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.

3. **Survey was completed by**
   - 14,502 PwO
   - 2,785 HCPs

**Highlights from the ACTION-IO study**

- Proportion of PwO having weight management discussions, obesity diagnosis and follow-up appointments/calls
  - Total PwO (n=14502)
  - Discussed weight in past 5 years: 54%
  - Diagnosed with obesity: 36%
  - Follow-up appointment/call related to weight scheduled after last visit: 21%

**Gaps**
- Delay in approach
  - It took 6 years (mean) for PwO to discuss weight with HCP
- 68% PwO expected HCPs to initiate weight discussion
- HCPs felt ‘low motivation’ of PwO as a barrier to lose weight

**What are the new findings from ACTION-IO?**

**Obesity care**
- PwO were **motivated** to lose weight if they:
  - 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:
  - 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**

- **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.

---