

Obesity

It's time for ACTION



1

Obesity is **underdiagnosed** and treated suboptimally despite being considered a chronic disease

2



ACTION-IO "the largest study of its kind in obesity" identified **perceptions, behaviors and barriers** for effective obesity care, among people with obesity (PwO) and health care professionals (HCPs) in 11 countries across 5 continents^a

3 Survey was completed by^a



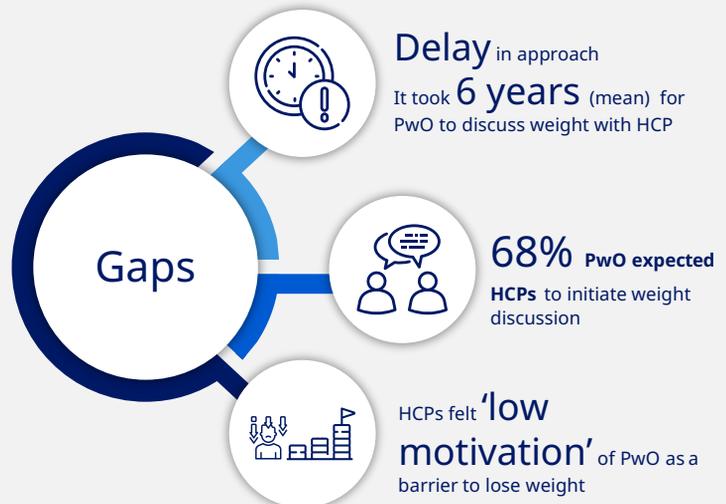
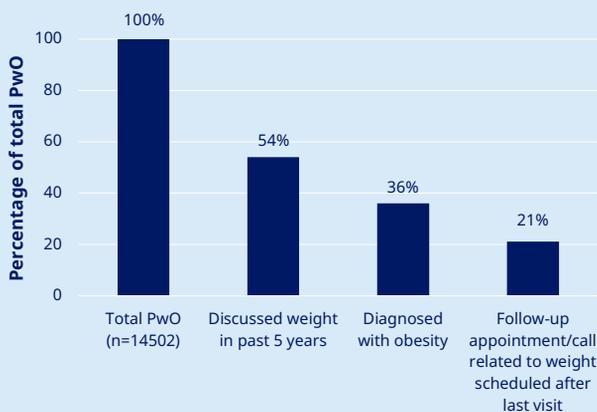
14502 PwO



2785 HCPs

Highlights from the ACTION-IO study^a

Proportion of PwO having weight management discussions, obesity diagnosis and follow-up appointments/calls



What are the new findings from ACTION-IO?

Obesity care



PwO were **motivated** to lose weight if they:^b



were **comfortable** in discussing weight with their HCPs



were **confident** that it was easy for them to lose weight



considered HCPs as a **SOURCE** of information

HCPs were more likely to help PwO with **weight management** if they:^c



were obesity **experts** or **trained** in obesity care



felt **comfortable** in discussing weight



registered the **diagnosis** of obesity in the patient's record



believed that their patients could lose weight

Strategies to improve obesity care: The 3D approach^c



Discussion – bring up the matter of weight and weight management in interactions between PwO and HCPs



Diagnosis – communicate the diagnosis of obesity to the patients, and note it in the patient's record



Direction – provide guidance and schedule follow-up appointments specifically for weight management.

a. Diabetes Obes Metab. 2019;21:1914-1924.

b. Poster 443. The Role of Healthcare Professionals in Patient Motivation to Lose Weight. Poster presented at Obesity Week Interactive. November 2-6, 2020.

c. Poster 127. Discussion, Diagnosis and Direction—Improving the Role of Healthcare Professionals in Obesity Care. Poster presented at Obesity Week Interactive. November 2-6, 2020.