

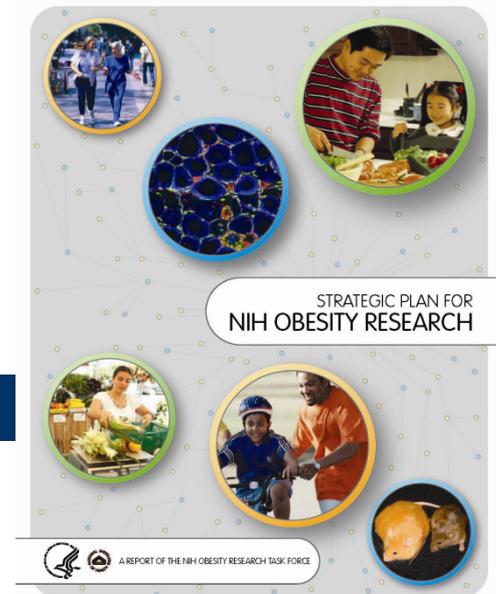
Strategic Plan for NIH Obesity Research

Purpose:

- Serves as guide to accelerate research to reduce the prevalence and burden of obesity, so that people can look forward to healthier lives
- Enhances the development of new efforts based on identification of areas of greatest scientific opportunity and challenge
- Encourages diverse and multidisciplinary science
- Highlights a range of research opportunities to discover causes and find solutions for obesity
- Published in 2011

Audience:

- Researchers, policy makers, health professionals, and other organizations and individuals with interest in obesity research



Strategic Plan for NIH Obesity Research: Background

- More than one-third of adults in the United States are considered obese
- Nearly 17 percent of children and teens ages 2 through 19 are also considered obese.
- Obesity increases a person's chances of developing type 2 diabetes, heart disease, high-blood pressure, stroke, many cancers, and other diseases.
- In FY 2010, NIH spent \$824 million on obesity research; in addition \$147 million was provided through the American Recovery and Reinvestment Act funding.
- Obesity disproportionately affects people from certain racial and ethnic minority populations.
- Individuals who are obese may also experience stigma and discrimination
- Obesity exacts a substantial economic toll due to increased health care costs and lost productivity.
- NIH supports a wide range of research to better understand the causes and consequences of obesity and to develop and test approaches to prevent and/or treat obesity.

Strategic Plan for NIH Obesity Research: Examples of Scientific Advances

- Effective lifestyle interventions for weight loss reduce risk for heart disease and type 2 diabetes. Now, NIH-funded studies are testing ways to bring these proven strategies to more people.
- When a woman with obesity or diabetes becomes pregnant, her child's risk of developing obesity may increase, suggesting a critical period to intervene. Now, researchers can study approaches to help women achieve a healthy weight before and during pregnancy.
- Many genes and other aspects of our biology -- from body fat to the gastrointestinal system and brain -- influence whether we're likely to become obese. Now, researchers are delving deeper into these pathways and how they're affected by our environment.

Strategic Plan for NIH Obesity Research: Development Process

- Initial draft was developed and written by trans-NIH writing groups. Content development and writing was an iterative process and included input from multiple disciplines and staff from many of the Institutes and Centers represented on the NIH Obesity Research Task Force (ORTF)
- External feedback was solicited from researchers with expertise in obesity-related fields and leaders of voluntary/professional health organizations
- The plan was posted to the web to invite additional scientific and public comment
- The plan was revised based on the input received at each step
- It was reviewed and approved by NIH Director Francis S. Collins, M.D., Ph.D., the co-chairs of the ORTF, including the National Institute of Diabetes and Digestive and Kidney Diseases, National Heart, Lung, and Blood Institute, and the *Eunice Kennedy Shriver* National Institute of Child Health and Human Development. These three institutes and the National Cancer Institute all led in the strategic plan's development, and many other NIH Institutes, Centers, and Offices contributed as members of the Task Force. The Department of Health and Human Services and members of the ORTF Senior Leadership Group also reviewed the strategic plan.

Strategic Plan for NIH Obesity Research: Overarching Themes:

- Discover fundamental biologic processes that regulate body weight and influence behavior
- Understand the factors that contribute to obesity and its consequences
- Design and test interventions for achieving and maintaining a healthy weight
- Evaluate promising strategies for obesity prevention and treatment in real-world settings and diverse populations
- Harness technology and tools to advance obesity research and improve healthcare delivery
- Facilitate integration of research results into community programs and medical practice

Strategic Plan for NIH Obesity Research: NIH science-based resources for the public

Find tips and tools to help people achieve or maintain a healthy weight from:

- The Weight-control Information Network at <http://www.win.niddk.nih.gov>
- Aim for a Healthy Weight at <http://www.healthyweight.nhlbi.nih.gov>
- We Can! or Ways to Enhance Children's Activity & Nutrition at <http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan>
- The Let's Move campaign, led by the White House, also provides valuable ways to prevent childhood obesity (<http://www.LetsMove.gov>).

To view current obesity guidelines and plans to update them, visit <http://www.nhlbi.nih.gov/guidelines/current.htm>

Learn more about obesity research at NIH and view a free copy of the summary or complete *Strategic Plan for NIH Obesity Research* at <http://www.obesityresearch.nih.gov>