

INACCURATE PERCEPTIONS OF EFFICACY MAY CONTRIBUTE TO LOW UTILIZATION OF BARIATRIC/METABOLIC SURGERY

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BACKGROUND

A substantial body of evidence, including randomized clinical trials, shows that bariatric/metabolic surgery is reasonably safe and also more effective than diet, exercise, and pharmacological therapies in patients with obesity and type 2 diabetes (T2D).

On the basis of such evidence, in 2015 global clinical guidelines from the 2nd Diabetes Surgery Summit (DSS-2) – now formally endorsed by more than 55 major medical and surgical organizations from around the world – recommended surgery as a standard-of-care treatment for patients with obesity and T2D.¹

However, the utilization of metabolic surgery remains low and funding for it is severely limited.² The present research investigated public awareness of the efficacy of surgery and other available treatments for obesity and T2D.

BACKGROUND CONT.



Diabetes Care

Metabolic Surgery in the Treatment Algorithm for Type 2 Diabetes: A Joint Statement by International Diabetes Organizations

Francesco Rubino¹#, David M. Nathan², Robert H. Eckel³, Phillip R. Schauer⁴, K. George M.M. Alberti⁵, Paul Z. Zimmet⁶, Stefano Del Prato⁷, Linong Ji⁸, Shaukat M. Sadikot⁹, William H. Herman¹⁰, Stephanie A. Amiel¹, Lee M. Kaplan², Gaspar Taroncher-Oldenburg¹¹ and David E. Cummings¹²# on behalf of the Delegates of the 2nd Diabetes Surgery Summit*
Diabetes Care 2016 Jun; 39(6): 861-877.

In 2015 global clinical guidelines (DSS-2) recommended bariatric surgery as a standard-of-care treatment for patients with obesity and T2D.

METHODS

In February 2019, we surveyed a total of **4,036 U.S. and U.K. adults**. Google Consumer Surveys³ collected representative online samples in these two countries. Each respondent completed only one of two survey questions asking which treatment for obesity or for obesity and T2D they believed to be the most effective. Respondents could choose between **self-directed diet and exercise, intensive lifestyle programs, obesity medications, and bariatric surgery. Diabetes medications were also an option** for respondents to the question about T2D and obesity.

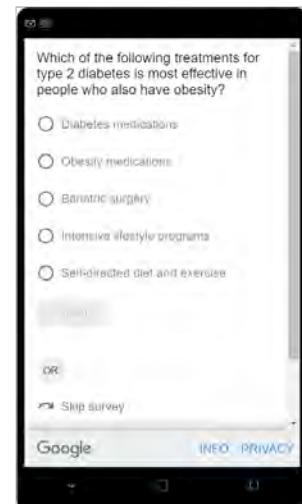
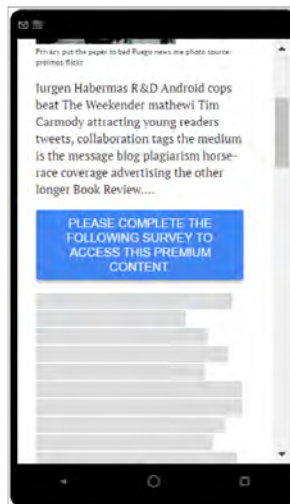
GOOGLE
SURVEY OF
4,036
TOTAL
PEOPLE



FROM

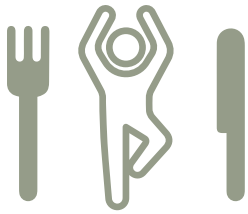


Web and Smartphone Samples Obtained via Google Consumer Surveys



RESULTS

For either obesity or the combination of obesity and T2D, **the largest number of respondents believed that self-directed diet and exercise is the most effective treatment.** Between 39% and 59% of respondents gave this answer. This response was more common for U.K. than U.S. respondents. Relatively few respondents (8-16%) believed that bariatric surgery is the most effective treatment.



SELF-DIRECTED DIET & EXERCISE

59% OBESITY SURVEY

39% T2D + OBESITY SURVEY

PERCENT WHO BELIEVE SELF-DIRECTED DIET AND EXERCISE IS MOST EFFECTIVE



BARIATRIC SURGERY

16% OBESITY SURVEY

8% T2D + OBESITY SURVEY

PERCENT WHO BELIEVE THAT BARIATRIC SURGERY IS MOST EFFECTIVE

People Have Unrealistic Expectations for Obesity Self-Help

Obesity Treatments – U.K.

Which of the following treatments for obesity is most effective?

766 respondents

Self-directed diet and exercise

59.5%

Intensive lifestyle programs

22.0%

Bariatric surgery

10.2%

Obesity medications

8.4%

Obesity Treatments – U.S.

Which of the following treatments for obesity is most effective?

776 respondents

Self-directed diet and exercise

52.5%

Intensive lifestyle programs

26.1%

Bariatric surgery

15.9%

Obesity medications

5.5%

Source: Google Surveys research by ConscienHealth and OAC

Expectations for Type 2 Diabetes Treatments Are Also Unrealistic

Diabetes Treatments – U.K.

Which of the following treatments for type 2 diabetes is most effective for people who also have obesity?

754 respondents

Self-directed diet and exercise

44.7%

Intensive lifestyle programs

20.8%

Diabetes medications

16.9%

Obesity medications

9.3%

Bariatric surgery

8.3%

Diabetes Treatments – U.S.

Which of the following treatments for type 2 diabetes is most effective for people who also have obesity?

728 respondents

Self-directed diet and exercise

38.6%

Intensive lifestyle programs

24.8%

Diabetes medications

18.8%

Bariatric surgery

11.3%

Obesity medications

6.6%

Source: Google Surveys research by ConscienHealth and OAC

CONCLUSIONS

Contrary to clinical evidence, the largest number of adults in the U.S. and U.K. believe that self-directed diet and exercise is more effective than surgery for treating obesity or for obesity and T2D.

REFERENCES

1. Rubino F, Nathan DM, Eckel RH, Schauer PR, Alberti KG, Zimmet PZ, Del Prato S, Ji L, Sadikot SM, Herman WH, Amiel SA. Metabolic surgery in the treatment algorithm for type 2 diabetes: a joint statement by international diabetes organizations. *Surgery for Obesity and Related Diseases*. 2016 Jul 1;12(6):1144-62.
2. Phelan SM. An update on research examining the implications of stigma for access to and utilization of bariatric surgery. *Current Opinion in Endocrinology, Diabetes and Obesity*. 2018 Oct 1;25(5):321-5.
3. Sostek, K, and Brett S. How Google Surveys Works. Google LLC, 1970. <https://ai.google/research/pubs/pub46243>.

Inaccurate Perceptions of Efficacy May Contribute to Low Utilization of Bariatric/Metabolic Surgery

Theodore K. Kyle,^a Joseph Nadglowski,^b Francesco Rubino^c

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Results

For either obesity or the combination of obesity and T2D, the largest number of respondents believed that self-directed diet and exercise is the most effective treatment. Between 39% and 59% of respondents gave this answer. This response was more common for U.K. than U.S. respondents. Relatively few respondents (9-16%) believed that bariatric surgery is the most effective treatment.

Conclusions

Contrary to clinical evidence, the largest number of adults in the U.S. and U.K. believe that self-directed diet and exercise is more effective than surgery for treating obesity or for obesity and T2D.

References

1. Rubino F, Nathan DM, Eckel RH, Schauer PR, Alberti KG, Zimmet PZ, Del Prato S, Ji L, Sadikot SM, Herman WH, Amiel SA. Metabolic surgery in the treatment algorithm for type 2 diabetes: a joint statement by international diabetes organizations. *Surgery for Obesity and Related Diseases*. 2016 Jul 1;12(6):1144-62.
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