

Roundtable on Obesity Solutions BMI and Beyond:
Considering Context in Measuring Obesity and its Applications
Session 4 – Best Ways Going Forward
April 4, 2023

Obesity Treatment: How to Measure Success for Public Health?

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**Disclaimer: These are my personal views and do not represent the view of
the FDA, HHS or Federal Government.**

THE HILL

We cannot treat our way out of the obesity epidemic 02/28/2023

The Economist

New drugs could spell an end to the world's obesity epidemic 03/02/2023

**Hypertension
diagnosis** → **Hypertension
treatment** → **“BP goal met”
“Controlled
hypertension”**

**Hypercholesterolemia
diagnosis** → **Hypercholesterolemia
treatment** → **“Maximal
ASCVD* risk
reduction”**

**Diabetes
diagnosis** → **Diabetes
treatment** → **At “glycemic
goal”**

**Obesity
diagnosis** → **Obesity
treatment** → **???**

*ASCVD is atherosclerotic cardiovascular disease



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Treatment algorithm (adults)

- Weight loss $\geq 5\%$ **AND**
- Sufficient improvement in health targets
 - Risk factor/comorbidity reduction to achieve the health goals determined by patient and clinician
- Weight loss maintenance



Overall management goals (adults)

- Improve patient health
- Improve quality of life
- Improve body weight and composition
 - 5-10% weight loss may improve both metabolic and fat mass disease



In order to promote long-term weight maintenance, we suggest the use of approved weight loss medication (in adults) to

- ameliorate comorbidities and
- amplify adherence to behavior changes, which may
- improve physical functioning and allow for greater physical activity...



- A key component of treating obesity is to concurrently monitor and treat the comorbidities.
- Longer-term data are needed to establish sufficient weight loss or cardiovascular improvements influencing health into adulthood.

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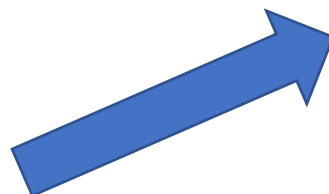
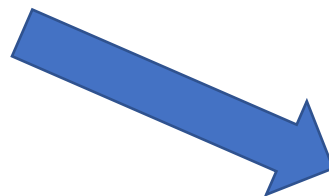
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Medical Care Survey

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National Objectives

Healthy People 2030

Building a healthier future for all

“Healthy People 2030 sets data-driven national objectives to improve health and well-being over the next decade.”

Heart Disease and Stroke

Goal: Improve cardiovascular health and reduce deaths from heart disease and stroke.

Hypertension

- Reduce the proportion of adults with high blood pressure (HDS-04)
 - Systolic BP ≥ 130 OR
 - Diastolic BP ≥ 80 OR
 - Taking high blood pressure medicine
- Increase control of high blood pressure in adults (HDS-05)
 - Among adults with high blood pressure, the proportion with
 - Systolic BP < 130 AND
 - Diastolic BP < 80

Heart Disease and Stroke

Goal: Improve cardiovascular health and reduce deaths from heart disease and stroke.

Hypercholesterolemia

- Reduce cholesterol in adults (HDS-06)
 - Mean total blood cholesterol level
- Increase cholesterol treatment in adults (HDS-07)
 - Among adults for whom a statin is recommended, based on ASCVD* risk (as defined by the 2013 ACC/AHA guidelines)

*ASCVD is atherosclerotic cardiovascular disease

Diabetes

Goal: Reduce the burden of diabetes and improve quality of life for all people who have, or are at risk for, diabetes.

- Reduce the number of diabetes cases diagnosed yearly (D-01) (self-report)
- Reduce the proportion of adults with diabetes who have an A1c value above 9% (D-03)

Overweight and Obesity

Goal: Reduce overweight and obesity by helping people eat healthy and get physical activity.

- Reduce the proportion of children and adolescents with obesity (NWS-04)
- Reduce the proportion of adults with obesity (NWS-03)
- Increase the proportion of healthcare visits by adults with obesity that include counseling on weight loss, nutrition, or physical activity (NWS-05)
- ???