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'So, Doctor, What's So Bad About Being Fat?' Combating the Obesity Epidemic in the United States Tuesday, January 19, 2010

Joseph Chemplavil, MD said...

Obesity is already a real threat to our society, not only as a public-health problem, but also as an economic disaster for this century. What we have is a dual and parallel epidemic of Type 2 diabetes and obesity — one could call it "diabesity" — leading to cardiovascular disease and other disabilities globally.

In addition to our obese adults, we have a huge population of overweight and obese children and adolescents who will be the victims of diabetes, high blood pressure and high cholesterol at an earlier age than their parents unless we act aggressively now to control it.

There is no single cause for obesity, neither a single solution for its control. The conventional methods of just diet and exercise programs have not been effective to control our obesity epidemic.

We need to have a multi-pronged approach for the prevention, control and management of the obesity problem in children and adults, at the family and societal level, and for the long haul.

We need to have initiatives to promote personal responsibility and reward for safe and healthy behavior. How about paying for performance, not of physicians but of patients to control our obesity epidemic?

In our office, we pay patients a dollar for each pound they lose or they pay us if they gain. This dollar for pound program is well received and is successful in the last seven years for weight loss as a supplement, and not a substitute to the present conventional programs, to change personal behavior. More than 400 patients who participated in our program so far lost an average of 5pounds a year.

If we can retool our strategies and tactics to get better results in weight control, we may be able to combat the obesity epidemic, and we should spare no weapons to win this war.

For more information, visit: www.DollarsForDieting.com

www.theconference.ca/index.php?/Paying-Patients-to-Lose-Weight

Joseph Chemplavil, MD

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