

2022 WCHQ OBESITY SUMMIT

October 13, 2022



9:00 AM WELCOME AND INTRODUCTIONS



Gabrielle Rude, PhD
President and CEO
WCHQ

Gabrielle Rude, PhD, is President and CEO for the Wisconsin Collaborative for Healthcare Quality (WCHQ). WCHQ is a voluntary consortium of organizations working to improve the quality and cost effectiveness of health care in Wisconsin through the public reporting of comparative performance information. A Wisconsin native, Dr. Rude has a PhD in Population Health Sciences from the University of Wisconsin and is a Certified Professional in Healthcare Quality. She serves on the Boards of the Wisconsin Community Health Engagement Fund, the Advisory Board for the University of Wisconsin Population Health Institute, the Wisconsin Health Information Organization and the Advisory Council of the University of Wisconsin Institute for Clinical and Translational Research. Since assuming the role of CEO, Dr. Rude has focused on reducing health care disparities and increasing the value of care provided through actionable data and continual learning.

9:15 AM OPENING REMARKS



Samantha Pabich, MD, MPH
Assistant Professor
University of Wisconsin, Division of Endocrinology,
Diabetes, and Metabolism
William S Middleton VA Hospital Division of Endocrinology
Diplomat, American Board of Obesity Medicine

As a member of the WCHQ Obesity Advisory Group, Dr. Pabich has shared her passion for changing the perception of obesity treatment. She will preview the day's events.

Samantha Pabich, MD, MPH, is an assistant professor in the Division of Endocrinology, Diabetes and Metabolism at University of Wisconsin. She recognizes that historically obesity has been treated as a "cosmetic" issue, yet sees the tremendous impact it has on her patients' health and well-being; she is therefore passionate about changing the perception of obesity treatment and advocating for prevention efforts within the medical field and the country overall.

WHY WE STRUGGLE TO ACHIEVE OUR WEIGHT LOSS GOALS AND METABOLIC HEALTH AND WHAT WE CAN DO ABOUT IT

9:30 AM



Tony Hampton, MD, MBA, ABOM, CPE
Regional Medical Director South Region, Family Medicine
AAMG Governing Council
Chair AAMG Quality Committee
Chair Society of Metabolic Health Practitioners
Outreach Committee
Medical Director Advocate Medical Group
Beverly/Evergreen

You might be familiar with @drtonyhampton for his excellent social media posts. Dr. Hampton uses his knowledge to help develop and support programs that reduce the obesity burden. A tireless spokesperson for good nutrition, weight management and an advocate for his patients, Dr. Hampton is also well-known for his work in connecting his fellow clinical professionals with the resources they need to be successful.

Tony Hampton, MD, MBA, ABOM, CPE a board-certified family and obesity specialist with additional training in nutrition and functional medicine who is passionate about removing barriers to health and equipping patients and his colleagues with the education and resources they need for success. As the medical director of the Advocate Operating System, he collaborated with clinicians and staff on programs to address social determinants of health among at-risk patient populations. Programs like the Healthy Living program, educating patients about lifestyle helping them set realistic and attainable goals, the Food Farmacy at Advocate Trinity, and South Suburban Hospitals to increase access to fresh, healthy food for patients in partnership with the Chicago Food Depository. He also works with patients in small groups enrolled in the diabetes prevention program (D.P.P.) and COPD programs and is currently a Regional Medical Director for the South Region in Chicago. He's authored the book: Fix Your Diet, Fix Your Diabetes, is an active blogger on social media, creates educational videos on YouTube, and has a podcast ranked in the top 1% entitled: Protecting Your N.E.S.T. with Dr. Tony Hampton.

10:30 AM BREAK

CONNECTING THE DOTS BETWEEN PHYSICAL ACTIVITY, SEDENTARY BEHAVIOR, AND CHRONIC DISEASE

10:45 AM



Lisa Cadmus-Bertam, PhD
Associate Professor of Kinesiology,
School of Medicine and Public Health
University of Wisconsin-Madison
Madison, Wisconsin

At least 50 percent of the people living in the UW have at least one chronic disease. The costs associated with it are immense. Dr. Cadmus-Bertam will share her findings on the connections she has found between lifestyle and chronic disease.

Dr. Cadmus-Bertam is an Associate Professor in the Department of Kinesiology at the University of Wisconsin - Madison. She is also on the program faculty of the Department of Population Health Sciences and a co-Leader of the Cancer Prevention and Control Program at the UW Carbone Cancer Center. She holds a B.A. from Carleton College in Minnesota and a joint Ph.D. in Epidemiology and Psychology from Yale University. Prior to coming to the UW - Madison, she was a postdoctoral fellow at Fred Hutchinson Cancer Research Center in Seattle and a faculty member at the University of California, San Diego. Her research centers on physical activity, sedentary behavior and obesity and their relationship with cancer and other chronic diseases.

11:45 AM LUNCH

Take the opportunity to network with colleagues from across the state.

Details

LOCATION

Hotel Retlaw
One N Main Street, Fond du Lac, WI 54935
A room reservation at Hotel Retlaw can be made by going [HERE](#) or by calling 920-204-0400

QUESTIONS

Contact [Mary Kay Fahey](#) for information related to this conference.

12:30 PM NOVO NORDISK PATIENT AMBASSADOR: PATTY NECE



Patty Nece
Patient Ambassador
Novo Nordisk

Understanding the disease of obesity has changed Patty's life. She stopped believing that managing her weight was all about willpower. Understanding her disease helped her let go of the guilt and shame she felt. Now, she tells her story in the hopes of inspiring others. She wants others struggling with obesity to know that it's not their fault, and there is help and treatment available. She wants others to find kindness and compassion for themselves, as she has.

Patty Nece is a Novo Nordisk Patient Ambassador living outside of Washington, DC. Patty has struggled with obesity since childhood. She was always an active child and felt like it wasn't her weight that was a problem, it was the bias and stigma that was placed upon her. It seemed that shame was all around her. It came from friends, family, peers, even the school nurse. Patty didn't fit the norm, and no matter how successful she was in other parts of her life, she always felt like an outsider because of her weight.

Patty felt that same shame from her doctors too. She would be told "You need to lose weight." over and over again, with no additional help or guidance. She tried diet after diet - but nothing worked, and eventually, she gave up. She felt guilty, ashamed, and shut out the world. As Patty gained more weight, her life got smaller and smaller.

Thankfully, Patty found the strength to fight again. She got tired of living a limited life and said, "There has to be something more." She started doing some research and found an obesity specialist in her area. Meeting her new specialist changed everything for Patty. She felt validated and heard. Her new doctor knew she had tried everything and reassured her that obesity wasn't her fault.

MOTIVATIONAL INTERVIEWING: HOW TO TALK TO PATIENTS ABOUT THEIR WEIGHT

1:00 PM

With the help of two health care professionals and active audience participation, Mia Croyle will facilitate a "how-to" session on best practices related to opening a conversation with a patient about their weight.



Mia Croyle, MA
Behavioral Health Project Specialist
MetaStar

Mia Croyle, MA is a Behavioral Health Project Specialist with MetaStar. Trained as a mental health counselor, Mia has worked in a variety of behavioral health and primary care settings. She has spent the past 10 years focused on the integration of behavioral health into primary care settings, including screening and brief intervention for alcohol and substance use disorders and mental health conditions. She is a sought-after trainer in Motivational Interviewing, an evidence-based communication style to facilitate behavior change, and a member of the Motivational Interviewing Network of Trainers (MINT). Mia has a M.A. in clinical mental health counseling from Valparaiso University.



Dirk Steinert, MD
Medical Director
Ascension-Wisconsin

Dirk Steinert, MD, MBA is medical director for quality at Ascension-Wisconsin. Dr. Steinert is passionate about patient care. He provides personalized primary care for conditions that affect adults as they age.

Dr. Steinert's area of specialty is internal medicine and pediatrics, practicing at the Ascension medical clinic in Germantown, Wisconsin. He received his medical degree from the University of Illinois at Chicago and completed his residency at Tulane University and received a certificate in Managing Health Care Delivery from Harvard Business School.



Janice Simonsen, RN
Clinical Quality Nurse Specialist
Marshfield Clinic Health System

Jan Simonsen, RN earned both her bachelor's and master's degrees in nursing from Science in Nursing Viterbo University, La Crosse WI. Currently, she is a clinical quality nurse specialist at the Marshfield Clinic Health System serving as the quality and patient safety liaison for the Marshfield and Eau Claire region primary care, system neuroscience, system rehab services and system drug and alcohol recovery services. Jan is a member of the WCHQ Obesity Workgroup, and she co-facilitates the MCHS obesity management workgroup. Jan is a strong proponent of whole patient care supporting care team use of evidence-based tools and shared- decision making that promotes patient engagement with their overall care needs.

2:00 PM BREAK

THE COSTS, BEHAVIOR AND PSYCHOLOGY OF OBESITY

2:15 PM



John R Briggs, PhD, LP
Metabolic and Bariatric Surgery Program
ThedaCare Regional Medical Center
Neenah, WI

Dr. Briggs brings much experience and case studies on the patients' experience and perspectives on obesity.

John Briggs, PhD, is a Licensed Psychologist working with patients and families who are pursuing healthier and active lives through weight loss with bariatric surgery at the Metabolic and Bariatric Surgery Program, ThedaCare Regional Medical Center, Neenah, Wisconsin. He works closely with this multidisciplinary treatment team and provides services at ThedaCare Behavioral Health, Menasha, WI. John has had several academic appointments, including Marquette University and UW Madison. He works with patients from a constructivist and solution-focused perspective and has been a well-known and respected presenter/trainer and leader with these approaches to treatment.

3:15 PM FINAL REMARKS BY NOVO NORDISK

3:30 PM ADJORN

REGISTRATION

There is not a registration fee, however, Registration is Required for both the in-person and virtual event. The conference center capacity is 100 people in person. If you select to attend in-person and cannot attend or need to switch to virtual, please notify Mary Kay Fahey no later than one week in advance as we expect to have a waiting list for the in-person event. For those that register to attend virtually, the meeting link will be sent a few days in advance of the event.

Register: www.wchq.memberclicks.net/2022obesitysummit

This education event is open only to WCHQ provider members, corporate sponsors and annual partners.