



A WAVE OF CHANGE

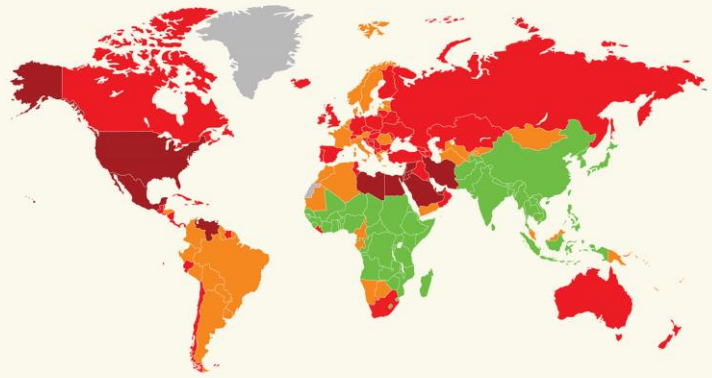
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WEIGHT MANAGEMENT: Beyond the Blame Game



MAP OF RATES OF OBESITY

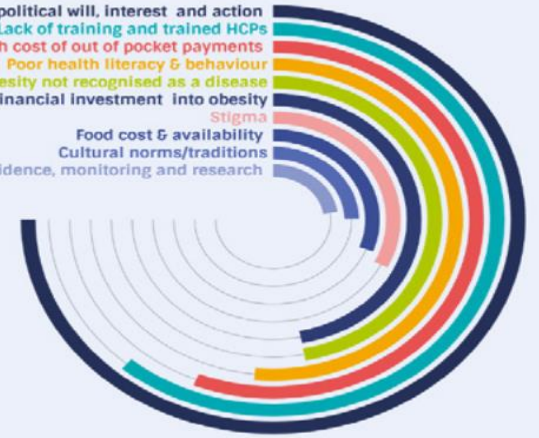


The Percentage of Obesity



Top perceived barriers to effective obesity treatment

- Lack of political will, interest and action
- Lack of training and trained HCPs
- High cost of out of pocket payments
- Poor health literacy & behaviour
- Obesity not recognised as a disease
- Lack of financial investment into obesity
- Stigma
- Food cost & availability
- Cultural norms/traditions
- Lack of evidence, monitoring and research

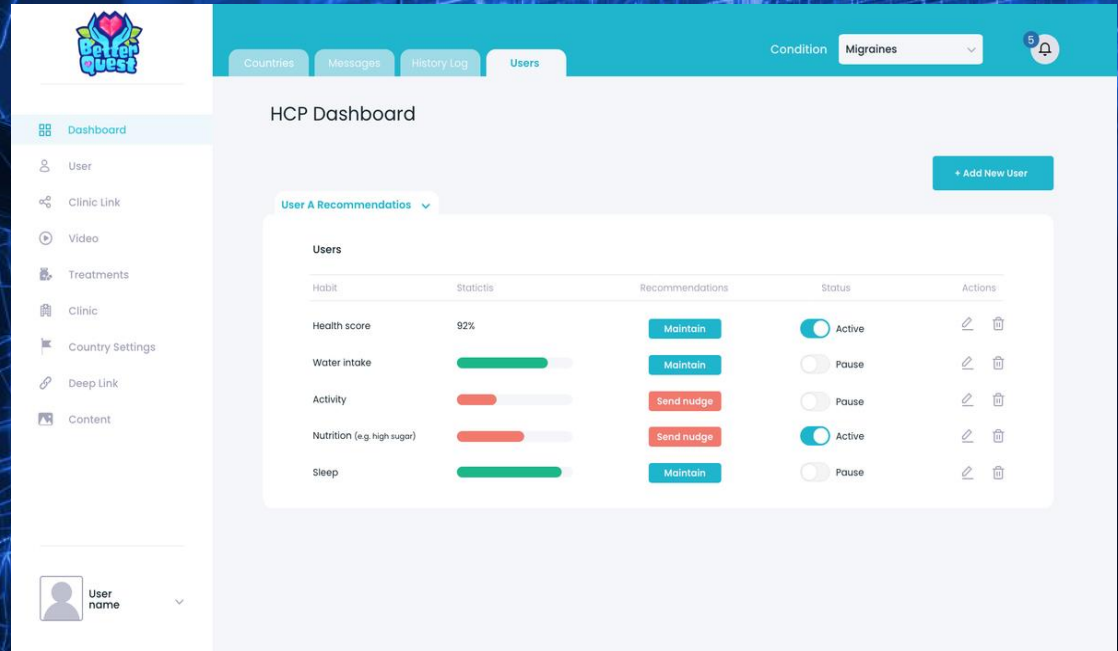
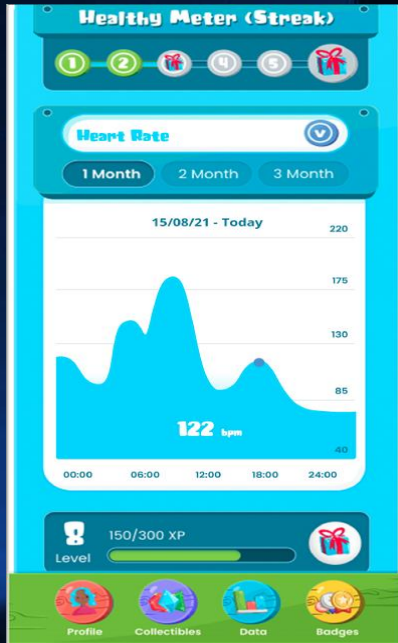


Based on findings from over 274 obesity specialists from 68 countries (Leach et al, 2020)

AI as Scaffolding: Building Resilience, Not Reliance



Subtle Machine Learning: Shaping Behavioral Change




Human-Centric AI: Breaking the Echo Chambers

WHAT ARE YOUR USUAL HOURS OF SLEEP?

Sleep Wake up

7 sleep hours



Next

Your Habits

WHAT IS YOUR MAIN OBJECTIVE?

Eat better food

Do more exercise

Be more relaxed

Communicate better

Drink more water

*You can choose more than one option.

Next

Your Goals

← HEALTH PREFERENCES

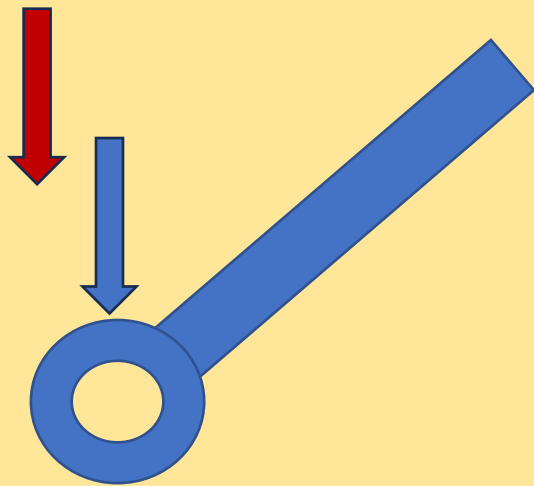
Water 2500 ml

Food

2000 cal

Exercise

Your Preferences



AI In Action: Evidence-Based Empowerment for Lasting Change



HRV



Food



Hydration



Meditation



Movement

