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
- Gall bladder disease
- Gynecologic
- Osteoarthritis
- Dermatologic
- Gout
- Intracranial hypertension
- Stroke
- Cataracts
- Cardiovascular
- Diabetes
- Pancreatitis
- Cancer
- Phlebitis

Annual Cost $500 Billion

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
  – Musculoskeletal
  – Heart disease
  – Even cancer

• Reduction in medication requirements

• Substantial improvements in quality of life

• Better physical function & productivity

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: