

Message from the Director



Laura Davisson, MD, MPH, FACP
Professor, WVU School of Medicine
Director, Medical Weight Management

In our fifth year, Medical Weight Management continued to expand in our clinical services, educational programs, research endeavors, and outreach initiatives. Increased patient volume has been accompanied by a corresponding growth in clinical staffing. We were thrilled to be recognized for our emphasis on multidisciplinary, team-based care through receiving the WVU HSC Chancellor's Go First Team Award.

We have continued to produce scholarly work and have had numerous media engagements. Obesity care models are rapidly shifting, which is why we have positioned our team to have a seat at the leadership table in regional and national healthcare organizations. This annual report provides a progress report on our pursuit of our mission.

Mission

Medical Weight Management uses science and patient-centered care delivered by a team of experts to empower individuals and families to improve their health and make lasting lifestyle changes.

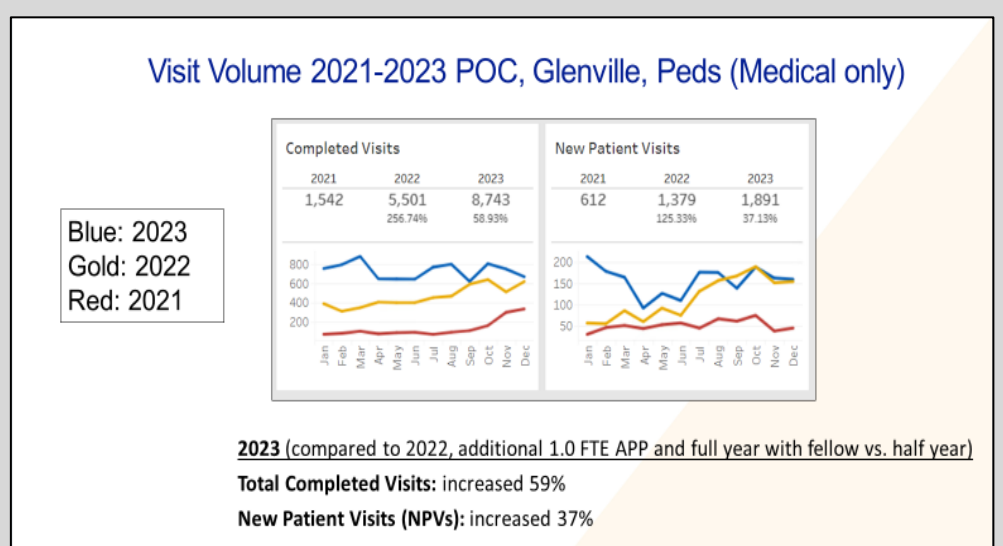
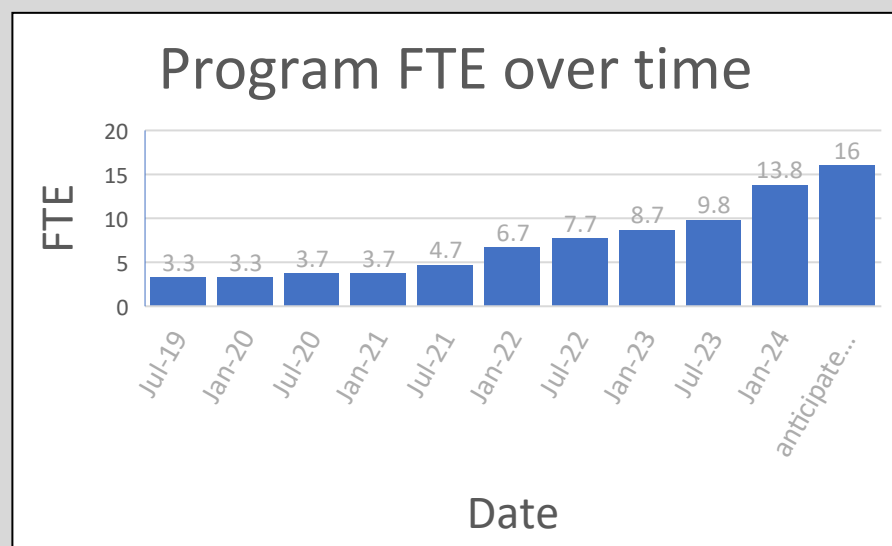
Meet the Team



Key Clinical Outcomes

13.2% Overall Program one-year weight loss	3% Reduction in ASCVD risk score
16.5% WVU Medicine Employee program average weight loss from participants in 2022 and 2023	14% Decrease in BMI from average 42.8 (Class 3 obesity) to 36.8 (Class 2 obesity)

Medical Weight Management Growth



Lauren Cox (Patient Navigator), Rachel Wattick (Registered Dietitian), Emily Murphy (Health Coach), Michelle Ritchie (Nurse Practitioner), and Amberly Osbourn (Physician Assistant) have all been added to the team. In July 2023, Dr. Isabela Negrin joined the team as part of our expansion of the pediatrics program. Our new Lead APP position was added to support program growth and was filled by Amber Shaffer. Sadly, we will be saying good-bye to Dr. Ayesha Hassan at the end of June as she prepares to begin an endocrinology fellowship.

New patients increased steadily (51, 110, and 157 per month in the last three years, respectively.) Accounting for new hires in 2024, it is estimated that MWM will see 262 new patients per month, representing a 414% increase over three years. Medical Weight Management patients in West Virginia (WV) and the surrounding communities continued to benefit from telemedicine services.

384% Increase in Full Time Equivalent (FTE) positions since 2019 (from 3.3 to 16)	New Roles Added Lead APP Health Coaches Pharmacist Pharmacist Technician	37% Increase in New Patient Visits (NPs) from 2022 to 2023	59% Increase in total completed visits to 8743 in 2023	55% Of program's total visits were completed by telemedicine visits in 2023
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Pediatric Medical Weight Management



Treah Haggerty, MD, MS
Associate Professor
WVU School of Medicine

[Pediatric Weight Management](#), under the guidance of Director Dr. Treah Haggerty, saw 90 new patients in 2023. The addition of pediatrician Dr. Isabela Negrin to the team made this increase of 52.5% possible. The multidisciplinary family care is provided jointly with pediatric psychologist Dr. Jennifer Ludrosky. Nutrition guidance for the pediatric program is provided by RDs from the Medical Weight Management team. The pediatric team has worked with surgery to prepare for starting adolescent surgery and earning adolescent Metabolic and Bariatric Surgery Quality Improvement Program (MBSAQIP) accreditation.



Isabela Negrin, MD
Assistant Professor, Pediatrics
WVU School of Medicine

Outreach

Year 5 Highlights

Produce Prescription Program

In the spring of 2023, more produce was distributed to MWM patients weekly for the entire summer and fall. We plan to seek funding to continue the program annually.

First 5K

On Sept. 24, 2023, MWM hosted a 5K/2K. The event included a 5K race and a 2K walk on the paved rail trail located at the park. Medals and prizes were awarded to top finishers in the 5K run, while the 2K walk was non-competitive. Attendance was open to the public, and attendees were encouraged to invite friends and family to the event. Attendees were also welcome to bring their pets to the event.

First CME retreat

On Sept. 22, 2023, MWM had its first CME retreat. A goal for the day was to create an atmosphere of relaxation that encouraged staff to prioritize their own well-being so they can set an example of healthy behavior and serve as role models for patients. To cap off the event, a team-building canopy tour was offered.

Lunch & Learn

MWM team members shared the leading of 17 talks on health and wellness in 2023. These were offered virtually and were open to anyone in the community.

Employee program

In partnership with the Finding Wellness program, we significantly transformed and grew our weight loss program for WVU Medicine employees this year and rebranded it as "Weight Loss and Wellness." Results will be reported after the first year of the program concludes.

Media

WVU MWM's RD Judy Siebart has been featured in the Pittsburgh Post-Gazette and is a regular contributor on the WMBS Radio show. Dr. Treah Haggerty was interviewed by STAT news. Dr. Laura Davisson has been featured in Time Magazine, Pittsburgh Post-Gazette, the Atlantic, Becker's Hospital Review, NBC, Metro News Radio with Hoppy Kercheval, and the Today Show.

Advocacy

Cathy Shaw, RD remained an active member of the WV Academy of Nutrition and Dietetics (AND) public policy team and the Weight Management DPG policy committee. She has met with state and national legislatures to advocate for nutrition policy and the Medical Nutrition Therapy Act, prioritizing the RD's role. Dr. Davisson remained on the Obesity Medicine Association Advocacy Committee and continued to advocate for the Treat and Reduce Obesity Act (TROA). The resolution she spearheaded through ACP was modified and ultimately endorsed by the ACP Board of Regents at the Fall 2023 Board meeting. It calls for updating ACPs Action plan for advocating for universal coverage of obesity treatment.



Research and Scholarship

Our team members made significant scholarly contributions. Three obesity-related publications were published. Dr. Luis Nieto presented posters at ACG, Rural Health, WV ACP, and DDW. The one presented at WV ACP took 2nd place! Dr. Nieto was very productive in TriNetX with numerous posters and two oral presentations accepted from this work. The EMANATE Phase 3 Rhythm pharmaceutical-sponsored clinical trial of setmelanotide continued. Team members gave five talks at regional or national conferences. Our clinicians were actively involved in six state or national committees, including the Obesity Medicine Fellowship Council (LD), the National Rural Health Association Rural Obesity & Chronic Disease Committee (TH), and the WV Medicaid P&T committee (LD). Dr. Davisson completed a four-year term as WV ACP Governor in April and then joined the WV SMA Board of Trustees. She also joined the Mid-Atlantic Network for Obesity (MANO) founding Board of Directors. Dr. Haggerty received an Obesity High grant with Emily Murphy from CDC for children and families.

Education

Part of Medical Weight Management's mission is to improve education and create a workforce to treat obesity in WV. The team welcomed and educated medical students from all four years of training and students, residents, and fellows from various disciplines. We were pleased to receive approval for a new medical student elective in Nutrition and Obesity developed by Dr. Hassan. The internal medicine residency program has started a new track in obesity medicine. Residents enrolling in the **Obesity Medicine Track** will develop valuable skills in nutrition and obesity treatment. This was our second year of the [Nutrition and Metabolic Diseases Fellowship](#) for advanced physician training in obesity treatment. We are thrilled to announce the graduation of our second fellow, Dr. Luis Nieto, in June 2024. He will be pursuing a gastroenterology fellowship at Emory next. Dr. Areeba Altaf will be joining us as our next fellow in July 2024.

53

Learners rotated through MWM

138

MWM Clinic Sessions had learners

20

Lectures on obesity topics given to learners

Future

We are looking forward to the future of obesity treatment at WVU Medicine as we standardize care, implement clinical protocols, and expand outcome data collection to optimize the quality of care within our system.