# *S:\Weitzman Institute\Project ECHO\PR Materials\Logos\Weitzman ECHO Logo.png* Weight Management in Community Health ECHO

# *Session 2: The Complexity of Obesity*

# *August 8, 2024*

**Reminders:** HIPAA, CEU Credit Available, Zoom Chat Function, Share Your Cameras, Mute Your Microphones

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| Presenter | Topic |
| Emma Warshauer, MPH, CPHEducation Program Specialist | **Welcome and Session Reminders** |
| Holly Bryant, RDN, MPH, CDCES Faculty Facilitator | **Faculty Welcome** |
| Joy Mockbee, MD, MPH | **Didactic Presentation**“The Complexity of Obesity” |
| Randalyn Barrow, LMSWBurley, IDFamily Health Services | **Case Presentation**Case 71100243yo FemalePt has a BMI of 69.8 and was recently diagnosed with Obstructive Sleep Apnea. Pt wants bariatric surgery, but insurance won't cover. Pt has a history of depression, anxiety, minimal alcohol use, daily cigarette use, and consumes 1-2 energy drinks weekly. Pt denies daily physical activity and reports overeating due to stress. Pt's psychiatric evaluation is normal, with orientation to time, place, person, and situation, and appropriate mood and affect, insight, and judgment. Pt belongs to a rural population.**Current medications:** Alprazolam, Escitalopram, Levothyroxine, Metformin, and Trazodone. **Family Medical History:** Depression, thyroid disorders, mental disorders, obesity, ADD/ADHD, and breast cancer. **Current treatment:** Includes adherence to medication and collaboration with their primary care physician to identify weight-related comorbidities. Pt is also working on additional treatments for Obstructive Sleep Apnea and is using healthier food choices, behavioral activation, and CBT.**Additional Information:** Pt has a 10th grade education level. She relates anxiety to her job, and depression to her weight and spouse being unfaithful. Pt has a history of physical, emotional, and mental abuse from a previous relationship. Pt has separated from her current spouse several times due to infidelity and has fluctuating relationships with her two daughters. Pt and her spouse live in a camping trailer on her in-laws' land, while the daughter lives with the in-laws. Pt works remotely from the trailer.**Question(s):** What are some additional interventions or suggestions that I can make to help the patient get motivated and focus on healthier food choices and habits? |

**Instructions for Accessing Sessions:**

1. Use [**this link**](https://education.weitzmaninstitute.org/content/weitzman-echo-weight-management-community-health-july-2024-april-2025#group-tabs-node-course-default5) to access the website & login.
2. Find the session that’s named after today’s date & click on it
3. Up to 15 minutes before, click the **Start Activity** button, then click the **Join the Meeting** link to join the ECHO session

**Please see below for links to a few knowledge base articles for some commonly asked questions!**

* [**How Do I Log Into the WeP?**](https://weitzmaninstitute.zohodesk.com/portal/en/kb/articles/how-do-i-log-in-to-the-weitzplatform)
* [**How Do I Access the Zoom Link and Evaluation for a Live Session?**](https://weitzmaninstitute.zohodesk.com/portal/en/kb/articles/i-m-enrolled-in-an-activity-how-do-i-access-the-zoom-and-evaluation-for-a-session)