The Role of PT in the Management of Obesity and Weight Loss (Part 1)

Speaker(s): Susan B. Roberts, Ph.D.

Session Level: Multiple

Description: Obesity and the resultant chronic diseases, have significant effects on a person’s function and movement. As movement specialists, physical therapists are well prepared to effectively address the resultant movement dysfunctions associated with obesity. However, movement dysfunctions are not the only impairments associated with obesity and in order to provide the most effective care, collaboration with other providers is imperative. This course offers a multidisciplinary approach to obesity and weight loss. It will review the current research regarding obesity and weight loss from a nutritional, psychological and physical therapy perspective. Selected research studies and how these studies led to the development of the iDiet program will be reviewed. The iDiet program is a scientific paradigm for losing weight and keeping it off that aligns food and eating habits with the hard-wired neurobiology of the brain. This program is free, accessible and can be used as a support program for patients in a physical therapy program. By the end of the course, participants will be able to develop healthy and appropriate weight loss goals for patients, discuss proven strategies to reduce weight and identify ways to effectively support patients as they work toward a healthier lifestyle.

Learning Objectives:
1. Discuss how to develop appropriate goals for weight loss.
2. Discuss strategies a therapist can use to effectively emotionally support a patient while the patient is trying to lose weight.
3. Review general dietary recommendations for weight loss.
4. Identify factors that influence a patient’s ability to maintain their weight once they have lost weight.
   Describe the iDiet program that developed based on the selected research trials.

Speaker Bio:
Susan B. Roberts, PhD, is Director of the Obesity and Energetics Laboratory, Professor of Nutrition and Co-Director of the Obesity Research Cluster in the Jean Mayer Human Nutrition Research Center on Aging at Tufts University, and Professor of Psychiatry and Scientific Staff Member in Pediatrics in the Tufts University School of Medicine. She received her PhD from the University of Cambridge, UK, and did postdoctoral training at the Massachusetts Institute of Technology before moving to Tufts in 1987. Her research focuses on determinants of weight regulation, including dietary composition factors such as glycemic index, protein and fiber, and behavioral factors in weight control. In addition to her work in the U.S. she has conducted studies in the U.K., China, Brazil, The Gambia and Guinea Bissau. She has published over 240 research papers in research journals including the New England
Journal of Medicine and JAMA, and has an H-index of 63. Dr Roberts was the 2009 awardee of the E.V. McCollum award of the American Society for Nutrition to recognize the creativity and importance of her work on weight regulation, and the 2016 W.O. Atwater Lecturer for important contributions to nutrition and health worldwide.