

**Barbara Ann Richardson Cady**  
**(Excerpts from Take off Pounds Sensibly “TOPS”, Inc. website)**

Barbara Ann “Barb” Richardson Cady was born in Hinton November 3, 1943, the daughter of the late David Burford and Mary Alice Humphries Richardson.

She graduated from Hinton High School with the Class of 1961. While rearing her three sons, she attended West Virginia and Fairmont State Universities and was a teaching assistant at WVU from Sep. 1973 to Dec. 1976.

To deal with a personal health issue, Barb joined TOPS Club, Inc. which is a non-profit charitable organization based in Milwaukee, WI, having members in chapters located worldwide, the majority of them in the United States and Canada. The organization helped her tremendously and inspired her to dedicate her talents to help those ridiculed, shamed, discriminated against and exploited because of weight.

TOPS twofold objective is to sponsor scientific research and foster peer mentoring support groups for those who deal with the chronic disease of obesity. Barb became very active in the organization as a volunteer and soon accepted a leadership role in providing support, building self-esteem, identifying safe tools and relying on guidance from health care professionals. At the same time, she coordinated retreats focused on overall health, eating well, staying active and building positive self-image in the United States and Canada from Jul. 1985 to Dec. 2014. Simultaneously, as a Regional Director, she coordinated support activities for weekly chapter meetings in nine states focused on individuals living their healthiest lives. She was elected to the Board of Directors of the nonprofit in 1990. A gifted public speaker, Barb has given hundreds of presentations at TOPS Retreats, TOPS State and Provincial events, and at International TOPS conferences. She has also presented at partner organizations including the NHLBI, Obesity Canada, The Obesity Society, World Health and Obesity Society as an advocate combating weight bias and fat shaming often associated with coping the complex treatment issues surrounding obesity.

Barb was elected president of TOPS, Inc. in 2005. During her tenure, at least three independent scientific studies were published proving that the TOPS nonprofit is just as effective as expensive, commercial weight-loss programs like Jenny Craig and Weight Watchers. TOPS also contributed long-term weight maintenance data

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to the National Weight Loss Registry, provided population input to the Harvard study on weight bias and collected and maintains a DNA base at the Medical College of Wisconsin that is available for continuing research. From its very modest membership fees, the organization has also contributed over ten million dollars to scientific research. Barb has presented awards acknowledging scientific scholarship of new and established researchers at annual conferences of The Obesity Society and Obesity Canada through her years of service.

Online member outreach efforts expanded under Barb's leadership seeing a major emphasis in that area of support in response to the COVID 19 pandemic. Support is available to TOPS members 24/7. While in-person meetings are still the heart of the organization, TOPS completely overhauled its members' website twice, began offering online-only memberships in 2014, launched its first smart phone app in 2016, and established media links on Facebook, Twitter, YouTube, Pinterest, Instagram and LinkedIn.

TOPS announced its Million Pounds Mission, an initiative by TOPS President Barbara Cady, encouraging members to take off and keep off a collective one million pounds in 2017. In all, TOPS members lost 538,003.83 lbs. while KOPS (Keep Off Pounds Sensibly) members maintained losses totaling 472,132.91 lbs. to reach the Million Pounds Mission goal with a grand total of 1,010,136.74 lbs.! Barb said that this wonderful effort was to mark another memorable TOPS milestone marking her retirement as President in 2018. She handed the reins to Rick Danforth, the first male president and only the fifth person to lead the organization in 70 years.

Founded in 1948, TOPS celebrates 75 years of service, having helped millions of people to take off and keep off pounds sensibly while enhancing their self-worth and self-esteem. Barb concludes her tenure with TOPS as she concludes her service as Chairman of the Board in December 2023.

**Barbara Richardson Cady, We Salute You!**

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