
LESSONS LEARNED FROM WORKING WITH PATIENTS WITH OBESITY DURING COVID-19

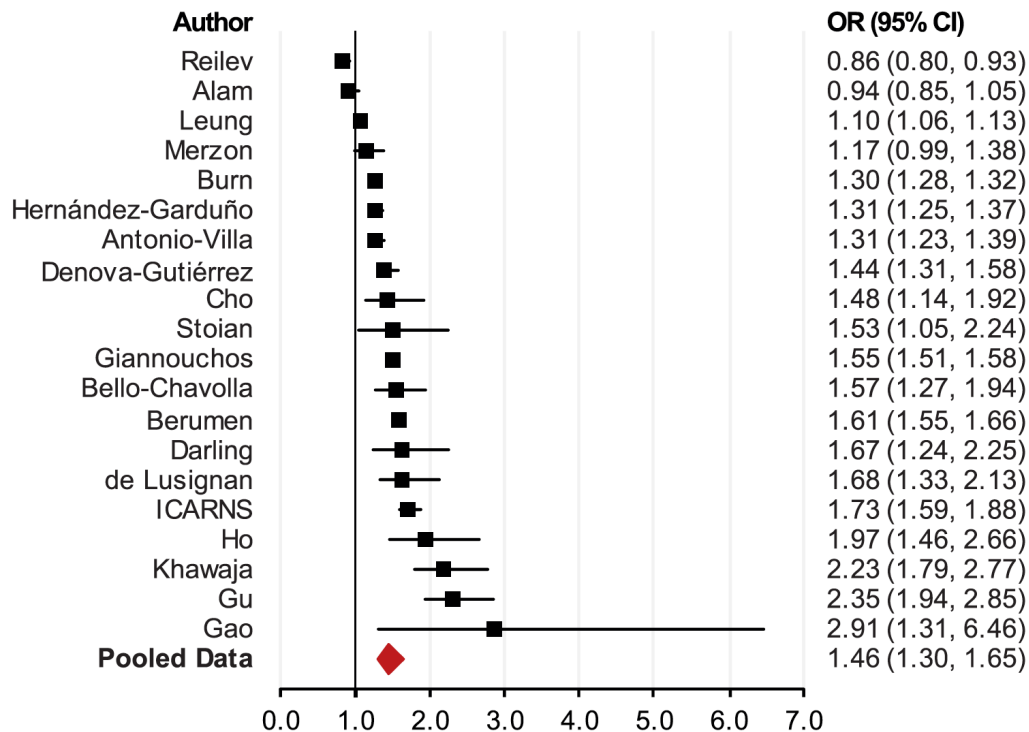
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CURRENT/RECENT SUPPORT

- RESEARCH: WW International; NovoNordisk; Eli Lilly, Inc; Epitomee Medical
- ADVISORY BOARD: NovoNordisk; WebMD
- HONORARIA: NovoNordisk; WebMD; Robard
- CONSULTING: Gedeon Richter

HOW DOES OBESITY AFFECT
THE RISK
AND IMPACT OF COVID?

OBESITY INCREASES RISK OF COVID-POSITIVE BY 46%



Meta-analysis of 20 studies

Popkin et al, *Obesity Reviews*. 2020;1–17.

OBESITY AND COVID-19 OUTCOMES

- Meta-analyses of 19-35 studies
- Among patients diagnosed with COVID-19, obesity increased the risk of:
 - Hospitalization by 113%
 - ICU admission by 74%
 - Mortality by 48%

OBESITY and COVID-19 OUTCOMES (ctd)

- US nationwide study of 88,747 veterans in VA system
- 10,131 positive for Covid
 - Positives more likely to be obese (44.8% vs. 40.2%)
- Among positives, overweight and obesity *not* related to:
 - Hospitalization
 - Mechanical ventilation
 - Mortality

Ioannou GN. *JAMA Netw Open*. 2020;3(9):e2022310.
doi:10.1001/jamanetworkopen.2020.22310

COVID AND WEIGHT CONTROL?

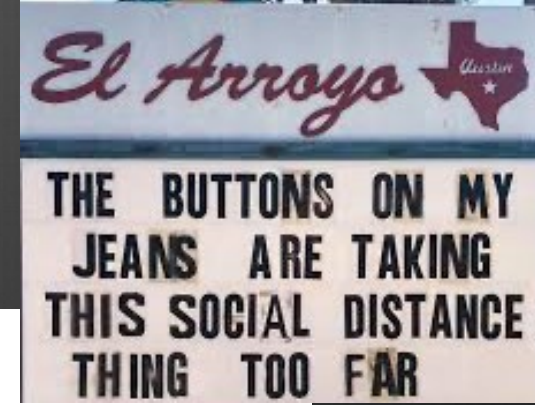
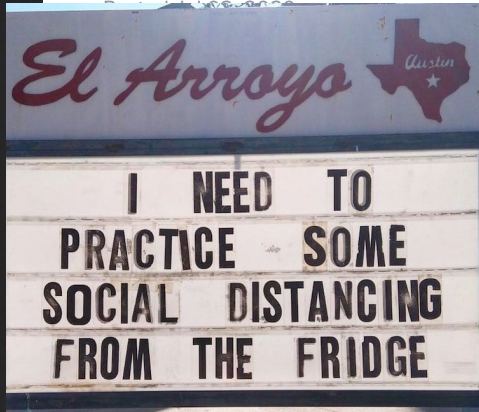
“COVID-19 abruptly and radically altered our environment and daily routines, a condition that is akin to a clinical experimental design. Overnight, stay-at-home orders eliminated restaurant dining, the enticement of workplace snacks, and impulse shopping for savory foods. With parks, playgrounds, and fitness facilities closed, we were no longer able to take walks, access exercise equipment, or attend workout classes. Being forced to become socially distanced from family, friends, and colleagues, we lost an important support structure that gives us an emotional connection and meaning to our lives. These sudden and dramatic changes shed light on the impact of an obesogenic environment on our behavior along with our psychological capacity for coping, adaptability, and resilience.”

Kushner, RF. *Obesity*, 2020. <https://doi.org/10.1002/oby.22988>

IMPACT OF COVID RESTRICTIONS ON WEIGHT CONTROL EFFORTS: THE POPULAR VIEW

Pandemic Weight Gain? Here is How to Lose the “COVID 19”

Common solutions to reverse an uncommon pattern of extra pounds.



Yale Medicine

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Quarantine 15? What to Do About Weight Gain During the Pandemic

By KATHY KATELLA JULY 1, 2020

COVID-19 has upended routines, but weight loss is still possible.

IMPACT OF COVID RESTRICTIONS ON WEIGHT CONTROL EFFORTS *BY PEOPLE WITH OBESITY*

LEARNING OBJECTIVES

- Describe three ways in which pandemic-related restrictions have impacted patients' weight control efforts
- Describe three methods of delivering formerly in-person weight management programs remotely
- Describe three advantages of **remote** delivery of weight management programs over **in-person** delivery
- Describe three challenges in reformatting in-person weight management programs for remote delivery

IMPACT OF COVID STAY-AT-HOME ORDERS ON WEIGHT CONTROL BY PEOPLE WITH OBESITY

- 123 patients in Texas obesity medicine clinic (N = 82) and bariatric surgery practice (N = 41)
 - 87% female
 - M age = 51.2
 - M BMI = 40.2
 - 49% White, 29% Black, 16% Hispanic
- Online survey April/May 2020 (2-8 weeks after TX Governor issued stay-at-home orders)

IMPACT OF COVID STAY-AT-HOME ORDERS ON WEIGHT CONTROL BY PEOPLE WITH OBESITY (ctd)

LEVEL OF QUARANTINE:

- Not going outside at all: 8.3%
- Outside for walks, exercise: 47.2%
- Outside for necessities (food, meds): 87.0%
- Visiting close family/friends: 13.9%
- Going to work: 15.7%
- Attending to religious services: 1 person
- Attending parties, large functions: 0
- Lost job: 9.6%

IMPACT OF COVID STAY-AT-HOME ORDERS ON WEIGHT CONTROL BY PEOPLE WITH OBESITY (ctd)

- Increased anxiety: 72.8%
- Increased depression: 83.6%
- More difficulty achieving weight loss goals: 69.6%
- More difficulty following healthy diet plan: 61.2% (*but easier = 13.8%*)

IMPACT OF COVID STAY-AT-HOME ORDERS ON WEIGHT CONTROL BY PEOPLE WITH OBESITY (ctd)

- Less exercise time: 47.9%
- Less exercise intensity: 55.8%
- Skipping meals: 12.1%
- Increased stockpiling of food: 49.6%
- Increased stress eating: 61.2%
- Increased cooking: 63.8%
- Increased baking: 27.2%

IMPACT OF PANDEMIC ON WEIGHT CONTROL EFFORTS:

CLINICAL OBSERVATIONS AND ANECDOTES

IMPACT OF PANDEMIC ON WEIGHT CONTROL EFFORTS: *NEGATIVES*

- Health and financial stress and uncertainty lower weight control priorities (nutrition, exercise)
- Stress, boredom, isolation, change of routine can encourage eating
- Increased snacking: At home, food is easily accessible and in plain sight
- Difficulty securing food in line with food plan
 - Patient in college had no access to a kitchen for 14 days; unable to prepare his own meals or shakes.

IMPACT OF PANDEMIC ON WEIGHT CONTROL EFFORTS: *NEGATIVES (ctd)*

- Exercise facilities closed
- Reluctance to exercise out of homes
- Need to care for young children now at home 24/7
- Reluctance to weigh daily

IMPACT OF PANDEMIC ON WEIGHT CONTROL EFFORTS: *POSITIVES*

- Restricted number of situations with food (“bubble”)
 - No eating out at restaurants
 - Less opportunity to socialize in settings promoting food and alcohol
 - Reduced temptations and increased control
- More cooking at home
- No commute, time at job, after-school activities, etc

IMPACT OF PANDEMIC ON WEIGHT CONTROL EFFORTS: *POSITIVES* (ctd)

- More time for weight mgt efforts including meal prep, exercise, tracking
- Increased patient involvement with problem-solving
- Increased patient awareness of importance of environmental cues, routines, structure
 - Immediate challenges
 - Plans to apply lessons learned during pandemic to later situations
- More time to *begin* a weight control program

WEIGHT MANAGEMENT GOES REMOTE

- Online video platforms (WebEx, doxy.me, Zoom, etc)
- Telephone counseling
 - More popular than online for most of our patients
- Email
- On-demand video lessons

ADVANTAGES OF REMOTE DELIVERY OF WEIGHT MANAGEMENT PROGRAMS

- Allows counseling to continue during pandemic
 - Patients appreciate maintaining this part of their pre-pandemic routines
- Substantial reduction in patient time requirements
- Convenience and flexibility
- Very low no show rate

CHALLENGES OF REMOTE DELIVERY OF WEIGHT MANAGEMENT PROGRAMS

- Reliability of internet access and conferencing platform
- Personal connection is different
 - Pre-Covid in-person patients vs. those starting during Covid.
- Reliance on self-reported weights
- Reduced patient focus with nearby distractions
- Loss of some in-person data (e.g., body composition)

CONCLUSIONS

- People with obesity continue to prioritize weight control efforts despite numerous environmental and lifestyle changes and challenges
- Pandemic-related changes illustrate to patients and providers the influence of environmental and lifestyle factors on weight control
- Remote delivery of weight control services offers numerous advantages and should continue to be an option when possible
- Sometimes simpler is better (e.g., phone)
- People are much more resilient than we (or they!) may have thought

THANKS TO THE MUSC WEIGHT MANAGEMENT CENTER TEAM

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THANK YOU FOR YOUR

