

# Introduction: Obesity

*Rena R. Wing, PhD*

**This issue of *Medicine & Health/ Rhode Island*** focuses on the epidemic of obesity: 37% of Americans are overweight and an additional 26% are obese. Although Rhode Island fares better than some states, the prevalence of obesity and overweight in our state exceeds 60%. Both prevention and treatment efforts are clearly needed.

The articles were written by faculty and fellows at the Weight Control and Diabetes Research Center of The Miriam Hospital and The Warren Alpert Medical School of Brown University. Established in 1998, the Center conducts research on both pediatric and adult obesity. Current research focuses on improving initial weight loss success in pediatric and adult populations, maximizing the long-term maintenance of weight loss, and documenting the health benefits of weight

loss. While this research primarily examines behavioral approaches, the impact of behavioral approaches in combination with other treatments, including bariatric surgery, is also being studied.

Research grants, primarily from the National Institutes of Health and the American Diabetes Association, support the programs at the Weight Control and Diabetes Research Center. Because of this support, these programs can typically be offered free of charge. However, those interested in participating must meet the eligibility requirements and, depending on the study, must be willing to be randomized to one of several treatment approaches.

If you are interested in learning more about our programs, or want to refer patients to one of our studies, please call the Weight Control and Diabetes Research Center at 401-793-8940.

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## **Disclosure of Financial Interests**

The author has no financial interests to disclose.

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