

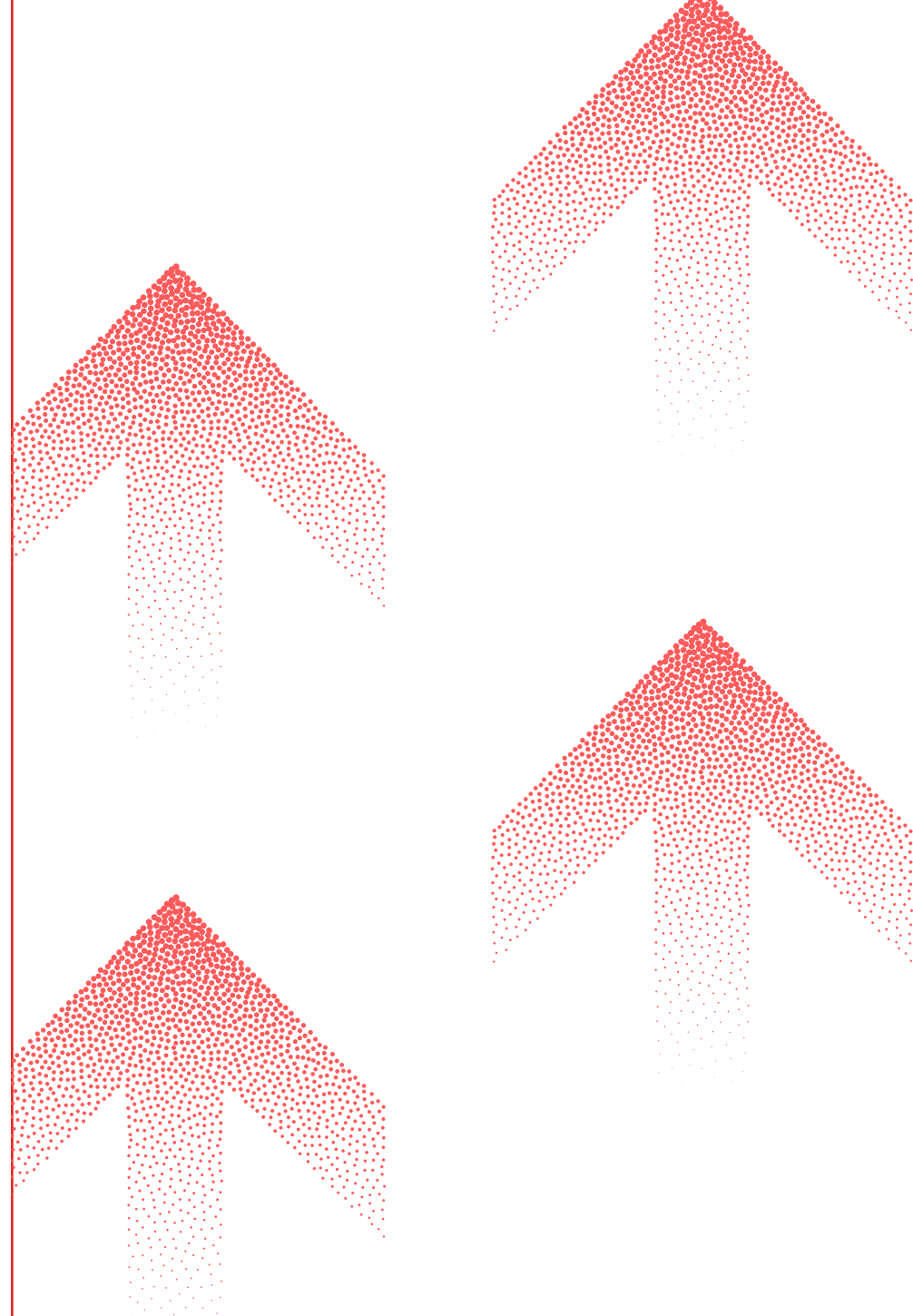
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Annual Report

APRIL 2023 - MARCH 2024



The 2023-2024 fiscal year was a busy one for Obesity Canada.



We've been working hard to advocate for change, launch new educational opportunities, and make strides in research. This progress would not have been possible without the tireless efforts and unwavering support of our dedicated staff, volunteers, board members, healthcare experts, policymakers, and the broader community. Their commitment to our mission has been instrumental in driving our initiatives forward and helping us address the complex challenges of obesity.



Scientific Director Transition

2

Obesity Canada extends a heartfelt thank you to Dr. Mary Forhan for her outstanding contributions as the Scientific Director of Obesity Canada during her two-year term. We are grateful for Dr. Forhan's unwavering commitment to challenging weight bias and discrimination, fostering inclusivity, and shaping a more compassionate society. Her passion and expertise have ignited important conversations that will continue to create positive change.



In July 2023, Obesity Canada announced Dr. Sanjeev Sockalingam as our new Scientific Director for 2023–2025. Dr. Sockalingam is the VP of Education and Interim Physician-in-Chief at CAMH, a Member of CAMH Foundation Board, a Senior Scientist at CAMH, and a Centre Researcher at the Wilson Centre at the University Health Network and University of Toronto.





Scientific Advisory Committee

- Obesity Canada established the Scientific Advisory Committee to assist the Scientific Director in steering the organization's scientific direction. This committee offers strategic guidance on emerging research and potential opportunities for Obesity Canada both Nationally and Internationally.
- **Our Scientific Advisory Members:** Angela Alberga, Candace Vilhan, David Macklin, Geoff Ball, Jennifer Brown, Lana Vanderlee, Laurie Twells, Michael Vallis, Raed Hawa, Sanjeev Sockalingam, Satya Dash, Sylvia Santosa, Nicole Pearce, and Ian Patton.



Action Teams

- The Education, Community, Research, and Policy Action Teams met in person at the Canadian Obesity Summit in Whistler, British Columbia. The goal of each team was to produce annual, high-impact insights that would inform the development of a national strategy framework and provide contributors with the opportunity to create meaningful, publishable work. Each Action Team was allocated funds to support the advancement of identified projects.

Check out some of the work created by the Action Teams:

- [Patient perceptions about obesity management in the context of concomitant care for other chronic diseases](#)
- [Implementing evidence-based obesity management guidelines requires the development of medical competencies: A commentary outlines future directions in obesity education in Canada](#)
- [A scoping review of obesity education interventions for current and prospective medical professionals in Canada](#)
- [Transforming the landscape of obesity education - The Canadian obesity education competencies](#)

Clinical Practice Guidelines - Global Adaptations

- This exciting [pilot project](#) aimed to assess the feasibility of adapting the Canadian CPG in Chile and Ireland.
- Following this pilot project further adaptations of the CPGs have been brought to Greece and South Africa.

Research Trainees

At the Canadian Obesity Summit in Whistler, British Columbia, Obesity Canada offered an exclusive training opportunity for new researchers and professionals in the field of obesity. The Obesity Research Training is a specialized program delivered by leading Canadian experts to provide participants with a unique immersive capacity-building opportunity. This training was made possible through a grant from the Canadian Institute of Health Research (CIHR) supporting the MyRoad platform.



[Maximize your Research on Obesity and Diabetes \(myROaD\)](#): Canada-wide training and mentoring platform from molecules to communities [Training event at COS23](#).

Pediatric Clinical Practice Guidelines

- Obesity Canada aims to build off of the success of the Adult CPGs and is supporting the development of Pediatric Guidelines to be released in 2025.
- Initial work on the Pediatric Guidelines includes:
 - [A survey of stakeholders' perceived importance of health indicators and subgroup analyses to inform the Canadian clinical practice guideline for managing pediatric obesity](#)
 - Effectiveness of surgical interventions for children and adolescents with obesity: A systematic review and meta-analysis [December 2023 publication pending]
 - [Effectiveness of pharmacological interventions for children and adolescents with obesity: A systematic review and meta-analysis](#) [Submitted for publication December 1, 2023]
 - Effectiveness of behavioural and psychological interventions for managing pediatric obesity: A systematic review and meta-analysis.[Submitted for publication December 22, 2023]



Certified Bariatric Educator Formal Designation:

The Certified Bariatric Educator (CBE®) designation is an in-depth, evidence-based examination aligned with the Canadian Adult Obesity Clinical Practice Guidelines. It has been designed for Canadian healthcare professionals who understand the principles of obesity management. Two exams were offered in April 2023 and November 2023. Congratulations to the **74 new CBEs!**



The Impact of Weight Bias and Stigma

Launched in October 2023, this course provides a comprehensive understanding of weight bias and stigma. It equips participants with the knowledge and tools to combat these issues in both their personal and professional lives. The course includes expert-led presentations, interactive sessions, and real-life patient stories to provide insights into the widespread impact of weight bias on health, self-esteem, and social relationships. Currently, over 150 participants have enrolled in the course.



Webinar Series

Launched in July 2023, with [“Racism in Medicine”](#) and [“The Flawed Use of BMI,”](#) the webinar series has now added two more webinars: “Bridging the Gap: A Glimpse into Obesity Medicine” and “Economic Determinants of Obesity.”



Calibre Program

Calibre is an unsponsored, accredited training program that offers a 7-week virtual interactive course. The course is designed to enhance and upgrade the knowledge of healthcare professionals in obesity management, focusing on practical skills that can be implemented immediately.

The program offered three cohorts: Cohort 3 in June 2023, Cohort 4 in December 2023, and Cohort 5 in February 2024, impacting a total of 140,420 patients. Furthermore, the program received accreditation renewal from the Royal College of Physicians and Surgeons.

Canadian Obesity Summit

- From May 14-17, 2023, Obesity Canada hosted the 8th Canadian Obesity Summit in Whistler, British Columbia. The conference featured 119 oral and poster presentations and was attended by 387 people. The event offered a wide variety of presentations and workshops, and 78% of the attendees were satisfied, with the majority likely to recommend the event.



European Congress on Obesity

- Obesity Canada and EASO co-hosted an educational workshop: Advancing person-centered obesity care through education globally.



Education Event Highlights

7

Family Medicine Forum October 2023

- Presentation reviewing the current evidence and promoting the soon to be released 2024 CPG Pediatric guideline.

We also attended

- Vascular Conference 2023
 - Mental Health and Chronic Disease
 - Bariatric Surgery
 - Medical Nutrition Therapy & Dietary Prescriptions
 - Vascular risk factors & interventions across the lifespan
 - Obesity and Cardiovascular Disease: Updates in Treatment Approaches
- Obesity Week 2023
- CABPS 2023
 - Dr. Ian Patton spoke at this conference on How to Guide Patients to Become Patient Advocates
- BI Global Patient Partnership Summit
- Novo Nordisk Strategic Policy Masterclass
- Obesity Outloud Media Event
- JJ Healthy Voices Conference
- Hypertension Canada Congress and Young Investigator Forum
 - Executive Director Dawn Hatanaka and President Dr. Ross Tsuyuki announce the co-hosting of the 2024 conference.



National Impact

- In May 2023, OC participated in a workshop for the [Informas The Healthy Food Environment Policy Index \(Food-EPI\)](#) for Canada and will be a collaborating knowledge translation partner. Monitoring the implementation of policies and actions recommended by the World Health Organization (WHO) is essential for tracking progress towards better nutritional health.
- In June 2023, a Policy Masterclass “Participant Roundtable” was held, where attendees discussed what has worked well for them and their organizations in policy development, the challenges they have faced, the key skills and support needed to conduct effective policy advocacy and presentations. They also had the opportunity to network with fellow policy advocates in the healthcare space.
- In December 2023, Ontario Health initiated a review that was started by Obesity Canada in 2020. The surgery review was completed and revised in 2022 [by Ontario Health. Based on guidance from the Ontario Health Technology Advisory Committee, Ontario Health recommends publicly funding bariatric surgery for adults with class I obesity and difficult-to-manage type 2 diabetes.](#)
- December 2023: Consultations with Health Canada resulted in a notice. Recommendations were made while Ozempic and other GLP-1 agonists are in shortage. Obesity Canada’s input resulted in the removal of “off label” language and the inclusion of other GLP-1 agonists.
- In December 2023, the [University of Ottawa Heart Institute \(UOHI\)](#) successfully integrated the Adult CPG into staff and patient resources to align with messaging and policy changes consistent with the obesity CPG. A link to a blog post with resources will be shared in early January. The process and materials created can serve as a proof of concept for the national obesity care framework. Training using a train-the-trainer model is ongoing. UOHI and OC are now receiving interest from the community. For example, Arnprior has requested assistance to replicate the process for their hospital, with an outreach education day planned for 2024.
- On March 4, 2024, Obesity Canada hosted Connected 2024 on World Obesity Day. The event featured leading experts in obesity management and lived experience experts who presented on the theme “I am taking control of my health, can we talk?”

Global Impact

- [The International Consortium for Health Outcomes Measurements \(ICHOM\)](#) has brought together an international Working Group (WG) comprised of experts in the field of obesity, including healthcare professionals, researchers, individuals with obesity, and patient advocates. The WG's objective was to establish a globally recognized standard set of patient-centered outcome measures for assessing individuals who are living with obesity.
- In October 2023 OC led and participated in authoring a [paper on weight bias and stigma](#) to influence investment in obesity by the World Health Organization (WHO).
- International Obesity Collaborative for the following consensus Statements:
 - [Obesity Care vs. Weight Loss](#)
 - [Body Mass Index \(BMI\)](#)
 - [5 Principles of Obesity](#)



Special Recognition

10

We lost an amazing voice in our Patient Community with the passing of Adrianna McDonald.



Adrianna's legacy lives on through the positive changes she brought about and the lives she touched. Her passion, dedication, and advocacy continue to inspire us all.

Summary Financial Statements

2023-24 Annual Financials (for the year ending March 31) (full report available on [CRA website](#))

SOURCES OF INCOME	EXTERNALLY RESTRICTED FUNDS	INTERNALLY RESTRICTED FUNDS	UNRESTRICTED FUNDS	CAPITAL ASSET FUND	% OF 2024 TOTAL FUNDING	2024	2023
Grants and subsidies	\$ 371,621	\$ 473,974	\$ 40,000	\$ 17,223	55	\$ 902,818	\$ 1,512,513
Donations	\$ -	-	\$ 4,929	-	1	\$ 4,929	\$ 6,605
Other income	\$ -	\$ 20,011	\$ 79,692	-	6	\$ 99,703	\$ 18,183
Canadian Obesity Summit	\$ -	\$ 625,904	-	-	38	\$ 625,904	\$ -
TOTAL	\$ 371,621	\$ 1,119,889	\$ 124,621	\$ 17,223	100%	\$ 1,633,354	\$ 1,537,301

EXPENDITURE OF INCOME	EXTERNALLY RESTRICTED FUNDS	INTERNALLY RESTRICTED FUNDS	UNRESTRICTED FUNDS	CAPITAL ASSET FUND	% OF 2024 TOTAL FUNDING	2024	2023
Administration	-	-	\$ 176,610	\$ 17,223	13	\$ 193,833	\$ 158,447
Advocacy & public education	-	\$ 132,792	-	-	9	\$ 132,792	\$ 233,192
Healthcare professional education	\$ 321,781	\$ 195,931	-	-	35	\$ 517,712	\$ 668,299
Research & policy	\$ 49,840	\$ 84,053	-	-	9	\$ 133,893	\$ 26,043
Canadian Obesity Summit	-	\$ 495,452	-	-	34	\$ 495,452	-
TOTAL	\$ 371,621	\$ 908,228	\$ 176,610	\$ 17,223	100%	\$ 1,473,682	\$ 1,085,981

Thank You to Our Volunteers

A special thanks to our dedicated Board of Directors, Action Teams, and volunteers who have been instrumental in driving our mission forward.

BOARD OF DIRECTORS

Sanjeev Sockalingam
(Scientific Director-Elect)

Mary Forhan
(Past Scientific Director)

Bemal Mehta (Chair)

Jacob Shelley (Vice-Chair)

Lisa Schaffer

Philip Sherman

Andre Tchernof

Lee Pigeau

Aaron Noga

Navin Malik

Valerie Taylor

ACTION TEAMS

Education Action Team:

Nicole Pearce, Roshan Abraham, Sean Wharton, Sanjeev Sockalingam, Raed Hawa, Taniya Nagpal, Sarah Nutter, Khushmol Dhaliwal, Michael Vallis, Michelle McMillan, Helena Piccinini-Vallis, David Wiljer, Robert “Bob” Kushner, Mohamed El-Husseini, Stasia Hadjiyanakkis, Boris Zevin, Kerri Delaney

Community Action Team:

Ian Patton, Lisa Schaffer, Candace Vilhan, Pam Hung, Lauren Gaetz, Theresa Babb, Al Martin

Policy Action Team:

Ximena Ramos Salas, Lana Vanderlee, Laurie Twells, Megha Poddar, Sara Kirk, Brenndon Goodman, Jacob Shelley

Research Action team:

Mary Forhan, Annalijn Conklin, Kristine Godziuk, Stephan Dombrowski, Geoff Ball, Sarah Nutter, Sarah Moore, Mary-Ellen Harper

Thank You to Our Partners, Sponsors & Supporters

13

We also extend our thanks to our partners, sponsors, and supporters. Your contributions allow us to continue making a meaningful impact on the lives of Canadians living with obesity.

\$100,000+

Novo Nordisk; Eli Lilly

\$50,000 - \$99,000

Rhythm Canada

\$20,000 - \$49,999

Medtronic, Desjardins; TOPS - Take Off Pounds Sensibly; Alurion; Johnson & Johnson; Nestlé; University of Toronto

\$5,000 - \$19,000

My Viva Inc.; Eisai Limited; Pfizer Canada; Government of Canada - Canada Summer Jobs; WW; Boehringer Ingelheim

\$1,000 - \$4,999

Philip Sherman; Minogue Medical Inc.; McGill Comprehensive Health Improvement Program; InBody Canada; Spacelabs Heathcare; Diabetes; Obesity & Nutrition Strategic Clinical Network; IQVIA Solutions Canada Inc.; University of Alberta; Canadian Diabetes Association

\$500 - \$999

Stasia Hadjiyannakis; Inspired Go; University of Calgary; University of Waterloo

\$250 - \$499

Coreen Saikaley; Cheryl Denomy

\$100 - \$249

Janice Forsythe; Jennifer Brown; Dana Gibson; Donations through United Way; Sophie Allen; Erna Wiebe; Mark Tremblay; David T.; Alberta Health Services

Under \$100

Marielle Cote; Dalhousie Family Medicine; 1919663 Ontario Inc.; Sheila Starrak; Dinsmore Composite School; Lesley Goldenberg; Angela Rafuse; Carol Frederick; CIEU-FM; Jean-Luc Tien An Ho