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Annual Report

April 2022 – March 2023



Introduction

Obesity Canada made significant progress in obesity research, education, and advocacy between April 2022 and March 2023.



Our accomplishments were driven by the unwavering support of our staff, volunteers, board members, healthcare experts, policymakers, and our broader community. Their dedication to our mission has been crucial to our success. We extend our deepest gratitude to everyone involved in allowing us to continue our work and make a meaningful impact on the lives of Canadians affected by obesity.



Research Highlights



Action Teams

Our action teams in Education, Community, Research and Policy are conducting strategic research to address key questions and fill knowledge gaps in obesity frameworks. This effort has been instrumental in advancing a national framework for obesity.



Maximize Your Research on Obesity and Diabetes (MyROAD):

Launched in March 2023, this national training program supports future researchers focusing on obesity, diabetes, and cardiometabolic conditions. Obesity Canada is a proud partner in this multiyear effort.



Clinical Practice Guidelines

- Several new organizations, including the [European Association for the Study of Obesity](#), The Obesity Society, Obesity Medicine Association and the Obesity Action Coalition have endorsed the Adult CPG. We were especially honored when the [Obesity Society President, Jamy Ard](#), called out the Canadian Guidelines with endorsement of the guidelines as the gold standard in his opening address at Obesity Week.
- As the Canadian Clinical Practice Guidelines are continuously updated, the Medical Nutrition Therapy chapter and the Pharmacotherapy in Obesity chapter of the Canadian Adult Clinical Practice Guidelines were revised in 2022.



Canadian Obesity Fellowship Program

Launched in 2023, this program aims to connect emerging researchers with opportunities to advance obesity research and contribute to a national obesity care framework.

Education Highlights

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Education Hub

- Obesity Canada launched its education hub, which now has over **2,000** users in its first year.
- The **Introduction to Obesity** course enrolled **1,593** healthcare professionals, providing key insights on Obesity as a chronic disease, weight bias and stigma, creating bariatric friendly spaces, and information on obesity assessment and available treatments.



Diploma in Counselling for Obesity Management (DCOM):

- The Diploma in Counselling for Obesity Management (DCOM) is an online obesity treatment training program run by Michael Vallis, PhD R Psych. and Tiffany Shepherd, PhD R Psych, providing didactic learning, experiential learning, corrective feedback, and ability to self-evaluate competency. This was launched in 2024.
- The training program guides learners through the following stages of skill development; awareness, followed by competence, and then confidence. Training is intensive, with 25 sessions over 6 months and interactive activities between sessions.

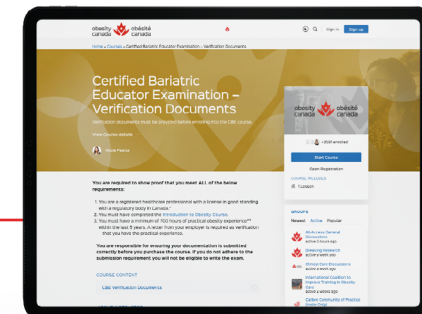


Certified Bariatric Educator (CBE) Exam

The CBE exam was relaunched this year, with **45** Canadian healthcare professionals certified between April 2022 and March 2023.

The Certified Bariatric Educator (CBE®) designation is an in-depth, evidence-based examination, aligned with the Canadian Adult Obesity Clinical Practice Guidelines, and has been designed for Canadian healthcare professionals who understand the principles of obesity management.

There are two exams offered/calendar year, during this year, exams were offered in April and November of 2022.

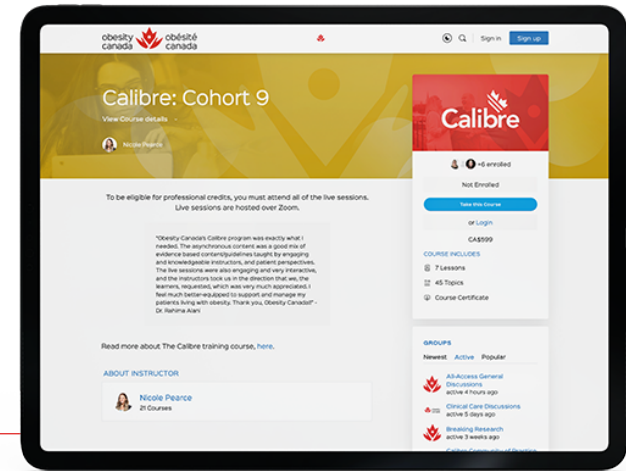


Education Highlights



CALIBRE Program

- Our 7-week virtual course, designed to upgrade healthcare professionals' knowledge in obesity management, trained 100 participants across two cohorts in November 2022 and February 2023.



Education Event Highlights

Obesity Canada's Education team was involved in national and International conferences, including:

- European Congress on Obesity 2022 in Maastricht, Netherlands
- Obesity Week 2022 in Dallas, Texas
- Family Medicine Forum 2022 in Toronto, Ontario
- Diabetes Canada/CSEM 2022 in Calgary, Alberta

Advocacy Highlights

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National Impact

- We submitted a [professional and patient submission on semaglutide](#) to the Canadian Agency for Drugs and Technologies in Health (CADTH), in collaboration with the Canadian Liver Foundation.



Global Impact

- Obesity Canada continues its involvement in the [Global Obesity Patient Alliance](#) and the [World Obesity Federation](#), and [EASO](#) advocating for global change.
- Dr. Ian Patton, Director of Advocacy and Public Engagement, joined our American Colleagues at Obesity Action Coalition as a consultant on the [Oscar-winning film The Whale](#), starring Brendan Fraser. Ian spent time consulting lead actor Brendan Fraser and Director Darren Aronofski during pre-production on the realities of living with obesity and things to consider when speaking about obesity and how to respond to the anticipated attention the film was going to generate. Ian also consulted with the film's set design team and the A24 marketing team prior to release. After the film was released, Ian participated in a filmed [roundtable discussion](#) with Brendan Fraser and writer Sam Hunter.



Advocacy Highlights

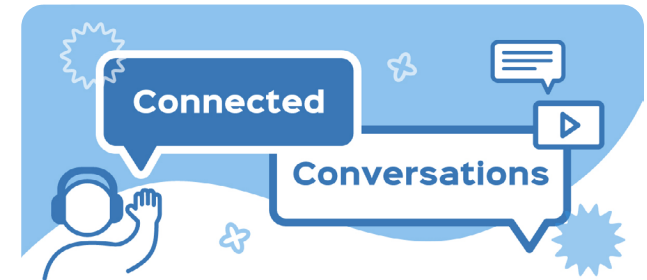
Benefits Canada

- Obesity Canada's Scientific Director, Mary Forhan, Director of Policy and Research, Ximena Ramos-Salas, and Director of Advocacy and Public Engagement delivered a featured presentation at the Benefits Canada annual conference.
- The presentation discussed advancements in our understanding of obesity as a chronic disease, the impacts of weight bias and stigma, particularly in the workplace and the need for benefit plans to evolve to include improved access to effective, evidence-based obesity management.

Advocacy Event Highlights

Connected Conversations Webinar Series

- Hosted monthly in 2022, Connected Conversations webinar series had a reach that included 2172 participants across **11 live events** and a further 3477 views of the recordings. Total 5649 engaged over **5,600 participants** across live and recorded sessions, addressing critical obesity-related topics.
- Over 90% of attendees rated the webinars as excellent, and many stated they felt more empowered after attending.



OC Connect Public Community

- This online platform engaged 3,500 unique users, providing a safe, supportive space for individuals affected by obesity.

OC Connected 2023 Conference

- Held on World Obesity Day, this virtual conference doubled its previous attendance, with over **850** registrations. Participants expressed high satisfaction, with more than 90% likely to attend future events.

Summary Financial Statements

2022-23 Annual Financials (for the year ending March 31) (full report available on [CRA website](#))

SOURCES OF INCOME	RESTRICTED FUNDS	UNRESTRICTED FUNDS	CAPITAL ASSET FUND	% OF 2023 TOTAL FUNDING	2023	2022
Grants and subsidies	\$ 942,024	\$ 563,756	\$ 6,733	96	\$ 1,512,513	\$ 973,393
Donations	\$ -	\$ 6,605		3	\$ 6,605	\$ 10,572
Other income	\$ 17,653	\$ 530		1	\$ 18,183	\$ 9,902
Canadian Obesity Summit	\$ -	\$ -			\$ -	\$ 258,843
TOTAL	\$ 959,677	\$ 570,891	\$ 6,733	100%	\$ 1,537,301	\$ 1,252,710

EXPENDITURE OF INCOME	RESTRICTED FUNDS	UNRESTRICTED FUNDS	CAPITAL ASSET FUND	% OF 2023 TOTAL FUNDING	2023	2022
Administration		\$ 148,325	\$ 10,122	14	\$ 158,447	\$ 89,357
Advocacy & Public Education	\$ 233,192			22	\$ 233,192	\$ 178,778
Healthcare Professional Education	\$ 668,299			62	\$ 668,299	\$ 738,279
Research & Policy	\$ 26,043			2	\$ 26,043	\$ 39,310
Canadian Obesity Summit					\$ -	\$ 207,856
TOTAL	\$ 927,534	\$ 148,325	\$ 10,122	100%	\$ 1,085,981	\$ 1,253,580

Thank You to Our Volunteers

A special thanks to our dedicated Board of Directors, Action Teams, and volunteers who have been instrumental in driving our mission forward.

BOARD OF DIRECTORS

Mary Forhan
(Scientific Director-Elect)

Arya Sharma
(Past Scientific Director)

Bemal Mehta (Chair)

Jacob Shelley (Vice-Chair)

Lisa Schaffer

Philip Sherman

Andre Tchernof

Lee Pigeau

Aaron Noga

Navin Malik

Valerie Taylor

ACTION TEAMS

Education Action Team:

Nicole Pearce, Roshan Abraham, Sean Wharton, Sanjeev Sockalingam, Raed Hawa, Taniya Nagpal, Sarah Nutter, Khushmol Dhaliwal, Michael Vallis, Michelle McMillan, Helena Piccinini-Vallis, David Wiljer, Bob Kushner, Mohamed El-Hussein, Stasia Hadjiyanakkis

Community Action Team:

Ian Patton, Lisa Schaffer, Candace Vilhan, Pam Hung, Lauren Gaetz, Theresa Babb, Al Martin

Policy Action Team:

Ximena Ramos Salas, Lana Vanderlee, Laurie Twells, Megha Poddar, Sara Kirk, Brenndon Goodman, Jacob Shelley

Research Action team:

Mary Forhan, Annalijn Conklin, Kristine Godziuk, Stephan Dombrowski, Geoff Ball, Sarah Nutter, Sarah Moore, Mary-ellen Harper

Thank You to Our Partners, Sponsors & Supporters

We also extend our thanks to our partners, sponsors, and supporters. Your contributions allow us to continue making a meaningful impact on the lives of Canadians living with obesity.

\$100,000+

Novo Nordisk; Eli Lilly

\$50,000 - \$99,000

Alurion; Bausch Health Canada

\$20,000 - \$49,999

Desjardins; WW; Nestlé; TOPS - Take Off Pounds Sensibly; Johnson & Johnson

\$5,000 - \$19,000

Minogue Medical Inc.; Medtronic; Pfizer; Boehringer Ingelheim

\$1,000 - \$4,999

Philip Sherman; Celebrate Vitamins; iFinance; International Medical Press; Minto-Maple Family HealthTeam

\$500 - \$999

Stasia Hadjiyannakis; Joelle Trudeau; Donations through PayPal Giving Fund; Creative B'stro Inc; Craving Change

\$250 - \$499

Coreen Saikaley; Japa Machinery Group; 1919663 Ontario Inc.; Lisa Schaffer; Doug Earle

\$100 - \$249

Janice Forsythe; Jennifer Brown; Dana Gibson; Michael Juarez; Kelly Isfan; Donations through 2022 Hamilton Marathon; Donations through United Way

Under \$100

Richard Tashjian; Marie Nichols-Britt; Aesha Shah; Marielle Cote; Robyn Azar; Saul Katz; Kuang Kao; Dalhousie Family Medicine