

WEBVTT

NOTE duration:"01:09:18"

NOTE recognizability:0.875

NOTE language:en-us

NOTE Confidence: 0.766371048

00:00:00.000 --> 00:00:02.320 OK. Oh, there you are.

NOTE Confidence: 0.766371048

00:00:02.320 --> 00:00:03.352 OK. Hi, everybody.

NOTE Confidence: 0.766371048

00:00:03.352 --> 00:00:04.840 Welcome. I'm Anna Reisman,

NOTE Confidence: 0.766371048

00:00:04.840 --> 00:00:06.420 director of the Program for

NOTE Confidence: 0.766371048

00:00:06.420 --> 00:00:07.600 Humanities and Medicine and

NOTE Confidence: 0.961796594285714

00:00:07.720 --> 00:00:11.794 very pleased to be here with you

NOTE Confidence: 0.797265752

00:00:10.480 --> 00:00:11.800 for this point to lecture. Healthcare

NOTE Confidence: 0.867698774571429

00:00:11.800 --> 00:00:13.219 for everybody, Everybody.

NOTE Confidence: 0.867698774571429

00:00:13.219 --> 00:00:16.057 Best practices for caring for higher

NOTE Confidence: 0.867698774571429

00:00:16.057 --> 00:00:19.000 weight patients Featuring Reagan Chastain.

NOTE Confidence: 0.867698774571429

00:00:19.000 --> 00:00:22.000 And this talk is happening.

NOTE Confidence: 0.867698774571429

00:00:22.000 --> 00:00:25.000 Thanks to medical student China Jelly.

NOTE Confidence: 0.7323075

00:00:28.040 --> 00:00:30.424 And so I will introduce China and then

NOTE Confidence: 0.7323075

00:00:30.424 --> 00:00:33.312 turn it over to Chinya to introduce
NOTE Confidence: 0.7323075

00:00:33.312 --> 00:00:36.760 Reagan and to lead the rest of the hour.
NOTE Confidence: 0.7323075

00:00:36.760 --> 00:00:38.332 So Chinya is a fourth year
NOTE Confidence: 0.7323075

00:00:38.332 --> 00:00:39.656 medical student here at Yale.
NOTE Confidence: 0.7323075

00:00:39.656 --> 00:00:41.640 Her research and career interests include
NOTE Confidence: 0.896991925

00:00:41.640 --> 00:00:43.760 HealthEquity and Health Policy.
NOTE Confidence: 0.896991925

00:00:43.760 --> 00:00:45.600 Through her participation in many
NOTE Confidence: 0.896991925

00:00:45.600 --> 00:00:46.720 extracurricular activities, she acts
NOTE Confidence: 0.896991925

00:00:46.720 --> 00:00:48.840 as an advocate for medical trainees
NOTE Confidence: 0.845182902857143

00:00:48.840 --> 00:00:50.600 and patients from backgrounds
NOTE Confidence: 0.845182902857143

00:00:50.600 --> 00:00:51.920 underrepresented in medicine.
NOTE Confidence: 0.845182902857143

00:00:51.920 --> 00:00:53.965 She recently matched into the
NOTE Confidence: 0.845182902857143

00:00:53.965 --> 00:00:55.601 Family Medicine Residency program
NOTE Confidence: 0.845182902857143

00:00:55.601 --> 00:00:57.997 at the University of Pennsylvania.
NOTE Confidence: 0.845182902857143

00:00:58.000 --> 00:00:58.759 Thank you, Jing.
NOTE Confidence: 0.871088325

00:01:05.440 --> 00:01:07.280 Hi, everyone. Thank you so much for coming.

NOTE Confidence: 0.50233563

00:01:07.440 --> 00:01:10.320 Just gonna adjust this mic. Yeah.

NOTE Confidence: 0.50233563

00:01:10.320 --> 00:01:12.652 So I now have the honor of introducing

NOTE Confidence: 0.50233563

00:01:12.652 --> 00:01:15.076 our speaker, Reagan Chastain.

NOTE Confidence: 0.50233563

00:01:15.080 --> 00:01:16.140 She's got many accolades,

NOTE Confidence: 0.50233563

00:01:16.140 --> 00:01:17.730 and I'm just trying to go

NOTE Confidence: 0.50233563

00:01:17.784 --> 00:01:19.239 through as many as possible.

NOTE Confidence: 0.50233563

00:01:19.240 --> 00:01:20.880 Reagan Chastain is a speaker,

NOTE Confidence: 0.50233563

00:01:20.880 --> 00:01:22.172 writer, researcher,

NOTE Confidence: 0.50233563

00:01:22.172 --> 00:01:24.756 board certified patient advocate,

NOTE Confidence: 0.50233563

00:01:24.760 --> 00:01:26.038 multi certified health

NOTE Confidence: 0.50233563

00:01:26.038 --> 00:01:27.316 and fitness professional,

NOTE Confidence: 0.50233563

00:01:27.320 --> 00:01:29.240 and thought leader in weight science,

NOTE Confidence: 0.50233563

00:01:29.240 --> 00:01:31.760 weight stigma, health and healthcare.

NOTE Confidence: 0.50233563

00:01:31.760 --> 00:01:33.480 Utilizing her background in research,

NOTE Confidence: 0.50233563

00:01:33.480 --> 00:01:34.503 methods and statistics,

NOTE Confidence: 0.50233563

00:01:34.503 --> 00:01:36.549 Reagan has brought her signature mix
NOTE Confidence: 0.50233563

00:01:36.549 --> 00:01:38.835 of humor and hard facts to healthcare,
NOTE Confidence: 0.50233563

00:01:38.840 --> 00:01:39.361 corporate,
NOTE Confidence: 0.50233563

00:01:39.361 --> 00:01:41.966 conference and college audiences from
NOTE Confidence: 0.50233563

00:01:41.966 --> 00:01:44.050 Kaiser Permanente and Nationwide
NOTE Confidence: 0.50233563

00:01:44.120 --> 00:01:46.760 Children's Hospital to Amazon and Google,
NOTE Confidence: 0.50233563

00:01:46.760 --> 00:01:48.800 to Dartmouth, Caltech,
NOTE Confidence: 0.50233563

00:01:48.800 --> 00:01:50.160 and ICAA.
NOTE Confidence: 0.50233563

00:01:50.160 --> 00:01:52.728 Author of the Weight and Healthcare
NOTE Confidence: 0.50233563

00:01:52.728 --> 00:01:54.633 Newsletter co-author of Haes
NOTE Confidence: 0.50233563

00:01:54.633 --> 00:01:57.579 Health sheets and editor of the
NOTE Confidence: 0.50233563

00:01:57.579 --> 00:02:00.160 anthology The Politics of Science,
NOTE Confidence: 0.50233563

00:02:00.160 --> 00:02:01.492 Reagan is frequently featured
NOTE Confidence: 0.50233563

00:02:01.492 --> 00:02:03.736 as an expert in print, radio,
NOTE Confidence: 0.50233563

00:02:03.736 --> 00:02:06.040 television and documentary film.
NOTE Confidence: 0.50233563

00:02:06.040 --> 00:02:07.400 In her free time,

NOTE Confidence: 0.50233563

00:02:07.400 --> 00:02:09.440 Reagan is a national dance champion,

NOTE Confidence: 0.50233563

00:02:09.440 --> 00:02:10.896 Tri athlete and marathoner

NOTE Confidence: 0.50233563

00:02:10.896 --> 00:02:12.716 who holds the Guinness World

NOTE Confidence: 0.50233563

00:02:12.716 --> 00:02:14.079 Record for the heaviest

NOTE Confidence: 0.876984102

00:02:14.080 --> 00:02:15.640 woman to complete a marathon.

NOTE Confidence: 0.8456821875

00:02:16.440 --> 00:02:17.900 Reagan lives in Oregon

NOTE Confidence: 0.8456821875

00:02:17.900 --> 00:02:19.360 with her fiance Julianne,

NOTE Confidence: 0.8456821875

00:02:19.360 --> 00:02:21.999 and a rotating cast of foster dogs.

NOTE Confidence: 0.8456821875

00:02:22.000 --> 00:02:23.038 Please give her a warm welcome.

NOTE Confidence: 0.7997556125

00:02:25.000 --> 00:02:25.960 Thank you so much.

NOTE Confidence: 0.963404228571429

00:02:28.080 --> 00:02:29.277 Thank you so much for having me.

NOTE Confidence: 0.963404228571429

00:02:29.280 --> 00:02:30.620 The worst part about being a

NOTE Confidence: 0.963404228571429

00:02:30.620 --> 00:02:31.640 professional speaker is hearing

NOTE Confidence: 0.963404228571429

00:02:31.640 --> 00:02:33.320 your bio read over and over again.

NOTE Confidence: 0.963404228571429

00:02:33.320 --> 00:02:35.146 So thank you so much and thanks

NOTE Confidence: 0.963404228571429

00:02:35.146 --> 00:02:36.634 for all the work to bring me here.
NOTE Confidence: 0.963404228571429

00:02:36.640 --> 00:02:38.840 These things are no small feat to put
NOTE Confidence: 0.963404228571429

00:02:38.840 --> 00:02:40.720 together and I hugely appreciate it.
NOTE Confidence: 0.963404228571429

00:02:40.720 --> 00:02:41.896 So we're gonna talk a bit
NOTE Confidence: 0.963404228571429

00:02:41.896 --> 00:02:42.680 about healthcare for everybody.
NOTE Confidence: 0.963404228571429

00:02:42.680 --> 00:02:44.675 A couple things to start off with.
NOTE Confidence: 0.963404228571429

00:02:44.680 --> 00:02:45.919 First of all, I'm not a doctor.
NOTE Confidence: 0.963404228571429

00:02:45.920 --> 00:02:47.198 I don't play one on TV.
NOTE Confidence: 0.963404228571429

00:02:47.200 --> 00:02:48.915 My area of expertise is the research.
NOTE Confidence: 0.963404228571429

00:02:48.920 --> 00:02:50.220 I've been researching the intersections
NOTE Confidence: 0.963404228571429

00:02:50.220 --> 00:02:51.800 of weight science, weight stigma,
NOTE Confidence: 0.963404228571429

00:02:51.800 --> 00:02:54.200 and healthcare for about 20 years.
NOTE Confidence: 0.963404228571429

00:02:54.200 --> 00:02:56.423 And so my goal is to bring my research
NOTE Confidence: 0.963404228571429

00:02:56.423 --> 00:02:58.320 knowledge to help you in whatever you do,
NOTE Confidence: 0.963404228571429

00:02:58.320 --> 00:03:00.920 including if you're a practitioner,
NOTE Confidence: 0.963404228571429

00:03:00.920 --> 00:03:03.433 I may talk about things that are

NOTE Confidence: 0.963404228571429
00:03:03.433 --> 00:03:05.758 different than what you have learned,
NOTE Confidence: 0.963404228571429
00:03:05.760 --> 00:03:08.679 than what you have taught other people.
NOTE Confidence: 0.963404228571429
00:03:08.680 --> 00:03:10.535 And so in the 20 years that
NOTE Confidence: 0.963404228571429
00:03:10.535 --> 00:03:11.840 I've studied weight science,
NOTE Confidence: 0.963404228571429
00:03:11.840 --> 00:03:13.464 I can tell you I've had all
NOTE Confidence: 0.963404228571429
00:03:13.464 --> 00:03:14.160 the feelings right?
NOTE Confidence: 0.963404228571429
00:03:14.160 --> 00:03:15.345 Anger, defensiveness, denial.
NOTE Confidence: 0.963404228571429
00:03:15.345 --> 00:03:17.715 And so if that comes up,
NOTE Confidence: 0.963404228571429
00:03:17.720 --> 00:03:20.240 I just want to say that's incredibly valid.
NOTE Confidence: 0.963404228571429
00:03:20.240 --> 00:03:22.124 And also if it does, I offer that
NOTE Confidence: 0.963404228571429
00:03:22.124 --> 00:03:24.518 as an as an invitation to explore,
NOTE Confidence: 0.963404228571429
00:03:24.520 --> 00:03:25.600 right, to dig deeper.
NOTE Confidence: 0.963404228571429
00:03:25.600 --> 00:03:27.560 And I'm happy to help with that.
NOTE Confidence: 0.963404228571429
00:03:27.560 --> 00:03:29.515 That's my e-mail,
NOTE Confidence: 0.963404228571429
00:03:29.515 --> 00:03:29.750 reagan@wadeandhealthcare.com.
NOTE Confidence: 0.963404228571429

00:03:29.750 --> 00:03:31.160 You're welcome to e-mail me anytime.

NOTE Confidence: 0.963404228571429

00:03:31.160 --> 00:03:33.518 I pretty much live to talk about this stuff.

NOTE Confidence: 0.963404228571429

00:03:33.520 --> 00:03:35.347 I also want to say that when I talk

NOTE Confidence: 0.963404228571429

00:03:35.347 --> 00:03:37.124 about mistakes that are made around

NOTE Confidence: 0.963404228571429

00:03:37.124 --> 00:03:39.240 weight science and weight Sigma healthcare,

NOTE Confidence: 0.963404228571429

00:03:39.240 --> 00:03:41.102 I have typically made each and every

NOTE Confidence: 0.963404228571429

00:03:41.102 --> 00:03:43.040 one of these mistakes personally.

NOTE Confidence: 0.963404228571429

00:03:43.040 --> 00:03:44.576 And I don't think that people are making

NOTE Confidence: 0.963404228571429

00:03:44.576 --> 00:03:45.840 these mistakes typically out of malice.

NOTE Confidence: 0.963404228571429

00:03:45.840 --> 00:03:47.832 But I do think that there's a lot

NOTE Confidence: 0.963404228571429

00:03:47.832 --> 00:03:49.101 of misinformation that floats around

NOTE Confidence: 0.963404228571429

00:03:49.101 --> 00:03:51.062 and I do think that we've sort of

NOTE Confidence: 0.963404228571429

00:03:51.062 --> 00:03:53.200 built a paradigm on research that

NOTE Confidence: 0.963404228571429

00:03:53.200 --> 00:03:54.480 doesn't necessarily support it.

NOTE Confidence: 0.963404228571429

00:03:54.480 --> 00:03:56.280 And so that's what I'll talk about today.

NOTE Confidence: 0.963404228571429

00:03:56.280 --> 00:03:57.004 Most of my work,

NOTE Confidence: 0.963404228571429
00:03:57.004 --> 00:03:58.370 I think a lot about the Galileo
NOTE Confidence: 0.963404228571429
00:03:58.370 --> 00:03:59.959 story and we all know the whole,
NOTE Confidence: 0.963404228571429
00:03:59.960 --> 00:04:01.040 like, figured out the earth,
NOTE Confidence: 0.963404228571429
00:04:01.040 --> 00:04:02.280 revolved around the sun,
NOTE Confidence: 0.963404228571429
00:04:02.280 --> 00:04:03.520 put under house arrest,
NOTE Confidence: 0.963404228571429
00:04:03.520 --> 00:04:04.447 forced recant, terrible.
NOTE Confidence: 0.963404228571429
00:04:04.447 --> 00:04:06.610 The part of that story that most
NOTE Confidence: 0.963404228571429
00:04:06.669 --> 00:04:08.340 interests me is that Galileo's
NOTE Confidence: 0.963404228571429
00:04:08.340 --> 00:04:10.040 contemporaries are said to have
NOTE Confidence: 0.963404228571429
00:04:10.040 --> 00:04:12.318 refused to look through the telescope.
NOTE Confidence: 0.963404228571429
00:04:12.320 --> 00:04:14.144 So it's not that they were saying this
NOTE Confidence: 0.963404228571429
00:04:14.144 --> 00:04:16.076 telescope is poorly made or your math is off.
NOTE Confidence: 0.963404228571429
00:04:16.080 --> 00:04:16.980 They simply wouldn't look.
NOTE Confidence: 0.963404228571429
00:04:16.980 --> 00:04:19.524 And so a lot of my work is just asking
NOTE Confidence: 0.963404228571429
00:04:19.524 --> 00:04:21.234 people to look through the telescope.
NOTE Confidence: 0.83682990625

00:04:33.450 --> 00:04:36.850 Got it? Well, we can click this way.
NOTE Confidence: 0.83682990625

00:04:36.850 --> 00:04:37.966 There we go. OK. All right.
NOTE Confidence: 0.83682990625

00:04:37.970 --> 00:04:38.770 I want to start about,
NOTE Confidence: 0.83682990625

00:04:38.770 --> 00:04:39.850 start off talking about language.
NOTE Confidence: 0.83682990625

00:04:39.850 --> 00:04:41.330 And I also want to say this is going to
NOTE Confidence: 0.83682990625

00:04:41.369 --> 00:04:42.935 be about a 20 minute talk and then we're
NOTE Confidence: 0.83682990625

00:04:42.935 --> 00:04:44.363 going to do an interview and AQ and A.
NOTE Confidence: 0.83682990625

00:04:44.370 --> 00:04:45.980 And so this talk can go from
NOTE Confidence: 0.83682990625

00:04:45.980 --> 00:04:47.329 20 minutes to four hours.
NOTE Confidence: 0.83682990625

00:04:47.330 --> 00:04:48.370 So I'm really like condensing
NOTE Confidence: 0.83682990625

00:04:48.370 --> 00:04:49.410 down to the high point.
NOTE Confidence: 0.83682990625

00:04:49.410 --> 00:04:51.362 So again, there's a lot more to unpack
NOTE Confidence: 0.83682990625

00:04:51.362 --> 00:04:53.400 here and I welcome you to reach out to
NOTE Confidence: 0.83682990625

00:04:53.400 --> 00:04:55.446 me if you'd like to ever discuss this.
NOTE Confidence: 0.83682990625

00:04:55.450 --> 00:04:56.750 So obese and overweight.
NOTE Confidence: 0.83682990625

00:04:56.750 --> 00:04:58.700 These were terms that were literally

NOTE Confidence: 0.83682990625
00:04:58.757 --> 00:05:00.803 created for the express purpose of
NOTE Confidence: 0.83682990625
00:05:00.803 --> 00:05:02.617 pathologizing bodies based on shared
NOTE Confidence: 0.83682990625
00:05:02.617 --> 00:05:04.587 size rather than shared symptomatology
NOTE Confidence: 0.83682990625
00:05:04.587 --> 00:05:06.163 or cardio metabolic profile.
NOTE Confidence: 0.83682990625
00:05:06.170 --> 00:05:07.590 The origin of pathologizing
NOTE Confidence: 0.83682990625
00:05:07.590 --> 00:05:09.010 bodies based on size,
NOTE Confidence: 0.83682990625
00:05:09.010 --> 00:05:10.886 the origin of weight stigma in general,
NOTE Confidence: 0.83682990625
00:05:10.890 --> 00:05:12.245 the origin of the body
NOTE Confidence: 0.83682990625
00:05:12.245 --> 00:05:13.329 mass index in specific.
NOTE Confidence: 0.83682990625
00:05:13.330 --> 00:05:16.137 These things are rooted in an inextricable
NOTE Confidence: 0.83682990625
00:05:16.137 --> 00:05:18.450 from racism and anti blackness.
NOTE Confidence: 0.83682990625
00:05:18.450 --> 00:05:20.208 And I that's not my scholarship,
NOTE Confidence: 0.83682990625
00:05:20.210 --> 00:05:21.358 that's what I've learned.
NOTE Confidence: 0.83682990625
00:05:21.358 --> 00:05:22.506 And I absolutely recommend
NOTE Confidence: 0.83682990625
00:05:22.506 --> 00:05:23.450 reading Sabrina's Strings,
NOTE Confidence: 0.83682990625

00:05:23.450 --> 00:05:25.136 Fearing the Black Body and Deshawn
NOTE Confidence: 0.83682990625

00:05:25.136 --> 00:05:27.016 Harrison's Belly of the Beast to learn
NOTE Confidence: 0.83682990625

00:05:27.016 --> 00:05:28.647 more about how not only are these
NOTE Confidence: 0.83682990625

00:05:28.698 --> 00:05:30.610 things rooted in racism and anti blackness,
NOTE Confidence: 0.83682990625

00:05:30.610 --> 00:05:33.050 but they continue to disproportionately
NOTE Confidence: 0.83682990625

00:05:33.050 --> 00:05:35.002 impact those communities today.
NOTE Confidence: 0.83682990625

00:05:35.010 --> 00:05:36.774 So the impact of this idea of
NOTE Confidence: 0.83682990625

00:05:36.774 --> 00:05:38.032 pathologizing higher weight bodies has
NOTE Confidence: 0.83682990625

00:05:38.032 --> 00:05:39.635 been a tremendous amount of profit to
NOTE Confidence: 0.83682990625

00:05:39.635 --> 00:05:41.507 the weight loss industry who have been
NOTE Confidence: 0.83682990625

00:05:41.507 --> 00:05:43.118 the primary architects of this paradigm.
NOTE Confidence: 0.83682990625

00:05:43.118 --> 00:05:45.036 A lot of stigma and oppression to
NOTE Confidence: 0.83682990625

00:05:45.036 --> 00:05:47.047 the people in these classifications,
NOTE Confidence: 0.83682990625

00:05:47.050 --> 00:05:48.910 a lot of separation between higher
NOTE Confidence: 0.83682990625

00:05:48.910 --> 00:05:51.138 weight people and health and healthcare
NOTE Confidence: 0.83682990625

00:05:51.138 --> 00:05:52.527 and healthcare practitioners,

NOTE Confidence: 0.83682990625

00:05:52.530 --> 00:05:54.018 and basically no decrease in the

NOTE Confidence: 0.83682990625

00:05:54.018 --> 00:05:55.370 number of higher weight people.

NOTE Confidence: 0.83682990625

00:05:55.370 --> 00:05:56.014 In fact,

NOTE Confidence: 0.83682990625

00:05:56.014 --> 00:05:57.946 there's been a consistent increase in

NOTE Confidence: 0.83682990625

00:05:57.946 --> 00:06:00.008 the number of higher weight people.

NOTE Confidence: 0.83682990625

00:06:00.010 --> 00:06:01.075 So then there's person first

NOTE Confidence: 0.83682990625

00:06:01.075 --> 00:06:02.413 language and you may have heard

NOTE Confidence: 0.83682990625

00:06:02.413 --> 00:06:03.769 this idea as anti stigma language,

NOTE Confidence: 0.83682990625

00:06:03.770 --> 00:06:05.432 the idea that saying a person

NOTE Confidence: 0.83682990625

00:06:05.432 --> 00:06:07.474 with obesity or a person with

NOTE Confidence: 0.83682990625

00:06:07.474 --> 00:06:09.206 overweight is less stigmatizing.

NOTE Confidence: 0.83682990625

00:06:09.210 --> 00:06:10.682 And the first thing I want you to

NOTE Confidence: 0.83682990625

00:06:10.682 --> 00:06:12.724 know is that this did not come from

NOTE Confidence: 0.83682990625

00:06:12.724 --> 00:06:13.804 weight neutral health community,

NOTE Confidence: 0.83682990625

00:06:13.810 --> 00:06:15.490 it did not come from bad activism community.

NOTE Confidence: 0.83682990625

00:06:15.490 --> 00:06:16.254 This again,
NOTE Confidence: 0.83682990625

00:06:16.254 --> 00:06:18.928 came from the weight loss industry and
NOTE Confidence: 0.83682990625

00:06:18.928 --> 00:06:21.685 through the advocacy groups that they fund.
NOTE Confidence: 0.83682990625

00:06:21.690 --> 00:06:23.220 And so this the problem
NOTE Confidence: 0.83682990625

00:06:23.220 --> 00:06:24.444 with person first language,
NOTE Confidence: 0.83682990625

00:06:24.450 --> 00:06:25.602 besides the fact that it makes
NOTE Confidence: 0.83682990625

00:06:25.602 --> 00:06:26.661 us sort of unwitting marketers
NOTE Confidence: 0.83682990625

00:06:26.661 --> 00:06:27.886 for the weight loss industry,
NOTE Confidence: 0.83682990625

00:06:27.890 --> 00:06:29.516 is that it's actually more stigmatizing
NOTE Confidence: 0.83682990625

00:06:29.516 --> 00:06:31.225 because it means we talk about
NOTE Confidence: 0.83682990625

00:06:31.225 --> 00:06:32.365 higher weight bodies differently
NOTE Confidence: 0.83682990625

00:06:32.365 --> 00:06:34.249 than we talk about any other body.
NOTE Confidence: 0.83682990625

00:06:34.250 --> 00:06:34.916 We're never like,
NOTE Confidence: 0.83682990625

00:06:34.916 --> 00:06:36.026 oh thank goodness my friend
NOTE Confidence: 0.83682990625

00:06:36.026 --> 00:06:36.809 with tallness is here.
NOTE Confidence: 0.83682990625

00:06:36.810 --> 00:06:39.170 Now we can finally change that light bulb,

NOTE Confidence: 0.83682990625
00:06:39.170 --> 00:06:39.322 right?
NOTE Confidence: 0.83682990625
00:06:39.322 --> 00:06:40.234 Or my friend with blondness is
NOTE Confidence: 0.83682990625
00:06:40.234 --> 00:06:41.250 going to sit next to me or oh,
NOTE Confidence: 0.83682990625
00:06:41.250 --> 00:06:42.890 that man with thinness getting on the bus.
NOTE Confidence: 0.83682990625
00:06:42.890 --> 00:06:44.485 I believe I know him right.
NOTE Confidence: 0.83682990625
00:06:44.485 --> 00:06:46.130 That's not how we talk about bodies.
NOTE Confidence: 0.83682990625
00:06:46.130 --> 00:06:47.846 So when we suggest that higher
NOTE Confidence: 0.83682990625
00:06:47.846 --> 00:06:49.357 weight bodies that simply accurately
NOTE Confidence: 0.83682990625
00:06:49.357 --> 00:06:50.892 naming them is so stigmatizing
NOTE Confidence: 0.83682990625
00:06:50.892 --> 00:06:52.120 that it requires A
NOTE Confidence: 0.834680713043478
00:06:52.174 --> 00:06:53.248 semantic work around,
NOTE Confidence: 0.834680713043478
00:06:53.250 --> 00:06:56.690 that in fact is stigma.
NOTE Confidence: 0.834680713043478
00:06:56.690 --> 00:06:58.874 And so Person first language is roundly
NOTE Confidence: 0.834680713043478
00:06:58.874 --> 00:07:00.830 rejected by both weight neutral health
NOTE Confidence: 0.834680713043478
00:07:00.884 --> 00:07:02.769 community and fed activism community,
NOTE Confidence: 0.834680713043478

00:07:02.770 --> 00:07:03.655 anti stigma language.
NOTE Confidence: 0.834680713043478

00:07:03.655 --> 00:07:05.720 What we're looking for are terms that
NOTE Confidence: 0.834680713043478

00:07:05.770 --> 00:07:07.880 accurately describe these bodies without
NOTE Confidence: 0.834680713043478

00:07:07.880 --> 00:07:09.568 medicalizing or pathologizing them,
NOTE Confidence: 0.834680713043478

00:07:09.570 --> 00:07:11.334 and that we're not used as a taunt or
NOTE Confidence: 0.834680713043478

00:07:11.334 --> 00:07:13.169 slur in a way that could be triggering.
NOTE Confidence: 0.834680713043478

00:07:13.170 --> 00:07:14.640 And so those can be terms like
NOTE Confidence: 0.834680713043478

00:07:14.640 --> 00:07:15.649 higher weight people of size,
NOTE Confidence: 0.834680713043478

00:07:15.650 --> 00:07:18.830 larger bodies than we have fat.
NOTE Confidence: 0.834680713043478

00:07:18.830 --> 00:07:20.790 Fat is my preferred personal
NOTE Confidence: 0.834680713043478

00:07:20.790 --> 00:07:22.130 descriptor for a lot of reasons,
NOTE Confidence: 0.834680713043478

00:07:22.130 --> 00:07:24.254 but fat is a reclaiming term with all of
NOTE Confidence: 0.834680713043478

00:07:24.254 --> 00:07:26.328 the complexities that come with that.
NOTE Confidence: 0.834680713043478

00:07:26.330 --> 00:07:28.114 So there are people who could be defined
NOTE Confidence: 0.834680713043478

00:07:28.114 --> 00:07:30.130 as fat who reject that term completely,
NOTE Confidence: 0.834680713043478

00:07:30.130 --> 00:07:31.102 and that's totally valid.

NOTE Confidence: 0.834680713043478

00:07:31.102 --> 00:07:32.808 I like it because it's one of

NOTE Confidence: 0.834680713043478

00:07:32.808 --> 00:07:34.008 the ways I tell my bullies.

NOTE Confidence: 0.834680713043478

00:07:34.010 --> 00:07:35.970 They can't have my lunch money anymore,

NOTE Confidence: 0.834680713043478

00:07:35.970 --> 00:07:37.650 right? You can't offend me by

NOTE Confidence: 0.834680713043478

00:07:37.650 --> 00:07:38.770 accurately describing my body.

NOTE Confidence: 0.834680713043478

00:07:38.770 --> 00:07:39.658 And also, again,

NOTE Confidence: 0.834680713043478

00:07:39.658 --> 00:07:41.730 it doesn't medicalize or pathologize my body.

NOTE Confidence: 0.834680713043478

00:07:41.730 --> 00:07:43.210 Now, I'm not suggesting that

NOTE Confidence: 0.834680713043478

00:07:43.210 --> 00:07:44.952 you chart people as fat, right?

NOTE Confidence: 0.834680713043478

00:07:44.952 --> 00:07:47.048 But what I am saying is if someone

NOTE Confidence: 0.834680713043478

00:07:47.048 --> 00:07:48.375 describes themselves as fat in

NOTE Confidence: 0.834680713043478

00:07:48.375 --> 00:07:49.887 a neutral or a positive way,

NOTE Confidence: 0.834680713043478

00:07:49.890 --> 00:07:50.783 then we must never,

NOTE Confidence: 0.834680713043478

00:07:50.783 --> 00:07:51.845 never correct them.

NOTE Confidence: 0.834680713043478

00:07:51.845 --> 00:07:52.790 You're not fat.

NOTE Confidence: 0.834680713043478

00:07:52.790 --> 00:07:54.365 Don't call yourself fat because
NOTE Confidence: 0.834680713043478

00:07:54.365 --> 00:07:56.360 they in fact are fat no matter
NOTE Confidence: 0.834680713043478

00:07:56.360 --> 00:07:57.444 what we're calling them.
NOTE Confidence: 0.834680713043478

00:07:57.450 --> 00:07:59.178 So suggesting that again,
NOTE Confidence: 0.834680713043478

00:07:59.178 --> 00:08:00.906 accurately describing yourself as
NOTE Confidence: 0.834680713043478

00:08:00.906 --> 00:08:02.728 somehow offensive again is stigma.
NOTE Confidence: 0.834680713043478

00:08:02.730 --> 00:08:04.277 And this is an issue that happens
NOTE Confidence: 0.834680713043478

00:08:04.277 --> 00:08:06.306 in a lot of weight stigma research
NOTE Confidence: 0.834680713043478

00:08:06.306 --> 00:08:08.268 where that weight stigma research is
NOTE Confidence: 0.834680713043478

00:08:08.322 --> 00:08:10.410 actually rooted in anti fatness, right.
NOTE Confidence: 0.834680713043478

00:08:10.410 --> 00:08:12.810 So what We'll start the obesity
NOTE Confidence: 0.834680713043478

00:08:12.810 --> 00:08:14.010 epidemic continues unabated.
NOTE Confidence: 0.834680713043478

00:08:14.010 --> 00:08:15.424 You know there will be X number
NOTE Confidence: 0.834680713043478

00:08:15.424 --> 00:08:16.290 of obese people soon.
NOTE Confidence: 0.834680713043478

00:08:16.290 --> 00:08:16.661 Anyway,
NOTE Confidence: 0.834680713043478

00:08:16.661 --> 00:08:18.887 let's talk about not stigmatizing them,

NOTE Confidence: 0.834680713043478
00:08:18.890 --> 00:08:19.038 right.
NOTE Confidence: 0.834680713043478
00:08:19.038 --> 00:08:20.370 So it comes from a point of view of
NOTE Confidence: 0.834680713043478
00:08:20.412 --> 00:08:21.964 like we don't want to stigmatize fat people,
NOTE Confidence: 0.834680713043478
00:08:21.970 --> 00:08:23.332 but we definitely want to eradicate
NOTE Confidence: 0.834680713043478
00:08:23.332 --> 00:08:24.674 them from the earth and make
NOTE Confidence: 0.834680713043478
00:08:24.674 --> 00:08:25.644 sure no more ever exist.
NOTE Confidence: 0.834680713043478
00:08:25.650 --> 00:08:28.370 That's not an anti stigma point of view,
NOTE Confidence: 0.834680713043478
00:08:28.370 --> 00:08:28.587 right?
NOTE Confidence: 0.834680713043478
00:08:28.587 --> 00:08:29.889 And so all of that gets
NOTE Confidence: 0.834680713043478
00:08:29.889 --> 00:08:31.010 rooted into this language.
NOTE Confidence: 0.834680713043478
00:08:31.010 --> 00:08:32.314 So throughout this talk,
NOTE Confidence: 0.834680713043478
00:08:32.314 --> 00:08:34.610 I'll use higher weight in people's size,
NOTE Confidence: 0.834680713043478
00:08:34.610 --> 00:08:37.010 larger body and fat interchangeably.
NOTE Confidence: 0.834680713043478
00:08:37.010 --> 00:08:38.264 I'll use quote obese and quote
NOTE Confidence: 0.834680713043478
00:08:38.264 --> 00:08:39.609 overweight when I talk about the
NOTE Confidence: 0.834680713043478

00:08:39.609 --> 00:08:40.764 research that uses those terms.
NOTE Confidence: 0.834680713043478

00:08:40.770 --> 00:08:41.290 And I will not
NOTE Confidence: 0.9134460425

00:08:41.290 --> 00:08:42.290 use person first language.
NOTE Confidence: 0.957343476363636

00:08:43.490 --> 00:08:45.401 So in the 20 years that I've
NOTE Confidence: 0.957343476363636

00:08:45.401 --> 00:08:46.730 been studying weight science,
NOTE Confidence: 0.957343476363636

00:08:46.730 --> 00:08:48.542 there are some commonalities that I
NOTE Confidence: 0.957343476363636

00:08:48.542 --> 00:08:50.929 want to talk about within the research.
NOTE Confidence: 0.957343476363636

00:08:50.930 --> 00:08:52.400 The first basic premise error I see
NOTE Confidence: 0.957343476363636

00:08:52.400 --> 00:08:53.896 in a tremendous amount of the research
NOTE Confidence: 0.957343476363636

00:08:53.896 --> 00:08:55.436 is this idea that will have higher
NOTE Confidence: 0.957343476363636

00:08:55.436 --> 00:08:56.751 weight patients experience a health
NOTE Confidence: 0.957343476363636

00:08:56.751 --> 00:08:58.522 issue more often than thinner patients.
NOTE Confidence: 0.957343476363636

00:08:58.522 --> 00:09:00.658 Then it must be because they're
NOTE Confidence: 0.957343476363636

00:09:00.658 --> 00:09:01.961 higher weight and everybody knows
NOTE Confidence: 0.957343476363636

00:09:01.961 --> 00:09:03.143 from their first day in their
NOTE Confidence: 0.957343476363636

00:09:03.143 --> 00:09:04.208 first research methods class.

NOTE Confidence: 0.957343476363636
00:09:04.210 --> 00:09:06.490 This is a correlation causation error.
NOTE Confidence: 0.957343476363636
00:09:06.490 --> 00:09:08.030 And this is complicated in
NOTE Confidence: 0.957343476363636
00:09:08.030 --> 00:09:09.262 healthcare research because we
NOTE Confidence: 0.957343476363636
00:09:09.262 --> 00:09:10.890 use correlation all the time,
NOTE Confidence: 0.957343476363636
00:09:10.890 --> 00:09:13.618 but it's not responsible to do that without
NOTE Confidence: 0.957343476363636
00:09:13.618 --> 00:09:15.489 actually investigating confounding variables.
NOTE Confidence: 0.957343476363636
00:09:15.490 --> 00:09:17.775 What else could be affecting
NOTE Confidence: 0.957343476363636
00:09:17.775 --> 00:09:18.689 this relationship?
NOTE Confidence: 0.957343476363636
00:09:18.690 --> 00:09:21.490 And here we have weight, weight stigma,
NOTE Confidence: 0.957343476363636
00:09:21.490 --> 00:09:23.290 weight cycling and healthcare inequalities,
NOTE Confidence: 0.957343476363636
00:09:23.290 --> 00:09:24.725 which we'll talk about in a moment.
NOTE Confidence: 0.957343476363636
00:09:24.730 --> 00:09:26.310 And there's also surveillance
NOTE Confidence: 0.957343476363636
00:09:26.310 --> 00:09:28.158 bias and testing rate, right?
NOTE Confidence: 0.957343476363636
00:09:28.158 --> 00:09:29.766 So if higher weight people are,
NOTE Confidence: 0.957343476363636
00:09:29.770 --> 00:09:31.050 as we find in research,
NOTE Confidence: 0.957343476363636

00:09:31.050 --> 00:09:32.630 often have their blood pressure
NOTE Confidence: 0.957343476363636

00:09:32.630 --> 00:09:34.210 taken with A2 small cuff,
NOTE Confidence: 0.957343476363636

00:09:34.210 --> 00:09:36.010 which gives an artificially elevated reading,
NOTE Confidence: 0.957343476363636

00:09:36.010 --> 00:09:37.210 and then we say, wow,
NOTE Confidence: 0.957343476363636

00:09:37.210 --> 00:09:38.890 those people have a lot of hypertension.
NOTE Confidence: 0.957343476363636

00:09:38.890 --> 00:09:40.415 That's an example of surveillance
NOTE Confidence: 0.957343476363636

00:09:40.415 --> 00:09:41.330 or testing bias.
NOTE Confidence: 0.957343476363636

00:09:41.330 --> 00:09:42.674 If we test higher weight people
NOTE Confidence: 0.957343476363636

00:09:42.674 --> 00:09:44.320 early and often for type 2 diabetes
NOTE Confidence: 0.957343476363636

00:09:44.320 --> 00:09:45.724 and we don't test thin patients,
NOTE Confidence: 0.957343476363636

00:09:45.730 --> 00:09:47.605 that's an example of surveillance
NOTE Confidence: 0.957343476363636

00:09:47.605 --> 00:09:48.730 or testing bias.
NOTE Confidence: 0.957343476363636

00:09:48.730 --> 00:09:50.445 The second basic premise error is OK.
NOTE Confidence: 0.957343476363636

00:09:50.450 --> 00:09:50.742 Well,
NOTE Confidence: 0.957343476363636

00:09:50.742 --> 00:09:52.202 if higher weight patients experience
NOTE Confidence: 0.957343476363636

00:09:52.202 --> 00:09:53.690 a health condition more often,

NOTE Confidence: 0.957343476363636
00:09:53.690 --> 00:09:54.710 or if a healthcare intervention
NOTE Confidence: 0.957343476363636
00:09:54.710 --> 00:09:55.730 is less effective for them,
NOTE Confidence: 0.957343476363636
00:09:55.730 --> 00:09:57.674 then the solution is to make
NOTE Confidence: 0.957343476363636
00:09:57.674 --> 00:09:58.970 them into thinner patients.
NOTE Confidence: 0.957343476363636
00:09:58.970 --> 00:10:00.881 So using weight as a proxy for
NOTE Confidence: 0.957343476363636
00:10:00.881 --> 00:10:02.076 health becomes problematic really
NOTE Confidence: 0.957343476363636
00:10:02.076 --> 00:10:03.706 quickly because no matter what
NOTE Confidence: 0.957343476363636
00:10:03.706 --> 00:10:05.250 definition someone's trying to use,
NOTE Confidence: 0.957343476363636
00:10:05.250 --> 00:10:07.042 whether it's BMI, waist,
NOTE Confidence: 0.957343476363636
00:10:07.042 --> 00:10:08.786 circumference, you know,
NOTE Confidence: 0.957343476363636
00:10:08.786 --> 00:10:10.730 percentage of adiposity,
NOTE Confidence: 0.957343476363636
00:10:10.730 --> 00:10:11.690 we still have the same issue,
NOTE Confidence: 0.957343476363636
00:10:11.690 --> 00:10:13.615 which is that you can have people
NOTE Confidence: 0.957343476363636
00:10:13.615 --> 00:10:16.199 who have those exact same traits with
NOTE Confidence: 0.957343476363636
00:10:16.199 --> 00:10:18.319 vastly different health statuses and
NOTE Confidence: 0.957343476363636

00:10:18.319 --> 00:10:20.528 symptomatology and cardio metabolic profiles.

NOTE Confidence: 0.957343476363636

00:10:20.530 --> 00:10:22.792 You can have people with vastly

NOTE Confidence: 0.957343476363636

00:10:22.792 --> 00:10:24.114 different weight, BMI,

NOTE Confidence: 0.957343476363636

00:10:24.114 --> 00:10:25.058 waist, circumference,

NOTE Confidence: 0.957343476363636

00:10:25.058 --> 00:10:25.530 etcetera,

NOTE Confidence: 0.957343476363636

00:10:25.530 --> 00:10:28.540 with the exact same health status and

NOTE Confidence: 0.957343476363636

00:10:28.540 --> 00:10:31.129 symptomatology and cardio metabolic profile.

NOTE Confidence: 0.957343476363636

00:10:31.130 --> 00:10:31.419 Also,

NOTE Confidence: 0.957343476363636

00:10:31.419 --> 00:10:32.864 people experience weight changes without

NOTE Confidence: 0.957343476363636

00:10:32.864 --> 00:10:34.402 health changes and they experience

NOTE Confidence: 0.957343476363636

00:10:34.402 --> 00:10:36.087 health changes without weight changes.

NOTE Confidence: 0.957343476363636

00:10:36.090 --> 00:10:37.362 And So what this becomes is

NOTE Confidence: 0.957343476363636

00:10:37.362 --> 00:10:38.210 sort of like saying,

NOTE Confidence: 0.957343476363636

00:10:38.210 --> 00:10:38.469 well,

NOTE Confidence: 0.957343476363636

00:10:38.469 --> 00:10:40.023 we know that CIS male pattern

NOTE Confidence: 0.957343476363636

00:10:40.023 --> 00:10:41.220 baldness is incredibly highly

NOTE Confidence: 0.957343476363636
00:10:41.220 --> 00:10:42.688 correlated with cardiac incidents.
NOTE Confidence: 0.957343476363636
00:10:42.690 --> 00:10:44.268 So the obvious solution is to
NOTE Confidence: 0.957343476363636
00:10:44.268 --> 00:10:45.929 get these folks to grow hair.
NOTE Confidence: 0.957343476363636
00:10:45.930 --> 00:10:46.862 It's the obvious difference.
NOTE Confidence: 0.957343476363636
00:10:46.862 --> 00:10:49.008 Like we've got to have a war on baldness.
NOTE Confidence: 0.957343476363636
00:10:49.010 --> 00:10:50.450 We've got to fix this,
NOTE Confidence: 0.957343476363636
00:10:50.450 --> 00:10:51.750 and that's what happens.
NOTE Confidence: 0.957343476363636
00:10:51.750 --> 00:10:52.725 It sounds ridiculous,
NOTE Confidence: 0.957343476363636
00:10:52.730 --> 00:10:53.470 and it is ridiculous,
NOTE Confidence: 0.957343476363636
00:10:53.470 --> 00:10:54.210 but in many ways,
NOTE Confidence: 0.957343476363636
00:10:54.210 --> 00:10:55.290 when you dig into weight signs,
NOTE Confidence: 0.957343476363636
00:10:55.290 --> 00:10:56.646 this is exactly what is happening.
NOTE Confidence: 0.951645212857143
00:10:58.690 --> 00:11:00.965 So in looking at those confounding variables,
NOTE Confidence: 0.951645212857143
00:11:00.970 --> 00:11:03.268 there's often in this weight science
NOTE Confidence: 0.951645212857143
00:11:03.268 --> 00:11:05.569 research a deep failure to control.
NOTE Confidence: 0.951645212857143

00:11:05.570 --> 00:11:07.754 So the first is controlling for
NOTE Confidence: 0.951645212857143

00:11:07.754 --> 00:11:09.770 the effects of weight stigma.
NOTE Confidence: 0.951645212857143

00:11:09.770 --> 00:11:10.974 Munich found that experiencing
NOTE Confidence: 0.951645212857143

00:11:10.974 --> 00:11:12.479 weight stigma over time was
NOTE Confidence: 0.951645212857143

00:11:12.479 --> 00:11:13.862 associated with increased rates of
NOTE Confidence: 0.951645212857143

00:11:13.862 --> 00:11:15.410 blood pressure and type 2 diabetes.
NOTE Confidence: 0.8445568275

00:11:17.810 --> 00:11:19.410 Sudentanol found that perceived weight
NOTE Confidence: 0.8445568275

00:11:19.410 --> 00:11:21.010 discrimination was associated with an
NOTE Confidence: 0.8445568275

00:11:21.054 --> 00:11:24.130 increase in mortality risk of nearly 60%.
NOTE Confidence: 0.8445568275

00:11:24.130 --> 00:11:25.450 And Munich, in a separate study,
NOTE Confidence: 0.8445568275

00:11:25.450 --> 00:11:27.305 found that the difference between
NOTE Confidence: 0.8445568275

00:11:27.305 --> 00:11:29.911 actual and desired body weight was a
NOTE Confidence: 0.8445568275

00:11:29.911 --> 00:11:31.963 stronger predictor of physical and mental
NOTE Confidence: 0.8445568275

00:11:31.963 --> 00:11:34.050 health than actual body mass index.
NOTE Confidence: 0.8445568275

00:11:34.050 --> 00:11:35.169 Right? And typically,
NOTE Confidence: 0.8445568275

00:11:35.169 --> 00:11:37.394 weight stigma is often not even mentioned,

NOTE Confidence: 0.8445568275

00:11:37.394 --> 00:11:39.050 let alone controlled for in studies

NOTE Confidence: 0.8445568275

00:11:39.097 --> 00:11:40.699 that claim to find a relationship

NOTE Confidence: 0.8445568275

00:11:40.699 --> 00:11:42.130 between weight and health issues.

NOTE Confidence: 0.895341302

00:11:44.370 --> 00:11:46.210 Then we've got weight cycling.

NOTE Confidence: 0.895341302

00:11:46.210 --> 00:11:47.878 So Gaysern and Gotti found that

NOTE Confidence: 0.895341302

00:11:47.878 --> 00:11:49.324 the risks associated with weight

NOTE Confidence: 0.895341302

00:11:49.324 --> 00:11:51.270 cycling are very much the same as

NOTE Confidence: 0.895341302

00:11:51.270 --> 00:11:52.808 those associated with quote obesity,

NOTE Confidence: 0.895341302

00:11:52.810 --> 00:11:54.735 bacon and AD for more found weight

NOTE Confidence: 0.895341302

00:11:54.735 --> 00:11:56.809 cycling results in increased inflammation,

NOTE Confidence: 0.895341302

00:11:56.810 --> 00:11:57.806 which in turn is known to

NOTE Confidence: 0.895341302

00:11:57.806 --> 00:11:58.690 increase the risk for many,

NOTE Confidence: 0.895341302

00:11:58.690 --> 00:12:01.494 quote UN quote obesity associated diseases.

NOTE Confidence: 0.895341302

00:12:01.494 --> 00:12:03.198 And it's important to understand that

NOTE Confidence: 0.895341302

00:12:03.198 --> 00:12:05.473 when we talk about weight related or

NOTE Confidence: 0.895341302

00:12:05.473 --> 00:12:06.845 quote obesity associated diseases,
NOTE Confidence: 0.895341302

00:12:06.850 --> 00:12:08.440 we're talking about diseases that
NOTE Confidence: 0.895341302

00:12:08.440 --> 00:12:11.140 people of all sizes have that get called
NOTE Confidence: 0.895341302

00:12:11.140 --> 00:12:12.895 weight related or obesity associated
NOTE Confidence: 0.895341302

00:12:12.895 --> 00:12:14.969 when higher weight people have them.
NOTE Confidence: 0.895341302

00:12:14.970 --> 00:12:16.625 Research also indicates that weight
NOTE Confidence: 0.895341302

00:12:16.625 --> 00:12:18.732 fluctuation or weight cycling is associated
NOTE Confidence: 0.895341302

00:12:18.732 --> 00:12:20.727 with poor cardiovascular outcomes and
NOTE Confidence: 0.895341302

00:12:20.727 --> 00:12:22.323 increased overall mortality risk.
NOTE Confidence: 0.895341302

00:12:22.330 --> 00:12:23.224 And in fact,
NOTE Confidence: 0.895341302

00:12:23.224 --> 00:12:25.012 Bacon and Aftermore found that weight
NOTE Confidence: 0.895341302

00:12:25.012 --> 00:12:27.105 cycling could account for all of the
NOTE Confidence: 0.895341302

00:12:27.105 --> 00:12:28.586 excess mortality that was associated with,
NOTE Confidence: 0.895341302

00:12:28.586 --> 00:12:29.970 quote, obesity in both the
NOTE Confidence: 0.895341302

00:12:29.970 --> 00:12:31.130 Framingham and the Enhanes.
NOTE Confidence: 0.793548386666667

00:12:33.610 --> 00:12:35.500 And this is important because about a

NOTE Confidence: 0.793548386666667
00:12:35.500 --> 00:12:36.992 century of research from Stunkred ET
NOTE Confidence: 0.793548386666667
00:12:36.992 --> 00:12:39.006 al in 1959 that actually looked at the
NOTE Confidence: 0.793548386666667
00:12:39.006 --> 00:12:40.874 previous 30 years of research to at
NOTE Confidence: 0.793548386666667
00:12:40.874 --> 00:12:43.066 least Gazer and Angadi in 2021 found
NOTE Confidence: 0.793548386666667
00:12:43.066 --> 00:12:46.076 that the most common outcome by far
NOTE Confidence: 0.793548386666667
00:12:46.076 --> 00:12:48.085 of intentional weight loss attempts is
NOTE Confidence: 0.793548386666667
00:12:48.085 --> 00:12:50.457 short term weight loss and then long
NOTE Confidence: 0.793548386666667
00:12:50.457 --> 00:12:52.683 term weight regain which is weight cycling.
NOTE Confidence: 0.793548386666667
00:12:52.690 --> 00:12:55.070 So for about 100 years we've been
NOTE Confidence: 0.793548386666667
00:12:55.070 --> 00:12:56.511 prescribing these healthcare interventions
NOTE Confidence: 0.793548386666667
00:12:56.511 --> 00:12:59.045 right where the majority of people lose
NOTE Confidence: 0.793548386666667
00:12:59.045 --> 00:13:01.087 weight short term and and regain it.
NOTE Confidence: 0.793548386666667
00:13:01.090 --> 00:13:03.775 So we've been prescribing weight
NOTE Confidence: 0.793548386666667
00:13:03.775 --> 00:13:05.567 cycling essentially and then finally
NOTE Confidence: 0.793548386666667
00:13:05.567 --> 00:13:07.240 we have lack of access to ethical
NOTE Confidence: 0.793548386666667

00:13:07.287 --> 00:13:08.529 evidence based healthcare.
NOTE Confidence: 0.793548386666667

00:13:08.530 --> 00:13:10.650 And so here we can talk about practitioner
NOTE Confidence: 0.793548386666667

00:13:10.650 --> 00:13:12.540 bias and that is of course both
NOTE Confidence: 0.793548386666667

00:13:12.540 --> 00:13:14.210 implicit and explicit is an issue.
NOTE Confidence: 0.793548386666667

00:13:14.210 --> 00:13:15.330 But it goes beyond that.
NOTE Confidence: 0.793548386666667

00:13:15.330 --> 00:13:17.294 Most research doesn't include
NOTE Confidence: 0.793548386666667

00:13:17.294 --> 00:13:18.767 higher weight people.
NOTE Confidence: 0.793548386666667

00:13:18.770 --> 00:13:20.870 I was just speaking at a conference
NOTE Confidence: 0.793548386666667

00:13:20.870 --> 00:13:22.377 for anesthesiologists and and looking
NOTE Confidence: 0.793548386666667

00:13:22.377 --> 00:13:24.045 at like 30 years of anesthesia
NOTE Confidence: 0.793548386666667

00:13:24.045 --> 00:13:24.638 research repeatedly.
NOTE Confidence: 0.793548386666667

00:13:24.638 --> 00:13:26.486 They would create guidelines and the
NOTE Confidence: 0.793548386666667

00:13:26.486 --> 00:13:27.890 guidelines would start by saying,
NOTE Confidence: 0.793548386666667

00:13:27.890 --> 00:13:28.450 you know,
NOTE Confidence: 0.793548386666667

00:13:28.450 --> 00:13:29.850 guidelines for higher weight people.
NOTE Confidence: 0.793548386666667

00:13:29.850 --> 00:13:31.008 And they would start by saying,

NOTE Confidence: 0.793548386666667
00:13:31.010 --> 00:13:32.595 well, we know that pharmacokinetics
NOTE Confidence: 0.793548386666667
00:13:32.595 --> 00:13:33.863 and pharmacodynamics are different
NOTE Confidence: 0.793548386666667
00:13:33.863 --> 00:13:35.129 for higher weight people,
NOTE Confidence: 0.793548386666667
00:13:35.130 --> 00:13:37.027 but we're not sure how because they're
NOTE Confidence: 0.793548386666667
00:13:37.027 --> 00:13:38.409 typically excluded from drug trials.
NOTE Confidence: 0.793548386666667
00:13:38.410 --> 00:13:39.090 Anyway,
NOTE Confidence: 0.793548386666667
00:13:39.090 --> 00:13:41.330 here's some guidelines, right?
NOTE Confidence: 0.793548386666667
00:13:41.330 --> 00:13:42.330 And so instead of saying,
NOTE Confidence: 0.793548386666667
00:13:42.330 --> 00:13:42.922 dear God,
NOTE Confidence: 0.793548386666667
00:13:42.922 --> 00:13:45.290 we need to do studies that actually include
NOTE Confidence: 0.793548386666667
00:13:45.354 --> 00:13:47.370 higher weight people so that we know
NOTE Confidence: 0.793548386666667
00:13:47.370 --> 00:13:49.127 how this medication works in their bodies,
NOTE Confidence: 0.793548386666667
00:13:49.130 --> 00:13:51.090 they simply sort of shrug it off.
NOTE Confidence: 0.793548386666667
00:13:51.090 --> 00:13:53.194 And this is an example of both weight
NOTE Confidence: 0.793548386666667
00:13:53.194 --> 00:13:55.210 stigma and the healthcare inequality,
NOTE Confidence: 0.793548386666667

00:13:55.210 --> 00:13:57.604 the outcomes of which will often be
NOTE Confidence: 0.793548386666667

00:13:57.604 --> 00:14:00.209 blamed on higher weight people's bodies.
NOTE Confidence: 0.793548386666667

00:14:00.210 --> 00:14:01.650 And then there's accommodation,
NOTE Confidence: 0.793548386666667

00:14:01.650 --> 00:14:02.010 right?
NOTE Confidence: 0.793548386666667

00:14:02.010 --> 00:14:03.588 Simply a chair in the waiting
NOTE Confidence: 0.793548386666667

00:14:03.588 --> 00:14:05.250 room that someone can sit in the
NOTE Confidence: 0.793548386666667

00:14:05.250 --> 00:14:06.450 correct size blood pressure cup,
NOTE Confidence: 0.793548386666667

00:14:06.450 --> 00:14:07.930 A correct size gown,
NOTE Confidence: 0.793548386666667

00:14:07.930 --> 00:14:10.445 a correct size MRI until healthcare actually
NOTE Confidence: 0.793548386666667

00:14:10.445 --> 00:14:12.170 accommodates people of higher weights,
NOTE Confidence: 0.793548386666667

00:14:12.170 --> 00:14:13.705 Until there's research so that
NOTE Confidence: 0.793548386666667

00:14:13.705 --> 00:14:15.709 the tools and best practices and
NOTE Confidence: 0.793548386666667

00:14:15.709 --> 00:14:17.373 pharmacotherapies that are developed
NOTE Confidence: 0.793548386666667

00:14:17.373 --> 00:14:19.037 through research are actually
NOTE Confidence: 0.793548386666667

00:14:19.037 --> 00:14:20.809 developed for higher weight people,
NOTE Confidence: 0.793548386666667

00:14:20.810 --> 00:14:22.800 we cannot possibly have equality.

NOTE Confidence: 0.793548386666667
00:14:22.800 --> 00:14:24.975 And blaming higher weight people
NOTE Confidence: 0.793548386666667
00:14:24.975 --> 00:14:26.385 for healthcare's failings is
NOTE Confidence: 0.793548386666667
00:14:26.385 --> 00:14:27.685 not just weight stigma,
NOTE Confidence: 0.793548386666667
00:14:27.690 --> 00:14:32.410 but it also then perpetuates weight stigma.
NOTE Confidence: 0.793548386666667
00:14:32.410 --> 00:14:33.957 So also there's an underlying tenant of
NOTE Confidence: 0.793548386666667
00:14:33.957 --> 00:14:36.007 a lot of care of higher weight people,
NOTE Confidence: 0.793548386666667
00:14:36.010 --> 00:14:37.914 including in the way that the FDA
NOTE Confidence: 0.793548386666667
00:14:37.914 --> 00:14:39.490 approves weight loss interventions,
NOTE Confidence: 0.793548386666667
00:14:39.490 --> 00:14:40.948 that it's worth risking higher weight
NOTE Confidence: 0.793548386666667
00:14:40.948 --> 00:14:42.335 people's lives and quality of life
NOTE Confidence: 0.793548386666667
00:14:42.335 --> 00:14:43.445 and attempts to make them thin.
NOTE Confidence: 0.793548386666667
00:14:43.450 --> 00:14:44.965 And it's particularly important to
NOTE Confidence: 0.793548386666667
00:14:44.965 --> 00:14:46.795 know that that's coming from this
NOTE Confidence: 0.793548386666667
00:14:46.795 --> 00:14:48.643 research that I was just talking about,
NOTE Confidence: 0.793548386666667
00:14:48.650 --> 00:14:50.330 where there's no control for weight stigma,
NOTE Confidence: 0.793548386666667

00:14:50.330 --> 00:14:52.810 weight cycling or healthcare inequalities,
NOTE Confidence: 0.793548386666667

00:14:52.810 --> 00:14:53.074 right?
NOTE Confidence: 0.793548386666667

00:14:53.074 --> 00:14:54.658 Where there's just a pile of
NOTE Confidence: 0.793548386666667

00:14:54.658 --> 00:14:55.780 research that correlates being
NOTE Confidence: 0.793548386666667

00:14:55.780 --> 00:14:57.210 higher weight with health issues.
NOTE Confidence: 0.793548386666667

00:14:57.210 --> 00:14:59.002 And then the conclusion is Oh well
NOTE Confidence: 0.793548386666667

00:14:59.002 --> 00:15:00.734 obviously it's so dangerous to be
NOTE Confidence: 0.793548386666667

00:15:00.734 --> 00:15:02.259 higher weight it's worth risking
NOTE Confidence: 0.793548386666667

00:15:02.259 --> 00:15:03.701 higher weight people's lives and
NOTE Confidence: 0.793548386666667

00:15:03.701 --> 00:15:05.521 quality of life to make them thin.
NOTE Confidence: 0.793548386666667

00:15:05.530 --> 00:15:07.420 So the bottom line here is that
NOTE Confidence: 0.793548386666667

00:15:07.420 --> 00:15:09.033 what are sometimes called weight
NOTE Confidence: 0.793548386666667

00:15:09.033 --> 00:15:10.898 related or quote obesity related
NOTE Confidence: 0.793548386666667

00:15:10.898 --> 00:15:12.017 conditions again might
NOTE Confidence: 0.920264419230769

00:15:12.071 --> 00:15:14.051 actually be weight stigma related
NOTE Confidence: 0.920264419230769

00:15:14.051 --> 00:15:16.198 conditions and or weight cycling

NOTE Confidence: 0.920264419230769
00:15:16.198 --> 00:15:18.383 related conditions and or healthcare
NOTE Confidence: 0.920264419230769
00:15:18.383 --> 00:15:20.090 inequality related conditions.
NOTE Confidence: 0.920264419230769
00:15:20.090 --> 00:15:21.285 And until these are controlled
NOTE Confidence: 0.920264419230769
00:15:21.285 --> 00:15:22.789 for we cannot possibly know or
NOTE Confidence: 0.920264419230769
00:15:22.789 --> 00:15:23.857 understand the relationship between
NOTE Confidence: 0.920264419230769
00:15:23.857 --> 00:15:25.530 body size or adiposity and health.
NOTE Confidence: 0.862637077407407
00:15:28.050 --> 00:15:30.185 So what we have currently is a
NOTE Confidence: 0.862637077407407
00:15:30.185 --> 00:15:32.051 blame game where healthcare and
NOTE Confidence: 0.862637077407407
00:15:32.051 --> 00:15:34.697 the weight loss industry create and
NOTE Confidence: 0.862637077407407
00:15:34.697 --> 00:15:36.986 perpetuate weight stigma and weight
NOTE Confidence: 0.862637077407407
00:15:36.986 --> 00:15:38.766 cycling and care inequalities.
NOTE Confidence: 0.862637077407407
00:15:38.770 --> 00:15:40.605 And then research blames the
NOTE Confidence: 0.862637077407407
00:15:40.605 --> 00:15:42.440 negative outcomes of that on
NOTE Confidence: 0.862637077407407
00:15:42.514 --> 00:15:44.450 higher weight people's bodies.
NOTE Confidence: 0.862637077407407
00:15:44.450 --> 00:15:45.840 And then those negative outcomes
NOTE Confidence: 0.862637077407407

00:15:45.840 --> 00:15:47.230 are used to justify additional
NOTE Confidence: 0.862637077407407

00:15:47.276 --> 00:15:48.956 weight stigma and weight cycling
NOTE Confidence: 0.862637077407407

00:15:48.956 --> 00:15:49.964 and healthcare inequalities.
NOTE Confidence: 0.862637077407407

00:15:49.970 --> 00:15:51.926 And we're caught in this loop.
NOTE Confidence: 0.862637077407407

00:15:51.930 --> 00:15:53.406 And again, I don't think people
NOTE Confidence: 0.862637077407407

00:15:53.406 --> 00:15:54.850 are doing this on purpose.
NOTE Confidence: 0.862637077407407

00:15:54.850 --> 00:15:57.552 I think often it's a matter of
NOTE Confidence: 0.862637077407407

00:15:57.552 --> 00:15:58.603 paradigm entrenchment, right?
NOTE Confidence: 0.862637077407407

00:15:58.603 --> 00:15:59.968 Not looking through the telescope,
NOTE Confidence: 0.862637077407407

00:15:59.970 --> 00:16:01.887 being so sure that this must be the way
NOTE Confidence: 0.862637077407407

00:16:01.887 --> 00:16:03.924 it is that we don't ask the questions.
NOTE Confidence: 0.907362086666667

00:16:06.290 --> 00:16:07.946 And so then I want to talk real quickly
NOTE Confidence: 0.907362086666667

00:16:07.946 --> 00:16:09.369 about one claim that's very common.
NOTE Confidence: 0.907362086666667

00:16:09.370 --> 00:16:11.840 We hear, OK, 5 to 10% weight loss leads
NOTE Confidence: 0.907362086666667

00:16:11.840 --> 00:16:13.690 to clinically meaningful health benefits.
NOTE Confidence: 0.907362086666667

00:16:13.690 --> 00:16:15.550 And the first thing I want you to know is

NOTE Confidence: 0.907362086666667
00:16:15.595 --> 00:16:17.407 that that number came through attrition.
NOTE Confidence: 0.907362086666667
00:16:17.410 --> 00:16:19.090 It started with the metropolitan
NOTE Confidence: 0.907362086666667
00:16:19.090 --> 00:16:21.099 life tight weight tables where there
NOTE Confidence: 0.907362086666667
00:16:21.099 --> 00:16:22.968 was very specific if you are this,
NOTE Confidence: 0.907362086666667
00:16:22.970 --> 00:16:24.330 this height and this frame,
NOTE Confidence: 0.907362086666667
00:16:24.330 --> 00:16:26.450 you should weigh this amount.
NOTE Confidence: 0.907362086666667
00:16:26.450 --> 00:16:27.626 But they couldn't get people to lose
NOTE Confidence: 0.907362086666667
00:16:27.626 --> 00:16:28.690 anywhere near that amount of weight.
NOTE Confidence: 0.907362086666667
00:16:28.690 --> 00:16:30.170 So they moved to 20%,
NOTE Confidence: 0.907362086666667
00:16:30.170 --> 00:16:31.282 not through clinical trials,
NOTE Confidence: 0.907362086666667
00:16:31.282 --> 00:16:32.950 but because it was a round
NOTE Confidence: 0.907362086666667
00:16:33.002 --> 00:16:34.567 Number and it seemed memorable.
NOTE Confidence: 0.907362086666667
00:16:34.570 --> 00:16:36.270 But they couldn't get people to lose 20%.
NOTE Confidence: 0.907362086666667
00:16:36.270 --> 00:16:38.290 So they went to 10%, then five to 10.
NOTE Confidence: 0.907362086666667
00:16:38.290 --> 00:16:40.250 And recently I've seen three to five,
NOTE Confidence: 0.907362086666667

00:16:40.250 --> 00:16:41.972 an amount of weight I could lose
NOTE Confidence: 0.907362086666667

00:16:41.972 --> 00:16:43.889 with a haircut and a loofah, right,
NOTE Confidence: 0.907362086666667

00:16:43.889 --> 00:16:46.084 But always attaching this clinically
NOTE Confidence: 0.907362086666667

00:16:46.084 --> 00:16:48.529 meaningful health benefits phrase to the end.
NOTE Confidence: 0.907362086666667

00:16:48.530 --> 00:16:50.904 And so Man and Tomiama, I'm sorry,
NOTE Confidence: 0.907362086666667

00:16:50.904 --> 00:16:51.638 Tomiama, Osterman,
NOTE Confidence: 0.907362086666667

00:16:51.638 --> 00:16:54.170 Man in 2013 tested this to see,
NOTE Confidence: 0.907362086666667

00:16:54.170 --> 00:16:56.090 do these small amounts of weight
NOTE Confidence: 0.907362086666667

00:16:56.090 --> 00:16:57.370 loss actually create clinically
NOTE Confidence: 0.907362086666667

00:16:57.420 --> 00:16:58.770 meaningful health benefits?
NOTE Confidence: 0.907362086666667

00:16:58.770 --> 00:17:00.195 And what they found was
NOTE Confidence: 0.907362086666667

00:17:00.195 --> 00:17:01.050 in correlational analysis,
NOTE Confidence: 0.907362086666667

00:17:01.050 --> 00:17:02.690 we uncovered no clear relationship
NOTE Confidence: 0.907362086666667

00:17:02.690 --> 00:17:04.330 between weight loss and health
NOTE Confidence: 0.907362086666667

00:17:04.383 --> 00:17:06.047 outcomes related to hypertension,
NOTE Confidence: 0.907362086666667

00:17:06.050 --> 00:17:07.310 diabetes or cholesterol,

NOTE Confidence: 0.907362086666667
00:17:07.310 --> 00:17:09.410 calling into question whether weight
NOTE Confidence: 0.907362086666667
00:17:09.410 --> 00:17:11.601 change per SE had any causal role
NOTE Confidence: 0.907362086666667
00:17:11.601 --> 00:17:13.530 in the few effects of the diets.
NOTE Confidence: 0.907362086666667
00:17:13.530 --> 00:17:14.954 Increased exercise, healthier eating,
NOTE Confidence: 0.907362086666667
00:17:14.954 --> 00:17:16.378 engagement with the healthcare
NOTE Confidence: 0.907362086666667
00:17:16.378 --> 00:17:17.913 system and social support may
NOTE Confidence: 0.907362086666667
00:17:17.913 --> 00:17:19.208 have played a role instead.
NOTE Confidence: 0.907362086666667
00:17:19.210 --> 00:17:20.152 And So what we might actually
NOTE Confidence: 0.907362086666667
00:17:20.152 --> 00:17:21.050 be seeing is that people,
NOTE Confidence: 0.907362086666667
00:17:21.050 --> 00:17:22.675 when they engage in these
NOTE Confidence: 0.907362086666667
00:17:22.675 --> 00:17:23.650 weight loss interventions,
NOTE Confidence: 0.907362086666667
00:17:23.650 --> 00:17:25.350 they make behavior changes.
NOTE Confidence: 0.907362086666667
00:17:25.350 --> 00:17:27.050 They experience health changes
NOTE Confidence: 0.907362086666667
00:17:27.050 --> 00:17:29.137 and they experience typically
NOTE Confidence: 0.907362086666667
00:17:29.137 --> 00:17:30.889 temporary weight changes.
NOTE Confidence: 0.907362086666667

00:17:30.890 --> 00:17:32.504 And even though the weight changes
NOTE Confidence: 0.907362086666667

00:17:32.504 --> 00:17:34.290 are both small and simultaneous,
NOTE Confidence: 0.907362086666667

00:17:34.290 --> 00:17:35.400 we tend to credit them
NOTE Confidence: 0.907362086666667

00:17:35.400 --> 00:17:36.288 for the health changes,
NOTE Confidence: 0.907362086666667

00:17:36.290 --> 00:17:37.410 ignoring the behavior changes
NOTE Confidence: 0.907362086666667

00:17:37.410 --> 00:17:38.810 that preceded the health changes.
NOTE Confidence: 0.831971740769231

00:17:40.890 --> 00:17:42.912 And this is supported when we
NOTE Confidence: 0.831971740769231

00:17:42.912 --> 00:17:45.130 look at research like Klein ET al.
NOTE Confidence: 0.831971740769231

00:17:45.130 --> 00:17:47.858 So they looked at OK will large volume
NOTE Confidence: 0.831971740769231

00:17:47.858 --> 00:17:49.266 abdominal liposuction create these
NOTE Confidence: 0.831971740769231

00:17:49.266 --> 00:17:51.246 same improvements and they found that
NOTE Confidence: 0.831971740769231

00:17:51.246 --> 00:17:54.187 in fact they did not that large volume
NOTE Confidence: 0.831971740769231

00:17:54.187 --> 00:17:55.846 abdominal liposuction basically fat
NOTE Confidence: 0.831971740769231

00:17:55.846 --> 00:17:58.594 loss without behavior change does not
NOTE Confidence: 0.831971740769231

00:17:58.594 --> 00:18:00.892 significantly improve obesity associated
NOTE Confidence: 0.831971740769231

00:18:00.892 --> 00:18:03.210 metabolic abnormalities and again

NOTE Confidence: 0.831971740769231
00:18:03.210 --> 00:18:06.210 caveat on the quote obesity associated.
NOTE Confidence: 0.831971740769231
00:18:06.210 --> 00:18:08.930 And then we have this body of research
NOTE Confidence: 0.831971740769231
00:18:08.930 --> 00:18:11.330 that looks at retrospective studies.
NOTE Confidence: 0.831971740769231
00:18:11.330 --> 00:18:14.002 So we'll start with the way at all
NOTE Confidence: 0.831971740769231
00:18:14.002 --> 00:18:17.162 they looked at 25,714 adults, CIS men.
NOTE Confidence: 0.831971740769231
00:18:17.162 --> 00:18:18.279 Now in this study,
NOTE Confidence: 0.831971740769231
00:18:18.279 --> 00:18:19.377 as in almost every study that
NOTE Confidence: 0.831971740769231
00:18:19.377 --> 00:18:20.009 I'll talk about,
NOTE Confidence: 0.831971740769231
00:18:20.010 --> 00:18:21.865 there is no trans and non binary
NOTE Confidence: 0.831971740769231
00:18:21.865 --> 00:18:23.510 representation and there is an under
NOTE Confidence: 0.831971740769231
00:18:23.510 --> 00:18:24.845 representation of people of color.
NOTE Confidence: 0.831971740769231
00:18:24.850 --> 00:18:26.425 And that is a consistent issue that
NOTE Confidence: 0.831971740769231
00:18:26.425 --> 00:18:27.964 should never have happened and certainly
NOTE Confidence: 0.831971740769231
00:18:27.964 --> 00:18:29.602 should have been solved before now.
NOTE Confidence: 0.831971740769231
00:18:29.610 --> 00:18:30.762 But we see this.
NOTE Confidence: 0.831971740769231

00:18:30.762 --> 00:18:32.490 So they looked at the relationship
NOTE Confidence: 0.831971740769231

00:18:32.548 --> 00:18:34.363 between relative risk of all
NOTE Confidence: 0.831971740769231

00:18:34.363 --> 00:18:35.795 'cause mortality and body size.
NOTE Confidence: 0.831971740769231

00:18:35.795 --> 00:18:37.770 And if you look at these Gray bars,
NOTE Confidence: 0.831971740769231

00:18:37.770 --> 00:18:39.289 these are quote UN quote normal weight,
NOTE Confidence: 0.831971740769231

00:18:39.290 --> 00:18:40.615 quote UN quote overweight and
NOTE Confidence: 0.831971740769231

00:18:40.615 --> 00:18:42.577 quote UN quote obese CIS men who
NOTE Confidence: 0.831971740769231

00:18:42.577 --> 00:18:44.047 were not participating in fitness.
NOTE Confidence: 0.831971740769231

00:18:44.050 --> 00:18:45.954 And we can see the rise in all
NOTE Confidence: 0.831971740769231

00:18:45.954 --> 00:18:47.450 'cause mortality as body size rises.
NOTE Confidence: 0.831971740769231

00:18:47.450 --> 00:18:49.634 Now we cannot say that is caused
NOTE Confidence: 0.831971740769231

00:18:49.634 --> 00:18:50.570 by body size,
NOTE Confidence: 0.831971740769231

00:18:50.570 --> 00:18:52.250 again because of the possible confounders,
NOTE Confidence: 0.831971740769231

00:18:52.250 --> 00:18:54.406 but we do see that it's there.
NOTE Confidence: 0.831971740769231

00:18:54.410 --> 00:18:56.286 These red bars are CIS men who
NOTE Confidence: 0.831971740769231

00:18:56.286 --> 00:18:57.490 are participating in 170 minutes

NOTE Confidence: 0.831971740769231

00:18:57.490 --> 00:18:58.290 of movement a week.

NOTE Confidence: 0.831971740769231

00:18:58.290 --> 00:19:01.490 And what we see here is that their

NOTE Confidence: 0.831971740769231

00:19:01.490 --> 00:19:03.982 relative risk of all 'cause mortality was

NOTE Confidence: 0.831971740769231

00:19:03.982 --> 00:19:06.208 essentially the same regardless of size.

NOTE Confidence: 0.831971740769231

00:19:06.210 --> 00:19:07.650 Matheson and all took this further.

NOTE Confidence: 0.831971740769231

00:19:07.650 --> 00:19:10.705 They looked at 11,761 CIS men and women

NOTE Confidence: 0.831971740769231

00:19:10.705 --> 00:19:12.649 and they looked at 4 healthy habits,

NOTE Confidence: 0.831971740769231

00:19:12.650 --> 00:19:14.810 5 or more servings of fruits and vegetables,

NOTE Confidence: 0.831971740769231

00:19:14.810 --> 00:19:16.456 exercise more than 12 * a month

NOTE Confidence: 0.831971740769231

00:19:16.456 --> 00:19:18.240 alcohol up to 1 drink a day for

NOTE Confidence: 0.831971740769231

00:19:18.305 --> 00:19:19.992 CIS women and two drinks a day

NOTE Confidence: 0.831971740769231

00:19:19.992 --> 00:19:21.690 for CIS men and not smoking.

NOTE Confidence: 0.831971740769231

00:19:21.690 --> 00:19:22.964 And so here we have their graph.

NOTE Confidence: 0.831971740769231

00:19:22.970 --> 00:19:24.846 Y axis is the health hazard ratio.

NOTE Confidence: 0.831971740769231

00:19:24.850 --> 00:19:26.830 X axis is the number of those four healthy

NOTE Confidence: 0.831971740769231

00:19:26.830 --> 00:19:28.407 habits people were participating in,
NOTE Confidence: 0.831971740769231

00:19:28.410 --> 00:19:31.644 from none of them to all four.
NOTE Confidence: 0.831971740769231

00:19:31.650 --> 00:19:33.660 And then on top of each of those numbers are
NOTE Confidence: 0.831971740769231

00:19:33.713 --> 00:19:35.729 three bars for quote UN quote normal weight,
NOTE Confidence: 0.831971740769231

00:19:35.730 --> 00:19:36.954 quote UN quote overweight,
NOTE Confidence: 0.831971740769231

00:19:36.954 --> 00:19:38.484 and quote UN quote obese.
NOTE Confidence: 0.831971740769231

00:19:38.490 --> 00:19:39.930 We can see when people were
NOTE Confidence: 0.831971740769231

00:19:39.930 --> 00:19:41.449 participating in none of the habits,
NOTE Confidence: 0.831971740769231

00:19:41.450 --> 00:19:42.866 there was a pretty big striation
NOTE Confidence: 0.831971740769231

00:19:42.866 --> 00:19:43.810 among health hazard ratio.
NOTE Confidence: 0.831971740769231

00:19:43.810 --> 00:19:44.264 Once again,
NOTE Confidence: 0.831971740769231

00:19:44.264 --> 00:19:46.370 we cannot say this is caused by body size,
NOTE Confidence: 0.831971740769231

00:19:46.370 --> 00:19:48.288 but we do see that it's there.
NOTE Confidence: 0.831971740769231

00:19:48.290 --> 00:19:50.369 When people participated in just one of
NOTE Confidence: 0.831971740769231

00:19:50.369 --> 00:19:52.569 those habits that compressed significantly
NOTE Confidence: 0.831971740769231

00:19:52.570 --> 00:19:53.968 for those participating in all four,

NOTE Confidence: 0.831971740769231
00:19:53.970 --> 00:19:56.358 they had essentially the same health
NOTE Confidence: 0.831971740769231
00:19:56.358 --> 00:19:58.330 hazard ratio regardless of size.
NOTE Confidence: 0.831971740769231
00:19:58.330 --> 00:19:59.324 And this is what we see over
NOTE Confidence: 0.831971740769231
00:19:59.324 --> 00:20:00.170 and over and over again.
NOTE Confidence: 0.831971740769231
00:20:00.170 --> 00:20:02.767 If we actually take behaviors into account,
NOTE Confidence: 0.831971740769231
00:20:02.770 --> 00:20:04.366 they may well be a better predictor
NOTE Confidence: 0.831971740769231
00:20:04.366 --> 00:20:05.827 of current and future health than
NOTE Confidence: 0.831971740769231
00:20:05.827 --> 00:20:07.285 his body size or weight loss.
NOTE Confidence: 0.831971740769231
00:20:07.290 --> 00:20:08.550 So Gazer and Gaudi is the
NOTE Confidence: 0.831971740769231
00:20:08.550 --> 00:20:09.390 last study we looked
NOTE Confidence: 0.550387006909091
00:20:09.439 --> 00:20:11.570 at 2021. They looked at 225 studies,
NOTE Confidence: 0.550387006909091
00:20:11.570 --> 00:20:14.530 systematic reviews and meta analysis.
NOTE Confidence: 0.550387006909091
00:20:14.530 --> 00:20:15.802 And they were looking at the
NOTE Confidence: 0.550387006909091
00:20:15.802 --> 00:20:16.650 relationship between physical activity,
NOTE Confidence: 0.550387006909091
00:20:16.650 --> 00:20:17.802 cardiorespiratory fitness and health.
NOTE Confidence: 0.550387006909091

00:20:17.802 --> 00:20:19.863 And what they found was the mortality

NOTE Confidence: 0.550387006909091

00:20:19.863 --> 00:20:21.303 risk that gets associated with

NOTE Confidence: 0.550387006909091

00:20:21.303 --> 00:20:22.818 quote obesity is largely attenuated

NOTE Confidence: 0.550387006909091

00:20:22.818 --> 00:20:24.413 or eliminated by moderate to

NOTE Confidence: 0.550387006909091

00:20:24.413 --> 00:20:25.689 high levels of cardiorespiratory

NOTE Confidence: 0.550387006909091

00:20:25.690 --> 00:20:27.038 fitness or physical activity.

NOTE Confidence: 0.550387006909091

00:20:27.038 --> 00:20:29.060 They found most cardio metabolic risk

NOTE Confidence: 0.550387006909091

00:20:29.110 --> 00:20:31.081 factors that are associated with, quote,

NOTE Confidence: 0.550387006909091

00:20:31.081 --> 00:20:32.947 obesity can be improved with exercise

NOTE Confidence: 0.550387006909091

00:20:32.947 --> 00:20:34.436 training independent of weight loss

NOTE Confidence: 0.550387006909091

00:20:34.436 --> 00:20:36.200 and by a magnitude similar to that

NOTE Confidence: 0.550387006909091

00:20:36.200 --> 00:20:37.690 observed with weight loss programs.

NOTE Confidence: 0.550387006909091

00:20:37.690 --> 00:20:38.630 Which is really important because

NOTE Confidence: 0.550387006909091

00:20:38.630 --> 00:20:40.090 as we see with weight loss programs,

NOTE Confidence: 0.550387006909091

00:20:40.090 --> 00:20:42.449 the vast majority of people regain weight

NOTE Confidence: 0.550387006909091

00:20:42.449 --> 00:20:44.649 and lose cardio metabolic benefits.

NOTE Confidence: 0.550387006909091
00:20:44.650 --> 00:20:45.730 They found that weight loss,
NOTE Confidence: 0.550387006909091
00:20:45.730 --> 00:20:47.010 even if it was intentional,
NOTE Confidence: 0.550387006909091
00:20:47.010 --> 00:20:49.034 was not consistently associated
NOTE Confidence: 0.550387006909091
00:20:49.034 --> 00:20:51.564 with a lower mortality risk.
NOTE Confidence: 0.550387006909091
00:20:51.570 --> 00:20:53.155 They found that increases in
NOTE Confidence: 0.550387006909091
00:20:53.155 --> 00:20:54.423 cardiorespiratory fitness and physical
NOTE Confidence: 0.550387006909091
00:20:54.423 --> 00:20:55.715 activity are consistently associated
NOTE Confidence: 0.550387006909091
00:20:55.715 --> 00:20:57.260 with greater reductions in mortality
NOTE Confidence: 0.550387006909091
00:20:57.260 --> 00:20:59.050 risk than is intentional weight loss.
NOTE Confidence: 0.9506308483333333
00:21:01.210 --> 00:21:02.026 They found, again,
NOTE Confidence: 0.9506308483333333
00:21:02.026 --> 00:21:03.386 weight cycling is associated with
NOTE Confidence: 0.9506308483333333
00:21:03.386 --> 00:21:04.609 numerous adverse health outcomes,
NOTE Confidence: 0.9506308483333333
00:21:04.610 --> 00:21:05.579 including increased mortality.
NOTE Confidence: 0.9506308483333333
00:21:05.579 --> 00:21:07.517 And they posited that adherence to
NOTE Confidence: 0.9506308483333333
00:21:07.517 --> 00:21:09.248 physical activity might improve if
NOTE Confidence: 0.9506308483333333

00:21:09.248 --> 00:21:10.608 healthcare professionals emphasize to
NOTE Confidence: 0.950630848333333

00:21:10.608 --> 00:21:12.616 their patients the myriad benefits of
NOTE Confidence: 0.950630848333333

00:21:12.616 --> 00:21:13.892 physical activity and cardiorespiratory
NOTE Confidence: 0.950630848333333

00:21:13.892 --> 00:21:16.410 fitness in the absence of weight loss.
NOTE Confidence: 0.950630848333333

00:21:16.410 --> 00:21:18.090 Because what higher weight people are
NOTE Confidence: 0.950630848333333

00:21:18.090 --> 00:21:20.009 told is exercise makes you lose weight,
NOTE Confidence: 0.950630848333333

00:21:20.010 --> 00:21:21.650 which makes you healthier.
NOTE Confidence: 0.950630848333333

00:21:21.650 --> 00:21:22.706 And so people start an exercise
NOTE Confidence: 0.950630848333333

00:21:22.706 --> 00:21:23.834 program and they either lose a
NOTE Confidence: 0.950630848333333

00:21:23.834 --> 00:21:25.043 little bit of weight and gain it
NOTE Confidence: 0.950630848333333

00:21:25.043 --> 00:21:26.251 back or they don't lose weight at
NOTE Confidence: 0.950630848333333

00:21:26.251 --> 00:21:27.539 all and then they quit because they
NOTE Confidence: 0.950630848333333

00:21:27.539 --> 00:21:28.942 assume it's not working because
NOTE Confidence: 0.950630848333333

00:21:28.942 --> 00:21:30.760 they've been misled about the likely
NOTE Confidence: 0.950630848333333

00:21:30.817 --> 00:21:32.605 outcome and also about the benefits.
NOTE Confidence: 0.950630848333333

00:21:32.610 --> 00:21:34.262 It's important to understand

NOTE Confidence: 0.950630848333333
00:21:34.262 --> 00:21:35.945 the benefits of these health
NOTE Confidence: 0.950630848333333
00:21:35.945 --> 00:21:37.085 supporting behaviors are direct.
NOTE Confidence: 0.87366993
00:21:39.410 --> 00:21:41.048 So then we've got an RCT.
NOTE Confidence: 0.87366993
00:21:41.050 --> 00:21:43.409 So there's not a lot of randomized
NOTE Confidence: 0.87366993
00:21:43.409 --> 00:21:45.914 controlled trials of weight neutral
NOTE Confidence: 0.87366993
00:21:45.914 --> 00:21:47.739 health interventions and a big
NOTE Confidence: 0.87366993
00:21:47.739 --> 00:21:49.496 part of that is that so much of
NOTE Confidence: 0.87366993
00:21:49.496 --> 00:21:51.134 the funding is earmarked only for
NOTE Confidence: 0.87366993
00:21:51.134 --> 00:21:53.300 quote UN quote obesity treatment and
NOTE Confidence: 0.87366993
00:21:53.300 --> 00:21:55.290 prevention which is a huge issue.
NOTE Confidence: 0.87366993
00:21:55.290 --> 00:21:59.634 But Lindo Bacon ET all did a
NOTE Confidence: 0.87366993
00:21:59.634 --> 00:22:01.970 randomized controlled style trial.
NOTE Confidence: 0.87366993
00:22:01.970 --> 00:22:03.215 They looked at weight neutral
NOTE Confidence: 0.87366993
00:22:03.215 --> 00:22:04.211 intervention versus a behavior
NOTE Confidence: 0.87366993
00:22:04.211 --> 00:22:05.449 based weight loss intervention.
NOTE Confidence: 0.87366993

00:22:05.450 --> 00:22:07.179 It was a six month RCT with
NOTE Confidence: 0.87366993

00:22:07.179 --> 00:22:08.610 two years of follow up.
NOTE Confidence: 0.87366993

00:22:08.610 --> 00:22:09.519 At six months,
NOTE Confidence: 0.87366993

00:22:09.519 --> 00:22:12.203 41% of the diet group had quit and only
NOTE Confidence: 0.87366993

00:22:12.203 --> 00:22:15.369 8% of the weight neutral group had quit.
NOTE Confidence: 0.87366993

00:22:15.370 --> 00:22:16.378 At two years,
NOTE Confidence: 0.87366993

00:22:16.378 --> 00:22:18.730 50% of both groups returned for evaluation.
NOTE Confidence: 0.87366993

00:22:18.730 --> 00:22:19.890 Among the weight neutral group,
NOTE Confidence: 0.87366993

00:22:19.890 --> 00:22:21.570 they had maintained their weight,
NOTE Confidence: 0.87366993

00:22:21.570 --> 00:22:22.850 improved all outcome variables
NOTE Confidence: 0.87366993

00:22:22.850 --> 00:22:24.130 and sustained the improvements.
NOTE Confidence: 0.87366993

00:22:24.130 --> 00:22:25.129 Over 2 years,
NOTE Confidence: 0.87366993

00:22:25.129 --> 00:22:27.460 the diet group had regained their weight
NOTE Confidence: 0.87366993

00:22:27.526 --> 00:22:29.806 and little improvement was sustained,
NOTE Confidence: 0.87366993

00:22:29.810 --> 00:22:31.610 which is what the previous
NOTE Confidence: 0.87366993

00:22:31.610 --> 00:22:33.050 research would tell us.

NOTE Confidence: 0.87366993

00:22:33.050 --> 00:22:34.195 So what we're talking about

NOTE Confidence: 0.87366993

00:22:34.195 --> 00:22:35.690 here is a change in focus.

NOTE Confidence: 0.87366993

00:22:35.690 --> 00:22:37.226 Instead of focusing on manipulating the

NOTE Confidence: 0.87366993

00:22:37.226 --> 00:22:38.899 weight of fat patients and focusing on

NOTE Confidence: 0.87366993

00:22:38.899 --> 00:22:40.730 trying to figure out how to quote UN quote,

NOTE Confidence: 0.87366993

00:22:40.730 --> 00:22:43.607 treat existing in a higher weight body,

NOTE Confidence: 0.87366993

00:22:43.610 --> 00:22:45.266 we focus on supporting people's health

NOTE Confidence: 0.87366993

00:22:45.266 --> 00:22:46.970 at their current size in research,

NOTE Confidence: 0.87366993

00:22:46.970 --> 00:22:48.570 in tools and equipment,

NOTE Confidence: 0.87366993

00:22:48.570 --> 00:22:49.770 in practitioner training,

NOTE Confidence: 0.87366993

00:22:49.770 --> 00:22:51.995 from compassion and anti stigma

NOTE Confidence: 0.87366993

00:22:51.995 --> 00:22:53.330 to practice right.

NOTE Confidence: 0.87366993

00:22:53.330 --> 00:22:54.258 What do we have?

NOTE Confidence: 0.87366993

00:22:54.258 --> 00:22:55.650 What does the research actually tell

NOTE Confidence: 0.87366993

00:22:55.696 --> 00:22:57.272 us is the best thing for our patients

NOTE Confidence: 0.87366993

00:22:57.272 --> 00:22:58.847 who are higher weight to advocacy,
NOTE Confidence: 0.87366993

00:22:58.850 --> 00:23:00.872 which is advocating for the research
NOTE Confidence: 0.87366993

00:23:00.872 --> 00:23:03.432 We don't have right in advocating
NOTE Confidence: 0.87366993

00:23:03.432 --> 00:23:05.787 for equality in structural bias,
NOTE Confidence: 0.87366993

00:23:05.787 --> 00:23:07.569 including things like chairs and Mr.
NOTE Confidence: 0.87366993

00:23:07.570 --> 00:23:11.126 IS and blood pressure, cuffs and gowns.
NOTE Confidence: 0.87366993

00:23:11.130 --> 00:23:12.930 Best practices and informed consent
NOTE Confidence: 0.87366993

00:23:12.930 --> 00:23:14.370 around weight loss interventions.
NOTE Confidence: 0.87366993

00:23:14.370 --> 00:23:17.088 True informed consent.
NOTE Confidence: 0.87366993

00:23:17.090 --> 00:23:18.200 So best practices,
NOTE Confidence: 0.87366993

00:23:18.200 --> 00:23:18.570 sorry,
NOTE Confidence: 0.8945176811111111

00:23:21.250 --> 00:23:24.340 best practices include weigh in only
NOTE Confidence: 0.8945176811111111

00:23:24.340 --> 00:23:26.289 when medically necessary, right?
NOTE Confidence: 0.8945176811111111

00:23:26.289 --> 00:23:28.284 Rather than routine weigh insurance
NOTE Confidence: 0.8945176811111111

00:23:28.284 --> 00:23:30.770 between no 'cause patient disengagement,
NOTE Confidence: 0.8945176811111111

00:23:30.770 --> 00:23:32.516 allowing patients to decline with no

NOTE Confidence: 0.8945176811111111
00:23:32.516 --> 00:23:33.851 pushback, and considering signage,
NOTE Confidence: 0.8945176811111111
00:23:33.851 --> 00:23:35.239 and absolutely never offering
NOTE Confidence: 0.8945176811111111
00:23:35.239 --> 00:23:37.249 to guess a patient's weight.
NOTE Confidence: 0.8945176811111111
00:23:37.250 --> 00:23:38.489 The first time this happened to me,
NOTE Confidence: 0.8945176811111111
00:23:38.490 --> 00:23:39.550 I was so surprised.
NOTE Confidence: 0.8945176811111111
00:23:39.550 --> 00:23:42.089 I literally said this is not the County Fair.
NOTE Confidence: 0.8945176811111111
00:23:42.090 --> 00:23:44.166 You're not guessing my weight today.
NOTE Confidence: 0.8945176811111111
00:23:44.170 --> 00:23:45.830 And now what I say is either a number is
NOTE Confidence: 0.8945176811111111
00:23:45.873 --> 00:23:47.408 medically relevant or it's guessable.
NOTE Confidence: 0.8945176811111111
00:23:47.410 --> 00:23:48.607 And since you've told me it's guessable,
NOTE Confidence: 0.8945176811111111
00:23:48.610 --> 00:23:49.930 I know it's not medically relevant.
NOTE Confidence: 0.8658083383333333
00:23:52.570 --> 00:23:54.208 Look for inequalities and solve them.
NOTE Confidence: 0.8658083383333333
00:23:54.210 --> 00:23:56.380 In what ways are higher weight people
NOTE Confidence: 0.8658083383333333
00:23:56.380 --> 00:23:58.005 not having the same experience
NOTE Confidence: 0.8658083383333333
00:23:58.005 --> 00:23:59.883 in a space that you're in?
NOTE Confidence: 0.8658083383333333

00:23:59.890 --> 00:24:01.415 Right? Are there chairs that
NOTE Confidence: 0.8658083383333333

00:24:01.415 --> 00:24:02.696 would accommodate folks, sturdy,
NOTE Confidence: 0.8658083383333333

00:24:02.696 --> 00:24:04.526 armless chairs in love seats?
NOTE Confidence: 0.8658083383333333

00:24:04.530 --> 00:24:05.250 Are there gowns?
NOTE Confidence: 0.8658083383333333

00:24:05.250 --> 00:24:06.450 Are there blood pressure cuffs?
NOTE Confidence: 0.8658083383333333

00:24:06.450 --> 00:24:09.168 Is there only one thigh cuff?
NOTE Confidence: 0.8658083383333333

00:24:09.170 --> 00:24:10.689 And so anytime a higher weight patient
NOTE Confidence: 0.8658083383333333

00:24:10.689 --> 00:24:11.969 needs their blood pressure taken,
NOTE Confidence: 0.8658083383333333

00:24:11.970 --> 00:24:13.671 everybody has to run around and try
NOTE Confidence: 0.8658083383333333

00:24:13.671 --> 00:24:15.642 to find that one thigh cuff, right?
NOTE Confidence: 0.8658083383333333

00:24:15.642 --> 00:24:17.802 That's a procurement issue that's
NOTE Confidence: 0.8658083383333333

00:24:17.802 --> 00:24:20.100 pretty pretty easily solved if you're
NOTE Confidence: 0.8658083383333333

00:24:20.100 --> 00:24:21.525 tempted to prescribe weight loss,
NOTE Confidence: 0.8658083383333333

00:24:21.530 --> 00:24:22.626 asking ourselves, OK, well,
NOTE Confidence: 0.8658083383333333

00:24:22.626 --> 00:24:24.623 what would we do for a thin
NOTE Confidence: 0.8658083383333333

00:24:24.623 --> 00:24:26.405 person who has this health issue?

NOTE Confidence: 0.8658083383333333
00:24:26.410 --> 00:24:28.010 And have we tried that for this patient,
NOTE Confidence: 0.851712755714286
00:24:30.050 --> 00:24:31.946 choosing medications based on
NOTE Confidence: 0.851712755714286
00:24:31.946 --> 00:24:33.368 therapeutic effects first,
NOTE Confidence: 0.851712755714286
00:24:33.370 --> 00:24:36.065 not necessarily just weight impact 1st and
NOTE Confidence: 0.851712755714286
00:24:36.065 --> 00:24:39.006 also making sure to get informed consent.
NOTE Confidence: 0.851712755714286
00:24:39.010 --> 00:24:40.676 I'm hearing from a lot of patients
NOTE Confidence: 0.851712755714286
00:24:40.676 --> 00:24:42.945 now who are being told to try the new
NOTE Confidence: 0.851712755714286
00:24:42.945 --> 00:24:44.828 GLP one agonist weight loss drugs and
NOTE Confidence: 0.851712755714286
00:24:44.828 --> 00:24:46.490 when they ask about side effects,
NOTE Confidence: 0.851712755714286
00:24:46.490 --> 00:24:47.870 they're being told, well all drugs
NOTE Confidence: 0.851712755714286
00:24:47.870 --> 00:24:49.528 have side effects and it's no big deal.
NOTE Confidence: 0.851712755714286
00:24:49.530 --> 00:24:53.205 That is not an informed consent conversation
NOTE Confidence: 0.851712755714286
00:24:53.210 --> 00:24:54.770 creating a list of accommodating options.
NOTE Confidence: 0.851712755714286
00:24:54.770 --> 00:24:56.414 If you know that your facility
NOTE Confidence: 0.851712755714286
00:24:56.414 --> 00:24:58.050 doesn't have a large bore MRI,
NOTE Confidence: 0.851712755714286

00:24:58.050 --> 00:25:00.780 find out proactively what facility
NOTE Confidence: 0.851712755714286

00:25:00.780 --> 00:25:02.674 does and have a list of these things
NOTE Confidence: 0.851712755714286

00:25:02.674 --> 00:25:03.927 so that instead of just setting
NOTE Confidence: 0.851712755714286

00:25:03.927 --> 00:25:05.390 the patient out and saying we can't
NOTE Confidence: 0.851712755714286

00:25:05.434 --> 00:25:08.530 accommodate you saying here's the space,
NOTE Confidence: 0.851712755714286

00:25:08.530 --> 00:25:09.770 that can't.
NOTE Confidence: 0.851712755714286

00:25:09.770 --> 00:25:10.813 All right, so I'll finish this up
NOTE Confidence: 0.851712755714286

00:25:10.813 --> 00:25:11.850 and we'll go to the interview.
NOTE Confidence: 0.851712755714286

00:25:11.850 --> 00:25:12.490 I just want to say,
NOTE Confidence: 0.851712755714286

00:25:12.490 --> 00:25:14.280 even if I'm wrong and I have to
NOTE Confidence: 0.851712755714286

00:25:14.280 --> 00:25:15.090 say that right,
NOTE Confidence: 0.851712755714286

00:25:15.090 --> 00:25:17.506 every scientist has to say that even if
NOTE Confidence: 0.851712755714286

00:25:17.506 --> 00:25:20.082 higher weight patients could all become thin,
NOTE Confidence: 0.851712755714286

00:25:20.090 --> 00:25:21.250 even if by becoming thinner
NOTE Confidence: 0.851712755714286

00:25:21.250 --> 00:25:22.410 they would all become healthier,
NOTE Confidence: 0.851712755714286

00:25:22.410 --> 00:25:24.162 higher weight patients would still deserve

NOTE Confidence: 0.851712755714286
00:25:24.162 --> 00:25:25.889 equal accommodation and access to the world,
NOTE Confidence: 0.851712755714286
00:25:25.890 --> 00:25:26.610 including healthcare.
NOTE Confidence: 0.851712755714286
00:25:26.610 --> 00:25:28.770 Fat people have the right to
NOTE Confidence: 0.851712755714286
00:25:28.770 --> 00:25:30.210 exist without shame, stigma,
NOTE Confidence: 0.851712755714286
00:25:30.210 --> 00:25:31.170 bullying or oppression.
NOTE Confidence: 0.851712755714286
00:25:31.170 --> 00:25:33.090 It doesn't matter why they're fat.
NOTE Confidence: 0.851712755714286
00:25:33.090 --> 00:25:34.090 It doesn't matter if their
NOTE Confidence: 0.851712755714286
00:25:34.090 --> 00:25:35.090 health impacts of being fat.
NOTE Confidence: 0.851712755714286
00:25:35.090 --> 00:25:36.518 It doesn't matter if they could
NOTE Confidence: 0.851712755714286
00:25:36.518 --> 00:25:38.290 or even want to become thinner.
NOTE Confidence: 0.851712755714286
00:25:38.290 --> 00:25:38.994 The rights to life,
NOTE Confidence: 0.851712755714286
00:25:38.994 --> 00:25:39.170 liberty,
NOTE Confidence: 0.851712755714286
00:25:39.170 --> 00:25:40.375 and the pursuit of happiness are
NOTE Confidence: 0.851712755714286
00:25:40.375 --> 00:25:41.770 not and should not be size dependent.
NOTE Confidence: 0.88766302
00:25:44.490 --> 00:25:46.130 All right, so you're welcome to contact me.
NOTE Confidence: 0.88766302

00:25:46.130 --> 00:25:47.530 You can e-mail me, you can message me,
NOTE Confidence: 0.88766302

00:25:47.530 --> 00:25:48.610 you can find more resources.
NOTE Confidence: 0.88766302

00:25:48.610 --> 00:25:50.098 The Health at Every Size health
NOTE Confidence: 0.88766302

00:25:50.098 --> 00:25:51.090 sheets are weight neutral,
NOTE Confidence: 0.88766302

00:25:51.090 --> 00:25:52.414 diagnosis specific care guides.
NOTE Confidence: 0.88766302

00:25:52.414 --> 00:25:54.069 So you can literally download
NOTE Confidence: 0.88766302

00:25:54.069 --> 00:25:55.610 like Fatty Liver and see OK,
NOTE Confidence: 0.88766302

00:25:55.610 --> 00:25:56.658 what's the weight neutral
NOTE Confidence: 0.88766302

00:25:56.658 --> 00:25:57.968 option for caring for that.
NOTE Confidence: 0.88766302

00:25:57.970 --> 00:25:59.727 There's also a resource in research bank,
NOTE Confidence: 0.88766302

00:25:59.730 --> 00:26:01.602 so if you like me or a mega nerd,
NOTE Confidence: 0.88766302

00:26:01.610 --> 00:26:03.608 that's a good place to kind of dig in.
NOTE Confidence: 0.88766302

00:26:03.610 --> 00:26:04.780 And then Wade and Healthcare is
NOTE Confidence: 0.88766302

00:26:04.780 --> 00:26:06.079 my newsletter where I talk about
NOTE Confidence: 0.88766302

00:26:06.079 --> 00:26:07.284 these things pretty much endlessly.
NOTE Confidence: 0.88766302

00:26:07.290 --> 00:26:07.863 So thank you.

NOTE Confidence: 0.88766302

00:26:07.863 --> 00:26:10.130 I know this is a lot of information fast.

NOTE Confidence: 0.88766302

00:26:10.130 --> 00:26:11.386 Do please feel free to reach out to

NOTE Confidence: 0.88766302

00:26:11.386 --> 00:26:12.687 me with any questions or thoughts.

NOTE Confidence: 0.88766302

00:26:12.690 --> 00:26:14.447 And I'm looking forward to our interview.

NOTE Confidence: 0.836278402

00:26:38.290 --> 00:26:39.170 Can you guys hear me?

NOTE Confidence: 0.71170806

00:26:39.970 --> 00:26:41.610 Fantastic. Yours is working.

NOTE Confidence: 0.9551814533333333

00:26:41.850 --> 00:26:44.010 I think. So. Can you hear me?

NOTE Confidence: 0.9551814533333333

00:26:44.010 --> 00:26:44.850 Perfect. Thank you.

NOTE Confidence: 0.87840957

00:26:45.970 --> 00:26:48.094 So I want to start by saying that that

NOTE Confidence: 0.87840957

00:26:48.094 --> 00:26:50.290 talk was so inspiring and eye opening. I

NOTE Confidence: 0.883648964285714

00:26:50.570 --> 00:26:52.607 really appreciate it. That's why I was

NOTE Confidence: 0.967418591428571

00:26:52.610 --> 00:26:54.330 like you guys have to give her a hand.

NOTE Confidence: 0.967418591428571

00:26:54.330 --> 00:26:56.650 That's amazing. Thank you.

NOTE Confidence: 0.967418591428571

00:26:56.650 --> 00:26:58.690 And so I have a handful of questions

NOTE Confidence: 0.894824950769231

00:26:58.690 --> 00:27:00.050 I want to ask you and some of

NOTE Confidence: 0.894824950769231

00:27:00.050 --> 00:27:01.290 them you already touched on,
NOTE Confidence: 0.894824950769231

00:27:01.290 --> 00:27:02.514 but I'm going to give you the
NOTE Confidence: 0.894824950769231

00:27:02.514 --> 00:27:03.676 opportunity to elaborate.
NOTE Confidence: 0.894824950769231

00:27:03.676 --> 00:27:05.568 Thank you. So first,
NOTE Confidence: 0.95243856

00:27:06.250 --> 00:27:08.386 a topic that is probably
NOTE Confidence: 0.95243856

00:27:08.386 --> 00:27:09.850 on a lot of people's minds,
NOTE Confidence: 0.964774608333333

00:27:10.290 --> 00:27:11.062 and if it's not,
NOTE Confidence: 0.964774608333333

00:27:11.062 --> 00:27:14.830 it should be is the GLP one
NOTE Confidence: 0.964774608333333

00:27:14.830 --> 00:27:16.930 agonist that you mentioned,
NOTE Confidence: 0.964774608333333

00:27:16.930 --> 00:27:17.809 drugs like Ozempic.
NOTE Confidence: 0.964774608333333

00:27:17.809 --> 00:27:19.567 Can you talk about how the
NOTE Confidence: 0.964774608333333

00:27:19.567 --> 00:27:20.885 introduction of those drugs and
NOTE Confidence: 0.964774608333333

00:27:20.885 --> 00:27:22.737 sort of the frenzy around them has
NOTE Confidence: 0.964774608333333

00:27:22.737 --> 00:27:24.089 affected higher weight people?
NOTE Confidence: 0.945120213333333

00:27:24.410 --> 00:27:26.762 Sure. So I think they've really changed
NOTE Confidence: 0.945120213333333

00:27:26.762 --> 00:27:28.639 the conversation around the idea of

NOTE Confidence: 0.945120213333333
00:27:28.639 --> 00:27:30.271 weight loss and weight management and
NOTE Confidence: 0.945120213333333
00:27:30.271 --> 00:27:32.409 I think that's happened prematurely.
NOTE Confidence: 0.945120213333333
00:27:32.410 --> 00:27:34.378 Sort of a sub specialty of mine is
NOTE Confidence: 0.945120213333333
00:27:34.378 --> 00:27:36.427 the ways in which the weight loss
NOTE Confidence: 0.945120213333333
00:27:36.427 --> 00:27:37.982 industry works to influence and
NOTE Confidence: 0.945120213333333
00:27:37.982 --> 00:27:39.286 manipulate the healthcare industry.
NOTE Confidence: 0.945120213333333
00:27:39.290 --> 00:27:40.954 And I think there's a lot of that
NOTE Confidence: 0.945120213333333
00:27:40.954 --> 00:27:42.070 here to go back and just give
NOTE Confidence: 0.945120213333333
00:27:42.070 --> 00:27:43.010 a little bit of context.
NOTE Confidence: 0.945120213333333
00:27:43.010 --> 00:27:44.486 So Novo Nordisk and Eli Lilly,
NOTE Confidence: 0.945120213333333
00:27:44.490 --> 00:27:45.855 who are the two big players right
NOTE Confidence: 0.945120213333333
00:27:45.855 --> 00:27:47.170 now with the GLP One agonist,
NOTE Confidence: 0.945120213333333
00:27:47.170 --> 00:27:48.930 though there are more coming.
NOTE Confidence: 0.945120213333333
00:27:48.930 --> 00:27:51.378 We're also big players in insulin
NOTE Confidence: 0.945120213333333
00:27:51.378 --> 00:27:53.690 and price gouging on insulin.
NOTE Confidence: 0.945120213333333

00:27:53.690 --> 00:27:54.910 And they did that through
NOTE Confidence: 0.945120213333333

00:27:54.910 --> 00:27:55.886 something called shadow pricing,
NOTE Confidence: 0.945120213333333

00:27:55.890 --> 00:27:56.730 where they look and see.
NOTE Confidence: 0.945120213333333

00:27:56.730 --> 00:27:57.758 And as their competitor
NOTE Confidence: 0.945120213333333

00:27:57.758 --> 00:27:58.529 increases their price,
NOTE Confidence: 0.945120213333333

00:27:58.530 --> 00:28:00.378 they increase their price
NOTE Confidence: 0.945120213333333

00:28:00.378 --> 00:28:01.764 sometimes within minutes.
NOTE Confidence: 0.945120213333333

00:28:01.770 --> 00:28:02.976 And that's how the price of
NOTE Confidence: 0.945120213333333

00:28:02.976 --> 00:28:04.248 insulin went up and up and up.
NOTE Confidence: 0.945120213333333

00:28:04.250 --> 00:28:05.699 And so as they were forced to
NOTE Confidence: 0.945120213333333

00:28:05.699 --> 00:28:07.170 bring down the price of insulin,
NOTE Confidence: 0.945120213333333

00:28:07.170 --> 00:28:09.564 Novo Nordisk CEO said he was going to quote,
NOTE Confidence: 0.945120213333333

00:28:09.570 --> 00:28:12.648 take a bet on quote obesity.
NOTE Confidence: 0.945120213333333

00:28:12.650 --> 00:28:14.570 And so when Wagovi was approved,
NOTE Confidence: 0.945120213333333

00:28:14.570 --> 00:28:16.890 which is the Somali tide,
NOTE Confidence: 0.945120213333333

00:28:16.890 --> 00:28:18.570 the form of Ozempic,

NOTE Confidence: 0.945120213333333
00:28:18.570 --> 00:28:20.250 that's for weight loss,
NOTE Confidence: 0.945120213333333
00:28:20.250 --> 00:28:21.562 they promised their shareholders
NOTE Confidence: 0.945120213333333
00:28:21.562 --> 00:28:23.530 the fastest ever launch of the
NOTE Confidence: 0.945120213333333
00:28:23.591 --> 00:28:25.205 drug and they did exactly that.
NOTE Confidence: 0.945120213333333
00:28:25.210 --> 00:28:28.367 And so there's been a huge marketing
NOTE Confidence: 0.945120213333333
00:28:28.367 --> 00:28:31.044 push and everything from paid speakers
NOTE Confidence: 0.945120213333333
00:28:31.044 --> 00:28:33.329 who are doctors and researchers
NOTE Confidence: 0.945120213333333
00:28:33.329 --> 00:28:35.021 who are putting out research,
NOTE Confidence: 0.945120213333333
00:28:35.021 --> 00:28:36.563 who are advocating in the papers,
NOTE Confidence: 0.945120213333333
00:28:36.570 --> 00:28:37.662 often without disclosure,
NOTE Confidence: 0.945120213333333
00:28:37.662 --> 00:28:39.846 to their own marketing around this,
NOTE Confidence: 0.945120213333333
00:28:39.850 --> 00:28:43.126 to their advocacy groups that they fund.
NOTE Confidence: 0.945120213333333
00:28:43.130 --> 00:28:45.050 So there's been a huge push.
NOTE Confidence: 0.945120213333333
00:28:45.050 --> 00:28:46.225 And the thing about these
NOTE Confidence: 0.945120213333333
00:28:46.225 --> 00:28:46.930 drugs that's important,
NOTE Confidence: 0.945120213333333

00:28:46.930 --> 00:28:47.704 first of all,
NOTE Confidence: 0.945120213333333

00:28:47.704 --> 00:28:49.252 they are Type 2 diabetes drugs
NOTE Confidence: 0.945120213333333

00:28:49.252 --> 00:28:51.087 with a side effect of weight loss.
NOTE Confidence: 0.945120213333333

00:28:51.090 --> 00:28:52.962 And so they are dosed and titrated very
NOTE Confidence: 0.945120213333333

00:28:52.962 --> 00:28:54.570 differently when dosed for type 2 diabetes.
NOTE Confidence: 0.945120213333333

00:28:54.570 --> 00:28:56.901 The goal is to give the minimum dose to
NOTE Confidence: 0.945120213333333

00:28:56.901 --> 00:28:59.954 get glycemic management and to minimize
NOTE Confidence: 0.945120213333333

00:28:59.954 --> 00:29:02.162 side effects windows for weight loss.
NOTE Confidence: 0.945120213333333

00:29:02.162 --> 00:29:04.574 The goal is to maximize side effects and
NOTE Confidence: 0.945120213333333

00:29:04.574 --> 00:29:06.434 you can't do that without maximizing
NOTE Confidence: 0.945120213333333

00:29:06.434 --> 00:29:08.370 all dose dependent side effects.
NOTE Confidence: 0.945120213333333

00:29:08.370 --> 00:29:10.841 We only have two years of data
NOTE Confidence: 0.945120213333333

00:29:10.841 --> 00:29:13.008 on these drugs at that dose.
NOTE Confidence: 0.945120213333333

00:29:13.010 --> 00:29:15.086 For Ozempic until just a year,
NOTE Confidence: 0.945120213333333

00:29:15.090 --> 00:29:17.200 two years ago the maximum
NOTE Confidence: 0.945120213333333

00:29:17.200 --> 00:29:18.888 dose was 1 milligram.

NOTE Confidence: 0.945120213333333
00:29:18.890 --> 00:29:20.143 For the last two years the maximum
NOTE Confidence: 0.945120213333333
00:29:20.143 --> 00:29:21.210 dose has been 2 milligrams.
NOTE Confidence: 0.945120213333333
00:29:21.210 --> 00:29:22.060 Well,
NOTE Confidence: 0.945120213333333
00:29:22.060 --> 00:29:24.610 Govi is 2.4kg,
NOTE Confidence: 0.945120213333333
00:29:24.610 --> 00:29:26.338 so we've got a bunch of people on
NOTE Confidence: 0.945120213333333
00:29:26.338 --> 00:29:28.246 a mega dose of a type 2 diabetes
NOTE Confidence: 0.945120213333333
00:29:28.246 --> 00:29:30.010 drug with only two years of data.
NOTE Confidence: 0.945120213333333
00:29:30.010 --> 00:29:31.426 We know from their research that
NOTE Confidence: 0.945120213333333
00:29:31.426 --> 00:29:33.444 when people go off the drug they do
NOTE Confidence: 0.945120213333333
00:29:33.444 --> 00:29:34.729 regain the weight pretty quickly.
NOTE Confidence: 0.945120213333333
00:29:34.730 --> 00:29:36.277 But also even their own two year
NOTE Confidence: 0.945120213333333
00:29:36.277 --> 00:29:37.924 research shows that at the end of two
NOTE Confidence: 0.945120213333333
00:29:37.924 --> 00:29:39.290 years people who stayed on the drug,
NOTE Confidence: 0.945120213333333
00:29:39.290 --> 00:29:42.010 their weight is ticking up.
NOTE Confidence: 0.945120213333333
00:29:42.010 --> 00:29:43.860 Also about 10 to 15% of people
NOTE Confidence: 0.945120213333333

00:29:43.860 --> 00:29:45.450 don't lose weight on the drug
NOTE Confidence: 0.945120213333333

00:29:45.450 --> 00:29:47.130 and in the tirzepatide study.
NOTE Confidence: 0.945120213333333

00:29:47.130 --> 00:29:48.756 So there's a thing that happens
NOTE Confidence: 0.945120213333333

00:29:48.756 --> 00:29:50.130 in weight science research where
NOTE Confidence: 0.945120213333333

00:29:50.130 --> 00:29:52.178 words that mean things get new
NOTE Confidence: 0.945120213333333

00:29:52.178 --> 00:29:53.570 and interesting definitions.
NOTE Confidence: 0.945120213333333

00:29:53.570 --> 00:29:55.450 So in the tirzepatide study,
NOTE Confidence: 0.945120213333333

00:29:55.450 --> 00:29:56.968 maintained weight loss meant
NOTE Confidence: 0.945120213333333

00:29:56.970 --> 00:29:59.170 gained back less than 20%
NOTE Confidence: 0.964460488571429

00:29:59.170 --> 00:30:02.970 of the weight by the first year, right.
NOTE Confidence: 0.964460488571429

00:30:02.970 --> 00:30:05.322 So they did a 36 week treatment and then
NOTE Confidence: 0.964460488571429

00:30:05.322 --> 00:30:06.890 they observed for the next 52 weeks,
NOTE Confidence: 0.964460488571429

00:30:06.890 --> 00:30:08.336 some people went off, some people
NOTE Confidence: 0.964460488571429

00:30:08.336 --> 00:30:10.327 stayed on and so maintained weight loss
NOTE Confidence: 0.964460488571429

00:30:10.327 --> 00:30:12.283 just meant they were regaining slowly,
NOTE Confidence: 0.964460488571429

00:30:12.290 --> 00:30:15.090 which is a little bit questionable to me.

NOTE Confidence: 0.964460488571429
00:30:15.090 --> 00:30:16.971 And so I my concern with these drugs is
NOTE Confidence: 0.964460488571429
00:30:16.971 --> 00:30:18.846 that they do have serious side effects,
NOTE Confidence: 0.964460488571429
00:30:18.850 --> 00:30:20.430 sometimes fatal side effects.
NOTE Confidence: 0.964460488571429
00:30:20.430 --> 00:30:22.800 And I'm very concerned that we're
NOTE Confidence: 0.964460488571429
00:30:22.869 --> 00:30:24.689 headed toward another Fen ven
NOTE Confidence: 0.964460488571429
00:30:24.690 --> 00:30:27.567 where we're so and and I again,
NOTE Confidence: 0.964460488571429
00:30:27.570 --> 00:30:28.824 I don't think people are doing
NOTE Confidence: 0.964460488571429
00:30:28.824 --> 00:30:30.290 this to harm higher weight people,
NOTE Confidence: 0.964460488571429
00:30:30.290 --> 00:30:32.170 but I think people have spent their careers,
NOTE Confidence: 0.964460488571429
00:30:32.170 --> 00:30:34.055 we've got this paradigm entrenchment
NOTE Confidence: 0.964460488571429
00:30:34.055 --> 00:30:35.974 that like we have got to get higher
NOTE Confidence: 0.964460488571429
00:30:35.974 --> 00:30:37.090 weight people to lose weight.
NOTE Confidence: 0.964460488571429
00:30:37.090 --> 00:30:38.698 And we have absolutely failed at
NOTE Confidence: 0.964460488571429
00:30:38.698 --> 00:30:39.770 every intervention we've tried.
NOTE Confidence: 0.964460488571429
00:30:39.770 --> 00:30:40.574 And Oh my God,
NOTE Confidence: 0.964460488571429

00:30:40.574 --> 00:30:42.370 here's the thing that quote UN quote works.

NOTE Confidence: 0.964460488571429

00:30:42.370 --> 00:30:45.440 So put everybody on it And the drug

NOTE Confidence: 0.964460488571429

00:30:45.440 --> 00:30:47.190 companies are doing a really good job

NOTE Confidence: 0.964460488571429

00:30:47.244 --> 00:30:49.449 of working hard to expand their markets

NOTE Confidence: 0.964460488571429

00:30:49.449 --> 00:30:51.449 progressively older and younger populations,

NOTE Confidence: 0.964460488571429

00:30:51.450 --> 00:30:54.132 progressively lower BMI populations,

NOTE Confidence: 0.964460488571429

00:30:54.132 --> 00:30:56.190 often using this idea of quote UN

NOTE Confidence: 0.964460488571429

00:30:56.247 --> 00:30:57.927 quote weight related conditions.

NOTE Confidence: 0.964460488571429

00:30:57.930 --> 00:30:58.382 So I'm,

NOTE Confidence: 0.964460488571429

00:30:58.382 --> 00:30:59.738 I'm very concerned that we're not

NOTE Confidence: 0.964460488571429

00:30:59.738 --> 00:31:01.573 having a full discussion about this and

NOTE Confidence: 0.964460488571429

00:31:01.573 --> 00:31:03.324 we're really jumping the gun and that

NOTE Confidence: 0.964460488571429

00:31:03.324 --> 00:31:05.210 a lot of people are going to get harmed.

NOTE Confidence: 0.837476802222222

00:31:06.770 --> 00:31:09.128 Thank you so much, So much to unpack here.

NOTE Confidence: 0.837476802222222

00:31:09.130 --> 00:31:12.770 It's a lot. Yeah. So I want to

NOTE Confidence: 0.837476802222222

00:31:12.770 --> 00:31:14.880 sort of dig into the culture of

NOTE Confidence: 0.837476802222222

00:31:14.880 --> 00:31:19.570 weight loss and the war on obesity.

NOTE Confidence: 0.837476802222222

00:31:19.570 --> 00:31:21.915 Can we talk about when that started

NOTE Confidence: 0.837476802222222

00:31:21.915 --> 00:31:24.290 and I asked that question because

NOTE Confidence: 0.837476802222222

00:31:24.290 --> 00:31:26.450 you showed us some excellent studies

NOTE Confidence: 0.837476802222222

00:31:26.450 --> 00:31:28.911 that showed a lack of effect of

NOTE Confidence: 0.837476802222222

00:31:28.911 --> 00:31:30.885 dieting and weight loss programs on

NOTE Confidence: 0.837476802222222

00:31:30.949 --> 00:31:33.106 the health of higher weight people.

NOTE Confidence: 0.837476802222222

00:31:33.106 --> 00:31:35.723 And some of those studies are old.

NOTE Confidence: 0.837476802222222

00:31:35.723 --> 00:31:37.288 I mean from my perspective,

NOTE Confidence: 0.837476802222222

00:31:37.290 --> 00:31:39.410 you know, 2003, 2013.

NOTE Confidence: 0.68373764

00:31:41.450 --> 00:31:43.534 So the only reason why studies

NOTE Confidence: 0.68373764

00:31:43.534 --> 00:31:45.144 like that haven't taken hold

NOTE Confidence: 0.68373764

00:31:45.144 --> 00:31:46.879 and aren't more widely discussed

NOTE Confidence: 0.68373764

00:31:46.879 --> 00:31:48.644 must be a cultural reason.

NOTE Confidence: 0.68373764

00:31:48.650 --> 00:31:51.770 So can you tell us what is the war

NOTE Confidence: 0.68373764

00:31:51.770 --> 00:31:53.050 on obesity? When did it start?
NOTE Confidence: 0.68373764

00:31:53.050 --> 00:31:53.890 Why did it start?
NOTE Confidence: 0.917586846666667

00:31:54.250 --> 00:31:58.626 Yeah. So to go way back the when,
NOTE Confidence: 0.917586846666667

00:31:58.626 --> 00:32:00.566 the World Health Organization classified,
NOTE Confidence: 0.917586846666667

00:32:00.570 --> 00:32:02.970 quote, obesity as a disease,
NOTE Confidence: 0.917586846666667

00:32:02.970 --> 00:32:05.623 that meeting was paid for by the
NOTE Confidence: 0.917586846666667

00:32:05.623 --> 00:32:07.210 International Obesity Task Force.
NOTE Confidence: 0.917586846666667

00:32:07.210 --> 00:32:08.585 The International Obesity Task Force
NOTE Confidence: 0.917586846666667

00:32:08.585 --> 00:32:10.562 was funded by two drug companies who
NOTE Confidence: 0.917586846666667

00:32:10.562 --> 00:32:12.206 had weight loss drugs coming out.
NOTE Confidence: 0.917586846666667

00:32:12.210 --> 00:32:13.514 They asked The Who to have the meeting
NOTE Confidence: 0.917586846666667

00:32:13.514 --> 00:32:14.707 and who said we don't have money
NOTE Confidence: 0.917586846666667

00:32:14.707 --> 00:32:15.970 for that And they said no problem,
NOTE Confidence: 0.917586846666667

00:32:15.970 --> 00:32:17.450 they paid for the meeting,
NOTE Confidence: 0.917586846666667

00:32:17.450 --> 00:32:19.502 they drafted the statements and then
NOTE Confidence: 0.917586846666667

00:32:19.502 --> 00:32:21.244 they bypassed the Who's editorial

NOTE Confidence: 0.917586846666667
00:32:21.244 --> 00:32:23.435 review and sent it out to health
NOTE Confidence: 0.917586846666667
00:32:23.435 --> 00:32:25.209 ministers of over 100 countries.
NOTE Confidence: 0.917586846666667
00:32:25.210 --> 00:32:27.625 And then the committee for the NIH
NOTE Confidence: 0.917586846666667
00:32:27.625 --> 00:32:30.082 said that they felt pressured to
NOTE Confidence: 0.917586846666667
00:32:30.082 --> 00:32:32.327 conform to the Who's definitions.
NOTE Confidence: 0.917586846666667
00:32:32.330 --> 00:32:33.962 And also the committee for the
NOTE Confidence: 0.917586846666667
00:32:33.962 --> 00:32:35.791 NIH had nine people and seven of
NOTE Confidence: 0.917586846666667
00:32:35.791 --> 00:32:37.778 them had like huge financial ties
NOTE Confidence: 0.917586846666667
00:32:37.778 --> 00:32:39.688 to the weight loss industry.
NOTE Confidence: 0.917586846666667
00:32:39.690 --> 00:32:41.419 And that committee was chaired by someone
NOTE Confidence: 0.917586846666667
00:32:41.419 --> 00:32:43.569 who was a former executive director and
NOTE Confidence: 0.917586846666667
00:32:43.569 --> 00:32:45.603 current board member of Weight Watchers.
NOTE Confidence: 0.917586846666667
00:32:45.610 --> 00:32:47.818 So the weight loss industry has been in
NOTE Confidence: 0.917586846666667
00:32:47.818 --> 00:32:50.010 it since the beginning and continues to
NOTE Confidence: 0.917586846666667
00:32:50.010 --> 00:32:52.490 be in it in a lot of different ways.
NOTE Confidence: 0.917586846666667

00:32:52.490 --> 00:32:54.266 And then Richard Carmona,
NOTE Confidence: 0.917586846666667

00:32:54.266 --> 00:32:57.915 who was the surgeon general at the time,
NOTE Confidence: 0.917586846666667

00:32:57.915 --> 00:33:00.765 said that obesity was a bigger
NOTE Confidence: 0.917586846666667

00:33:00.765 --> 00:33:02.769 threat than terrorism.
NOTE Confidence: 0.917586846666667

00:33:02.770 --> 00:33:05.114 And so that was sort of what started
NOTE Confidence: 0.917586846666667

00:33:05.114 --> 00:33:07.210 the the whole war on obesity.
NOTE Confidence: 0.917586846666667

00:33:07.210 --> 00:33:09.268 We need this global war on obesity
NOTE Confidence: 0.917586846666667

00:33:09.268 --> 00:33:11.454 and and the ridiculous notion that
NOTE Confidence: 0.917586846666667

00:33:11.454 --> 00:33:13.914 you can want to eradicate fatness
NOTE Confidence: 0.917586846666667

00:33:13.914 --> 00:33:15.930 without stigmatizing fat people,
NOTE Confidence: 0.917586846666667

00:33:15.930 --> 00:33:19.410 right, which is simply not possible.
NOTE Confidence: 0.917586846666667

00:33:19.410 --> 00:33:21.762 And so this whole war on obesity
NOTE Confidence: 0.917586846666667

00:33:21.762 --> 00:33:22.770 at that point,
NOTE Confidence: 0.917586846666667

00:33:22.770 --> 00:33:24.996 that's when we saw the money get
NOTE Confidence: 0.917586846666667

00:33:24.996 --> 00:33:27.010 earmarked only for research around,
NOTE Confidence: 0.917586846666667

00:33:27.010 --> 00:33:28.312 quote UN quote,

NOTE Confidence: 0.917586846666667
00:33:28.312 --> 00:33:30.400 obesity treatment and prevention where
NOTE Confidence: 0.917586846666667
00:33:30.400 --> 00:33:32.150 it's incredibly difficult to fund
NOTE Confidence: 0.917586846666667
00:33:32.150 --> 00:33:33.550 anything that doesn't pathologize
NOTE Confidence: 0.917586846666667
00:33:33.606 --> 00:33:35.418 higher weight bodies and doesn't focus
NOTE Confidence: 0.917586846666667
00:33:35.418 --> 00:33:37.449 on manipulating the size of those bodies.
NOTE Confidence: 0.917586846666667
00:33:37.450 --> 00:33:40.394 That is when we started to see this
NOTE Confidence: 0.917586846666667
00:33:40.394 --> 00:33:42.874 huge global conglomerate of weight loss
NOTE Confidence: 0.917586846666667
00:33:42.874 --> 00:33:45.490 companies and the sort of astroturf
NOTE Confidence: 0.917586846666667
00:33:45.567 --> 00:33:47.703 organizations they funded, right?
NOTE Confidence: 0.917586846666667
00:33:47.703 --> 00:33:49.368 The Quote Obesity Action Coalition.
NOTE Confidence: 0.917586846666667
00:33:49.370 --> 00:33:51.410 When they were pushing the AMA to make,
NOTE Confidence: 0.917586846666667
00:33:51.410 --> 00:33:53.398 quote, obesity a disease.
NOTE Confidence: 0.917586846666667
00:33:53.398 --> 00:33:55.883 They had 10 platinum sponsors,
NOTE Confidence: 0.917586846666667
00:33:55.890 --> 00:33:59.047 all of whom were weight loss companies.
NOTE Confidence: 0.917586846666667
00:33:59.050 --> 00:34:01.290 Now they're down to 1 platinum sponsor.
NOTE Confidence: 0.917586846666667

00:34:01.290 --> 00:34:02.436 It's Novo Nordisk.
NOTE Confidence: 0.917586846666667

00:34:02.436 --> 00:34:04.930 They gave them about \$600,000 last year.
NOTE Confidence: 0.917586846666667

00:34:04.930 --> 00:34:08.270 And the OAC lobbies heavily for
NOTE Confidence: 0.917586846666667

00:34:08.270 --> 00:34:11.645 insurance coverage of NOVOS drugs.
NOTE Confidence: 0.917586846666667

00:34:11.650 --> 00:34:12.026 Right?
NOTE Confidence: 0.917586846666667

00:34:12.026 --> 00:34:16.434 So you've got this incredible mixing often,
NOTE Confidence: 0.917586846666667

00:34:16.434 --> 00:34:18.370 not clearly,
NOTE Confidence: 0.917586846666667

00:34:18.370 --> 00:34:18.605 right.
NOTE Confidence: 0.917586846666667

00:34:18.605 --> 00:34:20.485 A lot of what Novo is doing with
NOTE Confidence: 0.917586846666667

00:34:20.485 --> 00:34:22.362 the GLP ones is taken right out
NOTE Confidence: 0.917586846666667

00:34:22.362 --> 00:34:24.208 of the playbook that Purdue Pharma
NOTE Confidence: 0.917586846666667

00:34:24.208 --> 00:34:26.048 used for its Oxycontin promotion.
NOTE Confidence: 0.917586846666667

00:34:26.050 --> 00:34:26.665 And it's tough.
NOTE Confidence: 0.917586846666667

00:34:26.665 --> 00:34:28.364 You can't talk about this for more than
NOTE Confidence: 0.917586846666667

00:34:28.364 --> 00:34:29.648 like 5 minutes without starting to
NOTE Confidence: 0.917586846666667

00:34:29.648 --> 00:34:31.648 sound like a tinfoil hat conspiracy theorist,

NOTE Confidence: 0.917586846666667
00:34:31.650 --> 00:34:35.690 because it is in many ways a conspiracy,
NOTE Confidence: 0.917586846666667
00:34:35.690 --> 00:34:35.931 right?
NOTE Confidence: 0.917586846666667
00:34:35.931 --> 00:34:36.413 And again,
NOTE Confidence: 0.917586846666667
00:34:36.413 --> 00:34:38.657 I think a lot of the people are who
NOTE Confidence: 0.917586846666667
00:34:38.657 --> 00:34:40.407 are part of this are well meaning.
NOTE Confidence: 0.917586846666667
00:34:40.410 --> 00:34:42.650 I think there are some people who are
NOTE Confidence: 0.917586846666667
00:34:42.650 --> 00:34:45.330 doing this for money and don't care much,
NOTE Confidence: 0.917586846666667
00:34:45.330 --> 00:34:45.646 right?
NOTE Confidence: 0.917586846666667
00:34:45.646 --> 00:34:47.226 We're talking about a company
NOTE Confidence: 0.917586846666667
00:34:47.226 --> 00:34:48.490 that price gouged insulin.
NOTE Confidence: 0.917586846666667
00:34:48.490 --> 00:34:49.445 So I think everything that
NOTE Confidence: 0.917586846666667
00:34:49.445 --> 00:34:50.400 Nova and artist does has
NOTE Confidence: 0.822492794375
00:34:50.445 --> 00:34:51.609 to be viewed through that lens.
NOTE Confidence: 0.822492794375
00:34:51.610 --> 00:34:53.885 And so now we've got people saying,
NOTE Confidence: 0.822492794375
00:34:53.890 --> 00:34:55.720 oh the war on obesity isn't right, right.
NOTE Confidence: 0.822492794375

00:34:55.720 --> 00:34:57.610 We don't want to stigmatize fat people,
NOTE Confidence: 0.822492794375

00:34:57.610 --> 00:34:58.610 We just want to eradicate
NOTE Confidence: 0.822492794375

00:34:58.610 --> 00:34:59.410 them from the earth,
NOTE Confidence: 0.822492794375

00:34:59.410 --> 00:35:02.245 but like in a non stigmatizing way.
NOTE Confidence: 0.822492794375

00:35:02.250 --> 00:35:05.370 So I think that that's sort of changing.
NOTE Confidence: 0.822492794375

00:35:05.370 --> 00:35:06.180 They're also now.
NOTE Confidence: 0.822492794375

00:35:06.180 --> 00:35:07.800 So many people are now falling
NOTE Confidence: 0.822492794375

00:35:07.800 --> 00:35:09.328 all over themselves to say,
NOTE Confidence: 0.822492794375

00:35:09.330 --> 00:35:11.555 oh, behavior based weight loss
NOTE Confidence: 0.822492794375

00:35:11.555 --> 00:35:12.890 interventions don't work.
NOTE Confidence: 0.822492794375

00:35:12.890 --> 00:35:15.473 People in my community have been screaming
NOTE Confidence: 0.822492794375

00:35:15.473 --> 00:35:18.442 this from the rooftops since the 40s, right?
NOTE Confidence: 0.822492794375

00:35:18.442 --> 00:35:20.618 And now the weight loss companies are like
NOTE Confidence: 0.822492794375

00:35:20.618 --> 00:35:22.844 the last seven people to learn this fact,
NOTE Confidence: 0.822492794375

00:35:22.850 --> 00:35:24.128 but only in the service of
NOTE Confidence: 0.822492794375

00:35:24.128 --> 00:35:25.530 now we have more expensive,

NOTE Confidence: 0.822492794375

00:35:25.530 --> 00:35:27.170 more dangerous interventions to

NOTE Confidence: 0.822492794375

00:35:27.170 --> 00:35:29.061 foist on this population rather

NOTE Confidence: 0.822492794375

00:35:29.061 --> 00:35:30.818 than maybe now is the time to

NOTE Confidence: 0.822492794375

00:35:30.818 --> 00:35:32.522 actually start having weight neutral

NOTE Confidence: 0.822492794375

00:35:32.522 --> 00:35:35.408 comparator groups in our research,

NOTE Confidence: 0.822492794375

00:35:35.410 --> 00:35:35.654 right.

NOTE Confidence: 0.822492794375

00:35:35.654 --> 00:35:37.606 One of the things that happens in the

NOTE Confidence: 0.822492794375

00:35:37.606 --> 00:35:39.290 research is that like for Novo's drugs,

NOTE Confidence: 0.822492794375

00:35:39.290 --> 00:35:40.880 they compared their drugs to a

NOTE Confidence: 0.822492794375

00:35:40.880 --> 00:35:42.283 behavior based weight loss intervention

NOTE Confidence: 0.822492794375

00:35:42.283 --> 00:35:44.017 that they said in the introduction

NOTE Confidence: 0.822492794375

00:35:44.017 --> 00:35:45.489 of their study didn't work.

NOTE Confidence: 0.822492794375

00:35:45.490 --> 00:35:47.242 Comparing your drug to a known

NOTE Confidence: 0.822492794375

00:35:47.242 --> 00:35:48.676 poor intervention is like nice

NOTE Confidence: 0.822492794375

00:35:48.676 --> 00:35:49.930 work if you can get it.

NOTE Confidence: 0.822492794375

00:35:49.930 --> 00:35:51.414 But if they had had a weight
NOTE Confidence: 0.822492794375

00:35:51.414 --> 00:35:52.050 neutral comparator group,
NOTE Confidence: 0.822492794375

00:35:52.050 --> 00:35:54.080 then we could really see could these
NOTE Confidence: 0.822492794375

00:35:54.080 --> 00:35:56.003 benefits be achieved without all the risks
NOTE Confidence: 0.822492794375

00:35:56.003 --> 00:35:59.650 of these drugs and the enormous expense,
NOTE Confidence: 0.822492794375

00:35:59.650 --> 00:35:59.858 right.
NOTE Confidence: 0.822492794375

00:35:59.858 --> 00:36:00.690 Same thing with them,
NOTE Confidence: 0.822492794375

00:36:00.690 --> 00:36:01.581 weight loss surgeries,
NOTE Confidence: 0.822492794375

00:36:01.581 --> 00:36:03.066 often their comparator groups are
NOTE Confidence: 0.822492794375

00:36:03.066 --> 00:36:04.874 people who wanted weight loss surgeries
NOTE Confidence: 0.822492794375

00:36:04.874 --> 00:36:06.329 and were denied the surgeries,
NOTE Confidence: 0.822492794375

00:36:06.330 --> 00:36:07.926 not like a galloping shock that this
NOTE Confidence: 0.822492794375

00:36:07.926 --> 00:36:09.792 group of people would have worse outcomes
NOTE Confidence: 0.822492794375

00:36:09.792 --> 00:36:11.207 than the surgical outcome group,
NOTE Confidence: 0.822492794375

00:36:11.210 --> 00:36:11.634 right.
NOTE Confidence: 0.822492794375

00:36:11.634 --> 00:36:12.906 But we don't.

NOTE Confidence: 0.822492794375

00:36:12.906 --> 00:36:15.450 We're not digging into the research.

NOTE Confidence: 0.822492794375

00:36:15.450 --> 00:36:17.810 And so I think to come back to your point,

NOTE Confidence: 0.822492794375

00:36:17.810 --> 00:36:20.745 sorry to get off a bit but the this

NOTE Confidence: 0.822492794375

00:36:20.745 --> 00:36:24.090 war on obesity has been something that

NOTE Confidence: 0.822492794375

00:36:24.090 --> 00:36:28.610 people could sort of get behind easily,

NOTE Confidence: 0.822492794375

00:36:28.610 --> 00:36:28.823 right?

NOTE Confidence: 0.822492794375

00:36:28.823 --> 00:36:29.888 Oh these are fat people.

NOTE Confidence: 0.822492794375

00:36:29.890 --> 00:36:31.164 And again that goes back and I,

NOTE Confidence: 0.822492794375

00:36:31.170 --> 00:36:33.004 I absolutely do not intend to white

NOTE Confidence: 0.822492794375

00:36:33.004 --> 00:36:34.298 explain racism, racism to anyone.

NOTE Confidence: 0.822492794375

00:36:34.298 --> 00:36:36.090 But I'm the person with the mic.

NOTE Confidence: 0.822492794375

00:36:36.090 --> 00:36:37.810 So I just want to make it clear

NOTE Confidence: 0.822492794375

00:36:37.810 --> 00:36:39.713 like this goes back to to the fact

NOTE Confidence: 0.822492794375

00:36:39.713 --> 00:36:41.450 that fatness is tied with blackness

NOTE Confidence: 0.822492794375

00:36:41.450 --> 00:36:43.571 and with people of color in this

NOTE Confidence: 0.822492794375

00:36:43.571 --> 00:36:45.566 way that it's easy to just
NOTE Confidence: 0.822492794375

00:36:45.566 --> 00:36:46.956 blend those two things together
NOTE Confidence: 0.822492794375

00:36:46.956 --> 00:36:48.752 in ways that they intersect and
NOTE Confidence: 0.822492794375

00:36:48.752 --> 00:36:50.570 that allows that to to flourish.
NOTE Confidence: 0.855982924444444

00:36:51.770 --> 00:36:55.010 Right. And I as I was telling you before,
NOTE Confidence: 0.855982924444444

00:36:55.010 --> 00:36:56.850 I'm kind of new to the
NOTE Confidence: 0.855982924444444

00:36:56.850 --> 00:36:58.809 study of weight stigma.
NOTE Confidence: 0.855982924444444

00:36:58.810 --> 00:37:01.000 But what you described in terms
NOTE Confidence: 0.855982924444444

00:37:01.000 --> 00:37:03.310 of the relationship between racism
NOTE Confidence: 0.855982924444444

00:37:03.310 --> 00:37:05.504 and weight stigma is something
NOTE Confidence: 0.855982924444444

00:37:05.504 --> 00:37:07.706 that I think black women especially
NOTE Confidence: 0.855982924444444

00:37:07.706 --> 00:37:09.450 have personal experience with,
NOTE Confidence: 0.855982924444444

00:37:09.450 --> 00:37:11.809 with, even if they can't name it.
NOTE Confidence: 0.855982924444444

00:37:11.810 --> 00:37:13.480 So I'm really thankful that
NOTE Confidence: 0.855982924444444

00:37:13.480 --> 00:37:15.150 you mentioned those two books
NOTE Confidence: 0.855982924444444

00:37:15.209 --> 00:37:16.849 earlier in the presentation,

NOTE Confidence: 0.855982924444444
00:37:16.850 --> 00:37:18.887 and I've only read one of them,
NOTE Confidence: 0.855982924444444
00:37:18.890 --> 00:37:19.884 so I'm going to read the other.
NOTE Confidence: 0.5025643875
00:37:20.450 --> 00:37:22.410 Awesome. Yeah, yeah. Sabrina,
NOTE Confidence: 0.5025643875
00:37:22.410 --> 00:37:23.875 Strings Fearing the Black Body
NOTE Confidence: 0.5025643875
00:37:23.875 --> 00:37:25.525 and Deshawn Harris and Belly of
NOTE Confidence: 0.5025643875
00:37:25.525 --> 00:37:28.970 the Beast are the two. Thank you.
NOTE Confidence: 0.942426486666667
00:37:28.970 --> 00:37:33.170 OK, so you, you mentioned how some
NOTE Confidence: 0.942426486666667
00:37:33.170 --> 00:37:35.924 studies attribute health issues,
NOTE Confidence: 0.942426486666667
00:37:35.924 --> 00:37:39.809 various comorbidities to higher weight,
NOTE Confidence: 0.942426486666667
00:37:39.810 --> 00:37:40.680 but they're confounders
NOTE Confidence: 0.942426486666667
00:37:40.680 --> 00:37:42.130 that we didn't look at.
NOTE Confidence: 0.942426486666667
00:37:42.130 --> 00:37:44.578 And one of those confounders is
NOTE Confidence: 0.942426486666667
00:37:44.578 --> 00:37:46.210 discrimination against higher weight.
NOTE Confidence: 0.942426486666667
00:37:46.210 --> 00:37:47.250 Folks, can
NOTE Confidence: 0.967430832
00:37:47.250 --> 00:37:49.130 you talk about the discrimination
NOTE Confidence: 0.740728953333333

00:37:49.530 --> 00:37:51.685 higher weight folks that happen
NOTE Confidence: 0.7407289533333333

00:37:51.685 --> 00:37:53.409 specifically in healthcare context?
NOTE Confidence: 0.831136035

00:37:54.450 --> 00:37:57.648 Yeah, so there's within healthcare context,
NOTE Confidence: 0.831136035

00:37:57.650 --> 00:37:59.450 we first have practitioner bias,
NOTE Confidence: 0.831136035

00:37:59.450 --> 00:38:01.690 both implicit and explicit, right?
NOTE Confidence: 0.831136035

00:38:01.690 --> 00:38:03.170 So implicit is subconscious bias.
NOTE Confidence: 0.831136035

00:38:03.170 --> 00:38:04.578 And we live in a world with a
NOTE Confidence: 0.831136035

00:38:04.578 --> 00:38:05.608 tremendous amount of weight stigma.
NOTE Confidence: 0.831136035

00:38:05.610 --> 00:38:07.458 So again, not a galloping shock
NOTE Confidence: 0.831136035

00:38:07.458 --> 00:38:08.690 if we've internalized that.
NOTE Confidence: 0.831136035

00:38:08.690 --> 00:38:11.217 And so it can be very easy to see
NOTE Confidence: 0.831136035

00:38:11.217 --> 00:38:12.852 somebody who has higher weight
NOTE Confidence: 0.831136035

00:38:12.852 --> 00:38:14.160 and start making assumptions
NOTE Confidence: 0.831136035

00:38:14.218 --> 00:38:15.760 about them subconsciously, right.
NOTE Confidence: 0.831136035

00:38:15.760 --> 00:38:16.900 So we've got that and then
NOTE Confidence: 0.831136035

00:38:16.900 --> 00:38:17.690 we've got explicit bias.

NOTE Confidence: 0.831136035

00:38:17.690 --> 00:38:20.130 And these are people who have very specific,

NOTE Confidence: 0.831136035

00:38:20.130 --> 00:38:21.930 they're aware that they have

NOTE Confidence: 0.831136035

00:38:21.930 --> 00:38:23.010 stereotypes and negative beliefs

NOTE Confidence: 0.831136035

00:38:23.010 --> 00:38:24.090 about higher weight people.

NOTE Confidence: 0.831136035

00:38:24.090 --> 00:38:25.686 They're aware that they're acting on them,

NOTE Confidence: 0.97299519

00:38:26.730 --> 00:38:27.768 right. And I think part of

NOTE Confidence: 0.874392146

00:38:27.770 --> 00:38:29.402 what's causing this, ironically,

NOTE Confidence: 0.874392146

00:38:29.402 --> 00:38:32.075 is this whole war on obesity because

NOTE Confidence: 0.874392146

00:38:32.075 --> 00:38:33.425 doctors were trained for years and

NOTE Confidence: 0.874392146

00:38:33.425 --> 00:38:35.189 years and are still in some cases being

NOTE Confidence: 0.874392146

00:38:35.189 --> 00:38:36.664 trained that if people try hard enough

NOTE Confidence: 0.874392146

00:38:36.664 --> 00:38:38.208 they can lose weight and keep it off

NOTE Confidence: 0.874392146

00:38:38.210 --> 00:38:39.790 with behavior based interventions.

NOTE Confidence: 0.874392146

00:38:39.790 --> 00:38:42.490 There is literally nothing to support that.

NOTE Confidence: 0.874392146

00:38:42.490 --> 00:38:44.114 There is no reason in in the

NOTE Confidence: 0.874392146

00:38:44.114 --> 00:38:45.488 research to believe that is true,
NOTE Confidence: 0.874392146

00:38:45.490 --> 00:38:46.570 but that's what they've been told.
NOTE Confidence: 0.874392146

00:38:46.570 --> 00:38:48.568 And so they assume I give this advice to
NOTE Confidence: 0.874392146

00:38:48.568 --> 00:38:50.545 my patients and they don't lose weight
NOTE Confidence: 0.874392146

00:38:50.545 --> 00:38:52.608 or they lose weight and gain it back,
NOTE Confidence: 0.874392146

00:38:52.610 --> 00:38:53.294 they're non compliant.
NOTE Confidence: 0.874392146

00:38:53.294 --> 00:38:54.500 And so they think, OK,
NOTE Confidence: 0.874392146

00:38:54.500 --> 00:38:56.530 these patients don't want to help themselves.
NOTE Confidence: 0.874392146

00:38:56.530 --> 00:38:58.049 Why would I want to help them?
NOTE Confidence: 0.874392146

00:38:58.050 --> 00:39:00.325 And so it spins this kind of,
NOTE Confidence: 0.874392146

00:39:00.330 --> 00:39:02.367 you know, weight stigma in that way.
NOTE Confidence: 0.874392146

00:39:02.370 --> 00:39:04.170 So there's that there's bias.
NOTE Confidence: 0.874392146

00:39:04.170 --> 00:39:05.306 But then there's also,
NOTE Confidence: 0.874392146

00:39:05.306 --> 00:39:06.726 like we talked about research,
NOTE Confidence: 0.874392146

00:39:06.730 --> 00:39:08.238 research that doesn't include
NOTE Confidence: 0.874392146

00:39:08.238 --> 00:39:09.690 higher weight people, right.

NOTE Confidence: 0.874392146

00:39:09.690 --> 00:39:11.930 Research that only looks at how to

NOTE Confidence: 0.874392146

00:39:11.930 --> 00:39:13.970 make higher weight people thinner,

NOTE Confidence: 0.874392146

00:39:13.970 --> 00:39:15.980 not how to make higher weight

NOTE Confidence: 0.874392146

00:39:15.980 --> 00:39:16.650 people healthier.

NOTE Confidence: 0.874392146

00:39:16.650 --> 00:39:18.550 Research that specifically excludes

NOTE Confidence: 0.874392146

00:39:18.550 --> 00:39:20.925 any kind of intervention that

NOTE Confidence: 0.874392146

00:39:20.925 --> 00:39:23.021 doesn't involve weight loss, right.

NOTE Confidence: 0.874392146

00:39:23.021 --> 00:39:24.527 So you'll see guidelines created and

NOTE Confidence: 0.874392146

00:39:24.527 --> 00:39:26.404 one of the exclusion criteria was that

NOTE Confidence: 0.874392146

00:39:26.404 --> 00:39:28.489 the study looked at health and not wait.

NOTE Confidence: 0.874392146

00:39:28.490 --> 00:39:30.690 So when we exclude that from the research,

NOTE Confidence: 0.874392146

00:39:30.690 --> 00:39:32.146 when we say we're not even going to

NOTE Confidence: 0.874392146

00:39:32.146 --> 00:39:34.970 look at that, that's a huge problem,

NOTE Confidence: 0.874392146

00:39:34.970 --> 00:39:35.176 right?

NOTE Confidence: 0.874392146

00:39:35.176 --> 00:39:36.206 So you've got research bias,

NOTE Confidence: 0.874392146

00:39:36.210 --> 00:39:37.890 then you've got structural bias.
NOTE Confidence: 0.874392146

00:39:37.890 --> 00:39:39.372 And structural bias is when the
NOTE Confidence: 0.874392146

00:39:39.372 --> 00:39:40.651 things that higher weight people
NOTE Confidence: 0.874392146

00:39:40.651 --> 00:39:42.230 need either don't exist for them
NOTE Confidence: 0.874392146

00:39:42.230 --> 00:39:44.489 or don't exist in a specific space.
NOTE Confidence: 0.874392146

00:39:44.490 --> 00:39:45.440 And so we go back to, like,
NOTE Confidence: 0.874392146

00:39:45.440 --> 00:39:47.050 is there a chair I cannot fit.
NOTE Confidence: 0.874392146

00:39:47.050 --> 00:39:48.850 I cannot physically sit in any
NOTE Confidence: 0.874392146

00:39:48.850 --> 00:39:50.050 chair in this room.
NOTE Confidence: 0.874392146

00:39:50.050 --> 00:39:51.930 So if I were a student here and this was
NOTE Confidence: 0.874392146

00:39:51.930 --> 00:39:54.730 a room that I had to be in for a lecture,
NOTE Confidence: 0.874392146

00:39:54.730 --> 00:39:56.730 I would have to try to get my own chair,
NOTE Confidence: 0.874392146

00:39:56.730 --> 00:39:58.725 which isn't always something that
NOTE Confidence: 0.874392146

00:39:58.725 --> 00:40:00.720 happens because it's If people's
NOTE Confidence: 0.874392146

00:40:00.788 --> 00:40:03.086 weight is not considered a disability,
NOTE Confidence: 0.874392146

00:40:03.090 --> 00:40:03.554 then like,

NOTE Confidence: 0.874392146

00:40:03.554 --> 00:40:04.482 the disability services office

NOTE Confidence: 0.874392146

00:40:04.482 --> 00:40:05.410 doesn't have to help.

NOTE Confidence: 0.874392146

00:40:05.410 --> 00:40:05.983 I see this.

NOTE Confidence: 0.874392146

00:40:05.983 --> 00:40:08.038 I work with people a lot in spaces like

NOTE Confidence: 0.874392146

00:40:08.038 --> 00:40:09.688 this who aren't being accommodated.

NOTE Confidence: 0.874392146

00:40:09.690 --> 00:40:11.730 I went to the law student who took

NOTE Confidence: 0.874392146

00:40:11.730 --> 00:40:13.722 every test of law school sitting on

NOTE Confidence: 0.874392146

00:40:13.722 --> 00:40:14.966 the stairs because the testing room

NOTE Confidence: 0.874392146

00:40:14.966 --> 00:40:16.381 didn't have a chair that would fit her

NOTE Confidence: 0.874392146

00:40:16.381 --> 00:40:17.485 and they wouldn't make an accommodation,

NOTE Confidence: 0.874392146

00:40:17.490 --> 00:40:17.986 right.

NOTE Confidence: 0.874392146

00:40:17.986 --> 00:40:19.970 So it's the chairs,

NOTE Confidence: 0.874392146

00:40:19.970 --> 00:40:21.250 it's the blood pressure cuffs,

NOTE Confidence: 0.874392146

00:40:21.250 --> 00:40:22.930 it's the gowns, it's the Mr.

NOTE Confidence: 0.874392146

00:40:22.930 --> 00:40:23.276 is,

NOTE Confidence: 0.874392146

00:40:23.276 --> 00:40:24.314 it's the ultrasound,
NOTE Confidence: 0.874392146

00:40:24.314 --> 00:40:26.402 it's the research upon which the
NOTE Confidence: 0.874392146

00:40:26.402 --> 00:40:28.866 best practices and the tools in the
NOTE Confidence: 0.874392146

00:40:28.866 --> 00:40:30.090 pharmacotherapies were created.
NOTE Confidence: 0.874392146

00:40:30.090 --> 00:40:32.350 This research typically excluded
NOTE Confidence: 0.874392146

00:40:32.350 --> 00:40:34.965 higher weight people and then when
NOTE Confidence: 0.874392146

00:40:34.965 --> 00:40:36.490 their outcomes aren't as good,
NOTE Confidence: 0.874392146

00:40:36.490 --> 00:40:37.254 we say, Oh well,
NOTE Confidence: 0.874392146

00:40:37.254 --> 00:40:38.209 it's because they're higher weight.
NOTE Confidence: 0.874392146

00:40:38.210 --> 00:40:40.289 Obviously they have to be made into
NOTE Confidence: 0.874392146

00:40:40.289 --> 00:40:41.805 thin people rather than saying
NOTE Confidence: 0.874392146

00:40:41.805 --> 00:40:43.635 they're being treated in a healthcare
NOTE Confidence: 0.874392146

00:40:43.635 --> 00:40:45.250 system that wasn't made for them.
NOTE Confidence: 0.874392146

00:40:45.250 --> 00:40:46.995 There's an interesting study Sun
NOTE Confidence: 0.874392146

00:40:46.995 --> 00:40:49.546 ET al In 2012 looked at the 2009
NOTE Confidence: 0.874392146

00:40:49.546 --> 00:40:51.562 H 1N1 outbreak and higher weight

NOTE Confidence: 0.874392146

00:40:51.562 --> 00:40:52.570 people had much

NOTE Confidence: 0.876513572631579

00:40:52.642 --> 00:40:54.512 worse outcomes in terms of

NOTE Confidence: 0.876513572631579

00:40:54.512 --> 00:40:56.008 severe outcomes and death.

NOTE Confidence: 0.876513572631579

00:40:56.010 --> 00:40:57.562 And so at the time all of the

NOTE Confidence: 0.876513572631579

00:40:57.562 --> 00:40:58.815 studies coming out, we're like, well,

NOTE Confidence: 0.876513572631579

00:40:58.815 --> 00:41:00.076 what's wrong with fat bodies, right?

NOTE Confidence: 0.876513572631579

00:41:00.076 --> 00:41:01.006 Is it low grade inflammation

NOTE Confidence: 0.876513572631579

00:41:01.006 --> 00:41:01.870 due to quote, obesity?

NOTE Confidence: 0.876513572631579

00:41:01.870 --> 00:41:04.270 Is it that it's acting in the adipose

NOTE Confidence: 0.876513572631579

00:41:04.270 --> 00:41:06.611 tissue and what Sun and all found was

NOTE Confidence: 0.876513572631579

00:41:06.611 --> 00:41:08.708 simply that thinner people got earlier

NOTE Confidence: 0.876513572631579

00:41:08.708 --> 00:41:11.084 antiviral treatment than heavier people did,

NOTE Confidence: 0.876513572631579

00:41:11.090 --> 00:41:12.210 and that when that difference

NOTE Confidence: 0.876513572631579

00:41:12.210 --> 00:41:13.008 was controlled for,

NOTE Confidence: 0.876513572631579

00:41:13.010 --> 00:41:16.170 the difference in outcome disappeared.

NOTE Confidence: 0.876513572631579

00:41:16.170 --> 00:41:18.970 And so I wonder how often that's happening,
NOTE Confidence: 0.876513572631579

00:41:18.970 --> 00:41:21.357 right, that what we're seeing is inequality
NOTE Confidence: 0.876513572631579

00:41:21.357 --> 00:41:23.886 of treatment that gets blamed on fat bodies.
NOTE Confidence: 0.876513572631579

00:41:23.890 --> 00:41:25.846 So there's that kind of bias.
NOTE Confidence: 0.876513572631579

00:41:25.850 --> 00:41:27.674 There's a bias where if research
NOTE Confidence: 0.876513572631579

00:41:27.674 --> 00:41:29.323 shows that higher weight people
NOTE Confidence: 0.876513572631579

00:41:29.323 --> 00:41:31.193 have higher rates of complications
NOTE Confidence: 0.876513572631579

00:41:31.193 --> 00:41:32.886 than they're denied surgery, right.
NOTE Confidence: 0.876513572631579

00:41:32.886 --> 00:41:34.454 And we see this with BMI based denials
NOTE Confidence: 0.876513572631579

00:41:34.454 --> 00:41:35.766 which I would describe as healthcare
NOTE Confidence: 0.876513572631579

00:41:35.766 --> 00:41:37.251 held hostage for a weight loss ransom
NOTE Confidence: 0.876513572631579

00:41:37.251 --> 00:41:40.570 that most people will not be able to pay.
NOTE Confidence: 0.876513572631579

00:41:40.570 --> 00:41:41.548 And this is,
NOTE Confidence: 0.876513572631579

00:41:41.548 --> 00:41:44.525 I'm as a as she had said in my bio,
NOTE Confidence: 0.876513572631579

00:41:44.530 --> 00:41:46.954 I'm a certified patient advocate and
NOTE Confidence: 0.876513572631579

00:41:46.954 --> 00:41:48.990 this is typically the work that I do

NOTE Confidence: 0.876513572631579
00:41:48.990 --> 00:41:50.252 as an advocate is helping people who
NOTE Confidence: 0.876513572631579
00:41:50.252 --> 00:41:51.645 have been denied care that they need,
NOTE Confidence: 0.876513572631579
00:41:51.650 --> 00:41:53.702 often denied a surgery that they
NOTE Confidence: 0.876513572631579
00:41:53.702 --> 00:41:54.728 need or want,
NOTE Confidence: 0.876513572631579
00:41:54.730 --> 00:41:57.768 and then referred to weight loss surgery.
NOTE Confidence: 0.876513572631579
00:41:57.770 --> 00:41:57.955 Right.
NOTE Confidence: 0.876513572631579
00:41:57.955 --> 00:41:59.250 So your knee surgery is too dangerous,
NOTE Confidence: 0.876513572631579
00:41:59.250 --> 00:42:01.196 but we'll be very happy to take
NOTE Confidence: 0.876513572631579
00:42:01.196 --> 00:42:02.423 your perfectly healthy digestive
NOTE Confidence: 0.876513572631579
00:42:02.423 --> 00:42:04.463 system and create a disease state
NOTE Confidence: 0.876513572631579
00:42:04.463 --> 00:42:06.210 permanently that we're cool with, right?
NOTE Confidence: 0.876513572631579
00:42:06.210 --> 00:42:07.490 So there's a lot of that as well.
NOTE Confidence: 0.876513572631579
00:42:07.490 --> 00:42:09.116 So there's so many different layers
NOTE Confidence: 0.876513572631579
00:42:09.116 --> 00:42:09.929 of weight stigma,
NOTE Confidence: 0.876513572631579
00:42:09.930 --> 00:42:11.850 and structural stigma is one of
NOTE Confidence: 0.876513572631579

00:42:11.850 --> 00:42:14.034 those things that all stigma needs
NOTE Confidence: 0.876513572631579

00:42:14.034 --> 00:42:14.850 systemic changes.
NOTE Confidence: 0.876513572631579

00:42:14.850 --> 00:42:18.366 But weight stigma that is structural
NOTE Confidence: 0.876513572631579

00:42:18.366 --> 00:42:20.124 requires systemic change.
NOTE Confidence: 0.876513572631579

00:42:20.130 --> 00:42:21.950 You can have a fully fat affirming
NOTE Confidence: 0.876513572631579

00:42:21.950 --> 00:42:22.210 practitioner.
NOTE Confidence: 0.876513572631579

00:42:22.210 --> 00:42:24.490 You can have a fully fat affirming patient,
NOTE Confidence: 0.876513572631579

00:42:24.490 --> 00:42:25.925 but if the MRI isn't big enough,
NOTE Confidence: 0.876513572631579

00:42:25.930 --> 00:42:28.930 that patient will not get care.
NOTE Confidence: 0.876513572631579

00:42:28.930 --> 00:42:30.370 And I was just giving a talk to
NOTE Confidence: 0.876513572631579

00:42:30.370 --> 00:42:31.742 APA program where one of the the
NOTE Confidence: 0.876513572631579

00:42:31.742 --> 00:42:33.002 folks said when they were working
NOTE Confidence: 0.876513572631579

00:42:33.002 --> 00:42:34.010 in the emergency room,
NOTE Confidence: 0.876513572631579

00:42:34.010 --> 00:42:36.086 they had a patient pass away
NOTE Confidence: 0.876513572631579

00:42:36.090 --> 00:42:37.530 because they couldn't get an MRI.
NOTE Confidence: 0.876513572631579

00:42:37.530 --> 00:42:39.595 And that in a thinner patient they

NOTE Confidence: 0.876513572631579
00:42:39.595 --> 00:42:41.009 suspected there would have been
NOTE Confidence: 0.876513572631579
00:42:41.010 --> 00:42:42.235 no problem in getting the MRI and
NOTE Confidence: 0.876513572631579
00:42:42.235 --> 00:42:43.169 that patient would have lived.
NOTE Confidence: 0.876513572631579
00:42:43.170 --> 00:42:46.768 So these weight stigma can be fatal
NOTE Confidence: 0.876513572631579
00:42:46.770 --> 00:42:48.926 and it requires systemic change to solve.
NOTE Confidence: 0.868132623333333
00:42:50.970 --> 00:42:52.650 Thank you. And my next question.
NOTE Confidence: 0.868132623333333
00:42:52.650 --> 00:42:54.690 My next question falls directly from
NOTE Confidence: 0.868132623333333
00:42:54.690 --> 00:42:57.050 what you were just speaking about.
NOTE Confidence: 0.868132623333333
00:42:57.050 --> 00:42:58.062 And you've already mentioned
NOTE Confidence: 0.868132623333333
00:42:58.062 --> 00:42:59.327 some of these best practices,
NOTE Confidence: 0.868132623333333
00:42:59.330 --> 00:43:01.330 but I'll give you the chance to elaborate.
NOTE Confidence: 0.868132623333333
00:43:01.330 --> 00:43:04.487 In addition to the larger MRI machines,
NOTE Confidence: 0.868132623333333
00:43:04.490 --> 00:43:05.714 the larger blood pressure
NOTE Confidence: 0.868132623333333
00:43:05.714 --> 00:43:07.244 coughs and the thigh coughs,
NOTE Confidence: 0.868132623333333
00:43:07.250 --> 00:43:12.330 what can we do to better accommodate people,
NOTE Confidence: 0.868132623333333

00:43:12.330 --> 00:43:13.128 higher weight people?
NOTE Confidence: 0.87415678

00:43:14.690 --> 00:43:17.770 So I think there's a number of things.
NOTE Confidence: 0.87415678

00:43:17.770 --> 00:43:19.954 First, getting educated on the options
NOTE Confidence: 0.87415678

00:43:19.954 --> 00:43:21.664 for weight neutral care, right?
NOTE Confidence: 0.87415678

00:43:21.664 --> 00:43:23.696 And part of that is just if you're
NOTE Confidence: 0.87415678

00:43:23.696 --> 00:43:25.407 tempted to prescribe weight loss to
NOTE Confidence: 0.87415678

00:43:25.407 --> 00:43:27.623 say what would I prescribe to a thin
NOTE Confidence: 0.87415678

00:43:27.623 --> 00:43:29.158 person in the same situation, right.
NOTE Confidence: 0.87415678

00:43:29.158 --> 00:43:31.034 And making sure that you at least
NOTE Confidence: 0.87415678

00:43:31.034 --> 00:43:33.127 give that as an option to the patient.
NOTE Confidence: 0.87415678

00:43:33.130 --> 00:43:36.490 Real informed consent conversations
NOTE Confidence: 0.87415678

00:43:36.490 --> 00:43:38.674 that include things about data like
NOTE Confidence: 0.87415678

00:43:38.674 --> 00:43:40.455 for weight loss surgery, again,
NOTE Confidence: 0.87415678

00:43:40.455 --> 00:43:42.405 the comparator groups are really problematic.
NOTE Confidence: 0.87415678

00:43:42.410 --> 00:43:44.643 There's very little data more than 10
NOTE Confidence: 0.87415678

00:43:44.643 --> 00:43:46.963 years out and the data that exists

NOTE Confidence: 0.87415678

00:43:46.963 --> 00:43:48.470 often suggest that if a patient

NOTE Confidence: 0.87415678

00:43:48.470 --> 00:43:49.882 is below their baseline weight by

NOTE Confidence: 0.87415678

00:43:49.882 --> 00:43:51.205 any amount and they are not dead,

NOTE Confidence: 0.87415678

00:43:51.210 --> 00:43:52.662 they are a success.

NOTE Confidence: 0.87415678

00:43:52.662 --> 00:43:54.840 They typically only look at adverse

NOTE Confidence: 0.87415678

00:43:54.907 --> 00:43:56.689 events for the 1st 30 days,

NOTE Confidence: 0.87415678

00:43:56.690 --> 00:43:58.244 even though they're creating a situation

NOTE Confidence: 0.87415678

00:43:58.244 --> 00:44:00.197 where we know that people can experience

NOTE Confidence: 0.87415678

00:44:00.197 --> 00:44:01.937 long term malnutrition and long term

NOTE Confidence: 0.87415678

00:44:01.937 --> 00:44:03.369 serious significant side effects.

NOTE Confidence: 0.87415678

00:44:03.370 --> 00:44:05.155 So if you're only tracking adverse events

NOTE Confidence: 0.87415678

00:44:05.155 --> 00:44:07.610 for 30 days and you tracks, you know,

NOTE Confidence: 0.87415678

00:44:07.610 --> 00:44:10.330 improvements for a year and then you say see,

NOTE Confidence: 0.87415678

00:44:10.330 --> 00:44:11.490 this is a great idea,

NOTE Confidence: 0.87415678

00:44:11.490 --> 00:44:13.290 that's a huge problem and

NOTE Confidence: 0.87415678

00:44:13.290 --> 00:44:14.730 patients deserve to know.
NOTE Confidence: 0.87415678

00:44:14.730 --> 00:44:17.550 We don't really have much data after that.
NOTE Confidence: 0.87415678

00:44:17.550 --> 00:44:19.650 We're not sure what will happen,
NOTE Confidence: 0.87415678

00:44:19.650 --> 00:44:20.810 but we know, for example,
NOTE Confidence: 0.87415678

00:44:20.810 --> 00:44:22.610 that if you get this ruined,
NOTE Confidence: 0.87415678

00:44:22.610 --> 00:44:23.947 why you won't be able to meet
NOTE Confidence: 0.87415678

00:44:23.947 --> 00:44:24.930 your nutritional needs with food.
NOTE Confidence: 0.87415678

00:44:24.930 --> 00:44:27.468 I was recently on a panel with a woman
NOTE Confidence: 0.87415678

00:44:27.468 --> 00:44:30.901 who had that surgery and then very
NOTE Confidence: 0.87415678

00:44:30.901 --> 00:44:32.443 unexpectedly experienced homelessness.
NOTE Confidence: 0.87415678

00:44:32.450 --> 00:44:33.906 And so she knew she could not get
NOTE Confidence: 0.87415678

00:44:33.906 --> 00:44:34.996 the nutrition she needed without
NOTE Confidence: 0.87415678

00:44:34.996 --> 00:44:36.364 her supplements and she could not
NOTE Confidence: 0.87415678

00:44:36.364 --> 00:44:37.765 afford her supplements and there was
NOTE Confidence: 0.87415678

00:44:37.765 --> 00:44:40.796 literally nothing for her to do, right?
NOTE Confidence: 0.87415678

00:44:40.796 --> 00:44:42.326 So making sure that patients

NOTE Confidence: 0.87415678

00:44:42.326 --> 00:44:43.970 understand all of these things,

NOTE Confidence: 0.87415678

00:44:43.970 --> 00:44:46.448 there's I think sometimes what happens is,

NOTE Confidence: 0.87415678

00:44:46.450 --> 00:44:47.871 and again I think it comes often

NOTE Confidence: 0.87415678

00:44:47.871 --> 00:44:49.369 from a really well meaning place,

NOTE Confidence: 0.87415678

00:44:49.370 --> 00:44:51.848 but there's a paternalism that happens

NOTE Confidence: 0.87415678

00:44:51.850 --> 00:44:53.370 where the practitioner believes that

NOTE Confidence: 0.87415678

00:44:53.370 --> 00:44:55.770 this is the best thing for the patient.

NOTE Confidence: 0.87415678

00:44:55.770 --> 00:44:57.080 The practitioner perhaps has implicit

NOTE Confidence: 0.87415678

00:44:57.080 --> 00:44:59.130 bias that says if a patient is fat,

NOTE Confidence: 0.87415678

00:44:59.130 --> 00:45:00.831 then they're not smart enough to make

NOTE Confidence: 0.87415678

00:45:00.831 --> 00:45:02.178 decisions for themselves or obviously

NOTE Confidence: 0.87415678

00:45:02.178 --> 00:45:03.888 they're making poor decisions for themselves.

NOTE Confidence: 0.87415678

00:45:03.890 --> 00:45:05.504 So I've got to convince this

NOTE Confidence: 0.87415678

00:45:05.504 --> 00:45:07.408 patient to do what's best for them.

NOTE Confidence: 0.87415678

00:45:07.410 --> 00:45:09.130 And so maybe one of the ways I do that

NOTE Confidence: 0.87415678

00:45:09.177 --> 00:45:11.094 is I kind of hold back on that informed

NOTE Confidence: 0.87415678

00:45:11.094 --> 00:45:12.762 consent conversation and I say all

NOTE Confidence: 0.87415678

00:45:12.762 --> 00:45:14.289 medications have side effects which

NOTE Confidence: 0.87415678

00:45:14.289 --> 00:45:16.683 is both true and completely unhelpful

NOTE Confidence: 0.87415678

00:45:16.683 --> 00:45:19.049 in an informed consent context,

NOTE Confidence: 0.87415678

00:45:19.050 --> 00:45:19.282 right.

NOTE Confidence: 0.87415678

00:45:19.282 --> 00:45:20.906 So it's we've got to be having

NOTE Confidence: 0.87415678

00:45:20.906 --> 00:45:21.370 these conversations,

NOTE Confidence: 0.87415678

00:45:21.370 --> 00:45:23.925 we've got to be offering weight neutral

NOTE Confidence: 0.87415678

00:45:23.925 --> 00:45:25.328 options and we've got to be clear,

NOTE Confidence: 0.87415678

00:45:25.330 --> 00:45:27.248 look there are people of all sizes

NOTE Confidence: 0.87415678

00:45:27.248 --> 00:45:29.448 who have your exact same presentation

NOTE Confidence: 0.87415678

00:45:29.450 --> 00:45:31.746 and here's what we offer to people

NOTE Confidence: 0.87415678

00:45:31.746 --> 00:45:34.330 who are quote UN quote normal weight

NOTE Confidence: 0.87415678

00:45:34.330 --> 00:45:36.087 to whom we don't suggest weight loss.

NOTE Confidence: 0.87415678

00:45:36.090 --> 00:45:37.406 This is what we offer and offering

NOTE Confidence: 0.87415678

00:45:37.406 --> 00:45:38.649 those things to patients as well,

NOTE Confidence: 0.9194083

00:45:40.850 --> 00:45:43.970 excellent. So I want to take this time to

NOTE Confidence: 0.915825220833333

00:45:43.970 --> 00:45:45.422 open the floor to questions and

NOTE Confidence: 0.915825220833333

00:45:45.422 --> 00:45:46.889 for the people in the room,

NOTE Confidence: 0.915825220833333

00:45:46.890 --> 00:45:48.045 if you could just raise your hand,

NOTE Confidence: 0.915825220833333

00:45:48.050 --> 00:45:50.474 I'll bring you a microphone and we'll get

NOTE Confidence: 0.915825220833333

00:45:50.474 --> 00:45:53.010 some of the questions on Zoom as well.

NOTE Confidence: 0.845938843333333

00:45:55.170 --> 00:45:57.130 OK. We've got a couple questions. I'm coming.

NOTE Confidence: 0.926116455

00:45:57.890 --> 00:45:59.674 I'm so excited. This is my, I do the talk,

NOTE Confidence: 0.926116455

00:45:59.674 --> 00:46:01.170 so I can do the Q&A. So this is awesome.

NOTE Confidence: 0.933733946666667

00:46:06.290 --> 00:46:09.008 Hi, thank you for coming to talk to us.

NOTE Confidence: 0.933733946666667

00:46:09.010 --> 00:46:10.925 I I'm curious for for patients who

NOTE Confidence: 0.933733946666667

00:46:10.925 --> 00:46:12.805 say that they do want to lose weight,

NOTE Confidence: 0.933733946666667

00:46:12.810 --> 00:46:15.650 is it like, is it ever ethical for

NOTE Confidence: 0.933733946666667

00:46:15.650 --> 00:46:17.246 healthcare providers to help them do that?

NOTE Confidence: 0.967617025

00:46:17.770 --> 00:46:19.210 That's a great question.
NOTE Confidence: 0.967617025

00:46:19.210 --> 00:46:22.242 I think the first thing to do if a patient
NOTE Confidence: 0.967617025

00:46:22.242 --> 00:46:24.366 wants weight loss is to ask them why.
NOTE Confidence: 0.967617025

00:46:24.370 --> 00:46:25.798 And they will probably be surprised
NOTE Confidence: 0.967617025

00:46:25.798 --> 00:46:26.750 because this has probably
NOTE Confidence: 0.967617025

00:46:26.792 --> 00:46:27.947 never happened to them, right.
NOTE Confidence: 0.967617025

00:46:27.947 --> 00:46:29.489 They say you won't weight loss.
NOTE Confidence: 0.967617025

00:46:29.490 --> 00:46:30.890 I I won't weight loss the practitioners,
NOTE Confidence: 0.967617025

00:46:30.890 --> 00:46:32.418 because of course you do and then you
NOTE Confidence: 0.967617025

00:46:32.418 --> 00:46:34.184 just go on and usually the answer to why
NOTE Confidence: 0.967617025

00:46:34.184 --> 00:46:35.809 will fall into one of three buckets.
NOTE Confidence: 0.967617025

00:46:35.810 --> 00:46:37.385 They're trying to cure or
NOTE Confidence: 0.967617025

00:46:37.385 --> 00:46:38.330 prevent health issues.
NOTE Confidence: 0.967617025

00:46:38.330 --> 00:46:39.940 They're trying to increase mobility
NOTE Confidence: 0.967617025

00:46:39.940 --> 00:46:41.900 or ability or they're trying to
NOTE Confidence: 0.967617025

00:46:41.900 --> 00:46:43.466 escape weight stigma and it may

NOTE Confidence: 0.967617025

00:46:43.466 --> 00:46:45.090 be one or all of those buckets.

NOTE Confidence: 0.967617025

00:46:45.090 --> 00:46:46.686 And so for the first two buckets,

NOTE Confidence: 0.967617025

00:46:46.690 --> 00:46:50.056 we can offer weight neutral options, right?

NOTE Confidence: 0.967617025

00:46:50.056 --> 00:46:51.286 For both of those things,

NOTE Confidence: 0.967617025

00:46:51.290 --> 00:46:52.851 there are people of all sizes who

NOTE Confidence: 0.967617025

00:46:52.851 --> 00:46:54.568 have the same mobility and ability,

NOTE Confidence: 0.967617025

00:46:54.570 --> 00:46:55.945 who have the same cinematology

NOTE Confidence: 0.967617025

00:46:55.945 --> 00:46:57.045 and cardio metabolic profile.

NOTE Confidence: 0.967617025

00:46:57.050 --> 00:46:59.174 So we have weight neutral options

NOTE Confidence: 0.967617025

00:46:59.174 --> 00:47:01.090 and we can offer those.

NOTE Confidence: 0.967617025

00:47:01.090 --> 00:47:02.530 We can also offer weight loss,

NOTE Confidence: 0.967617025

00:47:02.530 --> 00:47:05.114 but we have to be honest about things

NOTE Confidence: 0.967617025

00:47:05.114 --> 00:47:08.450 like failure rates and the possible harm.

NOTE Confidence: 0.967617025

00:47:08.450 --> 00:47:10.210 And then the third bucket, weight stigma.

NOTE Confidence: 0.967617025

00:47:10.210 --> 00:47:11.170 That's the tough one,

NOTE Confidence: 0.967617025

00:47:11.170 --> 00:47:12.982 because weight stigma is real and
NOTE Confidence: 0.967617025

00:47:12.982 --> 00:47:15.090 it impacts people in very real ways,
NOTE Confidence: 0.967617025

00:47:15.090 --> 00:47:17.250 and their life would be better if they
NOTE Confidence: 0.967617025

00:47:17.250 --> 00:47:19.169 were thinner because of weight stigma.
NOTE Confidence: 0.967617025

00:47:19.170 --> 00:47:21.081 The problem is we don't have real
NOTE Confidence: 0.967617025

00:47:21.081 --> 00:47:22.969 good ways to make people thin.
NOTE Confidence: 0.967617025

00:47:22.970 --> 00:47:23.498 And so,
NOTE Confidence: 0.967617025

00:47:23.498 --> 00:47:23.762 again,
NOTE Confidence: 0.967617025

00:47:23.762 --> 00:47:25.610 I think informed consent is really important.
NOTE Confidence: 0.967617025

00:47:25.610 --> 00:47:26.961 I think to the extent that it's
NOTE Confidence: 0.967617025

00:47:26.961 --> 00:47:28.281 within the scope of whatever you're
NOTE Confidence: 0.967617025

00:47:28.281 --> 00:47:29.679 practicing to let people know there's
NOTE Confidence: 0.967617025

00:47:29.679 --> 00:47:31.378 a whole community out there who are
NOTE Confidence: 0.967617025

00:47:31.378 --> 00:47:32.826 working and surviving and thriving
NOTE Confidence: 0.967617025

00:47:32.826 --> 00:47:35.036 outside of weight loss, right?
NOTE Confidence: 0.967617025

00:47:35.036 --> 00:47:36.166 There's the weight neutral community,

NOTE Confidence: 0.967617025

00:47:36.170 --> 00:47:38.330 there's the fat activism community

NOTE Confidence: 0.967617025

00:47:38.330 --> 00:47:40.285 and letting people know about

NOTE Confidence: 0.967617025

00:47:40.285 --> 00:47:41.849 those resources as well.

NOTE Confidence: 0.967617025

00:47:41.850 --> 00:47:43.722 And for me, so I'm both fat and gay.

NOTE Confidence: 0.967617025

00:47:43.730 --> 00:47:45.728 I came out in Texas in the mid 90s,

NOTE Confidence: 0.967617025

00:47:45.730 --> 00:47:47.485 which was a super interesting time to be out.

NOTE Confidence: 0.967617025

00:47:47.490 --> 00:47:49.380 And I did a lot of political work around

NOTE Confidence: 0.967617025

00:47:49.380 --> 00:47:51.210 queer and trans rights and at that time,

NOTE Confidence: 0.967617025

00:47:51.210 --> 00:47:52.050 in my personal experience,

NOTE Confidence: 0.967617025

00:47:52.050 --> 00:47:53.430 and this is still happening

NOTE Confidence: 0.967617025

00:47:53.430 --> 00:47:54.810 to way too many people,

NOTE Confidence: 0.967617025

00:47:54.810 --> 00:47:56.016 but that's when they told me

NOTE Confidence: 0.967617025

00:47:56.016 --> 00:47:57.370 like OK being queer as a choice,

NOTE Confidence: 0.967617025

00:47:57.370 --> 00:47:57.970 it's a bad choice,

NOTE Confidence: 0.967617025

00:47:57.970 --> 00:47:58.570 it's bad for you,

NOTE Confidence: 0.967617025

00:47:58.570 --> 00:48:00.040 it's bad for society and homophobia
NOTE Confidence: 0.967617025

00:48:00.040 --> 00:48:00.530 is terrible.
NOTE Confidence: 0.967617025

00:48:00.530 --> 00:48:02.690 So you should really try to be straight.
NOTE Confidence: 0.967617025

00:48:02.690 --> 00:48:03.794 And I never bought into that
NOTE Confidence: 0.967617025

00:48:03.794 --> 00:48:04.530 as a queer person,
NOTE Confidence: 0.967617025

00:48:04.530 --> 00:48:06.231 but I did buy into it as a fat
NOTE Confidence: 0.967617025

00:48:06.231 --> 00:48:07.649 person for a really long time.
NOTE Confidence: 0.967617025

00:48:07.650 --> 00:48:09.309 And So what I realized was that
NOTE Confidence: 0.967617025

00:48:09.309 --> 00:48:11.005 I had spent years fighting my
NOTE Confidence: 0.967617025

00:48:11.005 --> 00:48:12.847 body on behalf of weight stigma,
NOTE Confidence: 0.967617025

00:48:12.850 --> 00:48:15.010 and that what I wanted to do instead was
NOTE Confidence: 0.967617025

00:48:15.010 --> 00:48:17.130 fight weight stigma on behalf of my body.
NOTE Confidence: 0.967617025

00:48:17.130 --> 00:48:19.048 And that choice made all the difference.
NOTE Confidence: 0.967617025

00:48:19.050 --> 00:48:20.570 And so letting people know
NOTE Confidence: 0.967617025

00:48:20.570 --> 00:48:22.090 that that is an option,
NOTE Confidence: 0.967617025

00:48:22.090 --> 00:48:23.055 especially if that's why if

NOTE Confidence: 0.967617025

00:48:23.055 --> 00:48:24.234 they're saying like I want to

NOTE Confidence: 0.967617025

00:48:24.234 --> 00:48:25.248 lose weight because I want to,

NOTE Confidence: 0.967617025

00:48:25.250 --> 00:48:25.818 you know,

NOTE Confidence: 0.967617025

00:48:25.818 --> 00:48:28.090 shop at the normal clothing stores or I,

NOTE Confidence: 0.967617025

00:48:28.090 --> 00:48:28.522 you know,

NOTE Confidence: 0.967617025

00:48:28.522 --> 00:48:30.250 want to escape weight stigma in whatever way

NOTE Confidence: 0.874046253076923

00:48:30.290 --> 00:48:31.250 they're experiencing it,

NOTE Confidence: 0.874046253076923

00:48:31.250 --> 00:48:33.010 I think that's really important.

NOTE Confidence: 0.874046253076923

00:48:33.010 --> 00:48:35.621 In terms of ethics, it really that's

NOTE Confidence: 0.874046253076923

00:48:35.621 --> 00:48:37.607 I think a really personal question.

NOTE Confidence: 0.874046253076923

00:48:37.610 --> 00:48:39.577 And some people won't have the option

NOTE Confidence: 0.874046253076923

00:48:39.577 --> 00:48:41.968 to say like I don't offer weight loss.

NOTE Confidence: 0.874046253076923

00:48:41.970 --> 00:48:44.049 Right. But I think that at the very least,

NOTE Confidence: 0.874046253076923

00:48:44.050 --> 00:48:46.050 it has to be a serious informed consent

NOTE Confidence: 0.874046253076923

00:48:46.050 --> 00:48:47.368 conversation so that people know,

NOTE Confidence: 0.874046253076923

00:48:47.370 --> 00:48:48.354 especially if they're undergoing,
NOTE Confidence: 0.874046253076923

00:48:48.354 --> 00:48:50.890 for example, behavior based interventions.
NOTE Confidence: 0.874046253076923

00:48:50.890 --> 00:48:53.222 Look, 95% of the time people lose weight
NOTE Confidence: 0.874046253076923

00:48:53.222 --> 00:48:54.490 short term and gain it back long term.
NOTE Confidence: 0.874046253076923

00:48:54.490 --> 00:48:56.450 Up to 66% of people gain back
NOTE Confidence: 0.874046253076923

00:48:56.450 --> 00:48:57.969 more weight than they lost.
NOTE Confidence: 0.874046253076923

00:48:57.970 --> 00:48:58.930 If that happens to you,
NOTE Confidence: 0.874046253076923

00:48:58.930 --> 00:48:59.970 that is not your fault.
NOTE Confidence: 0.874046253076923

00:48:59.970 --> 00:49:01.699 That is what every piece of research
NOTE Confidence: 0.874046253076923

00:49:01.699 --> 00:49:03.626 we have says will happen long term.
NOTE Confidence: 0.874046253076923

00:49:03.626 --> 00:49:05.244 And so you're, you know,
NOTE Confidence: 0.874046253076923

00:49:05.244 --> 00:49:07.512 you're welcome to do that and I
NOTE Confidence: 0.874046253076923

00:49:07.512 --> 00:49:08.849 will be here if it doesn't work.
NOTE Confidence: 0.874046253076923

00:49:08.850 --> 00:49:11.250 And I want you to know it's not your fault.
NOTE Confidence: 0.874046253076923

00:49:11.250 --> 00:49:13.567 I think it's important to remember patient
NOTE Confidence: 0.874046253076923

00:49:13.567 --> 00:49:16.134 centered care is still fully rooted in

NOTE Confidence: 0.874046253076923
00:49:16.134 --> 00:49:17.796 ethical evidence based medicine, right.
NOTE Confidence: 0.874046253076923
00:49:17.796 --> 00:49:18.691 So if a patient said, oh,
NOTE Confidence: 0.874046253076923
00:49:18.691 --> 00:49:20.140 I saw on a TikTok that I can fly
NOTE Confidence: 0.874046253076923
00:49:20.190 --> 00:49:21.720 if I jump off my roof and I think
NOTE Confidence: 0.874046253076923
00:49:21.720 --> 00:49:23.325 that would really cure my knee pain,
NOTE Confidence: 0.874046253076923
00:49:23.330 --> 00:49:24.932 right 'cause flying will take the
NOTE Confidence: 0.874046253076923
00:49:24.932 --> 00:49:26.569 pressure like right off that joint.
NOTE Confidence: 0.874046253076923
00:49:26.570 --> 00:49:27.880 It's still not patient centered
NOTE Confidence: 0.874046253076923
00:49:27.880 --> 00:49:29.689 care to like endorse their plan to
NOTE Confidence: 0.874046253076923
00:49:29.689 --> 00:49:31.243 jump off their garage and flap their
NOTE Confidence: 0.874046253076923
00:49:31.243 --> 00:49:32.874 arms really hard right even though
NOTE Confidence: 0.874046253076923
00:49:32.874 --> 00:49:34.602 they believe it will help them.
NOTE Confidence: 0.874046253076923
00:49:34.610 --> 00:49:36.311 And so I think we still have to always
NOTE Confidence: 0.874046253076923
00:49:36.311 --> 00:49:37.872 be coming from do I believe that
NOTE Confidence: 0.874046253076923
00:49:37.872 --> 00:49:39.635 this is an ethical evidence based
NOTE Confidence: 0.874046253076923

00:49:39.635 --> 00:49:40.786 intervention and what informed consent
NOTE Confidence: 0.874046253076923

00:49:40.786 --> 00:49:42.410 do I need to offer to the patient.
NOTE Confidence: 0.96790147

00:49:44.930 --> 00:49:46.610 I actually have a question
NOTE Confidence: 0.96790147

00:49:46.770 --> 00:49:48.730 sure which I never ask.
NOTE Confidence: 0.7678781425

00:49:50.010 --> 00:49:51.050 I liked your comparison
NOTE Confidence: 0.949723486666667

00:49:51.050 --> 00:49:52.490 for best practices
NOTE Confidence: 0.759881585555556

00:49:52.610 --> 00:49:54.563 worth and patients and as you referred to as
NOTE Confidence: 0.75143215

00:49:54.570 --> 00:49:56.289 fat patients. But
NOTE Confidence: 0.962434295

00:49:56.290 --> 00:49:59.410 my question is actually what could
NOTE Confidence: 0.962434295

00:49:59.410 --> 00:50:02.090 what would you say to fat haters
NOTE Confidence: 0.8872908775

00:50:03.530 --> 00:50:06.383 the people that just for
NOTE Confidence: 0.8872908775

00:50:06.383 --> 00:50:07.490 one reason or another
NOTE Confidence: 0.97218299

00:50:09.290 --> 00:50:10.370 don't see the comparison
NOTE Confidence: 0.8683135575

00:50:10.370 --> 00:50:12.090 don't don't understand do
NOTE Confidence: 0.904097814545454

00:50:14.650 --> 00:50:16.210 you I'm sorry, can you elaborate
NOTE Confidence: 0.904097814545454

00:50:16.210 --> 00:50:17.890 a little bit people who well, I,

NOTE Confidence: 0.904097814545454
00:50:17.890 --> 00:50:19.510 I the one that came to my mind was
NOTE Confidence: 0.904097814545454
00:50:19.510 --> 00:50:21.490 the show that's on TV my 600 LB Oh
NOTE Confidence: 0.8172272525
00:50:22.170 --> 00:50:24.050 yeah. And and or
NOTE Confidence: 0.968227275
00:50:24.050 --> 00:50:25.170 just people in general
NOTE Confidence: 0.972385924
00:50:25.170 --> 00:50:26.650 that will make a comment,
NOTE Confidence: 0.972385924
00:50:26.650 --> 00:50:28.570 those rude, horrible comments
NOTE Confidence: 0.976662232
00:50:30.010 --> 00:50:31.066 that they would probably
NOTE Confidence: 0.976662232
00:50:31.066 --> 00:50:32.690 not say to a thin person,
NOTE Confidence: 0.976662232
00:50:32.690 --> 00:50:34.680 but they will say or under their
NOTE Confidence: 0.976662232
00:50:34.680 --> 00:50:37.458 breath say to someone who is fat.
NOTE Confidence: 0.976662232
00:50:37.458 --> 00:50:40.358 Yeah, I mean, so no matter, again,
NOTE Confidence: 0.976662232
00:50:40.358 --> 00:50:42.446 no matter what people think about
NOTE Confidence: 0.976662232
00:50:42.450 --> 00:50:45.166 being fat and health, it does not
NOTE Confidence: 0.976662232
00:50:45.166 --> 00:50:47.656 justify poor treatment of fat people, right.
NOTE Confidence: 0.976662232
00:50:47.656 --> 00:50:49.639 And so to those folks, I say like,
NOTE Confidence: 0.976662232

00:50:49.639 --> 00:50:51.182 I hope you get some help to work
NOTE Confidence: 0.976662232

00:50:51.182 --> 00:50:52.687 out your issues and I hope that
NOTE Confidence: 0.976662232

00:50:52.687 --> 00:50:53.970 you learn to behave better.
NOTE Confidence: 0.9029624575

00:50:59.290 --> 00:51:00.450 Hi, I don't have
NOTE Confidence: 0.954740292105263

00:51:00.570 --> 00:51:01.374 like a specific question,
NOTE Confidence: 0.954740292105263

00:51:01.374 --> 00:51:02.834 but I was wondering if you could
NOTE Confidence: 0.954740292105263

00:51:02.834 --> 00:51:04.283 talk a little bit more about larger
NOTE Confidence: 0.954740292105263

00:51:04.283 --> 00:51:05.498 bodies and reproductive health.
NOTE Confidence: 0.954740292105263

00:51:05.498 --> 00:51:06.490 I just think like
NOTE Confidence: 0.825570152

00:51:06.490 --> 00:51:09.490 in classes, I've learned that higher
NOTE Confidence: 0.825570152

00:51:09.490 --> 00:51:11.890 way and like higher risk of like
NOTE Confidence: 0.825570152

00:51:11.890 --> 00:51:14.090 gestational diabetes and also just
NOTE Confidence: 0.825570152

00:51:14.090 --> 00:51:16.793 in general the culture about like
NOTE Confidence: 0.825570152

00:51:16.793 --> 00:51:19.367 getting your body back like postpartum
NOTE Confidence: 0.93738487

00:51:19.410 --> 00:51:21.426 and all that. Yeah.
NOTE Confidence: 0.93738487

00:51:21.426 --> 00:51:24.138 So for this in general I recommend Nicola

NOTE Confidence: 0.93738487

00:51:24.138 --> 00:51:26.850 Salmon's work and I see Ola Salmon.

NOTE Confidence: 0.93738487

00:51:26.850 --> 00:51:28.570 She does incredible work around

NOTE Confidence: 0.93738487

00:51:28.570 --> 00:51:30.290 fat fertility and fat pregnancy.

NOTE Confidence: 0.93738487

00:51:30.290 --> 00:51:32.450 I've done some written some some stuff

NOTE Confidence: 0.93738487

00:51:32.450 --> 00:51:34.210 with her and done some workshops with her.

NOTE Confidence: 0.93738487

00:51:34.210 --> 00:51:35.850 So I think again when we

NOTE Confidence: 0.93738487

00:51:35.850 --> 00:51:37.450 go back to the research,

NOTE Confidence: 0.93738487

00:51:37.450 --> 00:51:39.586 often it doesn't suggest the risk

NOTE Confidence: 0.93738487

00:51:39.586 --> 00:51:42.608 is as high as it's believed to be.

NOTE Confidence: 0.93738487

00:51:42.610 --> 00:51:43.442 Also, again,

NOTE Confidence: 0.93738487

00:51:43.442 --> 00:51:45.522 there's not good research that

NOTE Confidence: 0.93738487

00:51:45.522 --> 00:51:48.044 shows like would behavior based

NOTE Confidence: 0.93738487

00:51:48.044 --> 00:51:50.448 interventions improve these outcomes?

NOTE Confidence: 0.93738487

00:51:50.450 --> 00:51:52.232 And so I just saw a study and I

NOTE Confidence: 0.93738487

00:51:52.232 --> 00:51:53.448 haven't broken it down yet,

NOTE Confidence: 0.93738487

00:51:53.450 --> 00:51:55.394 but it's like maybe you know quote UN
NOTE Confidence: 0.93738487

00:51:55.394 --> 00:51:57.130 quote obese pregnant people shouldn't gain
NOTE Confidence: 0.93738487

00:51:57.130 --> 00:51:59.569 weight at all or should maybe lose weight.
NOTE Confidence: 0.93738487

00:51:59.570 --> 00:52:00.764 And there's other research that says
NOTE Confidence: 0.93738487

00:52:00.764 --> 00:52:02.790 that's probably not the best idea, right.
NOTE Confidence: 0.93738487

00:52:02.790 --> 00:52:04.770 So it's always about breaking
NOTE Confidence: 0.93738487

00:52:04.770 --> 00:52:07.890 down the research I think and then
NOTE Confidence: 0.93738487

00:52:07.890 --> 00:52:09.631 managing the situation, right.
NOTE Confidence: 0.93738487

00:52:09.631 --> 00:52:11.437 People who have high risk for
NOTE Confidence: 0.93738487

00:52:11.437 --> 00:52:12.956 pregnancies for various reasons get
NOTE Confidence: 0.93738487

00:52:12.956 --> 00:52:14.648 pregnant and that is their right.
NOTE Confidence: 0.93738487

00:52:14.650 --> 00:52:15.235 And so, like,
NOTE Confidence: 0.93738487

00:52:15.235 --> 00:52:16.600 how do we manage and help those
NOTE Confidence: 0.93738487

00:52:16.645 --> 00:52:18.030 folks rather than saying, like,
NOTE Confidence: 0.93738487

00:52:18.030 --> 00:52:19.830 you shouldn't got a you shouldn't
NOTE Confidence: 0.93738487

00:52:19.830 --> 00:52:21.378 have gotten pregnant, you know,

NOTE Confidence: 0.93738487

00:52:21.378 --> 00:52:23.646 you shouldn't exist as a pregnant person.

NOTE Confidence: 0.93738487

00:52:23.650 --> 00:52:25.408 You don't deserve help any problem.

NOTE Confidence: 0.93738487

00:52:25.410 --> 00:52:26.970 And this is what I hear people say,

NOTE Confidence: 0.93738487

00:52:26.970 --> 00:52:27.406 like, yeah,

NOTE Confidence: 0.93738487

00:52:27.406 --> 00:52:28.932 I was getting an epidural and my

NOTE Confidence: 0.93738487

00:52:28.932 --> 00:52:30.564 doctor said that if I had any problems,

NOTE Confidence: 0.93738487

00:52:30.570 --> 00:52:31.834 it would be my fault and that I

NOTE Confidence: 0.93738487

00:52:31.834 --> 00:52:32.769 should never have gotten fat.

NOTE Confidence: 0.93738487

00:52:32.770 --> 00:52:34.822 Like, while they were giving the

NOTE Confidence: 0.93738487

00:52:34.822 --> 00:52:36.730 epidural out of scope.

NOTE Confidence: 0.93738487

00:52:36.730 --> 00:52:37.770 Inappropriate, right?

NOTE Confidence: 0.93738487

00:52:37.770 --> 00:52:39.606 So there's the way that weight

NOTE Confidence: 0.93738487

00:52:39.606 --> 00:52:40.524 stigma also impacts.

NOTE Confidence: 0.93738487

00:52:40.530 --> 00:52:41.930 Do people get all of their care?

NOTE Confidence: 0.93738487

00:52:41.930 --> 00:52:43.090 Do they skip prenatal visits,

NOTE Confidence: 0.93738487

00:52:43.090 --> 00:52:45.058 'cause they just cannot deal with
NOTE Confidence: 0.93738487

00:52:45.058 --> 00:52:46.203 another weight lecture, right?
NOTE Confidence: 0.93738487

00:52:46.203 --> 00:52:46.968 So there's all of that.
NOTE Confidence: 0.93738487

00:52:46.970 --> 00:52:48.286 And then the culture around getting like,
NOTE Confidence: 0.93738487

00:52:48.290 --> 00:52:51.671 pregnancy body back is like that bit
NOTE Confidence: 0.93738487

00:52:51.671 --> 00:52:55.178 of diet culture is so, like odd to me.
NOTE Confidence: 0.93738487

00:52:55.178 --> 00:52:57.445 Like you made a whole person, right?
NOTE Confidence: 0.93738487

00:52:57.445 --> 00:52:58.685 And all we're like is do you look
NOTE Confidence: 0.93738487

00:52:58.685 --> 00:52:59.847 like you looked when you were 18?
NOTE Confidence: 0.93738487

00:52:59.850 --> 00:53:00.480 Who cares?
NOTE Confidence: 0.93738487

00:53:00.480 --> 00:53:02.370 Like that diet culture thing is
NOTE Confidence: 0.93738487

00:53:02.370 --> 00:53:04.328 a whole extra separate trip.
NOTE Confidence: 0.36477292

00:53:12.760 --> 00:53:12.880 Uh, huh.
NOTE Confidence: 0.955467156666667

00:53:21.530 --> 00:53:22.169 Now it's on.
NOTE Confidence: 0.8239029583333333

00:53:23.730 --> 00:53:24.486 And so for me as a
NOTE Confidence: 0.83890530173913

00:53:24.490 --> 00:53:25.682 second year medical student,

NOTE Confidence: 0.83890530173913

00:53:25.682 --> 00:53:28.112 I'm thinking a lot about the sort of

NOTE Confidence: 0.83890530173913

00:53:28.112 --> 00:53:29.577 long term consequences of patients

NOTE Confidence: 0.83890530173913

00:53:29.577 --> 00:53:31.609 who are under insured or uninsured.

NOTE Confidence: 0.83890530173913

00:53:31.610 --> 00:53:33.824 And I think if you look at the landscape

NOTE Confidence: 0.83890530173913

00:53:33.824 --> 00:53:35.969 of the American Insurance you know,

NOTE Confidence: 0.83890530173913

00:53:35.970 --> 00:53:39.410 scheme, one in 10 people are not insured.

NOTE Confidence: 0.83890530173913

00:53:39.410 --> 00:53:41.039 And if you look at you know the sort

NOTE Confidence: 0.83890530173913

00:53:41.039 --> 00:53:42.847 of breakdown of who those people are,

NOTE Confidence: 0.83890530173913

00:53:42.850 --> 00:53:44.488 they tend to be people who are you know,

NOTE Confidence: 0.83890530173913

00:53:44.490 --> 00:53:46.130 from lower socio economic groups,

NOTE Confidence: 0.83890530173913

00:53:46.130 --> 00:53:47.565 you know face you know different barriers,

NOTE Confidence: 0.83890530173913

00:53:47.570 --> 00:53:49.650 social determinants of health etcetera.

NOTE Confidence: 0.83890530173913

00:53:49.650 --> 00:53:52.821 And I guess my question is when

NOTE Confidence: 0.83890530173913

00:53:52.821 --> 00:53:55.604 you are charting and you write

NOTE Confidence: 0.83890530173913

00:53:55.604 --> 00:53:58.250 the word obesity in a chart,

NOTE Confidence: 0.83890530173913

00:53:58.250 --> 00:53:59.870 insurance companies from what I
NOTE Confidence: 0.83890530173913

00:53:59.870 --> 00:54:01.490 understand have sort of limited,
NOTE Confidence: 0.83890530173913

00:54:01.490 --> 00:54:04.538 my limited knowledge is that they do often
NOTE Confidence: 0.83890530173913

00:54:04.538 --> 00:54:06.977 elevate rates for people who are obese
NOTE Confidence: 0.83890530173913

00:54:06.977 --> 00:54:09.807 or those those sort of rates are in,
NOTE Confidence: 0.83890530173913

00:54:09.810 --> 00:54:10.690 you know,
NOTE Confidence: 0.83890530173913

00:54:10.690 --> 00:54:12.890 they're informed by the charts.
NOTE Confidence: 0.83890530173913

00:54:12.890 --> 00:54:15.116 But I want my patients to be
NOTE Confidence: 0.83890530173913

00:54:15.116 --> 00:54:16.924 insured because people who are
NOTE Confidence: 0.83890530173913

00:54:16.924 --> 00:54:18.884 insured have better health outcomes.
NOTE Confidence: 0.83890530173913

00:54:18.890 --> 00:54:20.347 So you see the issue here, right?
NOTE Confidence: 0.83890530173913

00:54:20.347 --> 00:54:22.450 Like, what is the purpose of documenting
NOTE Confidence: 0.83890530173913

00:54:22.450 --> 00:54:24.690 that in a chart that then might,
NOTE Confidence: 0.83890530173913

00:54:24.690 --> 00:54:25.344 you know,
NOTE Confidence: 0.83890530173913

00:54:25.344 --> 00:54:27.306 affect someone's insurance status to the
NOTE Confidence: 0.83890530173913

00:54:27.306 --> 00:54:29.685 point where they are no longer insured

NOTE Confidence: 0.83890530173913

00:54:29.685 --> 00:54:31.673 and then they're jeopardized further by

NOTE Confidence: 0.83890530173913

00:54:31.673 --> 00:54:33.563 a system that they can't support them.

NOTE Confidence: 0.83890530173913

00:54:33.570 --> 00:54:34.410 So I'm curious, I guess,

NOTE Confidence: 0.83890530173913

00:54:34.410 --> 00:54:36.702 as a comment, how does charting,

NOTE Confidence: 0.83890530173913

00:54:36.702 --> 00:54:37.648 you know,

NOTE Confidence: 0.83890530173913

00:54:37.650 --> 00:54:40.290 maybe affect people's insurance status?

NOTE Confidence: 0.83890530173913

00:54:40.290 --> 00:54:41.590 And how does insurance status

NOTE Confidence: 0.83890530173913

00:54:41.590 --> 00:54:42.890 affect people's health as as

NOTE Confidence: 0.83890530173913

00:54:42.935 --> 00:54:44.370 people who present with obesity?

NOTE Confidence: 0.83890530173913

00:54:44.370 --> 00:54:44.882 So I don't know.

NOTE Confidence: 0.83890530173913

00:54:44.882 --> 00:54:45.010 Yeah,

NOTE Confidence: 0.8883023

00:54:46.090 --> 00:54:47.130 that's a great question.

NOTE Confidence: 0.8883023

00:54:47.130 --> 00:54:48.690 This has gotten a lot better

NOTE Confidence: 0.8883023

00:54:48.739 --> 00:54:50.209 since the Affordable Care Act.

NOTE Confidence: 0.8883023

00:54:50.210 --> 00:54:51.550 Prior to that when insurance

NOTE Confidence: 0.8883023

00:54:51.550 --> 00:54:52.890 companies were allowed to deny

NOTE Confidence: 0.8883023

00:54:52.938 --> 00:54:54.530 people for pre-existing conditions.

NOTE Confidence: 0.8883023

00:54:54.530 --> 00:54:55.778 You may or may not remember

NOTE Confidence: 0.8883023

00:54:55.778 --> 00:54:56.890 when that was the case,

NOTE Confidence: 0.8883023

00:54:56.890 --> 00:54:58.745 high BMI was considered a

NOTE Confidence: 0.8883023

00:54:58.745 --> 00:54:59.487 pre-existing condition.

NOTE Confidence: 0.8883023

00:54:59.490 --> 00:55:01.375 I personally could not get

NOTE Confidence: 0.8883023

00:55:01.375 --> 00:55:03.626 healthcare for 14 years because my

NOTE Confidence: 0.8883023

00:55:03.626 --> 00:55:05.466 body was considered a pre-existing

NOTE Confidence: 0.8883023

00:55:05.466 --> 00:55:06.948 condition that insurance companies

NOTE Confidence: 0.8883023

00:55:06.948 --> 00:55:08.568 were not required to cover.

NOTE Confidence: 0.8883023

00:55:08.570 --> 00:55:10.369 And so that's not the case anymore.

NOTE Confidence: 0.8883023

00:55:10.370 --> 00:55:12.035 They're not allowed to stratify

NOTE Confidence: 0.8883023

00:55:12.035 --> 00:55:13.367 based on body size.

NOTE Confidence: 0.8883023

00:55:13.370 --> 00:55:15.890 It's just smoking in age at this point.

NOTE Confidence: 0.8883023

00:55:15.890 --> 00:55:17.570 If they're under an Obamacare

NOTE Confidence: 0.8883023

00:55:17.570 --> 00:55:19.250 and Affordable Care Act plan,

NOTE Confidence: 0.8883023

00:55:19.250 --> 00:55:20.822 if they're doing the like independent

NOTE Confidence: 0.8883023

00:55:20.822 --> 00:55:22.090 private plans and they can,

NOTE Confidence: 0.8883023

00:55:22.090 --> 00:55:23.245 it's they can do whatever they want.

NOTE Confidence: 0.8883023

00:55:23.250 --> 00:55:24.843 Unfortunately for me,

NOTE Confidence: 0.8883023

00:55:24.843 --> 00:55:26.967 the the charting around,

NOTE Confidence: 0.8883023

00:55:26.970 --> 00:55:27.770 quote UN quote, obesity,

NOTE Confidence: 0.8883023

00:55:27.770 --> 00:55:28.370 first of all,

NOTE Confidence: 0.8883023

00:55:28.370 --> 00:55:30.029 it can trigger a lot of like

NOTE Confidence: 0.8883023

00:55:30.029 --> 00:55:31.044 communications with the patient

NOTE Confidence: 0.8883023

00:55:31.044 --> 00:55:32.568 that that patient may not want.

NOTE Confidence: 0.8883023

00:55:32.570 --> 00:55:33.765 Especially let's say the patient

NOTE Confidence: 0.8883023

00:55:33.765 --> 00:55:34.960 is higher weight and experiencing

NOTE Confidence: 0.8883023

00:55:35.001 --> 00:55:35.988 an eating disorder, right.

NOTE Confidence: 0.8883023

00:55:35.988 --> 00:55:37.776 And they're getting all of this

NOTE Confidence: 0.8883023

00:55:37.776 --> 00:55:39.839 weight loss stuff that can be
NOTE Confidence: 0.8883023

00:55:39.839 --> 00:55:41.327 incredibly triggering and problematic
NOTE Confidence: 0.8883023

00:55:41.330 --> 00:55:42.750 also like life insurance and
NOTE Confidence: 0.8883023

00:55:42.750 --> 00:55:44.170 long long term care insurance.
NOTE Confidence: 0.8883023

00:55:44.170 --> 00:55:46.648 Those things are deeply impacted by weight.
NOTE Confidence: 0.8883023

00:55:46.650 --> 00:55:50.520 I cannot get either because of
NOTE Confidence: 0.8883023

00:55:50.520 --> 00:55:51.930 my BMIA lot of people can't.
NOTE Confidence: 0.8883023

00:55:51.930 --> 00:55:53.930 So that's a huge problem.
NOTE Confidence: 0.8883023

00:55:53.930 --> 00:55:54.426 So, yeah,
NOTE Confidence: 0.8883023

00:55:54.426 --> 00:55:56.410 I think the the way that we chart
NOTE Confidence: 0.8883023

00:55:56.476 --> 00:55:58.618 size and the fact that it's been
NOTE Confidence: 0.8883023

00:55:58.618 --> 00:56:00.410 put into requirement like the MIPS,
NOTE Confidence: 0.8883023

00:56:00.410 --> 00:56:02.690 if you're working with with Medicare,
NOTE Confidence: 0.8883023

00:56:02.690 --> 00:56:04.125 one thing to know is that with
NOTE Confidence: 0.8883023

00:56:04.125 --> 00:56:05.640 MIPS if the patient refuses weigh
NOTE Confidence: 0.8883023

00:56:05.640 --> 00:56:07.045 in or declines weigh in,

NOTE Confidence: 0.8883023

00:56:07.050 --> 00:56:09.038 it removes them from both the numerator

NOTE Confidence: 0.8883023

00:56:09.038 --> 00:56:11.010 and the denominator of the miscalculation.

NOTE Confidence: 0.8883023

00:56:11.010 --> 00:56:13.290 So it does not count against

NOTE Confidence: 0.8883023

00:56:13.290 --> 00:56:14.050 the compensation.

NOTE Confidence: 0.8883023

00:56:14.050 --> 00:56:14.682 If that is removed,

NOTE Confidence: 0.8883023

00:56:14.682 --> 00:56:15.812 of course you have to have an

NOTE Confidence: 0.8883023

00:56:15.812 --> 00:56:16.527 EHR that will do that,

NOTE Confidence: 0.8883023

00:56:16.530 --> 00:56:18.528 which is a whole other thing.

NOTE Confidence: 0.8883023

00:56:18.530 --> 00:56:20.462 So I think in terms of like

NOTE Confidence: 0.8883023

00:56:20.462 --> 00:56:21.290 their health insurance,

NOTE Confidence: 0.8883023

00:56:21.290 --> 00:56:23.125 it doesn't necessarily cause an

NOTE Confidence: 0.8883023

00:56:23.125 --> 00:56:24.960 immediate problem in terms of

NOTE Confidence: 0.8883023

00:56:25.024 --> 00:56:26.769 like their cost of insurance,

NOTE Confidence: 0.8883023

00:56:26.770 --> 00:56:28.330 it doesn't make it go up,

NOTE Confidence: 0.8883023

00:56:28.330 --> 00:56:30.010 but it can create barriers,

NOTE Confidence: 0.8883023

00:56:30.010 --> 00:56:31.708 it can create step programs with
NOTE Confidence: 0.8883023

00:56:31.708 --> 00:56:33.205 certain insurances where like they're
NOTE Confidence: 0.8883023

00:56:33.205 --> 00:56:34.765 expected to try different things.
NOTE Confidence: 0.8883023

00:56:34.770 --> 00:56:36.722 And this is one of the huge concerns
NOTE Confidence: 0.8883023

00:56:36.722 --> 00:56:39.330 with the big push right now.
NOTE Confidence: 0.8883023

00:56:39.330 --> 00:56:41.136 Novo Nordisk and Eli Lilly are in
NOTE Confidence: 0.8883023

00:56:41.136 --> 00:56:43.381 a huge full court press to mandate
NOTE Confidence: 0.8883023

00:56:43.381 --> 00:56:45.890 Medicare coverage of their weight loss drugs,
NOTE Confidence: 0.8883023

00:56:45.890 --> 00:56:47.870 which is odd because Medicare is
NOTE Confidence: 0.8883023

00:56:47.870 --> 00:56:49.649 almost entirely people 65 and up.
NOTE Confidence: 0.8883023

00:56:49.650 --> 00:56:51.414 And that's a group of people where
NOTE Confidence: 0.8883023

00:56:51.414 --> 00:56:53.039 there's a large body of research
NOTE Confidence: 0.8883023

00:56:53.039 --> 00:56:54.671 that shows that they that weight
NOTE Confidence: 0.8883023

00:56:54.671 --> 00:56:56.410 loss creates increased mortality.
NOTE Confidence: 0.8883023

00:56:56.410 --> 00:56:57.964 So I have some concerns about that.
NOTE Confidence: 0.8883023

00:56:57.970 --> 00:56:58.888 They're also pushing.

NOTE Confidence: 0.8883023

00:56:58.888 --> 00:57:01.346 I just want to point out that access

NOTE Confidence: 0.8883023

00:57:01.346 --> 00:57:03.502 to these drugs for black and brown

NOTE Confidence: 0.8883023

00:57:03.502 --> 00:57:05.247 communities is a social justice issue.

NOTE Confidence: 0.8883023

00:57:05.250 --> 00:57:07.440 But black and brown communities were

NOTE Confidence: 0.8883023

00:57:07.440 --> 00:57:09.330 vastly underrepresented in their trials.

NOTE Confidence: 0.8883023

00:57:09.330 --> 00:57:11.010 Meaning this is basically just

NOTE Confidence: 0.8883023

00:57:11.010 --> 00:57:12.690 replicating a history of experimental

NOTE Confidence: 0.8883023

00:57:12.744 --> 00:57:14.129 medicine on people of color.

NOTE Confidence: 0.8883023

00:57:14.130 --> 00:57:15.324 And I think that's something that

NOTE Confidence: 0.8883023

00:57:15.324 --> 00:57:16.690 we need to keep pointing out.

NOTE Confidence: 0.9225985933333333

00:57:16.690 --> 00:57:19.327 So I think that that in terms of charting,

NOTE Confidence: 0.9225985933333333

00:57:19.330 --> 00:57:21.286 that's the bigger issue to me.

NOTE Confidence: 0.9225985933333333

00:57:21.290 --> 00:57:22.703 I also just want to point out like there's

NOTE Confidence: 0.9225985933333333

00:57:22.703 --> 00:57:24.008 there's the thing where they say, oh,

NOTE Confidence: 0.9225985933333333

00:57:24.008 --> 00:57:25.916 people of lower socio economic status

NOTE Confidence: 0.9225985933333333

00:57:25.916 --> 00:57:28.088 have a higher chance of being fat.
NOTE Confidence: 0.9225985933333333

00:57:28.090 --> 00:57:29.930 But I also want to point out that
NOTE Confidence: 0.9225985933333333

00:57:29.930 --> 00:57:31.085 people who are fat have a lower,
NOTE Confidence: 0.9225985933333333

00:57:31.090 --> 00:57:32.510 have a higher chance of
NOTE Confidence: 0.9225985933333333

00:57:32.510 --> 00:57:33.646 being lower economic status,
NOTE Confidence: 0.9225985933333333

00:57:33.650 --> 00:57:36.208 right higher way people are hired less,
NOTE Confidence: 0.9225985933333333

00:57:36.208 --> 00:57:37.882 paid less and promoted less than
NOTE Confidence: 0.9225985933333333

00:57:37.882 --> 00:57:39.010 similarly qualified than people.
NOTE Confidence: 0.9225985933333333

00:57:39.010 --> 00:57:41.208 One study found that higher weight women,
NOTE Confidence: 0.9225985933333333

00:57:41.210 --> 00:57:43.430 the penalty was about \$19,000
NOTE Confidence: 0.9225985933333333

00:57:43.430 --> 00:57:45.206 over very thin women.
NOTE Confidence: 0.9225985933333333

00:57:45.210 --> 00:57:46.767 So it's not like a small amount of money.
NOTE Confidence: 0.9225985933333333

00:57:46.770 --> 00:57:47.904 So I think that we also always
NOTE Confidence: 0.9225985933333333

00:57:47.904 --> 00:57:49.284 need to be looking at like the
NOTE Confidence: 0.9225985933333333

00:57:49.284 --> 00:57:50.562 chicken and the egg problem there,
NOTE Confidence: 0.9225985933333333

00:57:50.570 --> 00:57:51.890 which is way more than you asked for,

NOTE Confidence: 0.9225985933333333
00:57:51.890 --> 00:57:52.570 but that's what I got.
NOTE Confidence: 0.822594935
00:57:55.010 --> 00:57:56.330 I thank you for a wonderful
NOTE Confidence: 0.521439516
00:57:56.330 --> 00:57:59.290 talk and advocating for patients.
NOTE Confidence: 0.521439516
00:57:59.290 --> 00:58:01.681 Could you please clarify a little bit
NOTE Confidence: 0.521439516
00:58:01.681 --> 00:58:03.900 the statement that you made about the
NOTE Confidence: 0.521439516
00:58:03.964 --> 00:58:06.687 increased risks of the GLP one medications?
NOTE Confidence: 0.521439516
00:58:06.690 --> 00:58:09.930 I think you had compared it to the Fen
NOTE Confidence: 0.521439516
00:58:09.930 --> 00:58:13.610 Fen from from Eris prior because you know
NOTE Confidence: 0.521439516
00:58:13.610 --> 00:58:16.509 there there's not as much long term data
NOTE Confidence: 0.521439516
00:58:16.509 --> 00:58:20.570 on the obesity dosings of the GLP ones.
NOTE Confidence: 0.521439516
00:58:20.570 --> 00:58:22.510 But there's plenty of long term data
NOTE Confidence: 0.521439516
00:58:22.510 --> 00:58:25.392 and big study data is using the same
NOTE Confidence: 0.521439516
00:58:25.392 --> 00:58:27.930 agents in diabetic trials and they,
NOTE Confidence: 0.521439516
00:58:27.930 --> 00:58:30.570 you know mostly for all agents have shown
NOTE Confidence: 0.521439516
00:58:30.570 --> 00:58:33.330 improvement in three or four point Mace.
NOTE Confidence: 0.521439516

00:58:33.330 --> 00:58:35.705 It's being used in heart
NOTE Confidence: 0.521439516

00:58:35.705 --> 00:58:37.130 failure kidney disease.
NOTE Confidence: 0.521439516

00:58:37.130 --> 00:58:37.928 So you know,
NOTE Confidence: 0.521439516

00:58:37.930 --> 00:58:39.830 those seem like they're quite beneficial
NOTE Confidence: 0.521439516

00:58:39.830 --> 00:58:42.330 for patients who have comorbidities.
NOTE Confidence: 0.521439516

00:58:42.330 --> 00:58:43.130 But what,
NOTE Confidence: 0.521439516

00:58:43.130 --> 00:58:45.705 what is the concern about the higher
NOTE Confidence: 0.521439516

00:58:45.705 --> 00:58:47.805 doses for obesity management?
NOTE Confidence: 0.929870995

00:58:48.690 --> 00:58:50.850 Yeah, so there there's a couple of concerns.
NOTE Confidence: 0.929870995

00:58:50.850 --> 00:58:52.506 The 1st is just that it's
NOTE Confidence: 0.929870995

00:58:52.506 --> 00:58:53.970 more than the maximum dose.
NOTE Confidence: 0.929870995

00:58:53.970 --> 00:58:56.445 So while we have data on the diabetes doses,
NOTE Confidence: 0.929870995

00:58:56.450 --> 00:58:58.746 that titration and dosing is very different
NOTE Confidence: 0.929870995

00:58:58.746 --> 00:59:00.706 for weight loss because the goal of
NOTE Confidence: 0.929870995

00:59:00.706 --> 00:59:02.413 that is to maximize side effects, right.
NOTE Confidence: 0.929870995

00:59:02.413 --> 00:59:04.357 So it has good health benefits and I

NOTE Confidence: 0.929870995

00:59:04.357 --> 00:59:06.249 agree that it's a solid type 2 diabetes

NOTE Confidence: 0.929870995

00:59:06.249 --> 00:59:08.128 drug and has other benefits as well,

NOTE Confidence: 0.929870995

00:59:08.130 --> 00:59:09.108 like the idea that we wouldn't

NOTE Confidence: 0.929870995

00:59:09.108 --> 00:59:10.050 give it at that dosage,

NOTE Confidence: 0.929870995

00:59:10.050 --> 00:59:11.394 but that we could keep cranking up

NOTE Confidence: 0.929870995

00:59:11.394 --> 00:59:12.808 the dosage to produce weight loss,

NOTE Confidence: 0.929870995

00:59:12.810 --> 00:59:15.650 to produce the side effect means that

NOTE Confidence: 0.929870995

00:59:15.650 --> 00:59:17.903 we're going to increase the rates

NOTE Confidence: 0.929870995

00:59:17.903 --> 00:59:20.249 of all those dependent side effects.

NOTE Confidence: 0.929870995

00:59:20.250 --> 00:59:22.020 So there's that piece of it

NOTE Confidence: 0.929870995

00:59:22.020 --> 00:59:22.610 that's concerning.

NOTE Confidence: 0.929870995

00:59:22.610 --> 00:59:24.490 There's also the concern that we don't know.

NOTE Confidence: 0.929870995

00:59:24.490 --> 00:59:27.577 Now one of the chief benefits of these

NOTE Confidence: 0.929870995

00:59:27.577 --> 00:59:29.459 drugs in terms of type 2 diabetes is

NOTE Confidence: 0.929870995

00:59:29.459 --> 00:59:31.410 that they only act when glucose is high.

NOTE Confidence: 0.929870995

00:59:31.410 --> 00:59:32.712 So there are fewer hypo incidents
NOTE Confidence: 0.929870995

00:59:32.712 --> 00:59:33.363 on these drugs.
NOTE Confidence: 0.929870995

00:59:33.370 --> 00:59:33.690 However,
NOTE Confidence: 0.929870995

00:59:33.690 --> 00:59:35.610 people who don't have type 2
NOTE Confidence: 0.929870995

00:59:35.610 --> 00:59:37.529 diabetes do have glucose spikes.
NOTE Confidence: 0.929870995

00:59:37.530 --> 00:59:39.354 And what we don't know and what some
NOTE Confidence: 0.929870995

00:59:39.354 --> 00:59:40.438 endocrinologists are asking is what
NOTE Confidence: 0.929870995

00:59:40.438 --> 00:59:41.810 happens when we give people a mega
NOTE Confidence: 0.929870995

00:59:41.850 --> 00:59:43.290 dose of a type 2 diabetes drug and
NOTE Confidence: 0.929870995

00:59:43.290 --> 00:59:44.622 they don't have type 2 diabetes.
NOTE Confidence: 0.929870995

00:59:44.622 --> 00:59:47.049 So when they have a normal blood sugar spike,
NOTE Confidence: 0.929870995

00:59:47.050 --> 00:59:49.570 does that then like hammer the beta cells,
NOTE Confidence: 0.929870995

00:59:49.570 --> 00:59:51.478 exhaust them sooner and create an
NOTE Confidence: 0.929870995

00:59:51.478 --> 00:59:52.750 earlier presentation or presentation
NOTE Confidence: 0.929870995

00:59:52.804 --> 00:59:54.456 that never would have happened of type
NOTE Confidence: 0.929870995

00:59:54.456 --> 00:59:56.070 2 diabetes in that patient, right.

NOTE Confidence: 0.929870995

00:59:56.070 --> 00:59:57.890 We don't have an answer to that

NOTE Confidence: 0.929870995

00:59:57.890 --> 00:59:59.066 question because we don't have

NOTE Confidence: 0.929870995

00:59:59.066 --> 01:00:00.753 a long term data on of people on

NOTE Confidence: 0.929870995

01:00:00.753 --> 01:00:02.049 these high doses of the drug.

NOTE Confidence: 0.929870995

01:00:02.050 --> 01:00:04.210 So that's the concern in general.

NOTE Confidence: 0.929870995

01:00:04.210 --> 01:00:06.778 My Fen Fen concern is that

NOTE Confidence: 0.929870995

01:00:06.778 --> 01:00:08.290 it's not just the side effects,

NOTE Confidence: 0.929870995

01:00:08.290 --> 01:00:10.434 but the fact that we've got a medication

NOTE Confidence: 0.929870995

01:00:10.434 --> 01:00:12.826 that shows short term weight loss,

NOTE Confidence: 0.929870995

01:00:12.826 --> 01:00:13.290 right,

NOTE Confidence: 0.929870995

01:00:13.290 --> 01:00:15.271 that in two years weight loss levels

NOTE Confidence: 0.929870995

01:00:15.271 --> 01:00:17.489 off around like that 58 to 62 week mark.

NOTE Confidence: 0.929870995

01:00:17.490 --> 01:00:20.750 And then sort of studies with TIRZEPATITIS,

NOTE Confidence: 0.929870995

01:00:20.750 --> 01:00:23.086 studies with Novo Nordisk at 68 weeks,

NOTE Confidence: 0.929870995

01:00:23.090 --> 01:00:24.610 sort of a weight cycling.

NOTE Confidence: 0.929870995

01:00:24.610 --> 01:00:26.038 Thing happens with the mean weight
NOTE Confidence: 0.929870995

01:00:26.038 --> 01:00:27.828 loss and then at the end of two
NOTE Confidence: 0.929870995

01:00:27.828 --> 01:00:29.510 years weight is is going up and
NOTE Confidence: 0.929870995

01:00:29.510 --> 01:00:32.010 that's when the data stops.
NOTE Confidence: 0.929870995

01:00:32.010 --> 01:00:33.502 So that's a concern.
NOTE Confidence: 0.929870995

01:00:33.502 --> 01:00:35.970 The fact that their own 100 year
NOTE Confidence: 0.929870995

01:00:35.970 --> 01:00:37.470 patient adverse data shows that
NOTE Confidence: 0.929870995

01:00:37.470 --> 01:00:39.460 every 25 years people are looking
NOTE Confidence: 0.929870995

01:00:39.460 --> 01:00:41.634 at three serious adverse events and
NOTE Confidence: 0.929870995

01:00:41.634 --> 01:00:43.954 one adverse event serious enough
NOTE Confidence: 0.929870995

01:00:43.954 --> 01:00:45.810 to discontinue the medication.
NOTE Confidence: 0.929870995

01:00:45.810 --> 01:00:46.192 And again,
NOTE Confidence: 0.929870995

01:00:46.192 --> 01:00:47.529 because this is the same as weight
NOTE Confidence: 0.929870995

01:00:47.529 --> 01:00:48.647 loss drugs have always been,
NOTE Confidence: 0.929870995

01:00:48.650 --> 01:00:49.490 when people go off of it,
NOTE Confidence: 0.929870995

01:00:49.490 --> 01:00:50.898 they regain the weight.

NOTE Confidence: 0.929870995

01:00:50.898 --> 01:00:52.306 And Novo notice unbelievably

NOTE Confidence: 0.929870995

01:00:52.306 --> 01:00:53.757 profitable solution is will people

NOTE Confidence: 0.929870995

01:00:53.757 --> 01:00:55.367 just stay on this drug for life.

NOTE Confidence: 0.929870995

01:00:55.370 --> 01:00:57.302 And that's why we're seeing this redefinition

NOTE Confidence: 0.929870995

01:00:57.302 --> 01:00:58.850 of obesity isn't just a disease,

NOTE Confidence: 0.929870995

01:00:58.850 --> 01:01:01.004 it's a chronic lifelong relapsing remitting

NOTE Confidence: 0.929870995

01:01:01.004 --> 01:01:03.289 disease which covers all of their bases,

NOTE Confidence: 0.929870995

01:01:03.290 --> 01:01:03.590 right.

NOTE Confidence: 0.929870995

01:01:03.590 --> 01:01:05.690 If people weight cycle on the drug,

NOTE Confidence: 0.929870995

01:01:05.690 --> 01:01:07.382 well that's the relapsing remitting nature

NOTE Confidence: 0.929870995

01:01:07.382 --> 01:01:09.552 of the quote UN quote disease, right.

NOTE Confidence: 0.929870995

01:01:09.552 --> 01:01:11.364 It's chronic and lifelong like asthma.

NOTE Confidence: 0.96671405

01:01:11.370 --> 01:01:12.567 So you have to take it forever,

NOTE Confidence: 0.96671405

01:01:12.570 --> 01:01:14.817 except that it's not like asthma or

NOTE Confidence: 0.96671405

01:01:14.817 --> 01:01:16.926 type 2 diabetes because there's no

NOTE Confidence: 0.96671405

01:01:16.926 --> 01:01:20.555 real definition of obesity that is
NOTE Confidence: 0.96671405

01:01:20.555 --> 01:01:23.496 separate from other conditions, right.
NOTE Confidence: 0.96671405

01:01:23.496 --> 01:01:26.003 They. So there have been, if you look,
NOTE Confidence: 0.96671405

01:01:26.003 --> 01:01:27.167 there's no clear definition.
NOTE Confidence: 0.96671405

01:01:27.170 --> 01:01:29.810 We've had the BMI definition.
NOTE Confidence: 0.96671405

01:01:29.810 --> 01:01:31.728 But the the new definitions are like,
NOTE Confidence: 0.96671405

01:01:31.730 --> 01:01:33.650 oh, well, it's excess fatness that
NOTE Confidence: 0.96671405

01:01:33.650 --> 01:01:35.790 impacts health, which is not really the
NOTE Confidence: 0.96671405

01:01:35.790 --> 01:01:37.490 way you diagnose the disease, right.
NOTE Confidence: 0.96671405

01:01:37.490 --> 01:01:38.516 Because it's like saying, well,
NOTE Confidence: 0.96671405

01:01:38.516 --> 01:01:40.190 if you're 6 foot seven, you're just tall,
NOTE Confidence: 0.96671405

01:01:40.190 --> 01:01:41.970 but if you're 6 foot seven with hypertension,
NOTE Confidence: 0.96671405

01:01:41.970 --> 01:01:45.185 now you're medically over tall, right.
NOTE Confidence: 0.96671405

01:01:45.185 --> 01:01:47.250 And so the the thing with these,
NOTE Confidence: 0.96671405

01:01:47.250 --> 01:01:49.194 with these drugs that is concerning
NOTE Confidence: 0.96671405

01:01:49.194 --> 01:01:52.470 to me is that we're almost 70% of the

NOTE Confidence: 0.96671405

01:01:52.470 --> 01:01:54.685 population is eligible for them and

NOTE Confidence: 0.96671405

01:01:54.685 --> 01:01:56.095 they're pushing really hard to get

NOTE Confidence: 0.96671405

01:01:56.095 --> 01:01:57.302 insurance coverage for Medicare so

NOTE Confidence: 0.96671405

01:01:57.302 --> 01:01:58.688 that they can get private insurance.

NOTE Confidence: 0.96671405

01:01:58.690 --> 01:01:59.722 They're pushing really hard to get

NOTE Confidence: 0.96671405

01:01:59.722 --> 01:02:00.730 them formularies in other countries.

NOTE Confidence: 0.96671405

01:02:00.730 --> 01:02:02.970 And we don't have a lot of data.

NOTE Confidence: 0.96671405

01:02:02.970 --> 01:02:05.270 There are serious and including

NOTE Confidence: 0.96671405

01:02:05.270 --> 01:02:07.010 fatal side effects of these drugs,

NOTE Confidence: 0.96671405

01:02:07.010 --> 01:02:08.242 and we don't know what that will

NOTE Confidence: 0.96671405

01:02:08.242 --> 01:02:09.209 look like at this dose.

NOTE Confidence: 0.96671405

01:02:09.210 --> 01:02:11.766 And we are racing to get them to people.

NOTE Confidence: 0.96671405

01:02:11.770 --> 01:02:13.090 And that is what concerns me

NOTE Confidence: 0.96671405

01:02:13.090 --> 01:02:13.970 about another fan event.

NOTE Confidence: 0.95099076

01:02:17.410 --> 01:02:18.574 So we have time for one

NOTE Confidence: 0.95099076

01:02:18.574 --> 01:02:19.610 more question from the room.
NOTE Confidence: 0.96895486

01:02:23.890 --> 01:02:25.210 Anyone else have a question?
NOTE Confidence: 0.5952267

01:02:28.090 --> 01:02:29.170 Yes, Doctor Hall. Really
NOTE Confidence: 0.24151473

01:02:40.210 --> 01:02:40.938 loud. Karen's going to give
NOTE Confidence: 0.24151473

01:02:40.938 --> 01:02:42.770 it to you. I'm sorry. Yeah,
NOTE Confidence: 0.644333706666667

01:02:42.770 --> 01:02:43.462 they're bringing the mic.
NOTE Confidence: 0.644333706666667

01:02:43.462 --> 01:02:44.926 We are. We do have a bunch of
NOTE Confidence: 0.644333706666667

01:02:44.926 --> 01:02:46.810 people on Zoom. So hi Zoomers,
NOTE Confidence: 0.951972402

01:02:55.370 --> 01:02:57.010 can you hear me Perfect.
NOTE Confidence: 0.951972402

01:02:57.010 --> 01:02:57.890 Thank you for that,
NOTE Confidence: 0.951972402

01:02:57.890 --> 01:02:59.490 that very informative talk.
NOTE Confidence: 0.951972402

01:02:59.490 --> 01:03:00.480 I was wondering if you could
NOTE Confidence: 0.951972402

01:03:00.480 --> 01:03:01.970 speak a little bit more about,
NOTE Confidence: 0.951972402

01:03:01.970 --> 01:03:04.195 you know you mentioned the
NOTE Confidence: 0.951972402

01:03:04.195 --> 01:03:06.174 intersection between anti between
NOTE Confidence: 0.951972402

01:03:06.174 --> 01:03:08.884 weight related stigma and racism.

NOTE Confidence: 0.951972402

01:03:08.890 --> 01:03:11.330 But you also touched a little bit on

NOTE Confidence: 0.951972402

01:03:11.330 --> 01:03:13.448 how that may intersect with sexism,

NOTE Confidence: 0.951972402

01:03:13.450 --> 01:03:15.102 particularly with respect to,

NOTE Confidence: 0.951972402

01:03:15.102 --> 01:03:17.610 you know, I would say sort of the,

NOTE Confidence: 0.951972402

01:03:17.610 --> 01:03:19.338 you know, get your pre pregnancy

NOTE Confidence: 0.951972402

01:03:19.338 --> 01:03:21.443 body back and just this idea that

NOTE Confidence: 0.951972402

01:03:21.443 --> 01:03:23.237 you know somehow women are vessels

NOTE Confidence: 0.951972402

01:03:23.237 --> 01:03:25.451 and you know you have to gain weight

NOTE Confidence: 0.951972402

01:03:25.451 --> 01:03:26.930 to produce the the pregnancy.

NOTE Confidence: 0.951972402

01:03:26.930 --> 01:03:29.090 But then afterwards you know you better,

NOTE Confidence: 0.951972402

01:03:29.090 --> 01:03:31.274 you better get that body back in shape

NOTE Confidence: 0.951972402

01:03:31.274 --> 01:03:33.276 so that you can be desirable because

NOTE Confidence: 0.951972402

01:03:33.276 --> 01:03:34.810 otherwise like what's your value?

NOTE Confidence: 0.951972402

01:03:34.810 --> 01:03:36.445 Obviously I'm exaggerating,

NOTE Confidence: 0.951972402

01:03:36.445 --> 01:03:39.170 although sadly not that much.

NOTE Confidence: 0.951972402

01:03:39.170 --> 01:03:41.006 And then you know also you,
NOTE Confidence: 0.951972402

01:03:41.010 --> 01:03:42.386 you reference the correlation
NOTE Confidence: 0.951972402

01:03:42.386 --> 01:03:43.762 between weight and socioeconomic
NOTE Confidence: 0.951972402

01:03:43.762 --> 01:03:45.518 status and certainly you have more
NOTE Confidence: 0.951972402

01:03:45.518 --> 01:03:47.042 expertise in this area than I.
NOTE Confidence: 0.951972402

01:03:47.050 --> 01:03:49.444 But the what I've read on that
NOTE Confidence: 0.951972402

01:03:49.444 --> 01:03:51.392 actually that that's pretty gender
NOTE Confidence: 0.951972402

01:03:51.392 --> 01:03:53.930 specific and that for men the
NOTE Confidence: 0.951972402

01:03:53.930 --> 01:03:55.752 correlation between weight and
NOTE Confidence: 0.951972402

01:03:55.752 --> 01:03:58.007 earnings does not hold particularly.
NOTE Confidence: 0.951972402

01:03:58.010 --> 01:03:59.501 Whereas with women,
NOTE Confidence: 0.951972402

01:03:59.501 --> 01:04:03.410 there's a stark difference in terms of pay,
NOTE Confidence: 0.951972402

01:04:03.410 --> 01:04:04.610 in terms of what,
NOTE Confidence: 0.951972402

01:04:04.610 --> 01:04:05.210 you know,
NOTE Confidence: 0.951972402

01:04:05.210 --> 01:04:07.748 weight stigma and how like economically
NOTE Confidence: 0.951972402

01:04:07.748 --> 01:04:10.142 there's a huge advantage to being

NOTE Confidence: 0.951972402

01:04:10.142 --> 01:04:12.361 thin because the stigma is so great

NOTE Confidence: 0.951972402

01:04:12.361 --> 01:04:14.928 for professional women in particular.

NOTE Confidence: 0.951972402

01:04:14.930 --> 01:04:16.050 So I was wondering if you could

NOTE Confidence: 0.951972402

01:04:16.050 --> 01:04:17.082 just speak a little bit more

NOTE Confidence: 0.951972402

01:04:17.082 --> 01:04:18.279 about that and some of the work

NOTE Confidence: 0.951972402

01:04:18.317 --> 01:04:19.409 that's been done in that area.

NOTE Confidence: 0.951972402

01:04:19.410 --> 01:04:20.530 And and what are you,

NOTE Confidence: 0.951972402

01:04:20.530 --> 01:04:22.196 what do you think are some of

NOTE Confidence: 0.951972402

01:04:22.196 --> 01:04:23.490 the underpinnings of of of that?

NOTE Confidence: 0.951972402

01:04:23.490 --> 01:04:24.482 Because I think it's,

NOTE Confidence: 0.951972402

01:04:24.482 --> 01:04:25.474 it's really salient to

NOTE Confidence: 0.951972402

01:04:25.474 --> 01:04:26.330 this conversation as well.

NOTE Confidence: 0.8716000125

01:04:26.650 --> 01:04:28.650 Yeah. So I'll do the last one first.

NOTE Confidence: 0.8716000125

01:04:28.650 --> 01:04:31.098 A new report has just come out that has

NOTE Confidence: 0.8716000125

01:04:31.098 --> 01:04:33.128 found that in fact the wage penalty

NOTE Confidence: 0.8716000125

01:04:33.128 --> 01:04:35.641 for higher weight men is much worse
NOTE Confidence: 0.8716000125

01:04:35.641 --> 01:04:37.821 than was recently believed. Right.
NOTE Confidence: 0.8716000125

01:04:37.821 --> 01:04:39.829 So up till now there's been the general
NOTE Confidence: 0.8716000125

01:04:39.829 --> 01:04:41.377 belief that the penalty isn't as bad
NOTE Confidence: 0.8716000125

01:04:41.377 --> 01:04:43.207 for CIS men as it is for CIS women.
NOTE Confidence: 0.8716000125

01:04:43.210 --> 01:04:44.290 And while that's true,
NOTE Confidence: 0.8716000125

01:04:44.290 --> 01:04:47.129 it seems that it is much steeper for CIS men,
NOTE Confidence: 0.8716000125

01:04:47.130 --> 01:04:49.155 especially if you start to
NOTE Confidence: 0.8716000125

01:04:49.155 --> 01:04:50.370 striate by education.
NOTE Confidence: 0.8716000125

01:04:50.370 --> 01:04:52.050 So the more education someone has,
NOTE Confidence: 0.8716000125

01:04:52.050 --> 01:04:54.726 the the bigger the penalty is.
NOTE Confidence: 0.8716000125

01:04:54.730 --> 01:04:56.882 So that data was for the for a
NOTE Confidence: 0.8716000125

01:04:56.882 --> 01:04:58.969 long time was what was believed.
NOTE Confidence: 0.8716000125

01:04:58.970 --> 01:05:01.010 And now it's seeming that that may not
NOTE Confidence: 0.8716000125

01:05:01.010 --> 01:05:03.306 be true and that if we really striate
NOTE Confidence: 0.8716000125

01:05:03.306 --> 01:05:05.130 there is a significant difference.

NOTE Confidence: 0.8716000125

01:05:05.130 --> 01:05:06.234 And in general,

NOTE Confidence: 0.8716000125

01:05:06.234 --> 01:05:08.854 I mean the weight loss in the beauty

NOTE Confidence: 0.8716000125

01:05:08.854 --> 01:05:10.810 industries have made billions of dollars

NOTE Confidence: 0.8716000125

01:05:10.810 --> 01:05:12.646 by creating the Sisyphean task, right?

NOTE Confidence: 0.8716000125

01:05:12.646 --> 01:05:13.118 You have.

NOTE Confidence: 0.8716000125

01:05:13.118 --> 01:05:14.770 We have a solution to sell you.

NOTE Confidence: 0.8716000125

01:05:14.770 --> 01:05:17.334 So you have a problem, right?

NOTE Confidence: 0.8716000125

01:05:17.334 --> 01:05:19.322 You should spend as much time and

NOTE Confidence: 0.8716000125

01:05:19.322 --> 01:05:21.481 energy and money as you possibly can

NOTE Confidence: 0.8716000125

01:05:21.481 --> 01:05:23.349 trying to attain a stereotype of

NOTE Confidence: 0.8716000125

01:05:23.349 --> 01:05:25.260 beauty that is firmly rooted in thin

NOTE Confidence: 0.8716000125

01:05:25.260 --> 01:05:28.610 white CIS het currently able bodied youth.

NOTE Confidence: 0.8716000125

01:05:28.610 --> 01:05:30.045 And you will probably never get there.

NOTE Confidence: 0.8716000125

01:05:30.050 --> 01:05:32.930 But that is not a good reason not to try,

NOTE Confidence: 0.8716000125

01:05:32.930 --> 01:05:33.256 right?

NOTE Confidence: 0.8716000125

01:05:33.256 --> 01:05:34.886 That has been the underpinning.
NOTE Confidence: 0.8716000125

01:05:34.890 --> 01:05:36.850 And it's also why intersectionally,
NOTE Confidence: 0.8716000125

01:05:36.850 --> 01:05:39.069 it creates so many problems for people
NOTE Confidence: 0.8716000125

01:05:39.069 --> 01:05:40.610 with multiple marginalized identities,
NOTE Confidence: 0.8716000125

01:05:40.610 --> 01:05:40.930 right?
NOTE Confidence: 0.8716000125

01:05:40.930 --> 01:05:42.850 Because you've got all of these
NOTE Confidence: 0.8716000125

01:05:42.850 --> 01:05:44.794 different aspects of the stereotype
NOTE Confidence: 0.8716000125

01:05:44.794 --> 01:05:47.230 of beauty that will be unattainable
NOTE Confidence: 0.8716000125

01:05:47.303 --> 01:05:49.006 for you and even people who attain it.
NOTE Confidence: 0.8716000125

01:05:49.010 --> 01:05:50.978 It hurts people who attain that
NOTE Confidence: 0.8716000125

01:05:50.978 --> 01:05:52.887 stereotype of beauty because then they
NOTE Confidence: 0.8716000125

01:05:52.887 --> 01:05:54.816 live in terror of losing that right,
NOTE Confidence: 0.8716000125

01:05:54.816 --> 01:05:56.446 the privilege that that creates,
NOTE Confidence: 0.8716000125

01:05:56.450 --> 01:05:58.928 the opportunities that that creates for them.
NOTE Confidence: 0.8716000125

01:05:58.930 --> 01:06:00.595 And so they tend to spend a ton of
NOTE Confidence: 0.8716000125

01:06:00.595 --> 01:06:02.012 time and energy and money trying

NOTE Confidence: 0.8716000125

01:06:02.012 --> 01:06:03.168 to maintain that privilege.

NOTE Confidence: 0.8716000125

01:06:03.168 --> 01:06:05.004 So that's been the underpinning of

NOTE Confidence: 0.8716000125

01:06:05.004 --> 01:06:06.847 diet culture for a really long time.

NOTE Confidence: 0.8716000125

01:06:06.850 --> 01:06:07.702 And it's, you know,

NOTE Confidence: 0.8716000125

01:06:07.702 --> 01:06:09.518 we can see it and pull it apart

NOTE Confidence: 0.8716000125

01:06:09.518 --> 01:06:10.247 in each aspect.

NOTE Confidence: 0.8716000125

01:06:10.250 --> 01:06:12.931 And the whole pregnancy body for

NOTE Confidence: 0.8716000125

01:06:12.931 --> 01:06:14.377 people who can get pregnant is

NOTE Confidence: 0.8716000125

01:06:14.377 --> 01:06:16.038 certainly a huge part of that, right.

NOTE Confidence: 0.8716000125

01:06:16.038 --> 01:06:17.646 It's this market that they have

NOTE Confidence: 0.8716000125

01:06:17.646 --> 01:06:19.038 of people who, you know,

NOTE Confidence: 0.8716000125

01:06:19.038 --> 01:06:21.096 now you need to get your pregnancy

NOTE Confidence: 0.8716000125

01:06:21.096 --> 01:06:22.974 body back and this, you know,

NOTE Confidence: 0.8716000125

01:06:22.974 --> 01:06:25.368 this whole diet culture piece of it.

NOTE Confidence: 0.8716000125

01:06:25.370 --> 01:06:27.018 But I think it's all sort of based

NOTE Confidence: 0.8716000125

01:06:27.018 --> 01:06:28.705 on that Sisyphean idea of attaining
NOTE Confidence: 0.8716000125

01:06:28.705 --> 01:06:30.535 that stereotype of beauty and that
NOTE Confidence: 0.8716000125

01:06:30.585 --> 01:06:32.255 that's our responsibility and that
NOTE Confidence: 0.8716000125

01:06:32.255 --> 01:06:33.925 we owe other people aesthetically
NOTE Confidence: 0.8716000125

01:06:33.930 --> 01:06:37.210 pleasing by their own definition.
NOTE Confidence: 0.8716000125

01:06:37.210 --> 01:06:39.394 And I think that that one of the
NOTE Confidence: 0.8716000125

01:06:39.394 --> 01:06:41.531 things that I looked at in my own
NOTE Confidence: 0.8716000125

01:06:41.531 --> 01:06:42.969 journey was what if perceiving
NOTE Confidence: 0.8716000125

01:06:42.969 --> 01:06:44.729 beauty was a skill set?
NOTE Confidence: 0.8716000125

01:06:44.730 --> 01:06:46.449 So if I don't see the beauty in someone,
NOTE Confidence: 0.8716000125

01:06:46.450 --> 01:06:47.857 that's on me because we're not asked
NOTE Confidence: 0.8716000125

01:06:47.857 --> 01:06:49.103 to develop that skill set, right?
NOTE Confidence: 0.8716000125

01:06:49.103 --> 01:06:50.168 We're told this is beauty.
NOTE Confidence: 0.8716000125

01:06:50.170 --> 01:06:51.340 Everything else isn't.
NOTE Confidence: 0.8716000125

01:06:51.340 --> 01:06:53.290 This isn't beauty done easy.
NOTE Confidence: 0.8716000125

01:06:53.290 --> 01:06:54.494 So what if the ability to perceive

NOTE Confidence: 0.8716000125

01:06:54.494 --> 01:06:55.010 a beauty is

NOTE Confidence: 0.827966567058824

01:06:55.054 --> 01:06:56.328 a skill set that we don't develop?

NOTE Confidence: 0.827966567058824

01:06:56.330 --> 01:06:57.686 And so then it's my responsibility.

NOTE Confidence: 0.827966567058824

01:06:57.690 --> 01:06:59.166 And if somebody can't see the beauty in me,

NOTE Confidence: 0.827966567058824

01:06:59.170 --> 01:07:00.934 that's not on me, that's their

NOTE Confidence: 0.827966567058824

01:07:00.934 --> 01:07:02.649 responsibility to develop that skill set.

NOTE Confidence: 0.827966567058824

01:07:02.650 --> 01:07:05.341 And maybe they never do, but I don't

NOTE Confidence: 0.827966567058824

01:07:05.341 --> 01:07:06.672 take responsibility for that, right?

NOTE Confidence: 0.827966567058824

01:07:06.672 --> 01:07:08.484 I don't owe people aesthetically pleasing

NOTE Confidence: 0.827966567058824

01:07:08.484 --> 01:07:10.887 based on their definition and the same thing.

NOTE Confidence: 0.827966567058824

01:07:10.890 --> 01:07:14.614 I think often this gets intertwined

NOTE Confidence: 0.827966567058824

01:07:14.614 --> 01:07:16.980 with the idea of health, right?

NOTE Confidence: 0.827966567058824

01:07:16.980 --> 01:07:18.030 So whatever the current standard

NOTE Confidence: 0.827966567058824

01:07:18.030 --> 01:07:19.529 of beauty is is also what quote,

NOTE Confidence: 0.827966567058824

01:07:19.530 --> 01:07:22.248 UN quote, healthier fit looks like.

NOTE Confidence: 0.827966567058824

01:07:22.250 --> 01:07:23.874 And so I think it's really important
NOTE Confidence: 0.827966567058824

01:07:23.874 --> 01:07:25.123 that we're always saying health
NOTE Confidence: 0.827966567058824

01:07:25.123 --> 01:07:26.418 is not an obligation, right.
NOTE Confidence: 0.827966567058824

01:07:26.418 --> 01:07:28.434 Which I know because there's a the
NOTE Confidence: 0.827966567058824

01:07:28.434 --> 01:07:30.054 whole NFL where the goal is to risk
NOTE Confidence: 0.827966567058824

01:07:30.054 --> 01:07:31.221 your short and long term physical
NOTE Confidence: 0.827966567058824

01:07:31.221 --> 01:07:32.733 and mental health in the hope that
NOTE Confidence: 0.827966567058824

01:07:32.733 --> 01:07:33.939 someday your team will score enough
NOTE Confidence: 0.827966567058824

01:07:33.939 --> 01:07:36.060 points to win a shiny piece of jewelry.
NOTE Confidence: 0.827966567058824

01:07:36.060 --> 01:07:38.010 You're allowed to do that,
NOTE Confidence: 0.827966567058824

01:07:38.010 --> 01:07:40.005 but it does not prioritize the health.
NOTE Confidence: 0.827966567058824

01:07:40.010 --> 01:07:41.487 The sport of skeleton in the Olympics,
NOTE Confidence: 0.827966567058824

01:07:41.490 --> 01:07:42.729 80 miles an hour down an ice
NOTE Confidence: 0.827966567058824

01:07:42.729 --> 01:07:44.450 chute on a sled face first,
NOTE Confidence: 0.827966567058824

01:07:44.450 --> 01:07:46.827 does not prioritize the health, right.
NOTE Confidence: 0.827966567058824

01:07:46.827 --> 01:07:48.369 So there's that piece of the

NOTE Confidence: 0.827966567058824
01:07:48.369 --> 01:07:49.929 health is not an obligation,
NOTE Confidence: 0.827966567058824
01:07:49.930 --> 01:07:51.448 it's not a barometer of worthiness.
NOTE Confidence: 0.827966567058824
01:07:51.450 --> 01:07:53.526 It's not entirely within our control.
NOTE Confidence: 0.827966567058824
01:07:53.530 --> 01:07:54.530 And it's a really gooey,
NOTE Confidence: 0.827966567058824
01:07:54.530 --> 01:07:56.938 amorphous concept, right.
NOTE Confidence: 0.827966567058824
01:07:56.938 --> 01:07:57.770 And just like beauty,
NOTE Confidence: 0.827966567058824
01:07:57.770 --> 01:07:59.642 we tend to act like health is as simple,
NOTE Confidence: 0.827966567058824
01:07:59.650 --> 01:08:01.009 like you could throw a dart and hit it.
NOTE Confidence: 0.827966567058824
01:08:01.010 --> 01:08:02.054 That's healthy, right?
NOTE Confidence: 0.827966567058824
01:08:02.054 --> 01:08:03.446 It's a simple definition.
NOTE Confidence: 0.827966567058824
01:08:03.450 --> 01:08:04.410 I put people in and out of it.
NOTE Confidence: 0.827966567058824
01:08:04.410 --> 01:08:07.206 But when we look at individuals,
NOTE Confidence: 0.827966567058824
01:08:07.210 --> 01:08:07.822 it's so different.
NOTE Confidence: 0.827966567058824
01:08:07.822 --> 01:08:09.046 If you take for one example,
NOTE Confidence: 0.827966567058824
01:08:09.050 --> 01:08:10.550 somebody who has no chronic
NOTE Confidence: 0.827966567058824

01:08:10.550 --> 01:08:12.050 conditions versus someone who's just
NOTE Confidence: 0.827966567058824

01:08:12.103 --> 01:08:13.723 developed a chronic condition versus
NOTE Confidence: 0.827966567058824

01:08:13.723 --> 01:08:15.681 somebody who's been dealing with six
NOTE Confidence: 0.827966567058824

01:08:15.681 --> 01:08:17.126 chronic conditions over a decade,
NOTE Confidence: 0.827966567058824

01:08:17.130 --> 01:08:19.251 their concepts of what health and Wellness
NOTE Confidence: 0.827966567058824

01:08:19.251 --> 01:08:21.170 look like will be very different.
NOTE Confidence: 0.827966567058824

01:08:21.170 --> 01:08:22.190 But that doesn't make any of
NOTE Confidence: 0.827966567058824

01:08:22.190 --> 01:08:23.250 them wrong and just say, well,
NOTE Confidence: 0.827966567058824

01:08:23.250 --> 01:08:24.250 some people are healthy and
NOTE Confidence: 0.827966567058824

01:08:24.250 --> 01:08:25.050 some people are not,
NOTE Confidence: 0.827966567058824

01:08:25.050 --> 01:08:27.690 doesn't do a service to anybody.
NOTE Confidence: 0.827966567058824

01:08:27.690 --> 01:08:28.614 Rather than saying,
NOTE Confidence: 0.827966567058824

01:08:28.614 --> 01:08:28.922 OK,
NOTE Confidence: 0.827966567058824

01:08:28.922 --> 01:08:30.740 based on this person's personal
NOTE Confidence: 0.827966567058824

01:08:30.740 --> 01:08:32.965 goals and priorities and situation,
NOTE Confidence: 0.827966567058824

01:08:32.970 --> 01:08:34.176 what is it that they're looking

NOTE Confidence: 0.827966567058824

01:08:34.176 --> 01:08:35.330 for in terms of health?

NOTE Confidence: 0.827966567058824

01:08:35.330 --> 01:08:37.577 And I think that also can be

NOTE Confidence: 0.827966567058824

01:08:37.577 --> 01:08:39.983 ascribed then over to the idea of

NOTE Confidence: 0.827966567058824

01:08:39.983 --> 01:08:41.859 this beauty standard that is used

NOTE Confidence: 0.827966567058824

01:08:41.859 --> 01:08:43.274 and abused within the healthcare

NOTE Confidence: 0.827966567058824

01:08:43.274 --> 01:08:45.090 system and within the greater world.

NOTE Confidence: 0.8427853

01:08:48.010 --> 01:08:50.566 So we are unfortunately over time.

NOTE Confidence: 0.8427853

01:08:50.570 --> 01:08:51.960 But I just wanted to take the

NOTE Confidence: 0.8427853

01:08:51.960 --> 01:08:53.662 opportunity to thank you, Reagan,

NOTE Confidence: 0.8427853

01:08:53.662 --> 01:08:56.170 for coming to speak to us.

NOTE Confidence: 0.8427853

01:08:56.170 --> 01:08:57.717 It takes a lot of courage to try

NOTE Confidence: 0.8427853

01:08:57.717 --> 01:08:59.799 to push back against a cultural

NOTE Confidence: 0.8427853

01:08:59.799 --> 01:09:01.888 paradigm like the war on obesity,

NOTE Confidence: 0.8427853

01:09:01.890 --> 01:09:03.486 but that is the work of activism.

NOTE Confidence: 0.8427853

01:09:03.490 --> 01:09:05.926 So we appreciate you doing that work.

NOTE Confidence: 0.8427853

01:09:05.930 --> 01:09:07.046 And please give her a hand.

NOTE Confidence: 0.963418165

01:09:09.570 --> 01:09:10.330 Thank you very much.

NOTE Confidence: 0.971021221818182

01:09:13.290 --> 01:09:14.205 And again, thank you for

NOTE Confidence: 0.971021221818182

01:09:14.205 --> 01:09:15.330 all of the work you did.

NOTE Confidence: 0.971021221818182

01:09:15.330 --> 01:09:16.530 Thank you all for coming.

NOTE Confidence: 0.971021221818182

01:09:16.530 --> 01:09:17.998 It's been an honor.