



Bariatric & Metabolic Surgery: Barriers To Access


LLOYD STEGEMANN, MD



“ Each time I came back to the same theme: access. As we talk today about the status of the society and the status of bariatric surgery over the past year, access is the common thread. ”

- ALAN WITGROVE, MD

ASMBS PRESIDENTIAL ADDRESS 2005



“To move this needle,
access has to be at the
forefront.”

- NINH T. NGUYEN, MD

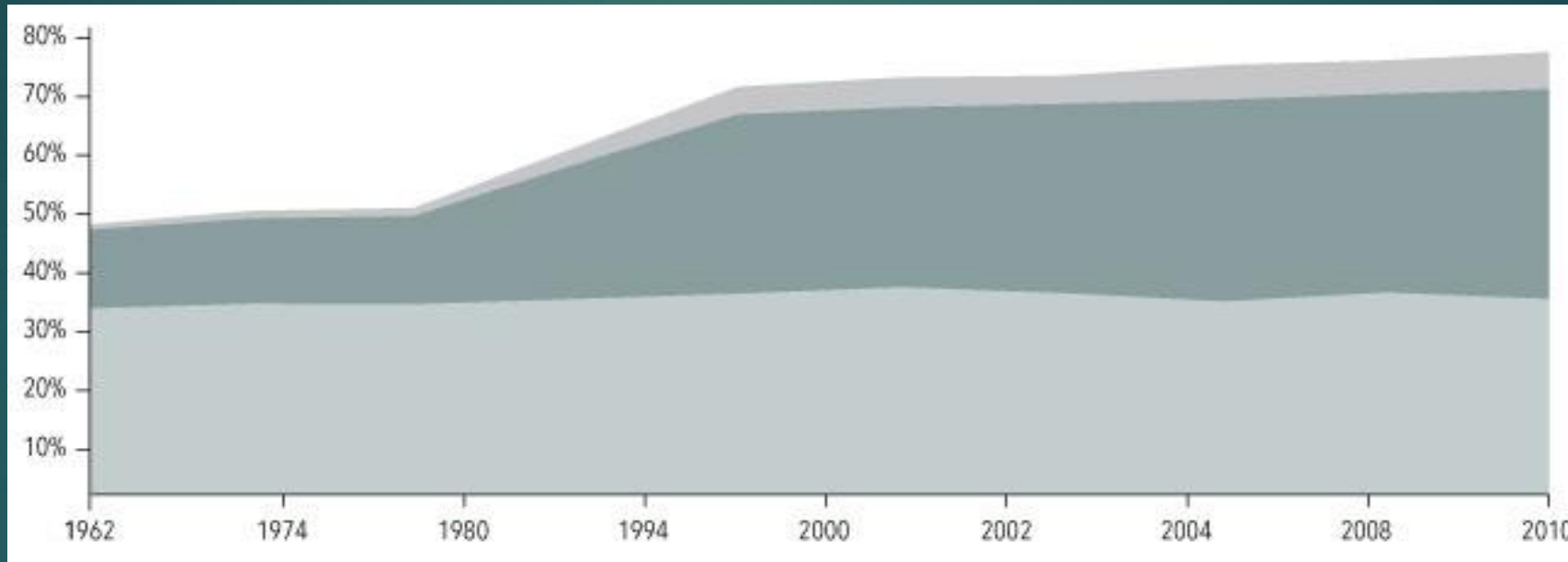
ASMBS PRESIDENTIAL ADDRESS 2014

Obesity Statistics

- ▶ More than two-thirds (68.8 percent) of adults are considered to be overweight or obese.
- ▶ More than one-third (35.7 percent) of adults are considered to be obese.
- ▶ More than 1 in 20 (6.3 percent) have Class III obesity.

1. Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999–2010. *Journal of the American Medical Association*. 2012; 307(5):491–97.
2. Ogden CL, Carroll MD, Kit BK, Flegal KM. Prevalence of obesity and trends in body mass index among US children and adolescents, 1999–2010. *Journal of the American Medical Association*. 2012; 307(5):483–90.
3. Centers for Disease Control and Prevention. Summary health statistics for U.S. adults: National Health Interview Survey, 2010. Hyattsville, MD: National Center for Health Statistics. *Vital and Health Statistics* 10(252); 2012.

Obesity Rates Over Time



■ Overweight ■ Obesity ■ Extreme obesity

- ▶ Flegal KM, Carroll MD, Kit BK, Ogden CL. Prevalence of obesity and trends in the distribution of body mass index among US adults, 1999–2010. *Journal of the American Medical Association*. 2012; 307(5):491–97.
- ▶ Ogden CL, Carroll MD. Prevalence of overweight, obesity, and extreme obesity among adults: United States, trends 1960–1962 through 2007–2008. NCHS Health E-Stat. Hyattsville, MD: National Center for Health Statistics; 2010. Available online:

Estimate of Bariatric Surgery Numbers, 2011-2014*

	2011	2012	2013	2014
Total	158,000	173,000	179,000	193,000
RNY	36.7%	37.5%	34.2%	26.8%
Band	35.4%	20.2%	14%	9.5%
Sleeve	17.8%	33%	42.1%	51.7%
BPD/DS	0.9%	1%	1%	0.4%
Revisions	6%	6%	6%	11.5%
Other	3.2%	2.3%	2.7%	0.1%

*ASMBS Website

Have We Made Progress?

- ▶ Estimated US population in 2014: 320 million
- ▶ Estimated US population with BMI>40 (6.3%): 20,160,000
- ▶ Bariatric operations in 2014: 193,000
- ▶ Percentage of eligible individuals getting surgery in 2014: 0.96%

WHY?

Bariatric & Metabolic Surgery: Barriers To Access

- ▶ Patient factors
 - ▶ Just not interested
 - ▶ I can still do it on my own, don't want/need to take the "easy" way out
 - ▶ Lack of knowledge or misinformation
 - ▶ Surgery is dangerous
 - ▶ Don't think or didn't know they would qualify
 - ▶ Don't think their insurance will cover it
 - ▶ Can't afford surgery
 - ▶ No bariatric surgeon in their area/won't take their insurance

Bariatric & Metabolic Surgery: Barriers To Access

- ▶ Physician Factors
 - ▶ Many still don't believe in bariatric surgery
 - ▶ Many are uncomfortable talking to their patients about their weight
 - ▶ Many not up to date with current Obesity Treatment Guidelines
 - ▶ Lack of quality programs in their area
- ▶ Lack of long-term outcome data
 - ▶ MBSAQIP is great but we need a National Weight Control Registry equivalent

Bariatric & Metabolic Surgery: Barriers To Access

- ▶ Insurance Coverage Factors
 - ▶ Bariatric surgery excluded from the policy
 - ▶ Difficult to measure if the needle has moved
 - ▶ Impossible to get coverage in some states if you are a small company
 - ▶ Often is a “add on” a company has to choose
 - ▶ Under ACA only 22 states have coverage for bariatric surgery

Bariatric & Metabolic Surgery: Barriers To Access

- ▶ Insurance Coverage Factors
 - ▶ Bariatric surgery is a covered benefit
 - ▶ Coverage doesn't always mean coverage
 - ▶ Discriminatory Benefit Design Without Scientific Merit
 - ▶ 2-5 yr weight history
 - ▶ 3,6,12 month medically supervised diet
 - ▶ Can't gain weight during this phase
 - ▶ Separate "Bariatric" deductible
 - ▶ Maximum procedure cost limit
 - ▶ One lifetime procedure
 - ▶ No coverage for pre or post-operative care
 - ▶ Declining reimbursement
 - ▶ Many programs are instituting a program fee

Bariatric & Metabolic Surgery: Barriers To Access

- ▶ Bariatric Surgeon Factors
 - ▶ Failure to get personally involved in advocacy efforts
 - ▶ Locally, regionally, nationally
 - ▶ Failure to support existing efforts
 - ▶ OAC Sponsored Member Program
 - ▶ Treat and Reduce Obesity Act
 - ▶ Walk From Obesity

How Do You Fix It

- ▶ In my opinion, access will not be fixed by
 - ▶ Legislative action
 - ▶ Legal action
 - ▶ Inaction
- ▶ Until there is a substantial movement created and backed by those affected by obesity, the needle will not move.

From: Prevalence of Childhood and Adult Obesity in the United States, 2011-2012

JAMA. 2014;311(8):806-814. doi:10.1001/jama.2014.732

Table 5. Prevalence of High Body Mass Index (Obesity Grades 2 and 3) for Adults Aged 20 Years or Older by Sex, Age, and Race/Hispanic Origin, United States, 2011-2012*

	% (95% CI)				
	≥20 y		20-39 y	40-59 y	≥60 y
	Crude	Age Adjusted ^b			
Obese Grades 2 and 3 (BMI ≥35)					
All race/Hispanic origin groups ^c					
All	14.5 (12.8-16.4)	14.5 (12.8-16.4)	13.6 (11.5-16.1)	15.7 (13.4-18.3)	14.0 (11.1-17.6)
Men	11.9 (9.8-14.2)	11.9 (9.9-14.2)	11.9 (9.5-14.9)	12.2 (9.1-16.3)	11.2 (7.3-16.6)
Women	17.1 (14.9-19.4)	17.0 (14.9-19.3)	15.4 (13.1-18.0)	19.1 (16.2-22.3)	16.3 (12.8-20.6)
Non-Hispanic white					
All	13.5 (11.2-16.2)	13.3 (11.0-16.0)	11.7 (8.9-15.4)	14.8 (12.0-18.2)	13.4 (10.0-17.8)
Men	11.3 (9.0-14.2)	11.2 (9.0-13.9)	10.0 (7.2-13.5)	12.8 (8.6-18.6)	10.9 (7.1-16.4)
Women	15.5 (12.5-19.1)	15.3 (12.3-18.9)	13.7 (10.0-18.3)	16.9 (13.7-20.7)	15.5 (10.9-21.6)
Non-Hispanic black					
All	23.4 (21.3-25.6)	23.3 (21.2-25.5)	24.7 (21.1-28.6)	23.7 (21.0-26.8)	20.1 (15.6-25.4)
Men	16.1 (12.9-19.9)	15.9 (12.8-19.6)	18.0 (11.9-26.2)	15.7 (11.9-20.6)	12.8 (8.4-18.9)
Women	29.3 (26.3-32.5)	29.2 (26.3-32.4)	30.6 (26.5-35.1)	30.4 (26.1-35.1)	25.0 (19.7-31.3)
Non-Hispanic Asian					
All	2.4 (1.3-4.4)	2.4 (1.3-4.5)	2.5 (1.2-4.8) ^{d,e}	2.5 (0.8-7.7) ^{d,e}	2.4 (0.8-6.5) ^{d,e}
Men	1.9 (0.9-4.0) ^{d,e}	1.7 (0.8-3.4) ^{d,e}	3.8 (1.7-8.2) ^{d,e}	0 ^f	0.8 (0.1-6.0) ^{d,e}
Women	2.9 (1.2-7.1) ^{d,e}	3.0 (1.2-7.1) ^{d,e}	1.1 (0.2-5.4) ^{d,e}	4.6 (1.3-14.6) ^{d,e}	3.6 (1.0-11.5) ^{d,e}
Hispanic					
All	16.0 (13.7-18.5)	16.2 (14.0-18.7)	15.0 (10.6-20.8)	17.2 (13.0-22.5)	16.7 (11.9-22.9)
Men	12.4 (9.4-16.1)	11.9 (9.5-14.8)	14.9 (8.7-24.4)	8.7 (5.0-14.7)	11.9 (8.3-17.0)
Women	19.6 (16.6-23.1)	20.2 (17.1-23.7)	15.1 (10.9-20.6)	25.5 (20.4-31.4)	20.5 (13.7-29.5)
Obese Grade 3 (BMI ≥40)					
All race/Hispanic origin groups ^c					
All	6.4 (5.2-7.7)	6.4 (5.2-7.7)	5.6 (4.4-7.1)	7.7 (6.2-9.4)	5.6 (3.8-8.0)
Men	4.4 (2.7-7.0)	4.4 (2.8-6.8)	3.5 (2.4-5.2)	5.4 (3.1-9.2)	4.1 (1.8-8.8) ^g
Women	8.3 (7.0-9.8)	8.3 (6.9-9.8)	7.7 (6.1-9.7)	9.8 (8.3-11.6)	6.8 (4.8-9.4)
Non-Hispanic white					
All	5.7 (4.2-7.6)	5.6 (4.1-7.5)	4.7 (3.1-7.0)	7.0 (4.9-9.8)	5.0 (3.2-7.7)
Men	3.9 (1.9-7.6) ^g	3.8 (1.9-7.2) ^g	2.6 (1.2-5.6) ^g	5.2 (2.2-11.4) ^g	3.6 (1.5-8.2) ^g
Women	7.4 (5.7-9.5)	7.4 (5.6-9.7)	6.8 (4.4-10.4)	8.8 (7.0-10.9)	6.2 (3.8-9.8)
Non-Hispanic black					
All	12.2 (10.4-14.2)	12.1 (10.3-14.0)	11.9 (10.4-13.5)	13.8 (10.8-17.4)	9.5 (6.0-14.7)
Men	7.0 (5.3-9.1)	6.9 (5.3-8.9)	5.6 (3.5-8.9)	8.9 (6.0-13.0)	5.7 (2.7-11.7) ^g
Women	16.5 (13.5-20.0)	16.4 (13.5-19.8)	17.5 (14.6-20.8)	17.9 (13.2-23.7)	12.1 (7.3-19.5)
Non-Hispanic Asian					
All	0.9 (0.3-2.4) ^{d,e}	0.9 (0.3-2.3) ^{d,e}	0.9 (0.2-3.1) ^{d,e}	1.0 (0.2-4.4) ^{d,e}	0.5 (0.1-4.5) ^{d,e}
Men	0.3 (0.2-2.2) ^{d,e}	0.2 (0.2-0.9) ^{d,e}	0.6 (0.1-1.5) ^{d,e}	0 ^f	0 ^f
Women	1.4 (0.5-3.7) ^{d,e}	1.4 (0.5-3.6) ^{d,e}	1.1 (0.2-5.4) ^{d,e}	1.9 (0.4-8.5) ^{d,e}	1.0 (0.1-8.1) ^{d,e}
Hispanic					
All	5.8 (4.7-7.1)	5.8 (4.7-7.1)	5.6 (3.9-8.0)	6.0 (4.2-8.6)	5.6 (3.0-10.0)
Men	4.1 (3.1-5.6)	3.7 (2.7-5.0)	5.4 (3.4-8.5)	2.9 (1.5-5.4) ^g	2.2 (0.6-7.8) ^g
Women	7.4 (5.7-9.5)	7.6 (6.0-9.7)	5.8 (3.2-10.4)	9.1 (6.3-13.1)	8.2 (4.2-15.4) ^g

Abbreviation: BMI, body mass index, calculated as weight in kilograms divided by height in meters squared.
^aIncludes race/Hispanic origin groups not shown separately.
^bNo. of cases <10.
^cData from the National Health and Nutrition Examination Survey; estimates are weighted.
^dRelative standard error >30% but <40%.
^eAge adjusted by the direct method to the 2000 Census population, using the age groups 20-39, 40-50, and 60 years and older.

Table Title:

Prevalence of High Body Mass Index (Obesity Grades 2 and 3) for Adults Aged 20 Years or Older by Sex, Age, and Race/Hispanic Origin, United States, 2011-2012^a

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	Crude	Age Adjusted ^b			
Obese Grades 2 and 3 (BMI ≥35)					
All race/Hispanic origin groups ^c					
All	14.5 (12.8-16.4)	14.5 (12.8-16.4)	13.6 (11.5-16.1)	15.7 (13.4-18.3)	14.0 (11.1-17.6)
Men	11.9 (9.8-14.2)	11.9 (9.9-14.2)	11.9 (9.5-14.9)	12.2 (9.1-16.3)	11.2 (7.3-16.6)
Women	17.1 (14.9-19.4)	17.0 (14.9-19.3)	15.4 (13.1-18.0)	19.1 (16.2-22.3)	16.3 (12.8-20.6)
Non-Hispanic white					
All	13.5 (11.2-16.2)	13.3 (11.0-16.0)	11.7 (8.9-15.4)	14.8 (12.0-18.2)	13.4 (10.0-17.8)
Men	11.3 (9.0-14.2)	11.2 (9.0-13.9)	10.0 (7.2-13.5)	12.8 (8.6-18.6)	10.9 (7.1-16.4)
Women	15.5 (12.5-19.1)	15.3 (12.3-18.9)	13.7 (10.0-18.3)	16.9 (13.7-20.7)	15.5 (10.9-21.6)
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All	23.4 (21.3-25.6)	23.3 (21.2-25.5)	24.7 (21.1-28.6)	23.7 (21.0-26.8)	20.1 (15.6-25.4)
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Women	29.3 (26.3-32.5)	29.2 (26.3-32.4)	30.6 (26.5-35.1)	30.4 (26.1-35.1)	25.0 (19.7-31.3)
Non-Hispanic Asian					
All	2.4 (1.3-4.4)	2.4 (1.3-4.5)	2.5 (1.2-4.8) ^{d,e}	2.5 (0.8-7.7) ^{d,e}	2.4 (0.8-6.5) ^{d,e}
Men	1.9 (0.9-4.0) ^{d,e}	1.7 (0.8-3.4) ^{d,e}	3.8 (1.7-8.2) ^{d,e}	0 ^d	0.8 (0.1-6.0) ^{d,e}
Women	2.9 (1.2-7.1) ^e	3.0 (1.2-7.1) ^e	1.1 (0.2-5.4) ^{d,e}	4.6 (1.3-14.6) ^{d,e}	3.6 (1.0-11.5) ^{d,e}
Hispanic					
All	16.0 (13.7-18.5)	16.2 (14.0-18.7)	15.0 (10.6-20.8)	17.2 (13.0-22.5)	16.7 (11.9-22.9)
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All	6.4 (5.2-7.7)	6.4 (5.2-7.7)	5.6 (4.4-7.1)	7.7 (6.2-9.4)	5.6 (3.8-8.0)
Men	4.4 (2.7-7.0)	4.4 (2.8-6.8)	3.5 (2.4-5.2)	5.4 (3.1-9.2)	4.1 (1.8-8.8) ^e
Women	8.3 (7.0-9.8)	8.3 (6.9-9.8)	7.7 (6.1-9.7)	9.8 (8.3-11.6)	6.8 (4.8-9.4)
Non-Hispanic white					
All	5.7 (4.2-7.6)	5.6 (4.1-7.5)	4.7 (3.1-7.0)	7.0 (4.9-9.8)	5.0 (3.2-7.7)
Men	3.9 (1.9-7.6) ^e	3.8 (1.9-7.2) ^e	2.6 (1.2-5.6) ^e	5.2 (2.2-11.4) ^e	3.6 (1.5-8.2) ^e
Women	7.4 (5.7-9.5)	7.4 (5.6-9.7)	6.8 (4.4-10.4)	8.8 (7.0-10.9)	6.2 (3.8-9.8)
Non-Hispanic black					
All	12.2 (10.4-14.2)	12.1 (10.3-14.0)	11.9 (10.4-13.5)	13.8 (10.8-17.4)	9.5 (6.0-14.7)
Men	7.0 (5.3-9.1)	6.9 (5.3-8.9)	5.6 (3.5-8.9)	8.9 (6.0-13.0)	5.7 (2.7-11.7) ^e
Women	16.5 (13.5-20.0)	16.4 (13.5-19.8)	17.5 (14.6-20.8)	17.9 (13.2-23.7)	12.1 (7.3-19.5)
Non-Hispanic Asian					
All	0.9 (0.3-2.4) ^{d,e}	0.9 (0.3-2.3) ^{d,e}	0.9 (0.2-3.1) ^{d,e}	1.0 (0.2-4.4) ^{d,e}	0.5 (0.1-4.5) ^{d,e}
Men	0.3 (0-2.2) ^{d,e}	0.2 (0-2.0) ^{d,e}	0.6 (0.1-5.2) ^{d,e}	0 ^d	0 ^d
Women	1.4 (0.5-3.7) ^{d,e}	1.4 (0.5-3.6) ^{d,e}	1.1 (0.2-5.4) ^{d,e}	1.9 (0.4-8.5) ^{d,e}	1.0 (0.1-8.1) ^{d,e}
Hispanic					
All	5.8 (4.7-7.1)	5.8 (4.7-7.1)	5.6 (3.9-8.0)	6.0 (4.2-8.6)	5.6 (3.0-10.0)
Men	4.1 (3.1-5.6)	3.7 (2.7-5.0)	5.4 (3.4-8.5)	2.9 (1.5-5.4) ^d	2.2 (0.6-7.8) ^{d,e}
Women	7.4 (5.7-9.5)	7.6 (6.0-9.7)	5.8 (3.2-10.4)	9.1 (6.3-13.1)	8.2 (4.2-15.4) ^e

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^a Data from the National Health and Nutrition Examination Survey; estimates are weighted.

^b Age adjusted by the direct method to the 2000 Census population, using the age groups 20-39, 40-59, and 60 years and older.

^c Includes race/Hispanic origin groups not shown separately.

^d No. of cases <10.

^e Relative standard error >30% but <40%.

Perceived Barriers To Bariatric Surgery Among Morbidly Obese Patients

Afonso BB, et al SOARD. 2010 (6):16-21

- ▶ Survey given to patients with Class III obesity getting routine medical care
- ▶ 77 pts (41 female, 36 male), median age 51, average BMI 44
- ▶ Only 30% considered themselves severely obese
- ▶ 8% had never heard of bariatric surgery
- ▶ When asked why they didn't consider bariatric surgery
 - ▶ 57% not interested in surgical weight loss
 - ▶ 45% were concerned about death/complications
 - ▶ 73% didn't think their insurance would cover it
 - ▶ 13% unaware they were a candidate
 - ▶ 30% said their PCP had not recommended it to them