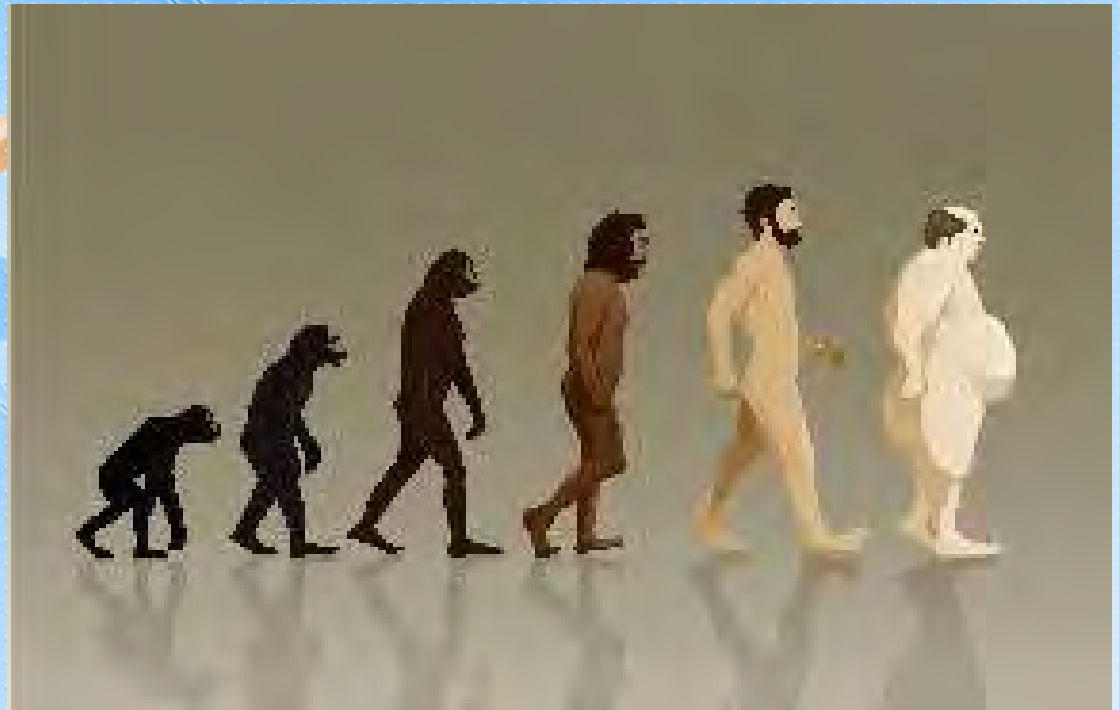


The U.S. Obesity Epidemic: Why Should Psychologists Care? What is APA's Response?



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Presentation Overview

- ⦿ Epidemiology of obesity
- ⦿ Consequences of obesity
- ⦿ Why should psychologists care?
- ⦿ What is APA's response?



Obesity: U.S. Leads the World

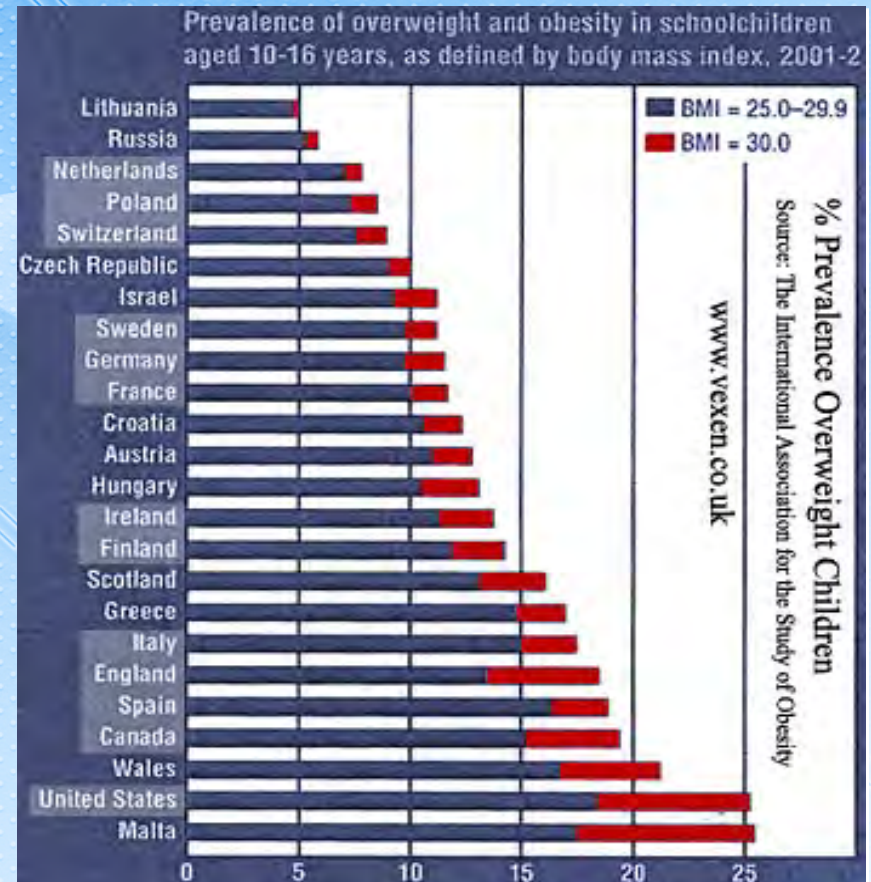
Adult Obesity



Figure 1. Percentage of obese and overweight population by country.

Source: OECD Health Statistics, 2004.

Childhood Obesity

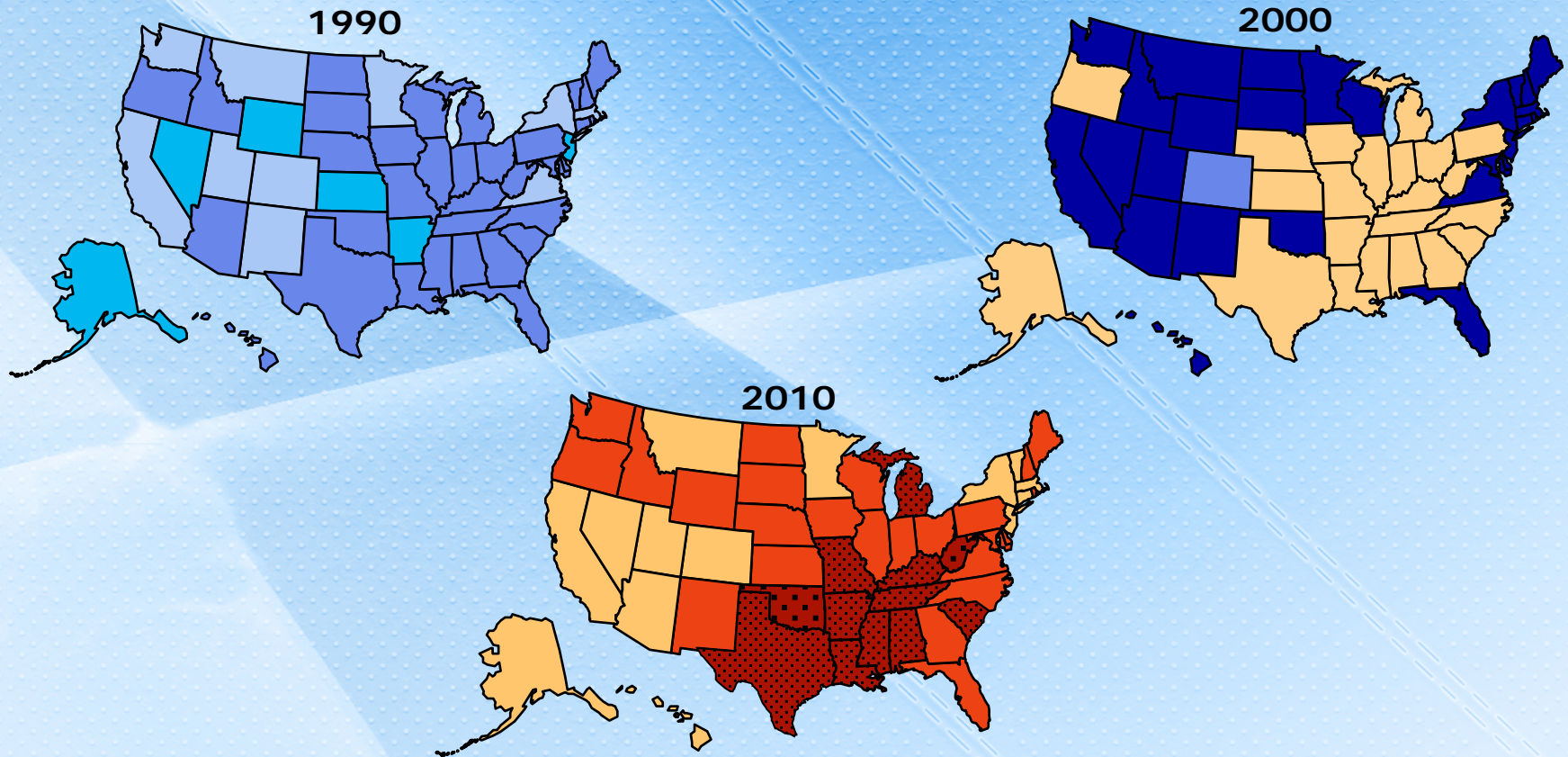


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Obesity Trends* Among U.S. Adults

BRFSS, 1990, 2000, 2010

(*BMI ≥ 30 , or about 30 lbs. overweight for 5'4" person)



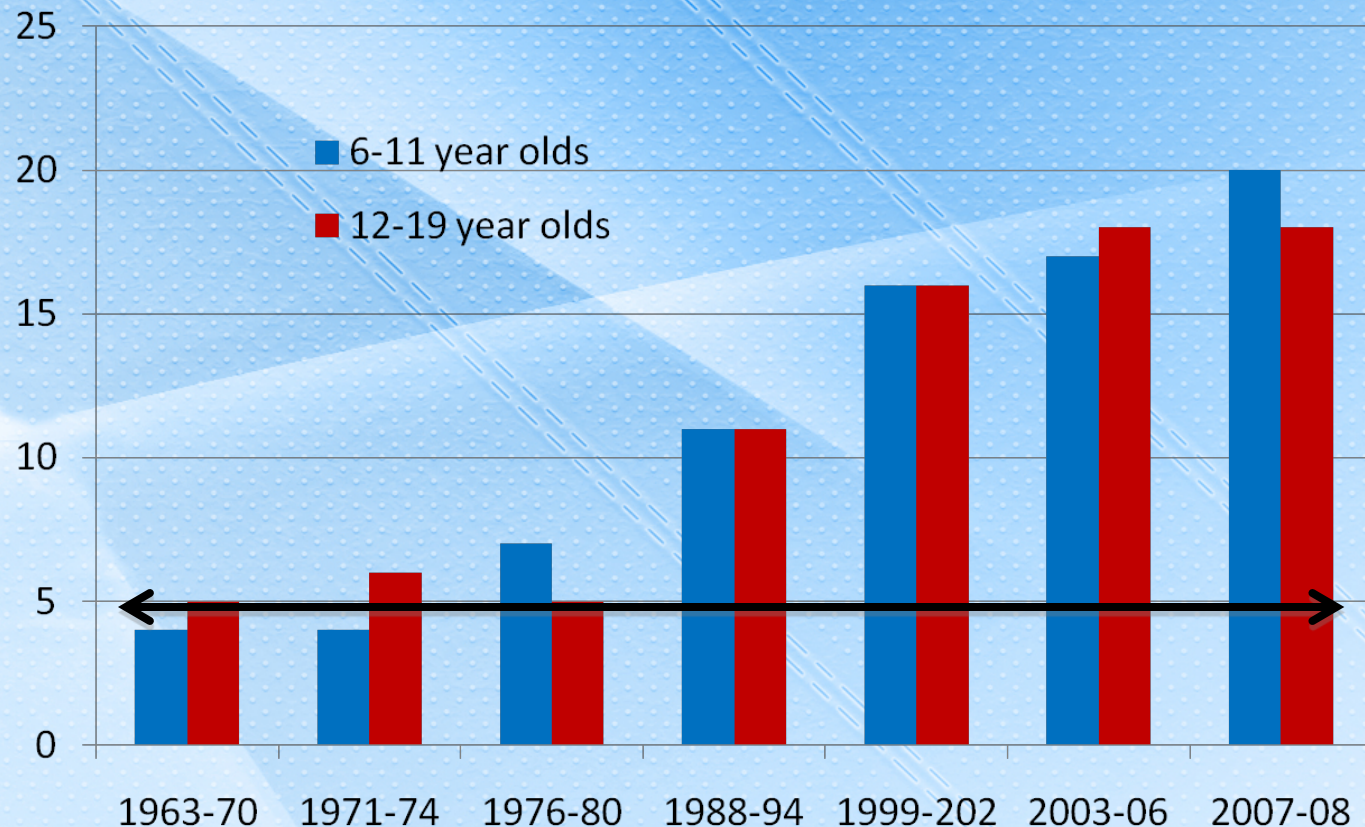
Source: CDC:

<http://www.cdc.gov/obesity/data/trends.html>



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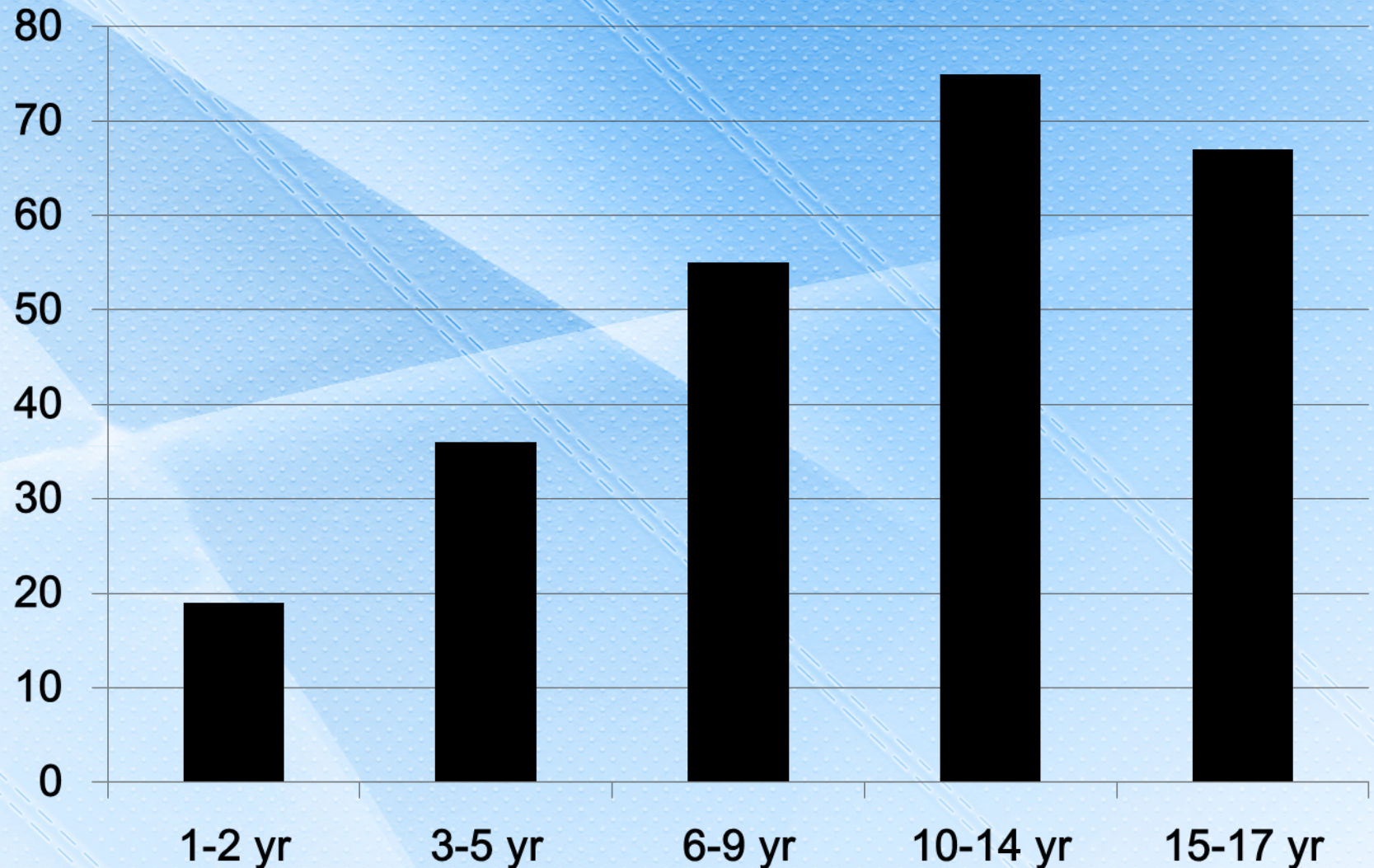
Obesity Trends in U.S. Children



Source: C. Ogden & M. Carroll. (2010). *Prevalence of Obesity Among Children and Adolescents: United States, Trends 1963-1965 Through 2007-2008* [Division of Health and Nutrition Examination Surveys]. CDC:
http://www.cdc.gov/nchs/data/hestat/obesity_child_07_08/obesity_child_07_08.htm



Childhood and Adult Obesity are Linked: Percent of Obese Children Who Become Obese Adults by Age

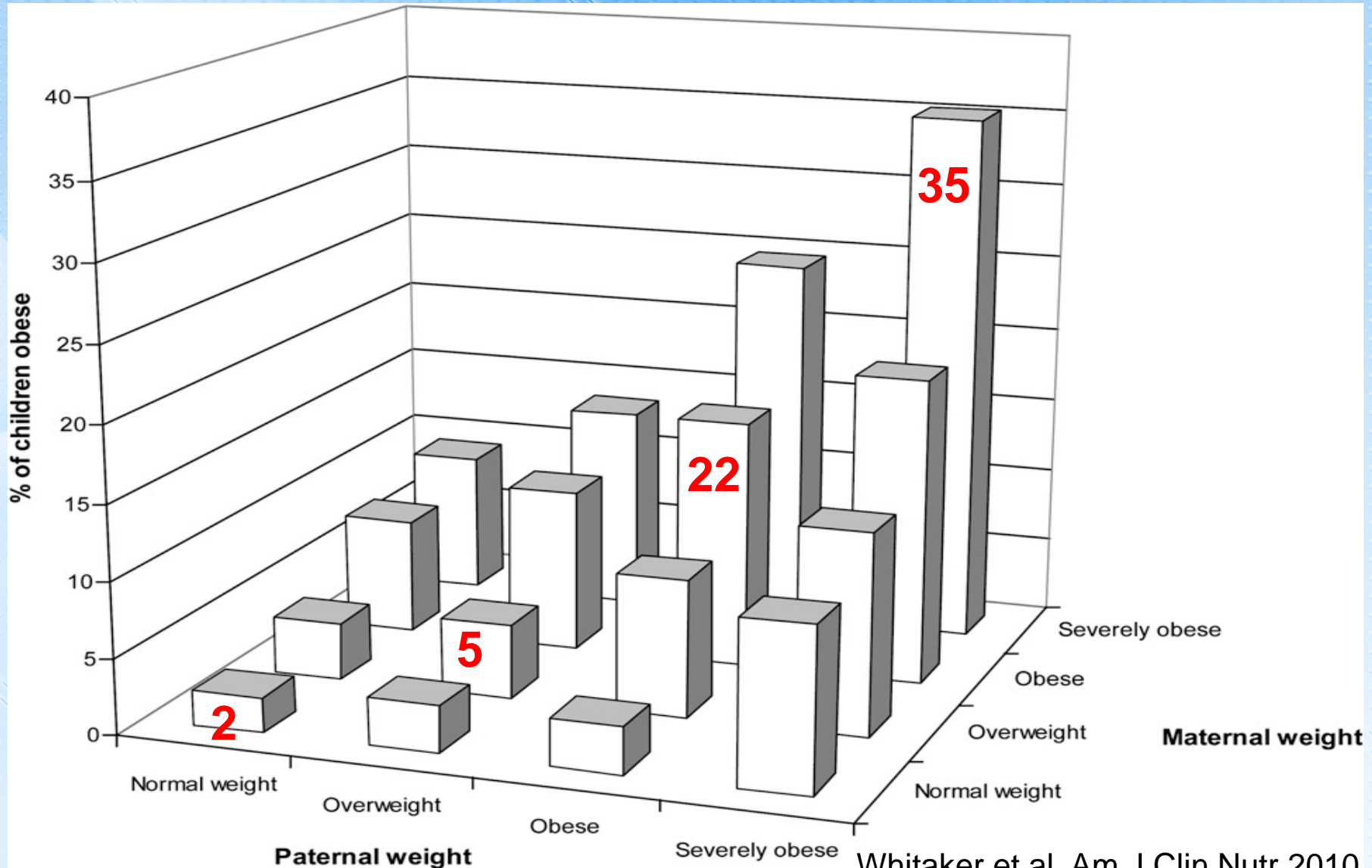


Whitaker et al, NEJM, 1997



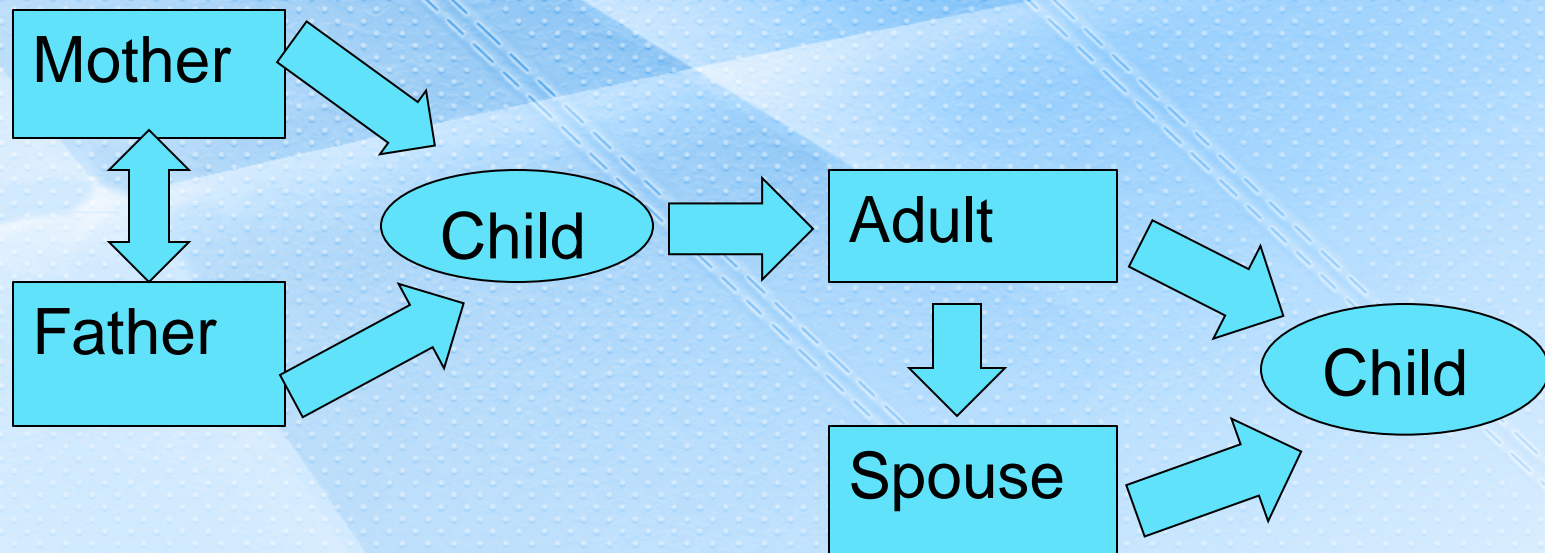
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Childhood and Adult Obesity are Linked: Percent of Obese Children by Parent Weight Status



Whitaker et al, Am J Clin Nutr 2010

Intergenerational Escalation of Obesity



Whitaker et al NEJM 1997

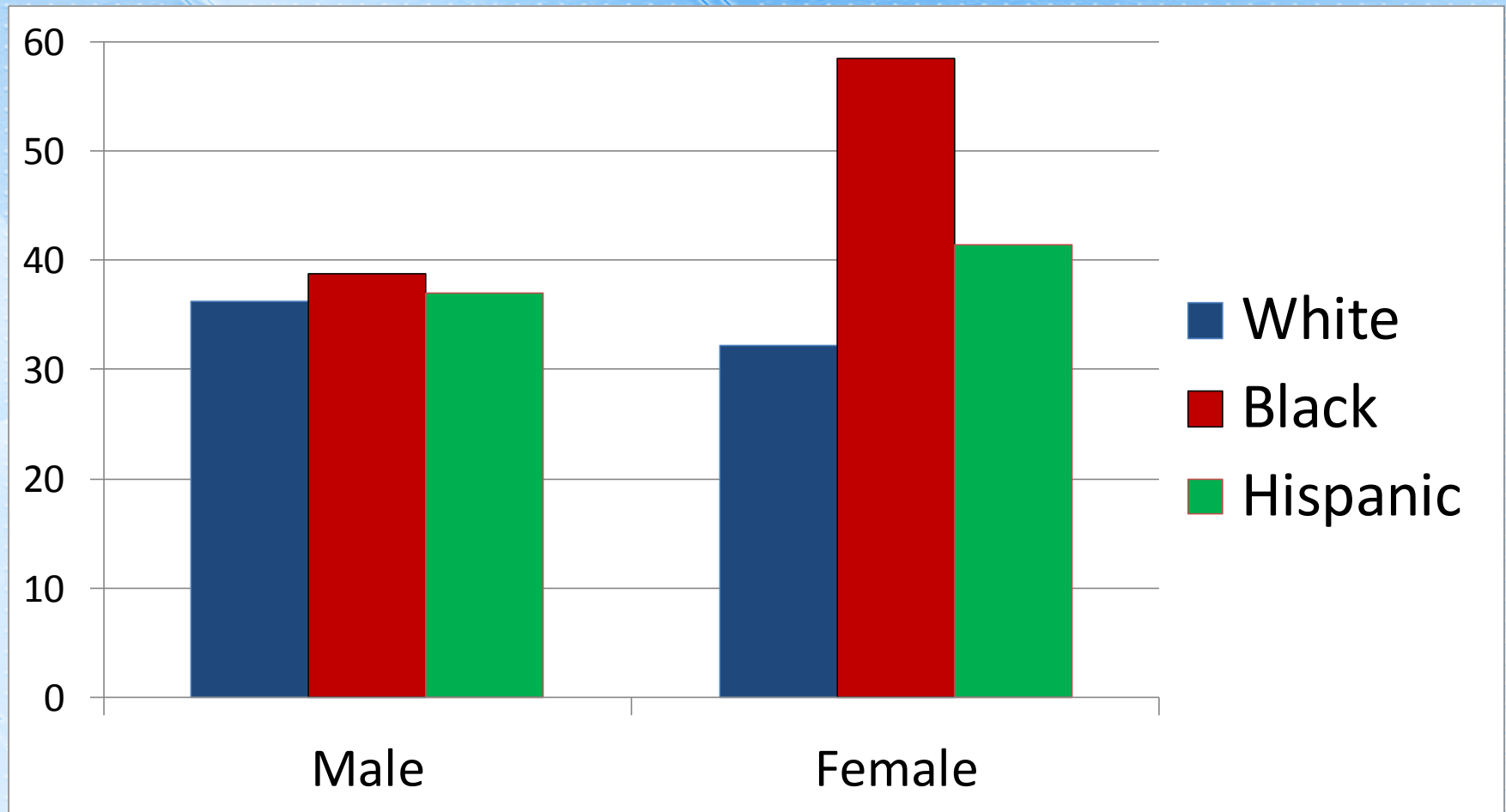
Whitaker et al Am J Clin Nutrition 2010

Murrin et al BMC Public Health 2012



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Adult Obesity: Gender and Ethnicity

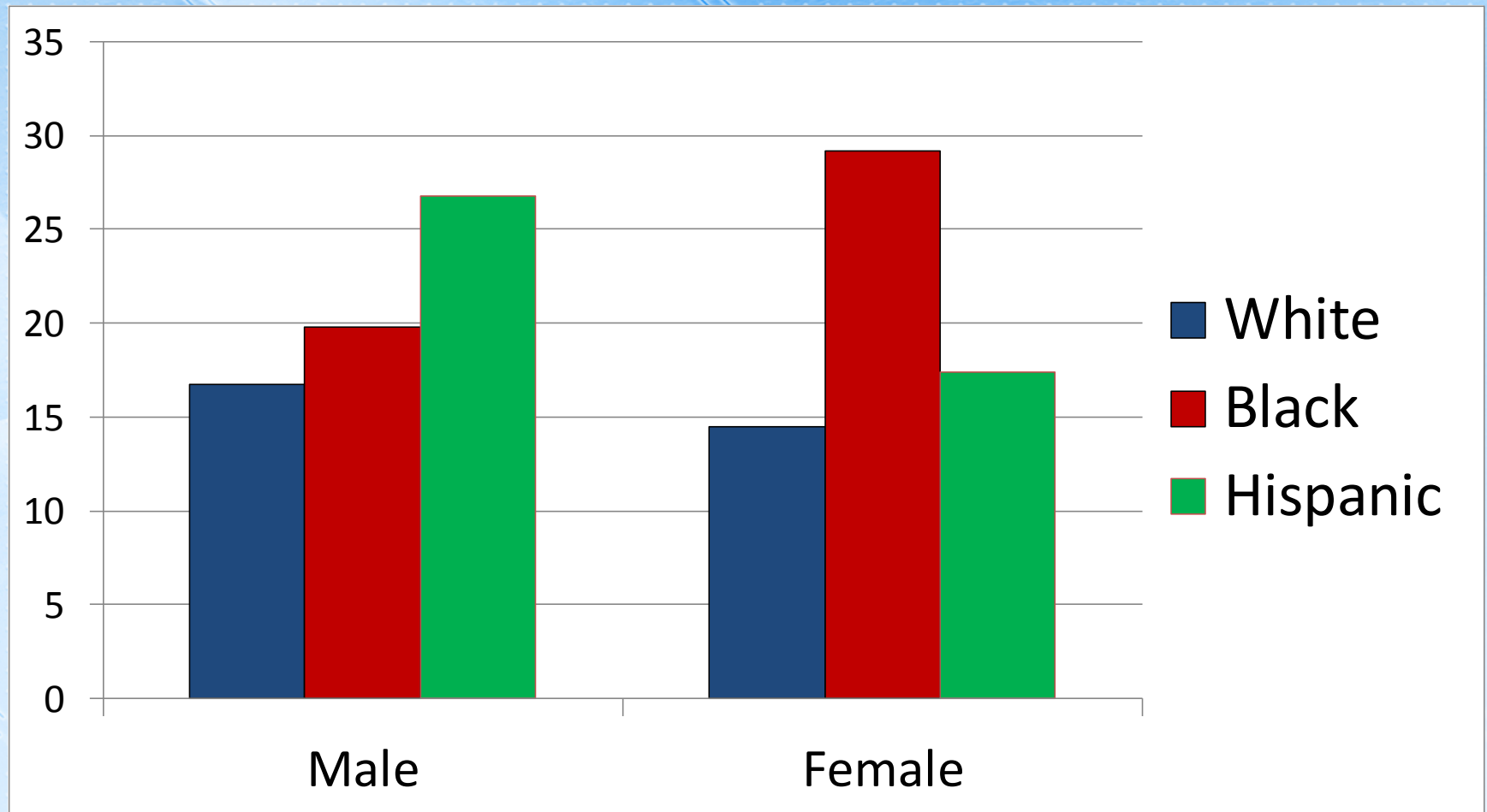


Flegel et al, JAMA 2012



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U.S. Adolescent Obesity: Gender and Ethnicity



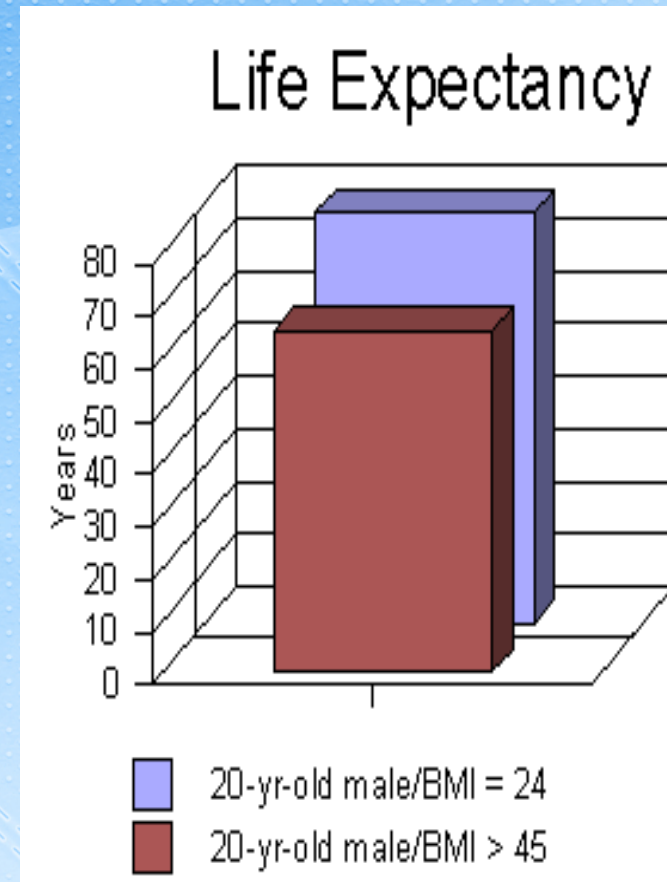
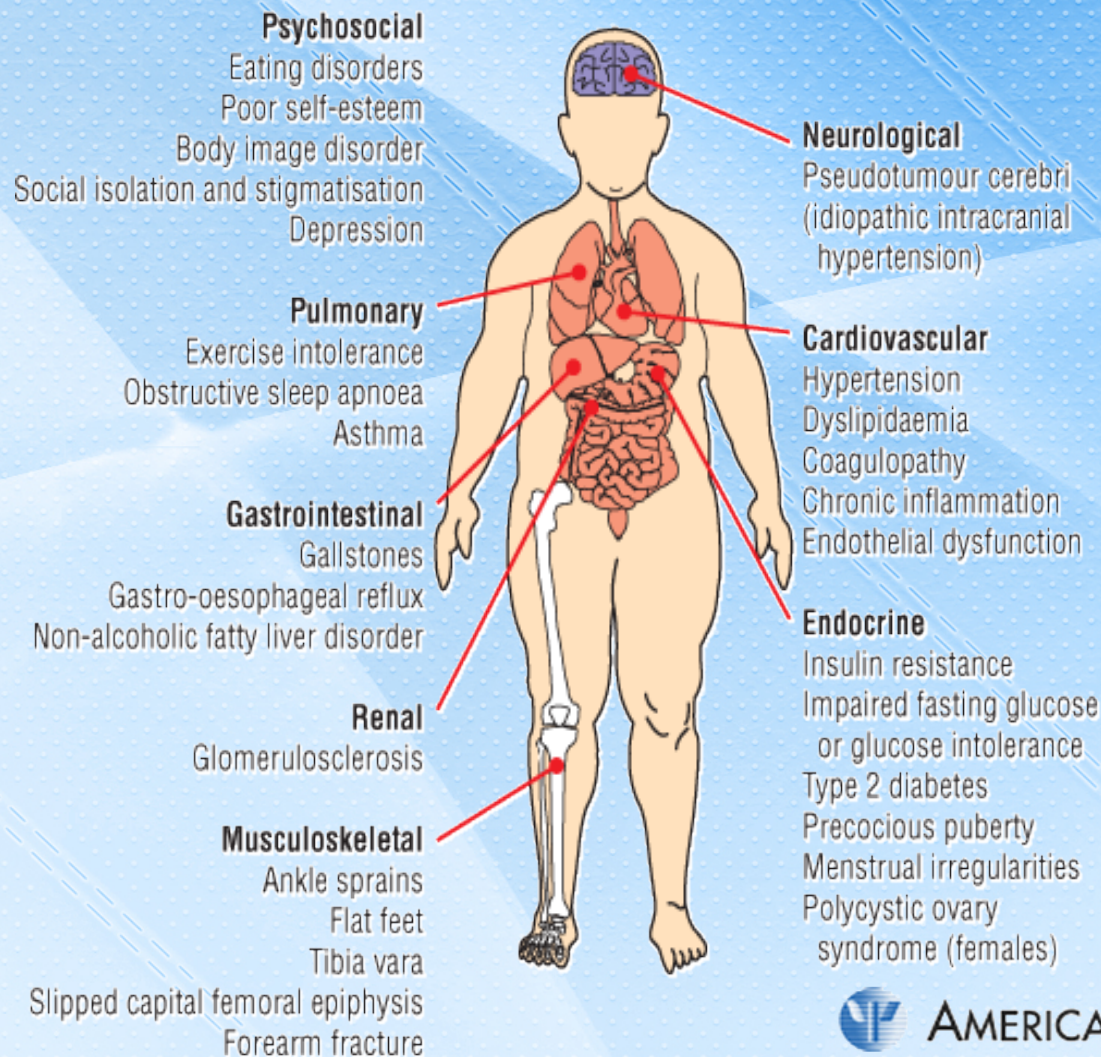
NHANES 2007-2008



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Health Consequences of Obesity

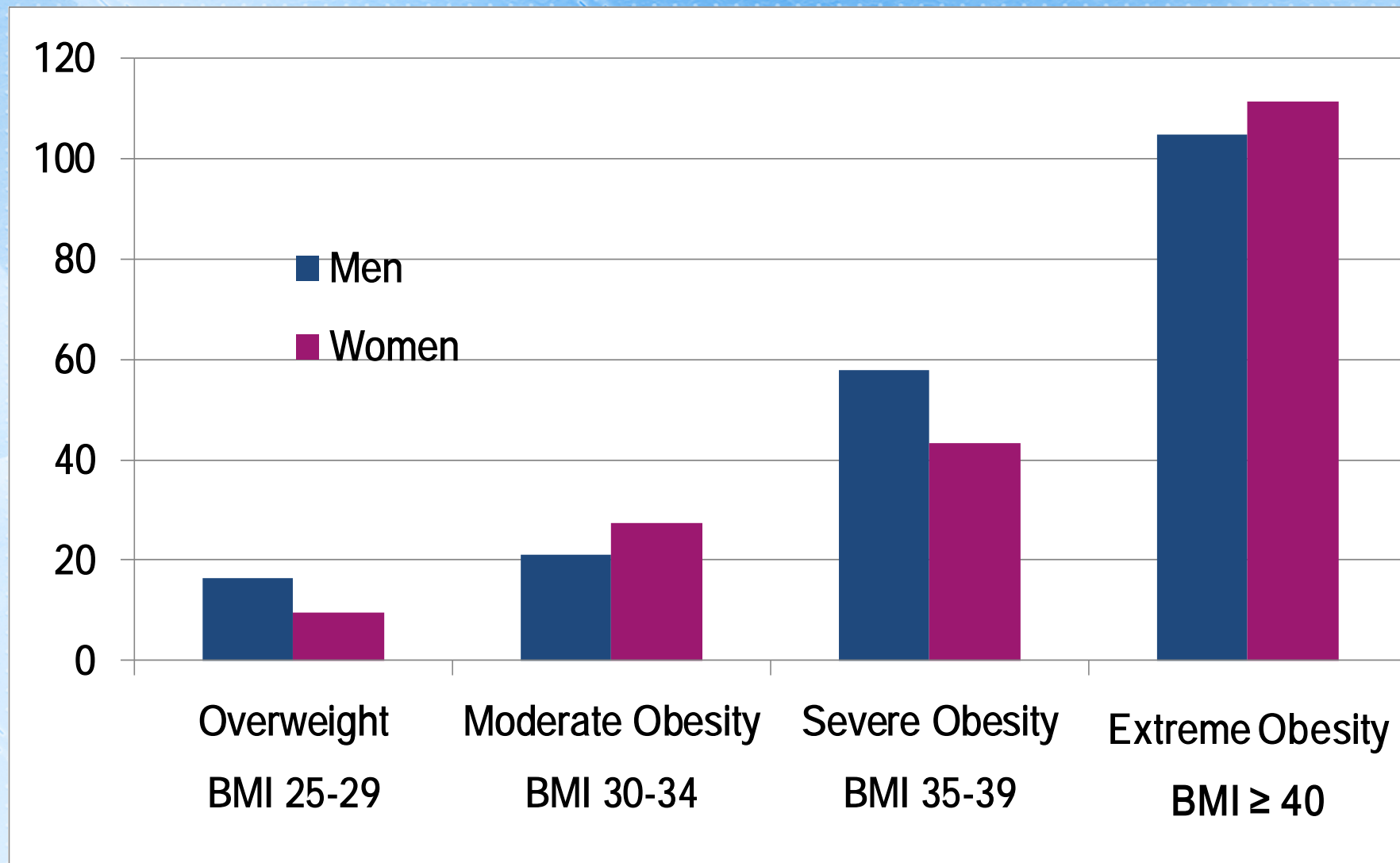
Fontaine et al, JAMA 2003



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Percent Above Normal Weight Individuals' Annual Health Care Costs by Obesity Status and Gender



Andreyeva et al, Obesity Research, 2004



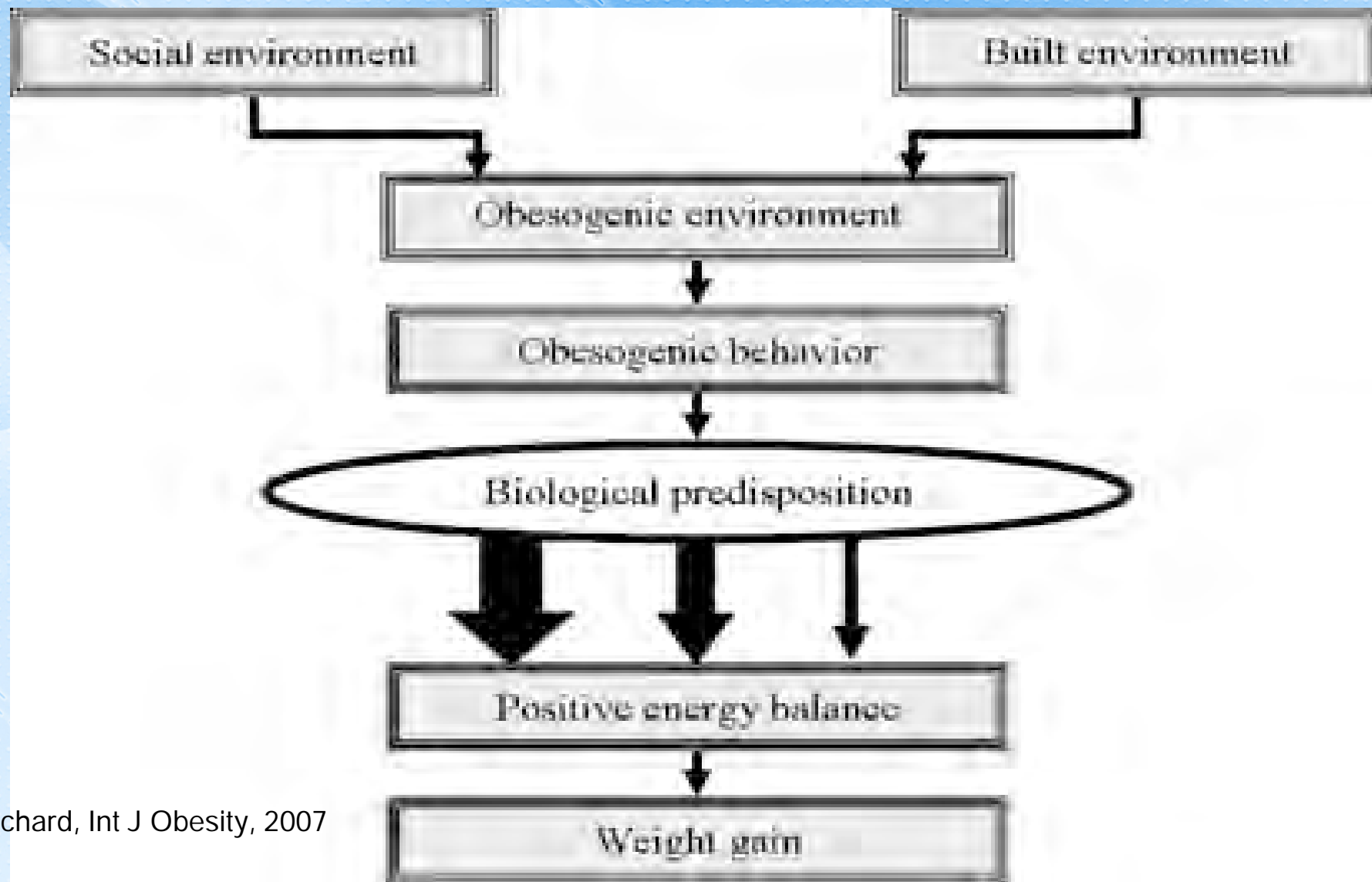
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Obesity in the United States

- ⊙ Is the second leading cause of death in U.S. and expected to become the leading cause
- ⊙ Will result in decreased U.S. life expectancy for first time in a century
- ⊙ Is causing a diabetes epidemic
 - ⊙ 33% of boys & 39% of girls born in 2000 will develop diabetes in their lifetime
 - ⊙ 50% of African-American girls born in 2000 will develop diabetes in their lifetime
- ⊙ Is expected to bankrupt the U.S. health care system

The U.S. Obesity Epidemic: How Did This Happen?



The U.S. Obesity Epidemic: Psychology's Mixed Response

- ◎ Much of the best evidence-based work on the environmental causes, prevention and treatment of obesity has been done by psychologists
- ◎ The larger psychological community often fails to see obesity as within its purview and is poorly trained to address it effectively



Addressing Obesity Through Integrated Care: Opportunities

- ⊙ Adults often fail to recognize they are obese or that their child is obese
- ⊙ Many health providers fail to monitor weight in their child and adult patients
- ⊙ Informing patients about their or their child's weight may make a difference
- ⊙ There is strong evidence that obesity can be treated and that even modest weight loss has health benefits
- ⊙ Integrated primary care provides an important opportunity to address the intergenerational escalation of obesity



Addressing Obesity Through Integrated Care: Challenges for Psychology

- ⊙ Most psychologists have not been trained to function in integrated care
- ⊙ Most psychologists have not been trained to address obesity prevention or treatment in child or adult populations
- ⊙ Current payment models often fail to cover services for obesity treatment or prevention delivered by psychologists
 - ⊙ CMS ruling that lifestyle interventions for the treatment of obesity delivered by primary care physicians, nurses and physician assistants are covered; psychologists were excluded despite opposition from APA and SBM
- ⊙ Addressing obesity solely through integrated primary care is insufficient; psychologists must play a larger role in addressing the larger obesogenic environment through public health and community action



Addressing the Obesity Epidemic: APA's Response

- ◎ Primary care
- ◎ Obesity practice guidelines
- ◎ Office of Psychology and Health
- ◎ Summit on Obesity in African American Women and Girls



APA's Response: Primary Care

- ◎ Directory of Education and Training Programs in Primary Care <http://www.apa.org/ed/graduate/primary-care-psychology.aspx>
- ◎ Report of the Inter-organizational Work Group on Competencies for Psychological Practice in Primary Care (APA Division 20, Adult Development and Aging; APA Division 38, Health Psychology; APA Division 54, Society of Pediatric Psychology; Association of Psychologists in Academic Health Centers; Collaborative Family Healthcare Association; Council of Clinical Health Psychology Training Programs; Society of Behavioral Medicine; Society of Teachers of Family Medicine; and the VA Psychology Training Council)
 - To be published in AP and will inform:
 - Practicing psychologists interested in obtaining new skills
 - Professional psychology training programs
 - Other health providers as to the skills they can expect from a psychologist on an integrated care team



APA's Response:

Clinical Practice Guidelines for Obesity

- ◎ APA currently has guidelines under development for depression, obesity and PTSD
- ◎ Characterized by adherence to 2011 Institute of Medicine Standards for Guideline Development
- ◎ Purposes include:
 - Informing practicing psychologists
 - Informing selection of care (assuring that all effective interventions are available, including psychological interventions)
 - Serving as a tool to advocate on behalf of effective psychological interventions





Criteria for CPG Obesity Topic Selection

- ⦿ **Appropriate** problem found across the lifespan with significant behavioral components
- ⦿ **Importance**
 - prevalence over 2/3 of adults, rate increasing
 - severity affects physical and mental health, impairs functioning, reduces longevity
 - burden increased morbidity and mortality
- ⦿ **Value** psychological and behavioral interventions underutilized
- ⦿ **Evidence** breadth and depth of good quality evidence
- ⦿ **Feasible** existing qualitative and quantitative reviews



Obesity Guideline Development Panel: Breadth & Depth

Interdisciplinary

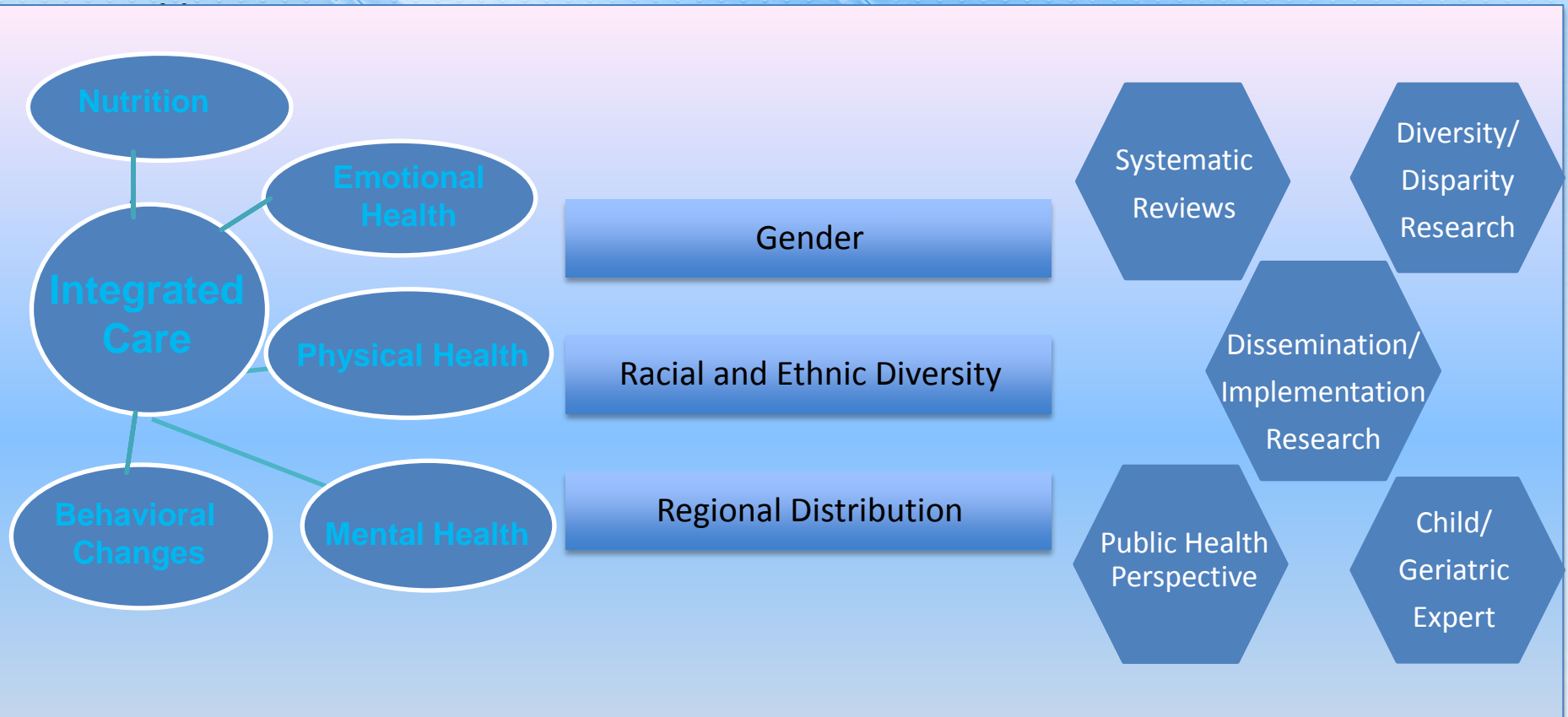
Researcher

Nurse

Dietician

Family Physician or General Medicine

Psychology



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Obesity Guideline Development Panel

Maria Llabre, Ph.D. (Chair)

University of Miami
Coral Gables, FL

Jamy Darone Ard, M.D.
Univ. of Alabama at Birmingham
Birmingham, AL

Phillip Brantley, Ph.D.
Pennington Biomedical Research Cntr.
Baton Rouge, LA

Barbara Fiese, Ph.D.
Univ. of Illinois at Urbana-Champaign
Urbana, IL

Michelle Polfuss, PhD, CPNP
Children's Hospital of Wisconsin
Milwaukee, WI

Delia West, Ph.D.
Univ. of Arkansas for Medical Sciences
Little Rock, AK

Gary Bennett, Ph.D.
Duke University
Durham, NC

Leonard Epstein, Ph.D.
Univ. at Buffalo School of Medicine
Buffalo, NY

Jane Gray, Ph.D.
Dell Children's Medical Cntr.
Austin, TX

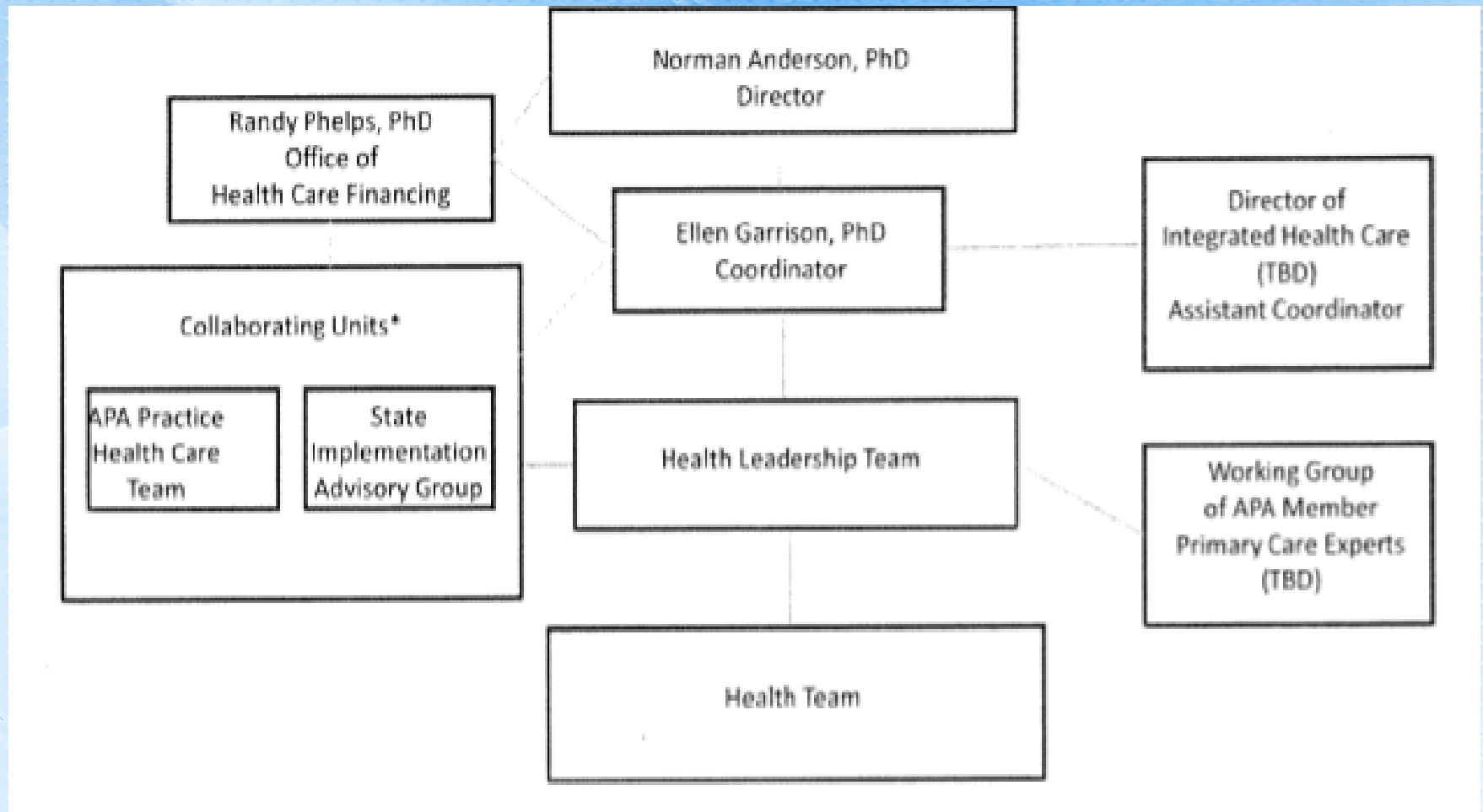
Hollie Raynor, Ph.D., RD, LDN
The Univ. of Tennessee , Knoxville
Knoxville, TN

Denise Wilfley, Ph.D.
Washington Univ. School of Medicine
Saint Louis, MO



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APA's Center for Psychology and Health



APA's Center for Psychology and Health: Scope and Selected Activities

- ⊙ Address APA's strategic goal to increase psychology's role in health
- ⊙ Education and training
 - Expand opportunities for training in interprofessionalism and integrated health care
- ⊙ Advocacy
 - Address reimbursement issues relevant to psychological service delivery in integrated care
- ⊙ Public education and outreach
 - Develop partnerships with primary care and community agencies
- ⊙ Member communication and education



Summit on Obesity in African American Women and Girls

- ◎ First major collaboration between APA and the Association of Black Psychologists (ABPsi)
- ◎ Held last October in Washington DC – learn more at <http://www.apa.org/monitor/2013/01/african-american.aspx>
- ◎ Example of the kind of partnerships that will be required to address this problem
- ◎ An additional summit on health disparities – with a specific focus on obesity – is in the planning stages



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**This presentation is available at
www.apa.org/sbjohnson**



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