Obesity is a major public health crisis. In the past 30 years, the prevalence of obesity among adults has increased from 30% to 35% of the population. In addition, severe obesity necessitates medical intervention in the United States for 20,000-30,000 people per year, and the economic burden of obesity is estimated to be $150 billion per year. In the past decade, the obesity epidemic has expanded to include children and adolescents. Despite these advances, obesity remains a significant public health challenge.

### Methods

**Epidemiology**: The current prevalence of obesity and its associated health risks is discussed, as well as the economic burden and societal impact of obesity.

**Interventions**: Various non-surgical and surgical approaches for weight loss are reviewed, including lifestyle modifications, pharmacotherapy, and bariatric surgery. The relative efficacy and safety of these interventions are compared and analyzed.

**Outcomes**: The effectiveness of different interventions is evaluated using standard metrics, such as weight loss, improvement in comorbidities, and patient satisfaction. The impact of these interventions on quality of life, employment, and healthcare costs is also considered.

**Conclusions**: The optimal treatment approach for obesity is individualized based on patient characteristics and preferences. Non-surgical interventions are generally recommended as a first line of treatment, with bariatric surgery reserved for patients who have not responded adequately to other methods.

### Results

- **Activity 1**: Identifying the consequences of obesity and recent developments in obesity management.
- **Activity 2**: Applying an evidence-based approach to the management of obesity.
- **Activity 3**: Identifying the consequences of obesity and recent developments in obesity management.
- **Activity 4**: Applying an evidence-based approach to the management of obesity.

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### References:


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