



Obesity Empowerment Network UK

Charity Number: 1180108

Trustees' Annual Report & Financial Statements for the Period
1st September 2019 to 30th October 2020

Accounting Period 1st September 2019 to 31st August 2020
Report Period 1st September 2019 to 30th October 2020

October 2020

Obesity Empowerment Network UK

Trustees' Annual Report & Financial Statements

for the Financial Period from 01-Sep-2019 to 31-Aug-2020

Reference & Administration Details

Charity Details:

Name(s): Obesity Empowerment Network UK

Number: 1180108

Address: The Obesity Empowerment Network, UCL
Maple House
149 Tottenham Court Road
LONDON
W1T 7NF

Names of the Charity Trustees who Manage the Charity

Name	Office	Appointed	Retired
Rachel Batterham	Chair		
Jacqueline Doyle	Trustee		
Maggie Clinton	Trustee		
Pinki Sahota	Trustee		
Sadaf Farooqi	Trustee		
Nadya Isack	Trustee	2019	
Ann Vincent	Trustee	2019	
Tina Osadolor	Trustee	2019	
John Wass	Trustee		2020

Names & Addresses of Advisors

Role	Name	Address
Bank	Metro Bank	

One Southampton Row
London
WC1B 5HA

Names of Senior Staff with Delegated Responsibilities

Name	Role
Rachel Batterham	Chair
Jacqueline Doyle	Trustee for Champions' Support
Maggie Clinton	Trustee for Champions' Recruitment
Pinki Sahota	Trustee for PR & Communications
Ann Vincent	Compliance Officer

Structure, Governance & Management

Description of the Charity's Trusts

Type of Governing Document:

Constitution

How the Charity is Constituted:

Charitable Incorporated Organisation

Trustee Selection Methods:

Open recruitment through advertisements through relevant professional bodies and organisations followed by election during Board of Trustee Meeting or Annual General Meeting.

How New Trustees are Inducted and Trained:

Provided with copy of Governing Document, the most recent Trustees' Annual Report & Financial Statements and Minutes of Recent Trustee Meetings.

Additional Governance Issues

OEN UK Structure

The Obesity Empowerment Network UK is a charity governed by an unpaid board of trustees, which reports to the OEN UK membership annually at the Annual General Meeting. The Network membership consists of Champions (patient Advocates), Professional Advisors (experts in the field of obesity) and members (interested professionals, patients and members of the public who are affected by overweight and obesity personally or through a friend or family member).

Trustees

The OEN UK currently has 8 trustees (5 Professionals and 3 Champions) which run for a term of three years. The trustees are led by the Chair and together their role is to set the strategic direction of the OEN UK, manage its financial affairs and plan the activities of the OEN UK. One Trustees has elected to step down in 2020 – John Wass. Nadya Isack has taken on the role of Interim Treasurer whilst a new Trustee and Treasurer is appointed with capacity to undertake Treasurer duties as Tina Osadolor has had to take temporary leave of her duties as a Trustee for personal reasons.

Objects

The objects of the CIO are:

The preservation and protection of good health for the public benefit of people affected by overweight and obesity by:

- a. Providing clear and accurate information about obesity, the treatment options available and expected standards of care to support people to access and advocate for treatment that they are entitled to receive
- b. Advance education by working collaboratively with patient and professional organizations, policymakers, health-care providers, commissioners, researchers and industry by the provision of advice, information and support to reduce or eliminate obesity.
- c. Engage and empower people affected by overweight and obesity to become patient advocates by providing training, support and resources to enable them to represent people affected by obesity locally, nationally and internationally within and on behalf of patient or professional organisations.

In order to achieve the above objects, Obesity Empowerment Network UK (OEN UK) undertakes the following activities:

- Create and maintain an online repository of information on obesity for patients and the public.
- Engage volunteers with lived experience of obesity to become patient advocates to represent people living with obesity locally, nationally and internationally.
- Deliver talks on personal experiences of living with obesity in order to inform key stakeholders of the reality of life as an obese person. Stakeholders include patient and professional organisations, policymakers, health-care providers, commissioners, researchers and industry.
- Represent the organization on professional committees of key stakeholder organizations.

Statutory Declaration on Public Benefit

The trustees declare that they have complied with their duty to have due regard to the guidance on public benefit published by the Charity Commission in exercising their powers or duties. The guidance has been taken into consideration by Trustees when making strategic decisions about the direction of the organization and have followed the guidance faithfully.

Executive Summary of Activities, Achievements & Performance

This year OEN UK has been working to:

- Engage and empower people affected by overweight and obesity to become patient advocates by providing training, support and resources.
- Shift the dialogue from a position of blame to solution by increasing awareness that obesity is a chronic serious medical condition like heart disease and cancer and should be treated as such.
- Improve preventive and treatment strategies for people with overweight and obesity by working collaboratively with patient and professional organisations, policymakers, health-care providers, commissioners, researchers and industry.
- Make obesity prevention and treatment a national priority.
- Provide clear visible information regarding the treatment options available and the expected standards of care for people with overweight or obesity and to support people to access and lobby for treatment that they are entitled to receive.
- Ensure that people with overweight and obesity are treated with dignity and respect within a caring environment and to remove health inequalities.
- Ensure that patient advocates are equipped with the skills, information and confidence that they need to represent people affected by obesity locally, nationally and internationally within and on behalf of patient or professional organisations.
- Proactively ensure that the patient voice is represented and provide a resource of expert users to organisations seeking user involvement.
- Eliminate weight bias and discrimination.

How these objectives benefit the public and how OEN UK has undertaken activities to achieve them is detailed in full below.

Activities, Achievements & Performance

- **Engage and empower people affected by overweight and obesity to become patient advocates by providing training, support and resources.**

Patient participation causes improved health outcomes, enhanced quality of life, and delivery of more appropriate and cost-effective services. Patient participation is regarded as a legal right of the patient as well as an international gold standard for healthcare systems, and health professionals strive for this standard. Patients must participate in decisions associated with planning, performance, and evaluation of healthcare. Patients should be involved in and inform research planning, policymaking and commissioning decisions and service delivery through consultation.

The founding members of OEN UK, realised that people with obesity were not being given adequate opportunity to contribute to advances in understanding of obesity and its treatment. They established OEN UK, and the OEN Champion role, to change this. The Obesity Empowerment Network empowers people with obesity and overweight to work with professionals in the field and other key-stakeholders (policymakers, commissioners, industry leaders) to contribute to the decisions shaping the provision of obesity treatments and services.

Champions are volunteers with lived experience of obesity who are supported by the Network, with training and partnership, to ensure the voice of people living with obesity in the UK are heard on a local, national and international level, through consultations, participation in research, lobbying activities and presentations at conferences and meetings. At the beginning of the year reported OEN UK had seven champions. Very sadly, Iris Macmillan, OEN Champion died on 26th February 2020.

In January 2020 Trustees, Dr. Jackie Doyle and Maggie Clinton volunteered to lead on recruitment and training for champions with Dr. Doyle providing well-being support for champions. This has resulted in the recruitment of five more champions who commence their role at the end of October 2020 (taking the

total of Champions to 11), and the development of a *Training Strategy for Champions*. This *Strategy* is detailed below.

Champions have delivered 10+ talks on personal experiences of living with obesity in order to inform key stakeholders of the reality of life as a person with obesity. Stakeholders include patient and professional organizations, policymakers, health-care providers, commissioners, researchers and industry.

Conferences and meetings included: 'Talking Sensitively About Weight' event, ULCH Word Obesity Day event, Association for the Study of Obesity Webinar: Obesity & Stigma, Policy Exchange Webinar: Tackling Obesity, University of Liverpool: PhD Research Panel, Labour Party Virtual Fridge Panel Debate on Obesity.

Champions have represented the organization on 10 professional committees of key stakeholder organizations, including the All-Party Parliamentary Group on Obesity, National Obesity Forum, The Royal College of Physicians' Advisory Group on Nutrition, Weight and Health, The National Bariatric Surgery Register (BOMSS), Obesity Competencies UK, Obesity Health Alliance, The National Institute for Health and Care Excellence (NICE), Clinical Advisory Panel on the Welsh Assembly Obesity Strategy and Novo Nordisk.

Champions have represented OEN UK at 5+ key stakeholder events, including the International Alliance of Patient Organisations (IAPO) conference, International Alliance of Patients Organisation (IAPO), Virtual Global Patient conference and Obesity Competencies Conference UK (OCCUK).

OEN UK Champions have co-created and contributed to a number of peer reviewed journal articles and policy documents mentioned throughout this report.

- **Shift the dialogue from a position of blame to solution by increasing awareness that obesity is a chronic serious medical condition like heart disease and cancer and should be treated as such.**

A recent survey undertaken by the All-Party Parliamentary Group on Obesity (APPG Obesity, 2018) found that 94% of all respondents believe that there is not enough understanding about the causes of obesity amongst the public, politicians and other stakeholders. Furthermore, weight bias and discrimination are largely driven by simplistic notions about the causes of obesity as well as its prevention and management, and misinformed assumptions about people who live with obesity. OEN is working to change the narrative about obesity by addressing and reducing stereotypical and unscientific notions through presentations which educate key stakeholders (healthcare professionals, scientist clinicians, researchers, policymakers and leaders, commissioners and the wider public) on the current scientific understanding of obesity and experience of living with the condition.

Detailed examples:

- OEN UK organised a public, professional and patient event at University College London Hospitals in collaboration with the Royal College of Physicians, British Dietetic Association, European Association for Study of Obesity and Obesity UK on World Obesity Day 4th March 2020. The key message of the event being obesity is a complex health condition that requires multi-disciplinary management and ongoing research, with an emphasis on ending weight-based stigma. Four OEN UK Champions co-created and participated (Paul and Angela Chesworth, Sharon Newson and Nadya Isack) engaged a number of medical professionals including researchers, dieticians, surgeons, psychologists and members of the public. By speaking openly about obesity in a positive and compassionate way, OEN Champions were able to educate and inform professionals and the public about living with obesity and the measures that are being taken to raise the awareness of this disease.
- OEN UK speakers featured on the panel for the ASO webinar, 'Obesity and Stigma' to do this in a hugely impactful way, bringing both the science and actual experience of living with obesity to the audience in August 2020.
- OEN's Chair Professor Rachel Batterham presented at World Obesity Federation Webinar: 'COVID-19, Obesity & CVD' in October 2020.
- In addition, posts on the OEN UK website and social media channels have regularly raised awareness to the latest scientific understanding of the condition and advocated for the wider public health community, health system and wider public to acknowledge the science and recognise that obesity is a chronic serious medical condition.

- **Improve preventive and treatment strategies for people with overweight and obesity by working collaboratively with patient and professional organisations, policymakers, health-care providers, commissioners, researchers and industry.**

The majority of adults (63%) in the UK in 2018 were living with overweight or obesity, and almost a third of adults (28%), were living with obesity in 2018 (NHS Digital, 2020). Obesity is a public health concern which is now widely agreed to be a crisis and the UK Government has not been delivering the preventative and treatment strategies the UK population needs. OEN UK members work tirelessly to develop and improve national and local measures which will help to prevent individuals developing obesity; and also, to improve treatment strategies for people living with obesity.

Champions and Professional Steering Group members do this by contributing to policy forums such as the All Party Parliamentary Group for on Obesity, National Obesity Forum and the think tank Policy Exchange; responding to NICE consultations; commenting on research proposals, being members of Trial Steering Groups, developing their own research proposals; and presenting at obesity focused webinars.

Detailed examples:

- Champion Ann Vincent was co-author on the [ACTION-IO UK study](#), 'Management of obesity in the UK: the attitudes and experiences of healthcare professionals and people with obesity'.
- Ann Vincent has also developed her own research proposal with fellow Champion Nadya Isack and Professional Steering Group member Dr Jackie Doyle for a project funded by Novo Nordisk on the benefit of certified peer-support coaching for people living with obesity. It has been decided this will no longer go ahead.
- Ann Vincent and Nadya Isack participated in the Obesity Competencies Conference UK (OCCUK) in September 2020 to review the current state of obesity education in the UK for medical students, GPs and allied health professionals and explore how the UK can move towards a comprehensive set of obesity-specific competencies for healthcare education, with the ultimate objective of ensuring adequate and appropriate healthcare is provided to people living with overweight and obesity.
- Professor Rachel Batterham presented a video recording of a Novo Nordisk Disease Experience Expert Panel(DEEP) Talk "Obesity is..." made by two OEN champions Angela and Paul Chesworth to Camden CCG in March 2020.
- Also in March 2020, Champions Paul and Angela Chesworth engaged with Karen Coulman (PhD RD HEE/NIHR ICA Clinical Lecturer Population Health Sciences Bristol Medical School University of Bristol) on a research project investigating of Tier 3 Weight Management Services across the U.K.
- In June 2020, Champions Paul and Angela Chesworth reviewed a grant application for COVID-19 related research into obesity lead by Dr Charlotte Hardman (Lecturer, Department of Psychological Sciences, University of Liverpool).
- In September 2020, OEN Champion Paul Chesworth and Professor Rachel Batterham worked with the Academy for Science and Continuing Education in Diabetes and Obesity (ASCEND) to film an interview between Dr Rachel Batterham and a person living with obesity to talk about the impact that bariatric surgery has had on them, the challenges, benefits, coping after surgery. The video content will be used for training medical practitioners.

- **Make obesity prevention and treatment a national priority.**

The recent survey undertaken by the All-Party Parliamentary Group on Obesity (APPG Obesity, 2018) found that more than one third of people with obesity who completed the survey stated that they have not accessed any lifestyle or prevention services and 39% of people with obesity who accessed lifestyle and prevention services found it incredibly or moderately difficult to do so. Many of OEN's members can testify to this reality and have been active over the past year in lobbying for improvements to existing services, for access to NICE recommended services across the UK and better prevention strategies.

COVID-19 has impacted people everywhere, all over the world this year, but particularly so upon the lives of people living with obesity. We are proud to report that OEN UK has played a significant part in not only supporting people with obesity during these challenging times but by contributing to COVID-19 related

research and towards policy changes. The COVID-19 pandemic has helped to identify obesity as a health condition in its own right and highlight the importance of the need to provide evidence-based weight management services.

As mentioned already the Covid-19 pandemic has been a particularly challenging time for people living with obesity. Media coverage has drawn attention to risks associated with obesity without providing clarity. People living with obesity often already have a well-established experience of being underserved by the national health service. The combination of these two factors has understandably created a huge amount of confusion, anxiety and fear for people living with obesity.

Detailed examples of how OEN UK has had an impact in this context:

- Working with ASO and Obesity UK, OEN UK presented the experiences of people with obesity during the peak of the Covid-19 pandemic in the UK and presented a strong call to action to the UK Government to take immediate action in the article [‘Obesity and COVID-19: A call for action from people living with obesity’](#), published online by the Lancet Diabetes and Endocrinology.
- OEN Champions and membership supported the All-Party Parliamentary Group on Obesity’s Twitter Campaign #ActOnObesityNow highlighting to Boris Johnson the urgent need for a National Strategy for Obesity.
- OEN Professional Steering Group members submitted evidence for the best treatments for obesity to be reviewed by key stakeholders in the NHS and Government.

Since then Boris Johnson’s Government have announced the *Tackling Obesity* National Strategy and begun further consultation on expanding provision of weight management services in the UK.

- **Provide clear visible information regarding the treatment options available and the expected standards of care for people with overweight or obesity and to support people to access and lobby for treatment that they are entitled to receive.**

The recent survey undertaken by the All-Party Parliamentary Group on Obesity (APPG Obesity, 2018) found that more than one third of people with obesity who completed the survey stated that they have not accessed any lifestyle or prevention services and 39% of people with obesity who accessed lifestyle and prevention services found it incredibly or moderately difficult to do so. Furthermore, 42% of people with obesity did not feel comfortable talking to their GP about their obesity. These figures reflect how the stigma associated with obesity often prevents people from seeking help, and therefore prevents individuals from being able to understand the condition, the treatment options available and commence treatment and therefore both creates and reinforces health inequalities. It is unacceptable that this should happen.

OEN UK seeks to empower individuals to get help and access treatment for overweight and obesity by providing clear and accessible information about what obesity is, what causes it and how it can be treated; by providing clear guidance on the NICE recommended treatments for obesity and the treatment pathway in the NHS on the OEN UK website (www.oen.org.uk).

As mentioned already the Covid-19 pandemic has been a particularly challenging time for people living with obesity because of the increased risk for people with obesity and conspicuous absence of clear and trustworthy guidance. OEN Champion Paul Chesworth and OEN UK Chair Professor Rachel Batterham worked with the Royal College of Physicians and Obesity UK to develop guidance answering common questions people may have as a result of Covid-19 between May and Oct 2020. This guidance has been made available on Obesity UK and OEN UK websites.

Details of activity:

This year OEN UK has updated the website with:

- Help To Stay Active UCLH Stay Active Stay Healthy videos, here.
- An accessible video explaining the physiology and psychology of obesity and the treatment options for the disease, ‘What is obesity and how is it treated?’ with the kind permission of Dr David Macklin MD, here. This video has been positively received and generated good engagement on social media.
- A section providing Covid-19 guidance for people with obesity.

- **Ensure that people with overweight and obesity are treated with dignity and respect within a caring environment and to remove health inequalities.**

In the 2018 survey undertaken by the All-Party Parliamentary Group on Obesity (APPG Obesity, 2018), just 26% of people with obesity responding to the inquiry survey reported being treated with dignity and respect by healthcare practitioners when seeking advice or treatment for their obesity. The stigma experienced when accessing healthcare makes it likely that people with overweight and obesity will struggle to ask for help and raise the issue with their healthcare professional, and in some cases avoid going to see their GP or engaging with healthcare at all. This creates and increases health inequalities on the basis of weight (Albury et al., 2020; Ananthakumar et al., 2020).

OEN UK works towards reducing the stigma people with obesity experience during healthcare interactions by educating healthcare professionals about the complex causes of obesity, dismantling the narrative of individual responsibility and 'eat less, move more'; and by bringing the experience of people living with obesity to research, professional development and education for healthcare professionals, and events for healthcare professionals.

Detailed examples:

- Professor Rachel Batterham and Nadya Isack presented at the Royal College of Physicians in March 2020 with the aim of encouraging all healthcare and social care professionals to be able to talk sensitively about weight. Dr Batterham presented on the causes of obesity and Nadya Isack, OEN Champion, eloquently shared her experience of living with obesity and the stigma that she has faced. The event was attended by 80 people from Camden CCG.
- OEN UK speakers featured on the panel for the ASO webinar, 'Obesity and Stigma' to do this in a hugely impactful way, bringing both the science and actual experience of living with obesity to the audience in August 2020.
- Ann Vincent and Nadya Isack's participation in the Obesity Competencies Conference UK (OCC UK) in September 2020 reviewing and developing obesity education for health professionals ensured that the voice of people living with obesity was represented in discussions around training and education. Training and education are important links in the chain of continuing stigmatisation of people with overweight and obesity. Ann and Nadya's voices will help to change the conversation around obesity within the healthcare professions and therefore reduce the stigmatisation of people with obesity within healthcare institutions and ensure individuals are treated with dignity and respect regardless of weight in healthcare environments.

- **Ensure that patient advocates are equipped with the skills, information and confidence that they need to represent people affected by obesity locally, nationally and internationally within and on behalf of patient or professional organisations.**

OEN Champions are on a mission to improve provision of, and access to, healthcare for obesity and to end weight stigma in healthcare and wider society. This is a challenging role, given the prevalence, and widespread tolerance and even acceptance, of entrenched weight-based stigma and anti-fat attitudes in UK society and the personal experiences of stigmatisation Champions will inevitably have experienced given their lived experience of obesity.

OEN recognises the challenging nature of the role and has always sought to provide guidance and support for Champions' personal growth and development. Our champions take every opportunity to keep up to date with current obesity debates and developments in scientific understanding and service provision. The European Association for the Study of Obesity (EASO) lead online advocacy training was completed by one of the champions this year and all taken the opportunity to attend numerous obesity-focused webinars over the year.

This year Dr. Jackie Doyle and Maggie Clinton, Trustees with responsibility for Champions, have developed and set out how OEN will ensure Champions are equipped with the skills, information and confidence they need to represent people living with obesity effectively and safely. It is laid out here as an important development of one of OEN UK's mission objectives.

The training strategy focuses on six themes:

- I. Communication & team working
- II. Public speaking
- III. Developing writing skills
- IV. Political awareness.
- V. Knowledge of current local, national, international developments.
- VI. Developments in the treatment and management of obesity.

These themes will be developed over three levels supporting champions who have no previous experience to those that are well practiced and take lead roles in the charity. Embedded within the strategy is a support system guided by our clinical psychologist. Psychological safety is paramount and we strive to ensure that our champions feel safe and supported in their role within the charity.

Level One: this level is aimed at newly recruited champions to OEN and will be completed within 3 months of appointment. The same core themes underpin the training and development at this level.

- ✓ Completion of orientation guide: introduces the new champion to the workings of OEN UK and the role of champion within it.
- ✓ Working as part of a charity.
- ✓ Attendance at a meeting.
- ✓ Establish budding with a lead champion who will act as mentor support for the first year.
- ✓ Attend at least one event as a representative of OEN (short reflective piece is required based upon observation and personal feelings)
- ✓ Attend one 'virtual' champion support group.
- ✓ Attend 1 individual 'virtual' support session.

Once Level One has been successfully completed the champion may start to represent OEN at events primarily, within their attachment areas. Over the following 9 months the champion will be expected to shadow an experienced champion at a parliament event or a debate or conference. Ideally this will be with their assigned buddy.

Level Two: this level is for all champions regardless of their experience. It should ideally be completed by 18 months from date of appointment. Level 2 may be repeated as an update for experienced champions. It is anticipated that lead champions and trustees will contribute to training events be these on-line, virtual or face-to-face.

- ✓ Developing writing skills as a champion representing OEN, GP letters, MP letters, local newspapers.
- ✓ Maintaining a portfolio
- ✓ Use of social media
- ✓ Psychological safety
- ✓ Giving radio interviews
- ✓ TV interviews
- ✓ Dealing with and challenging stigma
- ✓ Responding to national debates (representing OEN)
- ✓ Managing feelings of stress, guilt as a result of working as a champion
- ✓ Sitting on panels

Level Three: this level will focus upon further enhancing the skills of the more experienced champions. It is anticipated that not all champions will reach this level or indeed want to. This is quite acceptable.

- ✓ Advanced media training

- ✓ Advancing political awareness
- ✓ Psychological safety
- ✓ Enhanced Knowledge based speaking
- ✓ Chairing events and sitting on panels
- ✓ Patients voice on research panels
- ✓ Taking and writing minutes
- ✓ Working alone as a representative of OEN
- ✓ Acting as a buddy
- ✓ Facilitating training

A rolling program of training will be created to accompany the above. This will commence from October 2020.

Still to be completed:

- Cost analysis and funding for materials, IT support, delivery.
- Hours to deliver the content by trainer as well as minimum of commitment in behalf of champions.
- Training package itself with reading, learning activities including on-line work, self-assessment tools and individual learning needs
- **Proactively ensure that the patient voice is represented and provide a resource of expert users to organisations seeking user involvement.**

It has already been noted that patient participation causes improved health outcomes, enhanced quality of life, and delivery of more appropriate and cost-effective services. Patient participation is regarded as a legal right of the patient as well as an international gold standard for healthcare systems, and health professionals strive for this standard. OEN UK ensures that people with obesity are involved in research planning, policymaking and commissioning decisions and service delivery. It is important to recognise that the work of OEN Champions is pivotal in supporting professionals who have to fight so hard for funding for obesity services.

OEN does this through recruiting a UK network of Champions who can provide the perspective of someone with lived experience of obesity and/or obesity services. OEN also does this through highlighting opportunities to be involved in research and contribute to inquiries and consultations on obesity prevention strategies and treatment services to its growing membership, roughly two thirds of whom are personally affected by overweight and obesity.

Detailed examples:

OEN UK Champions have contributed to the following research projects and consultations:

- Royal College of Physicians Nutrition Weight & Health Group Covid-19 resources
- ACTION-IO Research
- Expert by Experience support and advice for Leeds University Student completing a Clinical Psychology Doctorate thesis on the effect of weight-based stigma on wellbeing
- Novo Nordisk's Lay Person Summaries
- COVID-19 related research into obesity lead by Dr Charlotte Hardman (Lecturer, Department of Psychological Sciences, University of Liverpool).
- Research into Tier 3 Weight Management Services in across the UK by Karen Coulman (Clinical Lecturer, Population Health Sciences, Bristol Medical School, University of Bristol)
- 'Obesity and COVID-19: A call for action from people living with obesity', published online by the Lancet Diabetes and Endocrinology.

OEN UK has highlighted the following calls for involvement in research and policy to its membership:

- Obesity APPG Call for Evidence - The Future of Obesity Services
 - The Priorities for Obesity and Weight-related Research (POWER) Study
 - UCL study - how COVID-19 has impacted on the provision of weight management services
 - Queen's University Belfast, Centre for Public Health – 'Your experiences of having excess weight in today's society'
- **Eliminate weight bias and discrimination.**

Weight bias and discrimination are largely driven by simplistic notions about the causes of obesity as well as its prevention and management, and misinformed assumptions about people who live with obesity. Stigma has been shown to contribute to poor health and further weight gain for people who experience it, it is, of course, also simply inhumane and unjust. OEN is working to change the narrative about obesity by addressing and reducing stereotypical and unscientific notions through presentations, publications, events, media appearances

Detailed examples:

- The OEN UK organised World Obesity Day event at University College London Hospitals on World Obesity Day 4th March 2020 had a particular emphasis on ending weight-based stigma. Four OEN UK Champions shared their experiences of living with obesity and the stigma that is attached to obesity and Prof Andrew Goddard delivered a [live webcast](#) discussing eliminating obesity stigma.
- OEN UK was a co-signature on the global pledge to end weight stigma which was published on World Obesity Day on 4th March in Nature Medicine (<https://www.nature.com/articles/s41591-020-0803-x>).

Key References

Albury, C., Strain, W. D., Le Brocq, S., Logue, J., Lloyd, C., & Tahrani, A. (2020). The importance of language in engagement between health-care professionals and people living with obesity: A joint consensus statement. *The Lancet Diabetes & Endocrinology*, 8, 447 – 455. doi: [https://doi.org/10.1016/S2213-8587\(20\)30102-9](https://doi.org/10.1016/S2213-8587(20)30102-9).

All-Party Parliamentary Group on Obesity. (2018). The current landscape of obesity services: A report from the All-Party Parliamentary Group on Obesity. Retrieved from <https://static1.squarespace.com/static/5975e650be6594496c79e2fb/t/5af9b5cb03ce64f8a7aa20e5/1526314445852/APPG+on+Obesity+-+Report+2018.pdf>

Ananthakumar, T, Jones, NR, Hinton, L, Aveyard, P. (2020). Clinical encounters about obesity: Systematic review of patients' perspectives. *Clinical Obesity*, 10: e12347. doi: <https://doi.org/10.1111/cob.12347>.

NHS Digital. (2020). Statistics on obesity, physical activity and diet, England, 2020. Retrieved from <https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet/england-2020>

Financial Review

Statement of the Charity's Policy on Reserves

Obesity Empowerment Network UK does not have a reserve policy explicitly stated in its constitution. As the organisation's income is small, growth and supporting direct activities are prioritised over growing a financial reserve. The organisation ensures that sufficient funds are in place to support staff salaries for the duration of their contract(s).

Details of Any Funds Materially in Deficit

The Trustees declare that the charity had no funds which were materially in deficit at the date of the statement of assets & liabilities.

Further Financial Review Details

Obesity Empowerment Network UK's principle source of funding is grant funding from pharmaceutical companies. Trustees are undertaking efforts to expand the breadth of funders to other corporate partners, trusts and national grant-making bodies in time.

Trustees have ensured that expenditure supports the key objectives of the charity with sustainability and efficiency in mind.

Accounts for the year ended 30th October, 2020

	2019/2020	
	£	£
	51639	
Cash at bank brought forward	7500	
Income Received in period		
Total Income	59139	
Less Expenditure		
Wages - Director x 8 months		18948
HMRC		7724
Professional Indemnity Insurance		2250
Reimbursement of expenses occurred on behalf of OEN		1508
Catering Costs		226
		<u>30656</u>
Cash at bank carried forward		28483
	<u>£ 59,139</u>	<u>£ 59,139</u>

Notes

There are no Designated or Restricted funds.

Restricted Funds**Designated Funds****Particulars of Any Outstanding Guarantee Given by the Charity**


The Trustees declare that the charity has given no guarantee where potential liability is outstanding at the date of the statement of assets & liabilities.

Particulars of Any Outstanding Debt

The Trustees declare that the charity has no outstanding debts which are secured by an express charge on any of the assets of the charity at the date of the statement of assets & liabilities.

Declaration

The Trustees declare that they have approved the above report and authorised that it be signed on their behalf.



CHAIR

DATE 15.01.2021

PROFESSOR RACHEL BATTERHAM