




Management of Obesity from a Clinical Standpoint

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- ▶ Obesity is a complex, chronic disease with a high relapse rate.
 - ▶ Obesity is the root cause of over 200 diseases including diabetes, hypertension and cardiovascular disease.
 - ▶ Obesity is associated with at least 13 different types of cancer.
 - ▶ Obesity and its consequences account for the bulk of spending in any health care plan.
 - ▶ Obesity is a leading cause of employee absenteeism and disability claims.

- ▶ 70% of Arkansans are either affected by over-weight or obesity with numbers expected to increase dramatically in the next few years.
- ▶ Significant stigma against those with obesity exists even with healthcare professionals. Obesity **is not** a “lifestyle choice” or “lack of will power” .
- ▶ Obesity is associated with dysregulation of normal metabolic and hormonal pathways in the body and reinforced by numerous hormonal factors produced by Adipose Tissue (fat stores) itself.

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- ▶ Clinically effective treatment of obesity includes
 - ▶ Nutritional changes
 - ▶ Behavior modification
 - ▶ Physical activity
 - ▶ Anti-obesity medications (AOMs) and/or bariatric surgery
 - ▶ Lifestyle changes produce only modest, short term weight loss of about 5% initial body weight (IBW). Basically, “Eat less, exercise more” doesn’t work
 - ▶ AOMs, especially the newer ones, are associated with 7% to 20+% loss of IBW and produce more durable results.

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- ▶ In 2022 the US Office of Personnel Management (OPM) mandated comprehensive obesity care and AOMs be covered for all Federal Employees effective January 1, 2023, and requests **all public and private carriers review and update their medical policies to comply**
 - ▶ FEHBP covers care and AOMs 1/1/2023 (FEHP Carrier Letter)
 - ▶ Arkansas Medical Society adopted a Position Statement that **evidence-based obesity care** should be available to all Arkansans
 - ▶ Dr. Angela Fitch, M.D., Current President of the Obesity Medicine Association (OMA) asks that Arkansas Act 109, passed in 2022, be broadly interpreted to include AOMs as the AR Benefits E-Newsletter indicated in the first Quarter of 2022

I have struggled personally with
obesity

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Comprehensive Obesity Care and AOMs work!

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