

# Fighting Chronic Disease Costs

**Date: May 24, 2017**

Place: 1801 Superior Avenue

Cleveland, Ohio 44114

7:30-8:15 Registration (light breakfast, coffee, juice)

## [Directions and Map](#)

8:15-8:30 Welcome

8:30-9:30 [Dr. Michael Nowak, Medical Director for the St. Vincent Center](#) for Bariatric Surgery

The presentation will discuss the medical, social, and economic impact of obesity over the last 30 years. It will also show how bariatric surgery can be used to reverse the negative impact of obesity.

9:30-10:00 Visit with vendors

10:00-11:00 Warner Roberts and Caroline Hiatt, [Real Appeal](#), United healthcare

Losing just 5% of body weight has a material impact on an overweight person's health—that's been a proven scientific fact for years. Despite the simplicity of the science, offering a solution that empowers, informs and motivates a person to make change has proved challenging. Real Appeal is a fresh approach to avoiding the financial and human cost of chronic disease.

11:00-11:30 [Linda McVey, YMCA'S DIABETES PREVENTION PROGRAM](#)

The YMCA's Diabetes Prevention Program helps those at high risk of developing type 2 diabetes adopt and maintain healthy lifestyles by eating healthier, increasing physical activity and losing a modest amount of weight in order to reduce their chances of developing type 2 diabetes.

11:30-12:15 Panel of companies and their success with worksite obesity programs

Please attend our half day seminar entitled "Fighting Chronic Disease Costs". Obesity is the sweet spot of employee engagement. Employers know the cost of chronic disease but few steps are taken to do something about it in a way that can have measureable outcomes. Offering a 10 week weight loss contest or pedometer contest is not sufficient to achieve needed outcomes. Interventions that are successful cannot be shunned just because of their price tag without knowing the avoided cost of diabetes and other chronic diseases.

We hope that those who attend will gain an insight into locally available programs with proven track records. What are the costs of chronic disease and how to select peer review proven programs to gain positive outcomes will be the focus of the day. All companies should have an interest in heading off the tsunami of chronic disease cost heading their way. Those who attend will become more aware of the cost and what can be done today to lower them. In addition to education, the program should also support the Council's mission of building a community of wellness professions.

