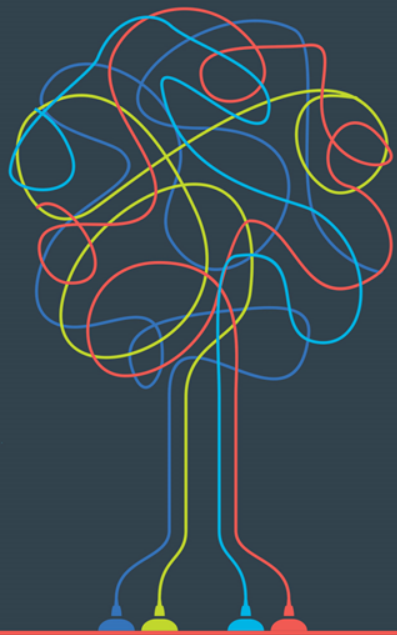


Stumbling Toward Access to Evidence Based Care for Obesity

Ted Kyle, RPh, MBA

October 26, 2015



Disclosures

- **Consulting Fees**
 - 3D Communications
 - Eisai
 - EnteroMedics
 - Novo Nordisk
 - The Obesity Society

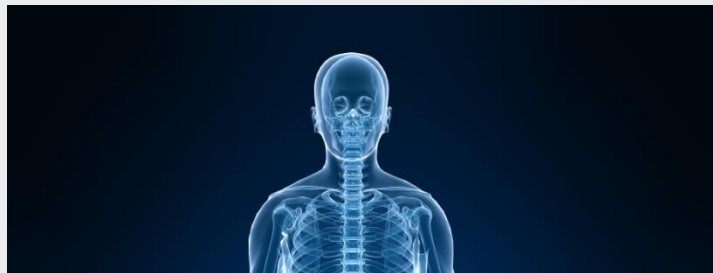


Take Home

- Obesity is a complex, costly, chronic disease
- Without good care costs mount
- Access to care limited and extremely variable
- Evidence-based options & guidelines evolving
- Good care can deliver good value



Untreated Obesity Harms Nearly Every Organ System



- Pulmonary
- Nonalcoholic fatty liver disease
- Gallbladder disease
- Gynecological issues
- Osteoarthritis
- Dermatologic conditions
- Gout

- Intracranial hypertension

Annual Cost \$500 Billion

Source: *The Fiscal Times*, Scott Kahn - GWU, American Society of Actuaries, 2014



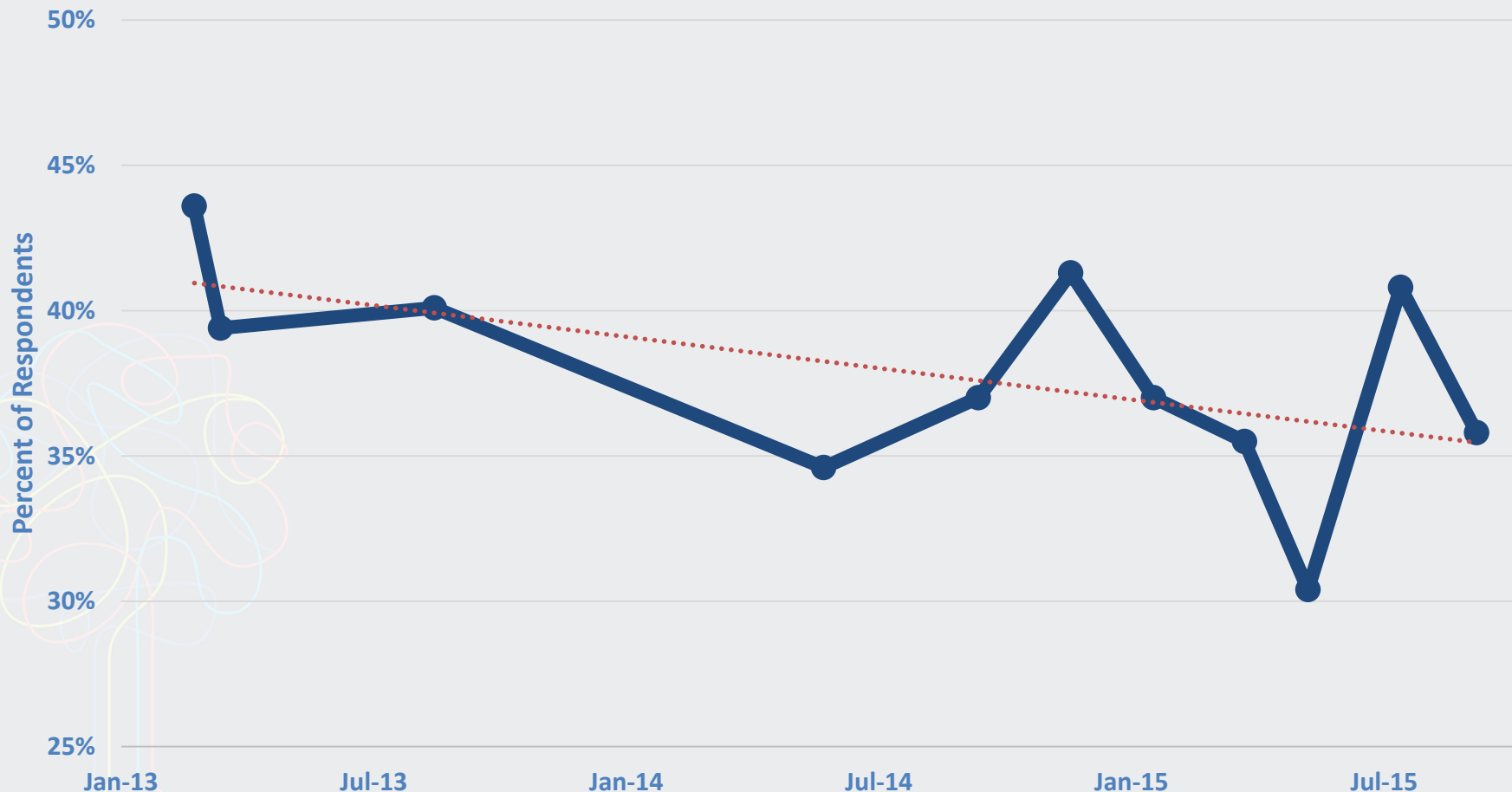
- Diabetes
- Pancreatitis
- Cancer
- Phlebitis

Health Plans Often Discourage People from Addressing Obesity

- Routine policy exclusions for obesity
“Regardless of any potential health benefit”
- Lifetime procedure caps
- High out of pocket costs
- Problematic reimbursement rates and procedures



Bias that Obesity Is Simply a “Personal Problem of Bad Choices” Is Fading



Source: OAC/ConscienHealth weight bias tracking.

Evolving Evidence-Based Obesity Care

- 2013 AMA determination:
“Obesity is a complex chronic disease.”
- TOS/AHA/ACC guidelines
- Endo/TOS pharmacotherapy guidelines
- Seven new FDA-approved treatments since 2012



Priorities for Better Access to Care

- Health plans that address obesity
 - Medicare (TROA)
 - State employee benefit plans
 - Essential health benefits & state benchmark plans
 - Discriminatory plan design
- Ongoing progress
 - The emerging specialty of obesity medicine
 - Allied health professionals
 - Slowly but steadily improving access to care



Good Care Delivers Good Value

- Reversal or prevention of complications
 - Diabetes
 - Heart disease
 - Musculoskeletal
 - Even cancer
- Reduction in medication requirements
- Substantial improvements in quality of life
- Better physical function & productivity





Source: McCombie, L., Lean, M. E., & Tigbe, W. W. (2015). Cost-effectiveness of obesity treatment. *Medicine*, 43(2), 104-107.

Take Home

- Obesity is a complex, costly, chronic disease
- Without good care costs mount
- Access to care limited and extremely variable
- Evidence-based options & guidelines evolving
- Good care can deliver good value



More Information

- www.conscienhealth.org/news
-  Facebook.com/ConscienHealth
-  @ConscienHealth
- For these slides:
<http://conscienhealth.org/wp-content/uploads/2015/10/AMCP.pdf>

