



2024 Fall Think Tank

Lifestyle, Environmental, and Pharmacological Interventions for Obesity: How Employers Can Strike the Right Balance with GLP-1s

Monday, October 7, 2024

Recommended Reading

How Can Health and Wellness Promotion Strategies Which Include Nutrition Education alongside Hands-On Cooking Be Organized, Evaluated, and Optimized for Maximal Impact

Dr. David Miles Eisenberg

https://www.mdpi.com/journal/nutrients/special_issues/F62DAN81H6

The website of the Teaching Kitchen Collaborative (www.teachingkitchens.org)

The website of the annual continuing education conference for health professionals (Healthy Kitchens, Healthy Lives www.healthykitchens.org)

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Jastreboff AM, Aronne LJ, Ahmad NN, et al. Tirzepatide Once Weekly for the Treatment of Obesity. *N Engl J Med*. 2022;387(3):205-216. [doi:10.1056/NEJMoa2206038](https://doi.org/10.1056/NEJMoa2206038)

Jastreboff AM, Kaplan LM, Frías JP, et al. Triple-Hormone-Receptor Agonist Retatrutide for Obesity — A Phase 2 Trial. *N Engl J Med*. 2023;389(6):514-526. [doi:10.1056/NEJMoa2301972](https://doi.org/10.1056/NEJMoa2301972)

Michos ED, Lopez-Jimenez F, Gulati M. Role of Glucagon-Like Peptide-1 Receptor Agonists in Achieving Weight Loss and Improving Cardiovascular Outcomes in People With Overweight and Obesity. *J Am Heart Assoc*. 2023;12(11):e029282. [doi:10.1161/JAHA.122.029282](https://doi.org/10.1161/JAHA.122.029282)

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Sattar N, Lee MMY, Kristensen SL, et al. Cardiovascular, mortality, and kidney outcomes with GLP-1 receptor agonists in patients with type 2 diabetes: a systematic review and meta-analysis of randomised trials. *Lancet Diabetes Endocrinol*. 2021;9(10):653-662. [doi:10.1016/S2213-8587\(21\)00203-5](https://doi.org/10.1016/S2213-8587(21)00203-5)

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Peng ZY, Yang CT, Lin WH, Yao WY, Ou HT, Kuo S. Chronic kidney outcomes associated with GLP-1 receptor agonists versus long-acting insulins among type 2 diabetes patients requiring intensive glycemic control: a nationwide cohort study. *Cardiovasc Diabetol*. 2023;22(1):272. [doi:10.1186/s12933-023-01991-5](https://doi.org/10.1186/s12933-023-01991-5)

Kosiborod MN, Abildstrøm SZ, Borlaug BA, et al. Semaglutide in Patients with Heart Failure with Preserved Ejection Fraction and Obesity. *N Engl J Med*. 2023;389(12):1069-1084. [doi:10.1056/NEJMoa2306963](https://doi.org/10.1056/NEJMoa2306963)

Lincoff AM, Brown-Frandsen K, Colhoun HM, et al. Semaglutide and Cardiovascular Outcomes in Obesity without Diabetes. *N Engl J Med*. 2023;389(24):2221-2232. [doi:10.1056/NEJMoa2307563](https://doi.org/10.1056/NEJMoa2307563)

Lifestyle Medicine & GLP-1-RA Medications for Weight Loss.; 2024. Accessed February 17, 2024. <https://static1.squarespace.com/static/5d38ca4174e198000123709a/t/65cbdd3bb35cf818d5804ad0/1707859265845/Diet+ID+GLP-1+Webinar+Feb+9.final.pdf>

Less snacking, more satisfaction: Some foods boost levels of an Ozempic-like hormone. Published online October 30, 2023. Accessed February 17, 2024. <https://www.npr.org/sections/health-shots/2023/10/30/1208883691/diet-ozempic-wegovy-weight-loss-fiber-glp-1-diabetes-barley>

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