

Through the Lens of the Bariatrician

Lauren Self, DO, Dipl of ABOM
Assistant Professor of Internal Medicine, VTC
Medical Director of Weight Management, VTC

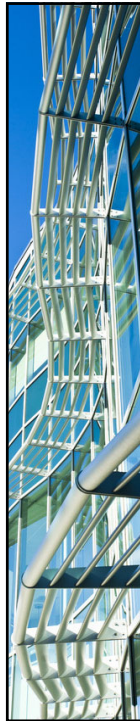
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Disclosures

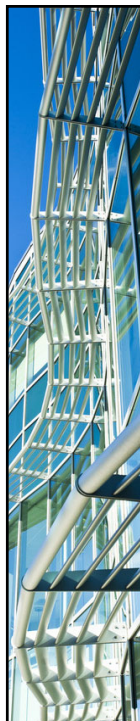
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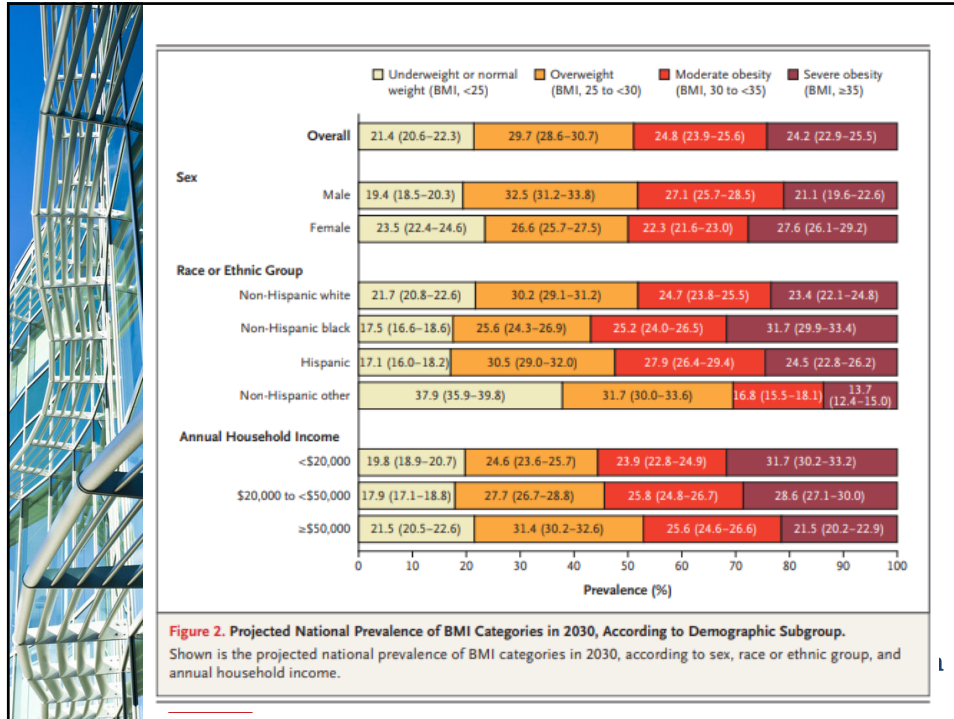


Objectives

- Briefly explore projected rates of obesity within the US and globally.
- Develop an understanding of the landscape of medical bariatrics pertaining to:
 - Defining the Disease
 - Treatment Options
 - Cultural Influences




"Every system is perfectly designed to get the results that it gets."



So what's the plan?

- What are the barriers within our system that must be addressed in order to adequately treat patients with obesity?
- Where do we start?

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Defining the Disease

- BMI
 - Conceptualized in the mid 1800s.
 - Popularized by Ancel Keys in 1972
 - Adopted as standard of assessment in 1990s.
 - In 1998, US adopts WHO BMI classifications
 - Not reflective of adiposity, distribution of weight, age, sex, race/ethnicity

PRESS RELEASES

AMA adopts new policy clarifying role of BMI as a measure in medicine

Bookmark

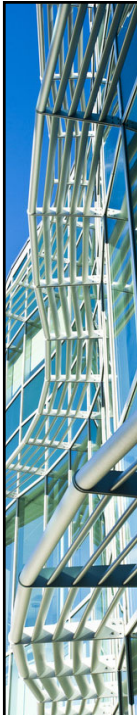
JUN 14, 2023

CHICAGO — Delegates at the Annual Meeting of the American Medical Association (AMA) House of Delegates adopted policy aimed at clarifying how body mass index (BMI) can be used as a measure in medicine. The new policy was part of the AMA Council on Science and Public Health report which evaluated the problematic history with BMI and explored alternatives. The report also outlined the harms and benefits of using BMI and pointed to

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... even if they didn't
... ed a controversial
... weight.
... and formally approved
... sure a person's Body



Defining the Disease

- Should we seek alternative ways to establish diagnosis?
 - Methods of body composition assessment
 - Should we focus more on fat distribution? Percent body fat?
 - Should conversation be geared towards body composition with additional emphasis on skeletal muscle mass?
 - Will alternative assessments be readily available for use?
- How will technology change our understanding and practice?
 - CGMs, Step Trackers, Calorie Trackers

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Defining the Disease

COMMENT | VOLUME 11, ISSUE 4, P226-228, APRIL 2023 [Download Full Issue](#) [Subscribe](#)

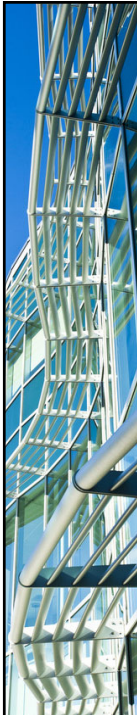
Lancet Diabetes & Endocrinology Commission on the Definition and Diagnosis of Clinical Obesity

Francesco Rubino [✉](#) • Rachel L Batterham • Marta Koch • Geltrude Mingrone • Carel W le Roux • I Sadaf Farooqi • et al. [Show all authors](#)

Published: March 03, 2023 • DOI: [https://doi.org/10.1016/S2213-8587\(23\)00058-X](https://doi.org/10.1016/S2213-8587(23)00058-X) [Check for updates](#)

Obesity was first recognised as a disease by WHO in 1948, then between 2013 and 2022 by several medical societies and countries.^{1, 2, 3, 4, 5, 6, 7, 8} However, the notion that obesity is a disease and not merely a risk factor for other illnesses remains highly controversial, both within and beyond medical circles. This debate constitutes far more than arcane semantics, and seriously affects the provision of therapeutic strategies to improve health among people living with obesity.

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Defining the Disease

Perspective > [Medscape Diabetes & Endocrinology](#)


Should We Rename Obesity?

Becky McCall

[DISCLOSURES](#) | August 07, 2023

- Suggestions Included:
- ABCD: Adiposity- Based Chronic Disease
- Chronic Appetite
- Chronic Food Intake
- Dietary Intake Dysregulation


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Treatment

- Multi-modality Treatments
 - Shortages
 - Obesity-Trained Professionals
 - ~5000 physicians board certified in obesity medicine
 - Not currently recognized by the ABMS as boarded specialty
 - Mental Health Providers
 - Inadequate medical training for obesity
 - 10 hours of training in medical school
<https://www.npr.org/sections/health-shots/2023/01/31/1152491692/scant-obesity-training-in-medical-school-leaves-docs-ill-prepared-to-help-patient#:~:text=And%20yet%2C%20even%20as%20scientific,10%20hours%20on%20obesity%20education.>
- Underutilization of Care
 - 2.4% of population with obesity receiving pharmacotherapy.
 - 1% of eligible patients undergo bariatric surgery each year.
Elangovan A, et al. Obes Surg. 2021 Gasoyan H, et al. Surg Obes Relat Dis. 2019

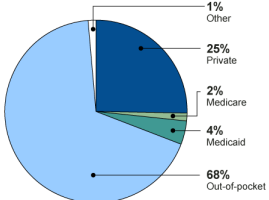
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Treatment

- Lack of Access to Care
 - Health and socioeconomic inequities
 - Lack of insurance coverage
 - No standardization of care or coverage
 - Prior authorization barriers
 - 45 PA per physician per week
<https://nymag.com/intelligencer/2023/07/how-prior-authorization-makes-health-care-a-nightmare.html>
- High cost of medications
- Inadequate medication supply


Who pays for obesity drugs?



Category	Percentage
Out-of-pocket	68%
Private	25%
Medicaid	4%
Medicare	2%
Other	1%

Source: Agency for Healthcare Research and Quality's (AHRQ) estimates from the Medical Expenditure Panel Survey, 2012-2016. | GAO-19-577
 Other payments include payments made by federal government sources such as the Veterans Administration. For figure notes, see figure 2 in the report. <https://www.gao.gov/products/gao-19-577>

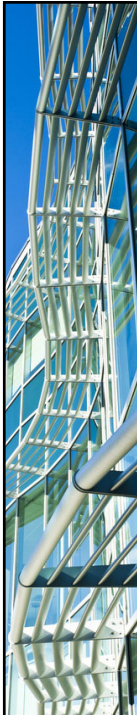
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Treatment

- What is defined as successful treatment?
 - 5-10% TBW loss?
 - Control or resolution of co-morbid conditions?
 - Based on patient preference? Ideal weight versus desired weight?
 - Does weight regain imply failure?

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Cultural Perceptions

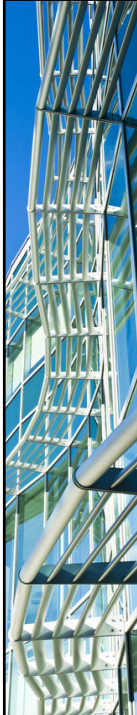
- How are we helping patient develop healthy goals and realistic expectations?
- The average patient desires to lose 20-40% of total body weight (TBW) without surgical intervention.
- Average recommended weight loss from PCPs is 21% of TBW
 - How do we help manage expectation?
- Only 20-30% of patients taking anti-obesity medications continue these medications beyond 1 year.
 - Would compliance change within obesity medicine specialist practices?

Exclusive: Most patients using weight-loss drugs like Wegovy stop within a year, data show

By Chad Ferhane
July 11, 2023 4:41 PM EDT · Updated a month ago



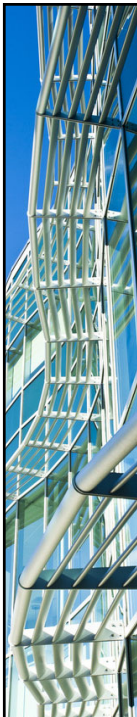
<https://www.reuters.com/business/healthcare-pharmaceuticals/most-patients-using-weight-loss-drugs-like-wegovy-stop-within-year-data-show-2023-07-11/>



Cultural Perceptions

- Is our messaging about obesity and its risks clear to the general population?
- Gallup Poll from 2017-2021:
 - 55% of adults want to lose weight.
 - 26% of Americans are actively trying to lose weight. <https://news.gallup.com/poll/388460/percentage-americans-consider-themselves-overweight.aspx>
- 2018 Cleveland Clinic survey:
 - 74% of Americans are concerned about their weight.
 - 44% intend to seek care from their physician.
 - 28% have discussed their desire to lose weight with their doctor.
 - >50% of Americans do not correlate obesity with co-morbid conditions such as stroke, cancer, heart disease, or atrial fibrillation. <https://newsroom.clevelandclinic.org/2019/01/31/americans-concerned-about-their-weight-but-dont-understand-link-to-heart-conditions-and-overall-health/>
- Many Americans have stopped trying to lose weight due to lack of sustainability. [Hall KD, et al. Med Clin North Am. 2018 Jan;102\(1\):183-197.](https://doi.org/10.1016/j.mbs.2018.01.002)
 - Have we failed to educate on weight loss maintenance?

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Original Article
CLINICAL TRIALS AND INVESTIGATIONS

Obesity

Perceptions of Barriers to Effective Obesity Care: Results from the National ACTION Study

Lee M. Kaplan¹, Angela Golden², Kimberly Jinnett³, Ronette L. Kolotkin⁴, Theodore K. Kyle⁵, Michelle Look⁶, Joseph Nadglowski⁷, Patrick M. O'Neil⁸, Thomas Parry³, Kenneth J. Tomaszewski⁹, Boris Stevenin¹⁰, Soren Kruse Lilleøre¹¹, and Nikhil V. Dhurandhar¹²

Objective: ACTION (Awareness, Care, and Treatment in Obesity maNagement) examined obesity-related perceptions, attitudes, and behaviors among people with obesity (PwO), health care providers (HCPs), and employer representatives (ERs).

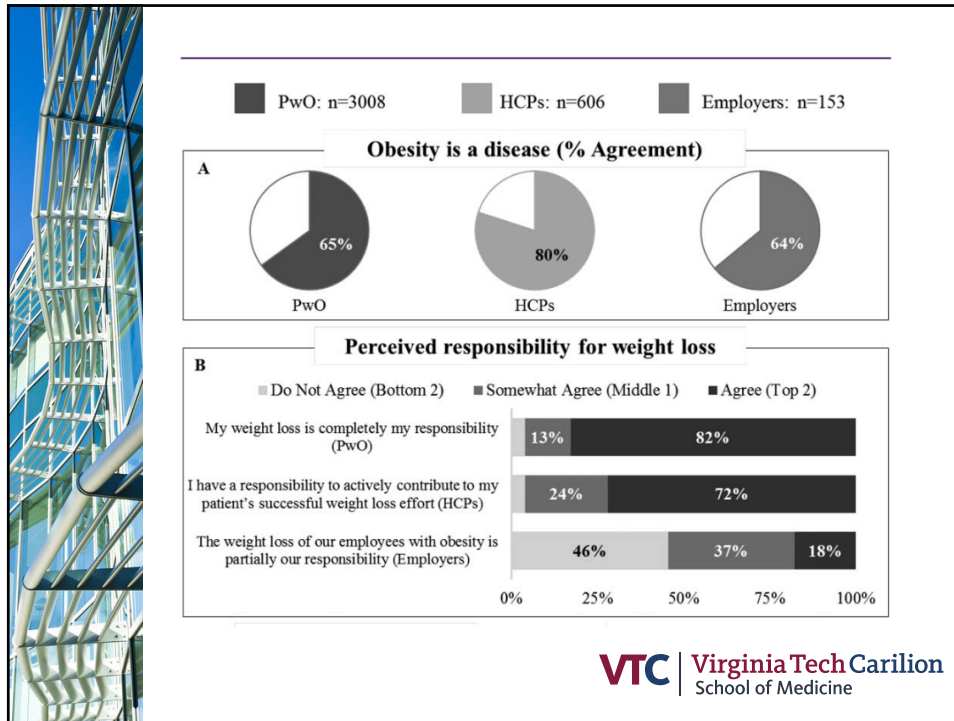
Methods: A total of 3,008 adult PwO (BMI ≥ 30 by self-reported height and weight), 606 HCPs, and 153 ERs completed surveys in a cross-sectional design.

Results: Despite several weight loss (WL) attempts, only 23% of PwO reported 10% WL during the previous 3 years. Many PwO (65%) recognized obesity as a disease, but only 54% worried their weight may affect future health. Most PwO (82%) felt "completely" responsible for WL; 72% of HCPs felt responsible for contributing to WL efforts; few ERs (18%) felt even partially responsible. Only 50% of PwO saw themselves as "obese," and 55% reported receiving a formal diagnosis of obesity. Despite HCPs' reported comfort with weight-related conversations, time constraints deprioritized these efforts. Only 24% of PwO had a scheduled follow-up to initial weight-related conversations. Few PwO (17%) perceived employer-sponsored wellness offerings as helpful in supporting WL.

Conclusions: Although generally perceived as a disease, obesity is not commonly treated as such. Divergence in perceptions and attitudes potentially hinders better management. This study highlights inconsistent understanding of the impact of obesity and need for both self-directed and medical management.

Obesity (2018) 26, 61-69. doi:10.1002/oby.22054

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Final Thoughts

- Further medical education on obesity and treatment options
- Provide consistent messaging regarding disease and treatment
- A multi-modality treatment approach
- Increased access to care, particularly to obesity-medicine specialist.
- Further advancement of obesity medicine specialty with recognition by the ABMS

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