



Pacific Obesity Alliance

News & Happenings

Thank you for being a part of Pacific Obesity Alliance (POA) - your regional 501c3 nonprofit organization - focused on Advocacy, Education & Engagement about weight-related health management.

We are excited to share what we did in 2025 and some changes that are underway with the POA!

2025 Year in Review:

- **Hosted Two Networking Dinner Events**
 - MASLD/MASH
 - Obstructive Sleep Apnea
- **Virtual Meeting**
 - All About Binge Eating Disorder
- **Advocacy**
 - Provided expert opinion to the Oregon State Legislature Behavioral Health & Health Care Committee on coverage of GLP1 medications and obesity treatment
 - Gave Oral Testimony at Oregon Public Employees Benefit Board on the importance of improving coverage for obesity care
 - Letter to the Editor & Op Ed on access to GLP1 medications
 - Fly-In to Washington DC to speak with staffers on the Hill about the importance of obesity treatment and supporting the Treat and Reduce Obesity Act

2026 Looking Ahead

- **NEW - We will be offering a low-cost MEMBERSHIP to create financial sustainability to support our work on Advocacy, Education, & Engagement**
 - \$60/year for a 1 year Professional Membership
 - FREE Clinician in Training Membership
- **Two Networking Education Dinners - May & September**
 - Topics & Location to be determined

- **Virtual Educational Meetings**
- **Membership benefits include:**
 - Discount for Educational Dinner Events in May & September
 - Access to members-only journal club
 - Access to "Ask an Expert" on obesity management topics
 - Discount registration on POA sponsored CME (when offered)
 - Your Name / Practice Name on the POA website
 - Knowledge that you are supporting our mission & vision for a world where overweight and obesity are recognized as a chronic disease, and every person is entitled to evidence-informed, patient-centered, proactive prevention & treatment.

We look forward to seeing you in 2026!

Check out our website:

Pacificobesityalliance.org

Member & Board

Highlights



Dr. Fitzpatrick
Website

Stephanie Fitzpatrick, PhD - Psychologist

Now accepting patients for individual therapy, virtual visits.

Specialties include: Obesity, Weight loss, Diabetes, Eating Disorders, Stress management and Chronic Conditions

Accepting many insurances.



YouCose Health - Valeria Rech, RD, LD, CDCES
Vice President of Pacific Obesity Alliance
Featuring Registered & Licensed Dietitians and
Certified Diabetes Care and Education Specialists.
Providing care focusing on Weight Management,
Wellness, Pre-diabetes, and Diabetes
Your diagnoses do not define you!

If you or your practice are interested in being featured in our Member Highlight - please email a request with your information to POA@pacificobesityalliance.org

Upcoming Events

POA Virtual Webinar

Featuring:

Stephanie Fitzpatrick, PhD (Psychologist)

Rachel Bengtzen, MD (Sports Medicine in Primary Care)

Behavioral Health: Helping patients overcome roadblocks to self-care

Get Moving: Ideas for increasing physical activity, how Sports Medicine can work within primary care.

April 16, 2026 - 6:30 to 7:30 pm

Please RSVP for ZOOM Link: POA@pacificobesityalliance.org



Washington Obesity Society
Spring Symposium
Seattle, WA | March 21



OMA Annual Conference
Obesity Medicine 2026
San Diego, CA | April 10 - 12



American Society of Metabolic & Bariatric Surgery
Annual Meeting
San Antonio, Tx | May 3 - 7



The Obesity Society
Obesity Week
Washington DC | November 14 - 17

