

Time for a quiz!



Fact or fiction ...?

True or false ...?

1. If 1 patient is diagnosed with obesity,
the solution is to lose weight.

1. False.

- A common belief about obesity is that there is a simple cure (i.e. lose weight).
- The problem with this notion is that it does not account for the fact that obesity is a *chronic* disease. The overall goal of obesity management is to improve health and well-being.
- The first step is to prevent further weight gain. In addition, even a modest reduction in body weight can lead to significant improvements in health.
- It is important to look past the scale and focus on the big picture of why a change is being made.

2. It is important to figure out the root cause of your obesity so that you can learn what your roadblocks are and can manage it.

2. True

- In the same way that each and every person is different and unique, the reasons behind each individual's weight gain can be different.
- Managing obesity is even more difficult when there is no understanding of the root cause of weight gain and the roadblocks to weight management.
- Identifying and removing what is holding a patient back is key to making positive, successful health improvements.

3. Success is defined by how much weight a patient can lose within a certain timeline.

3. False.

- Understanding the reasons why a patient decides to address their obesity can help them to assess what is important to them and how they will measure success within their long-term plan.
- Success may mean having more energy to be active with friends and family, improving self-esteem, preventing further weight gain or improving overall health. Whatever the patient's ideal "success" may be, use it to help guide them and motivate them.

4. Lack of quality and length of sleep...

- a) has no effect on managing obesity.
- b) causes you to lose weight.
- c) disrupts the hormones that regulate feelings of hunger and fullness.
- d) makes you unable to burn calories.

4. The answer is (c).

- Sleep affects hormones responsible for feelings of hunger and fullness. When sleep is disrupted, it can have negative effects on our drive to eat. Managing sleep problems can help patients have more energy, eat more healthily and generally feel better.

5. Stress can...

- a) affect your mood, concentration and productivity.
- b) affect your activity level, blood pressure and quality of life.
- c) make you crave sugary, fatty and salty foods.
- d) do all of the above.

5. The answer is (d).

- Reducing day-to-day stress levels where patients can or improving the ways they deal with stress can lead to positive effects on mood, concentration, productivity, activity levels, blood pressure and quality of life, as well as on their overall weight management plan.

6. Bariatric surgery is a solution to obesity in which patients do not need to change their lifestyle habits in order to maintain their success.

6. False.

- For some people, bariatric surgery is an option for obesity management. In many countries, you will only be considered for bariatric surgery if your BMI is over 35 and several other treatment options have not been successful.
- While bariatric surgery can have a major impact on an individual's weight and other health-related factors, continued success and improvements in overall health still depend on healthy behaviours.