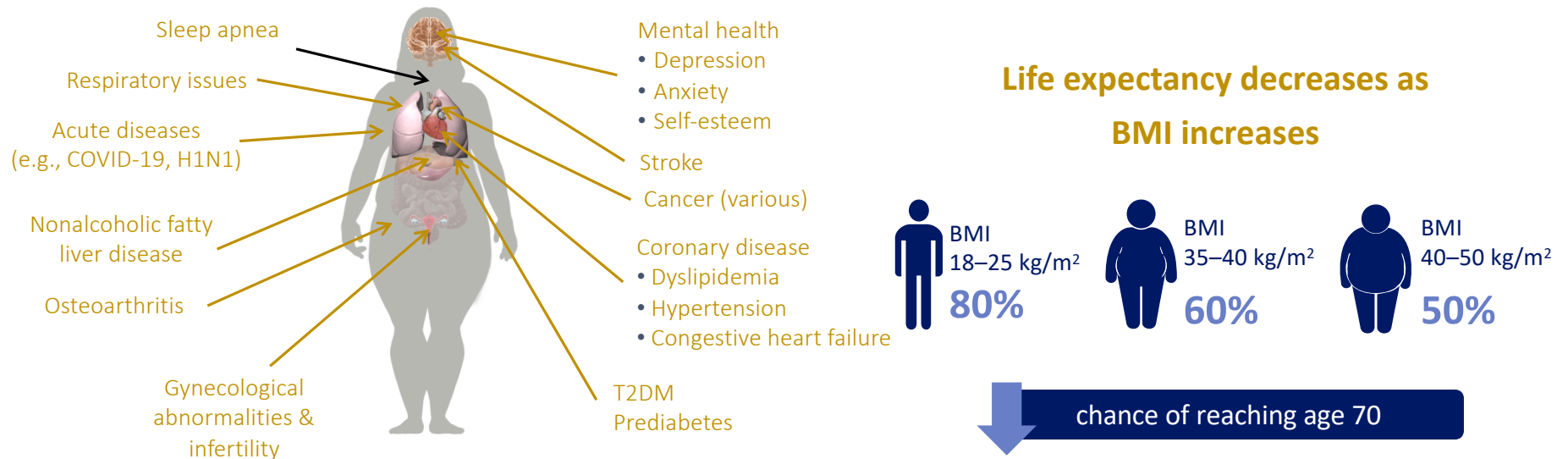


72% of images and 77% of videos stigmatized persons with obesity according to recent media studies



Just stop eating! It's that simple!

Obesity is associated with various complications and decreased life expectancy



Early obesity management prevents/reverses the advancement of obesity-related complications.

BMI, body mass index, T2DM, type 2 diabetes mellitus .

1. Thompson D, et al. Lifetime health and economic consequences of obesity. *Arch Intern Med.* 1999;159(18):2177-2183. 2. Ndumele CE, et al. Weight history and subclinical myocardial damage. *Clin Chem.* 2018;64(1):201-209. 3. Fukagawa NK, et al. Effect of age on body composition and resting metabolic rate. *Am J Physiol.* 1990;259(2 Pt 1):E233-238. 4. Foster GD, et al. A randomized study on the effect of weight loss on obstructive sleep apnea among obese patients with type 2 diabetes: The Sleep AHEAD study. *Arch Intern Med.* 2009;169(17):1619-1626. 5. Kaplan LM, et al. Perceptions of barriers to effective obesity care: Results from the national ACTION study. *Obesity (Silver Spring).* 2018;26(1):61-69. 6. Whitlock G, et al. Body-mass index and cause-specific mortality in 900 000 adults: Collaborative analyses of 57 prospective studies. *Lancet.* 2009;373(9669):1083-1096.

Obesity is not a moral failing or deficiency in willpower.



Obesity is not an individual's fault.







Obesity as a chronic disease

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- Questions?