

# Attitudes About New Obesity Drugs and Metabolic Surgery

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**Metabolic  
Health  
Institute**

# Part 1

## Survey Research Methods and Topline Findings

Attitudes About New Obesity Drugs  
and Metabolic Surgery

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# Disclosures – Ted Kyle

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- **Professional fees**
  - Boehringer Ingelheim
  - Emerald Lake Safety
  - Gelesis
  - Novo Nordisk
  - Nutrisystem
  - Roman Health Ventures
- **Personal biases that favor:**
  - Evidence-based interventions, both prevention and treatment
  - Respect for people living with obesity
  - Critical thinking about all evidence

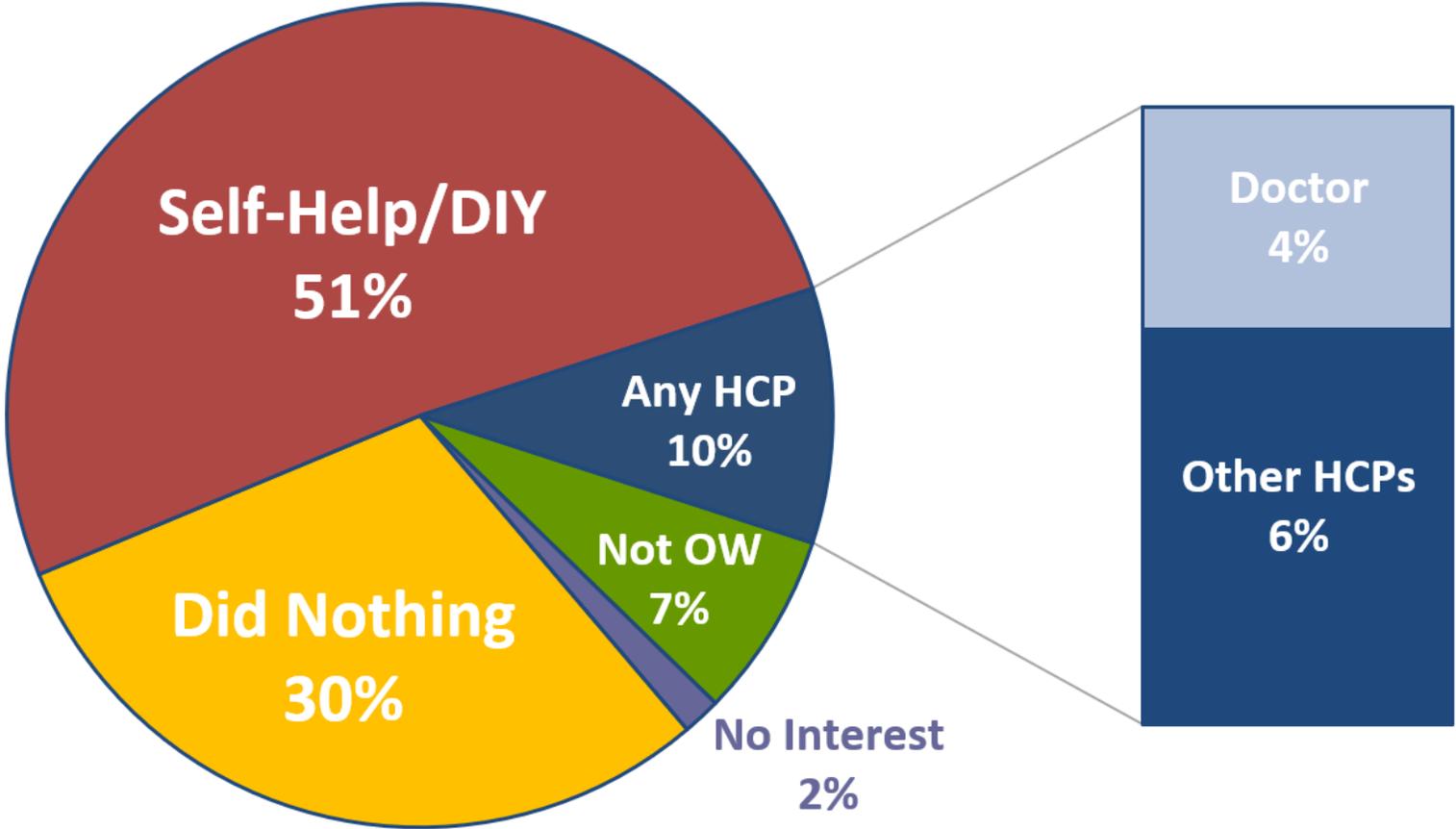
# Presentation Objectives

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- Briefly review prior research on public beliefs
- Present methods and topline findings of new research
- Summarize the implications

# 2012:

## Few Patients See Health Professionals for Obesity



# 2014:

## Metabolic Surgery Seen as Too Risky

- Only 32% with class III obesity would even consider surgery
- Most often because they considered it too risky
- Minimization of their own health risks seems to be a factor, too

### Brief Cutting Edge Report

CLINICAL TRIALS: BEHAVIOR, PHARMACOTHERAPY, DEVICES, SURGERY

Obesity

### The Influence of an Individual's Weight Perception on the Acceptance of Bariatric Surgery

*Fatima Cody Stanford<sup>1</sup>, Theodore K. Kyle<sup>2,3</sup>, Mechelle D. Claridy<sup>4</sup>, Joseph F. Nadglowski<sup>3</sup>, and Caroline M. Apovian<sup>5</sup>*

**Objective:** This study assessed the proportion of US adults with excess weight and obesity who consider bariatric surgery to be appropriate for themselves and how their own weight perception influences this consideration.

**Methods:** A stratified sample of 920 US adults in June 2014 was obtained through an online survey. The respondents were queried about bariatric surgery acceptability and personal weight perception. Average body mass index (BMI) was determined for each demographic variable, and responses were characterized according to BMI and concordance with perceived weight status. Chi-square analyses served to assess perceived weight concordance in relation to bariatric acceptance.

**Results:** Only 32% of respondents with Class III obesity indicated that bariatric surgery would be an acceptable option for them, most often because they considered it to be too risky. Respondents with Class III obesity and concordant perception of weight status were more likely ( $P < 0.03$ ) than discordant Class III respondents to accept bariatric surgery. Likewise, concordant respondents with excess weight, but not obesity, were more likely ( $P < 0.001$ ) to correctly consider bariatric surgery to be inappropriate for them.

**Conclusions:** Despite good safety and efficacy, many persons still believe bariatric surgery is too risky. Weight perception concordance or discordance influences one's decision to consider this treatment option.

Obesity (2014) 00, 1–5. doi:10.1002/oby.20968

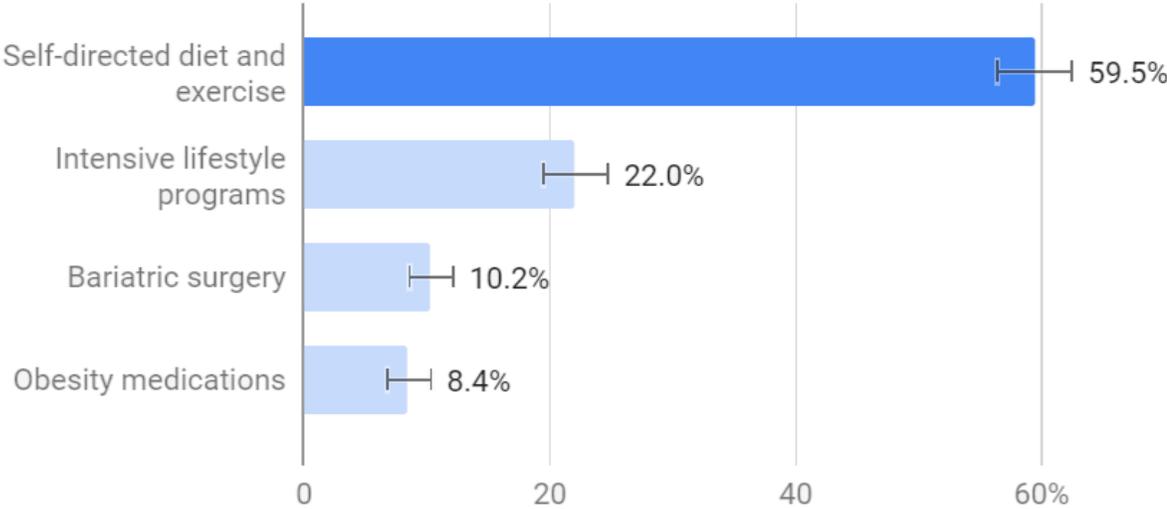
# 2019 Research

## Unrealistic Expectations for Obesity Self-Help

### Obesity Treatments - U.K.

1. Which of the following treatments for obesity is most effective?

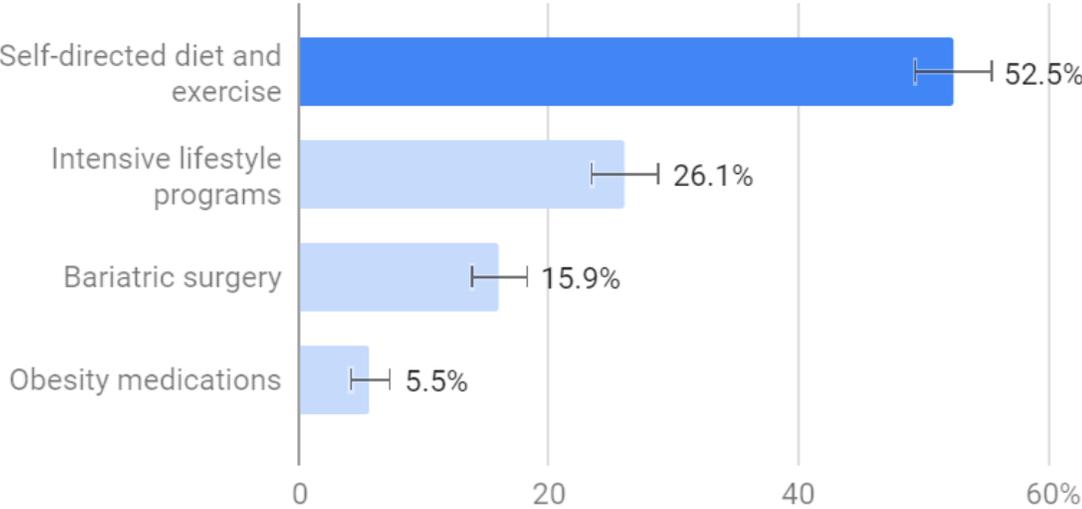
766 respondents



### Obesity Treatments - U.S.

1. Which of the following treatments for obesity is most effective?

776 respondents

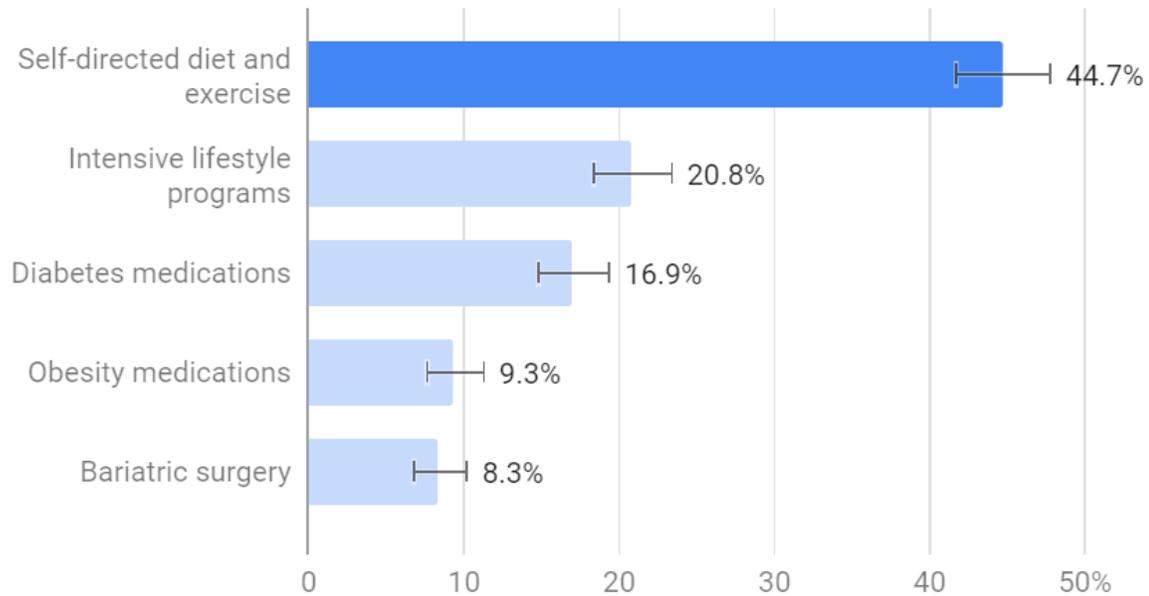


# 2019 Research: Similarly Unrealistic Expectations for Diabetes

## Diabetes Treatments - U.K.

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

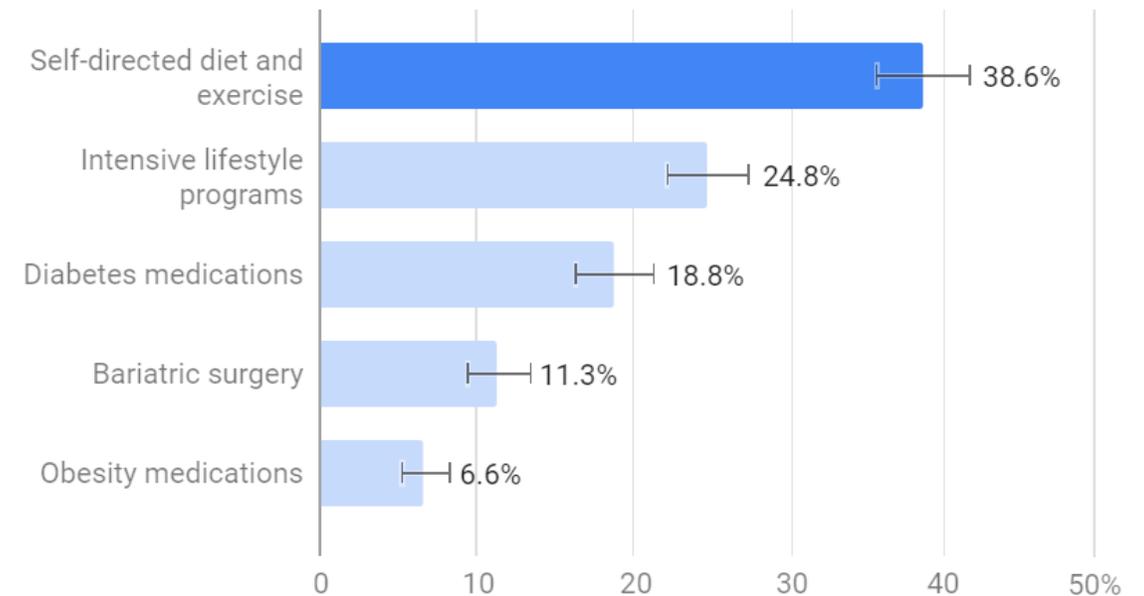
754 respondents



## Diabetes Treatments - U.S.

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

728 respondents



# July 2023

## KFF Health Tracking Poll

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- 45% of adults express interest in new obesity medicines
- More than two-thirds of those say “no thanks” to chronic therapy
- Injections and insurance are barriers, too



# Progress Underway Is Quite Unsettling

 The New York Times

## Opinion | Why the New Obesity Guidelines for Kids Terrify Me

The paper, co-written by 21 prominent doctors, health researchers and obesity experts, advises health care providers that they may refer...



# But Change Is Indisputably Here



BACKCHANNEL BUSINESS CULTURE GEAR IDEAS SCIENCE SECURITY

PAUL FORD

IDEAS FEB 3, 2023 9:00 AM

## A New Drug Switched Off My Appetite. What's Left?

Mounjaro did what decades of struggle with managing weight couldn't. Welcome to the post-hunger age.



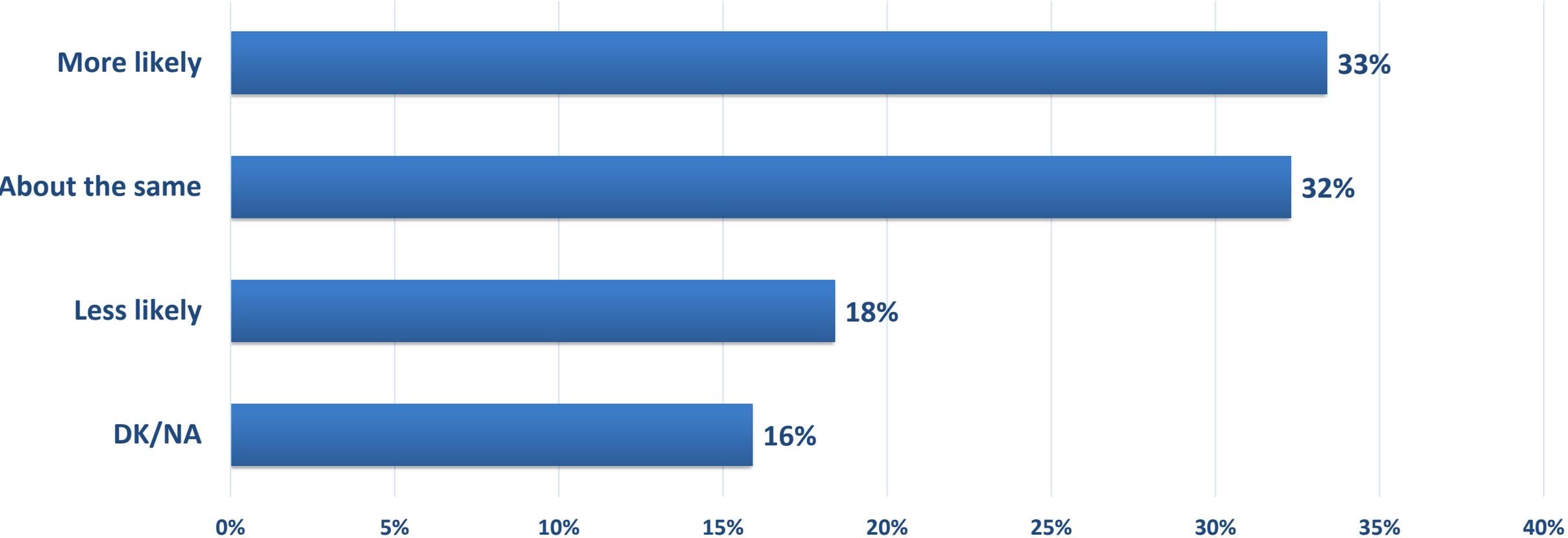
# New Research August 2023

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- 1,017 adults
- Self-reported BMI  $\geq 30$
- Convenience sample from Qualtrics
- Women over-represented

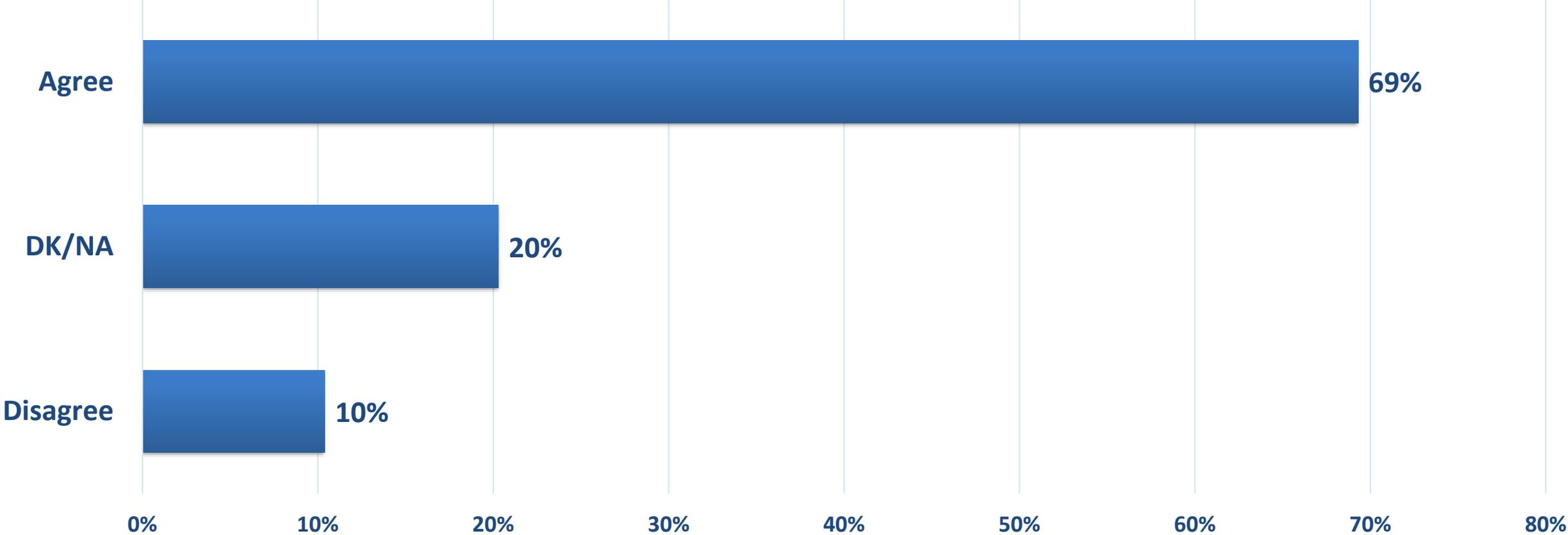
qualtrics<sup>XM</sup>

# People Say They're More Likely to Consult a Doctor Now vs Five Years Ago



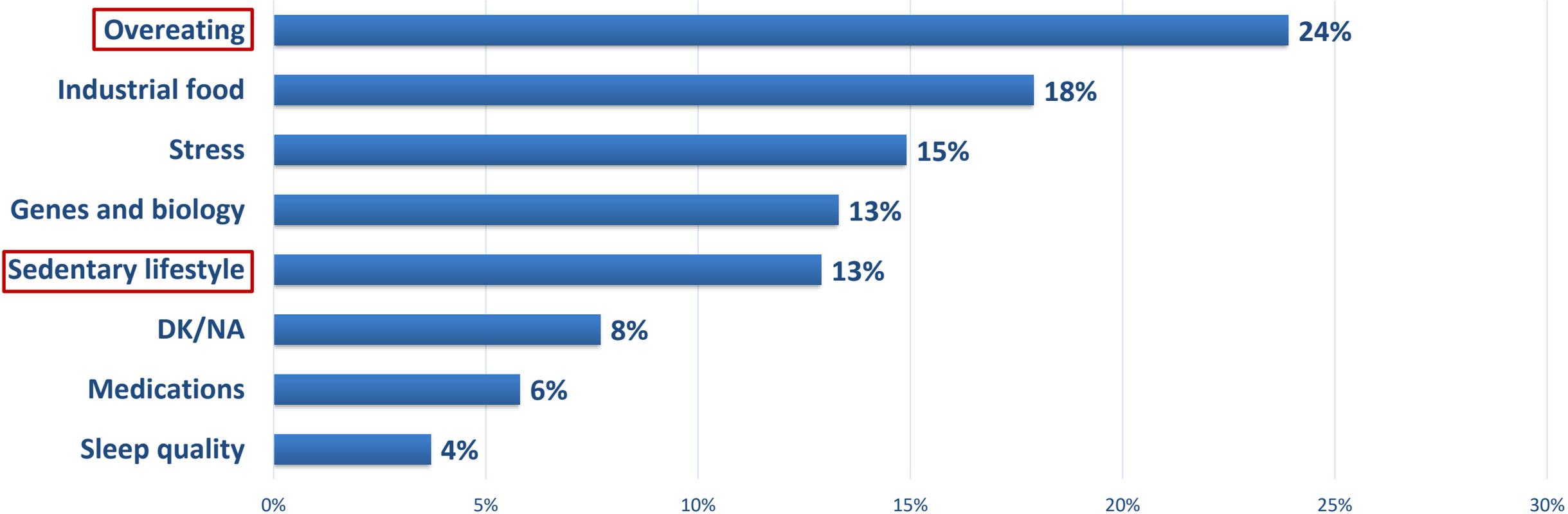
# More People Agree the Biology of Obesity Is Important

“There is strong evidence that body weight is regulated by a biological mechanism, not just by willpower”

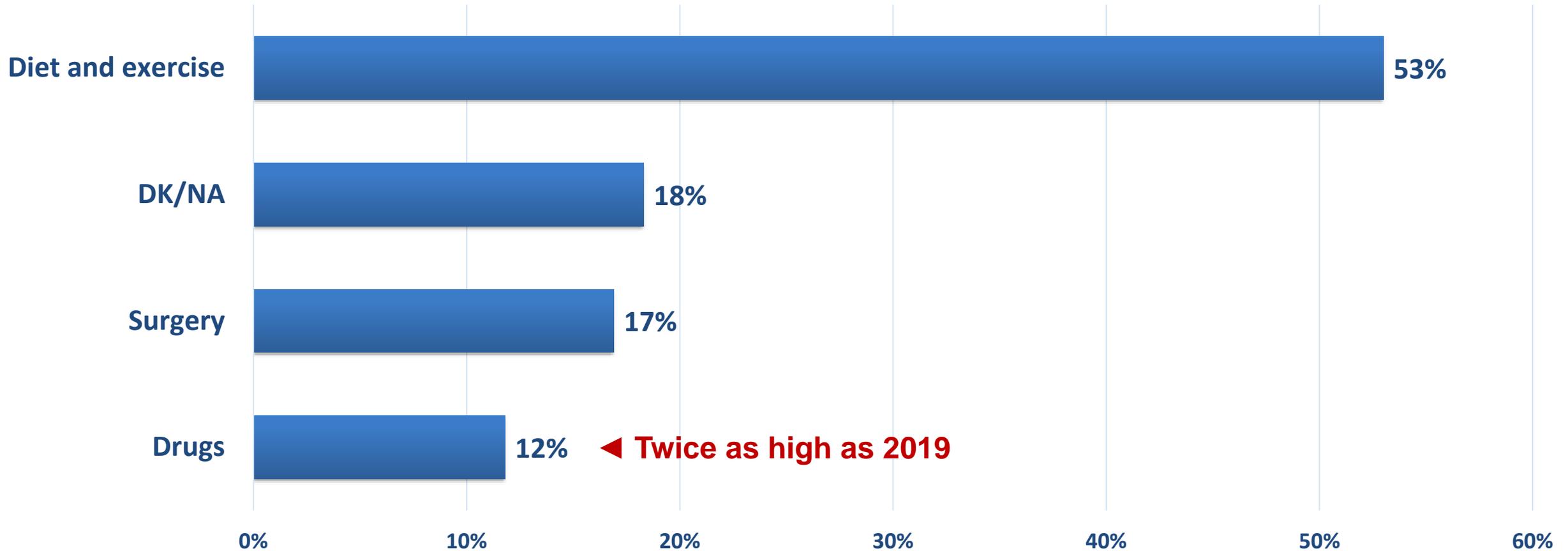


# But Most Still Point to Behavioral Factors as Primary Drivers

“What is the main cause of obesity?”

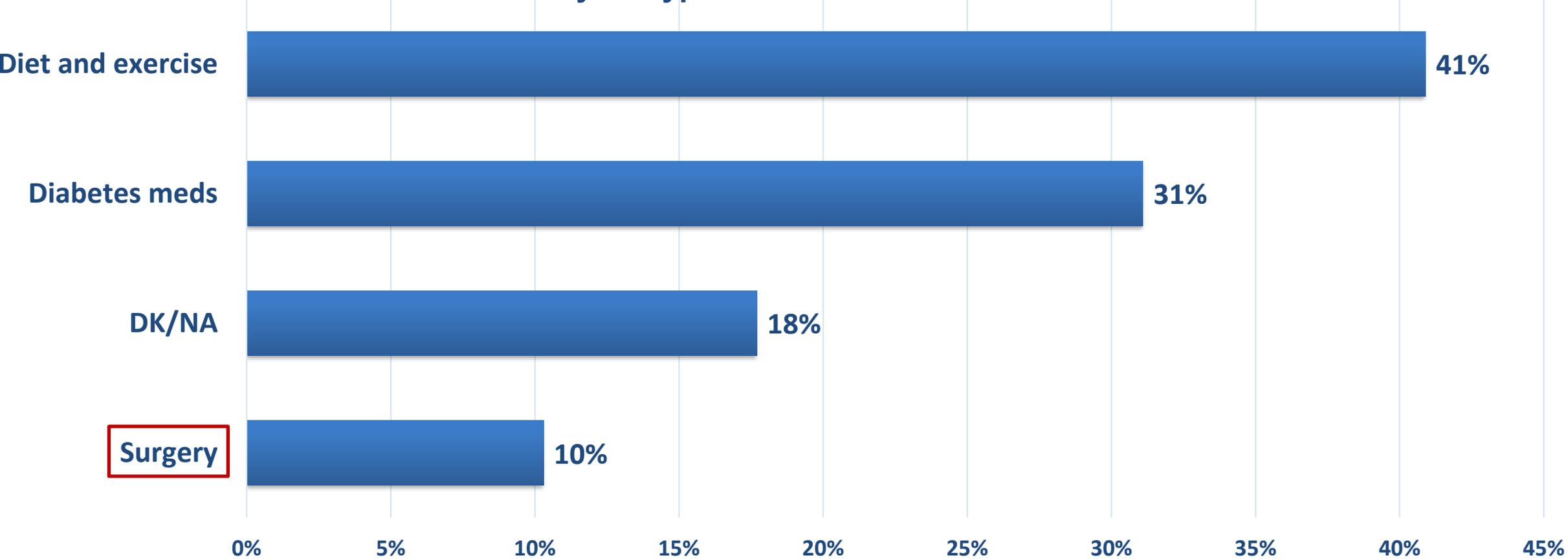


# Views of Obesity Meds Seem to Be Shifting Favorably



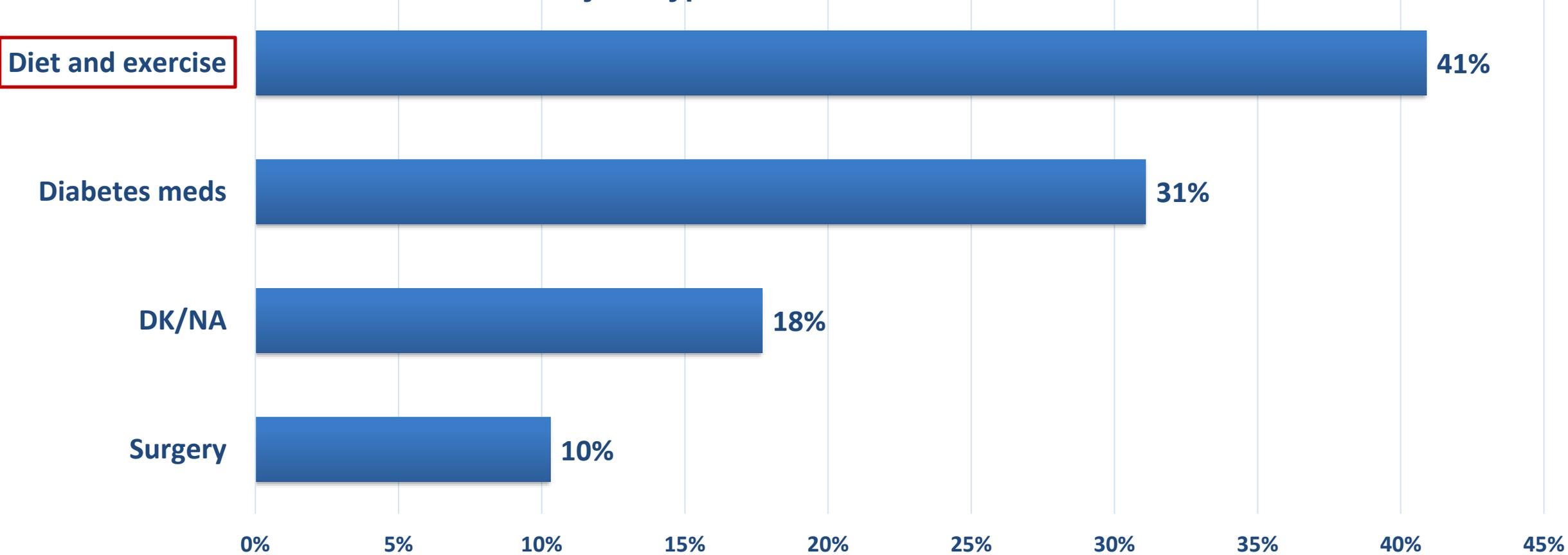
# Poor Understanding of Evidence Favoring Surgery

“What is most effective treatment today for type 2 diabetes?”



# But People Still Have High Expectations for Diet and Exercise

“What is most effective treatment today for type 2 diabetes?”



# Some Conclusions

- Change is slow
- Implicit bias is strong
- New medicines are bringing more people to consider:
  - Biological factors
  - Medical care for obesity

| Dimension  | Explicit Bias Trend 2007-2020 | Implicit Bias Trend 2007-2020 |
|------------|-------------------------------|-------------------------------|
| Sexuality  | ↓                             | ↓                             |
| Race       | ↓                             | ↓                             |
| Skin Tone  | ↓                             | ↓                             |
| Age        | ↓                             | ↔                             |
| Disability | ↓                             | ↔                             |
| Weight     | ↓                             | ↑ ↔                           |

Source: Charlesworth & Banaji, 2022, *Psychological Science*

# Part 2

## Public Beliefs About Seeking Metabolic Surgery

Attitudes About New Obesity Drugs  
and Metabolic Surgery

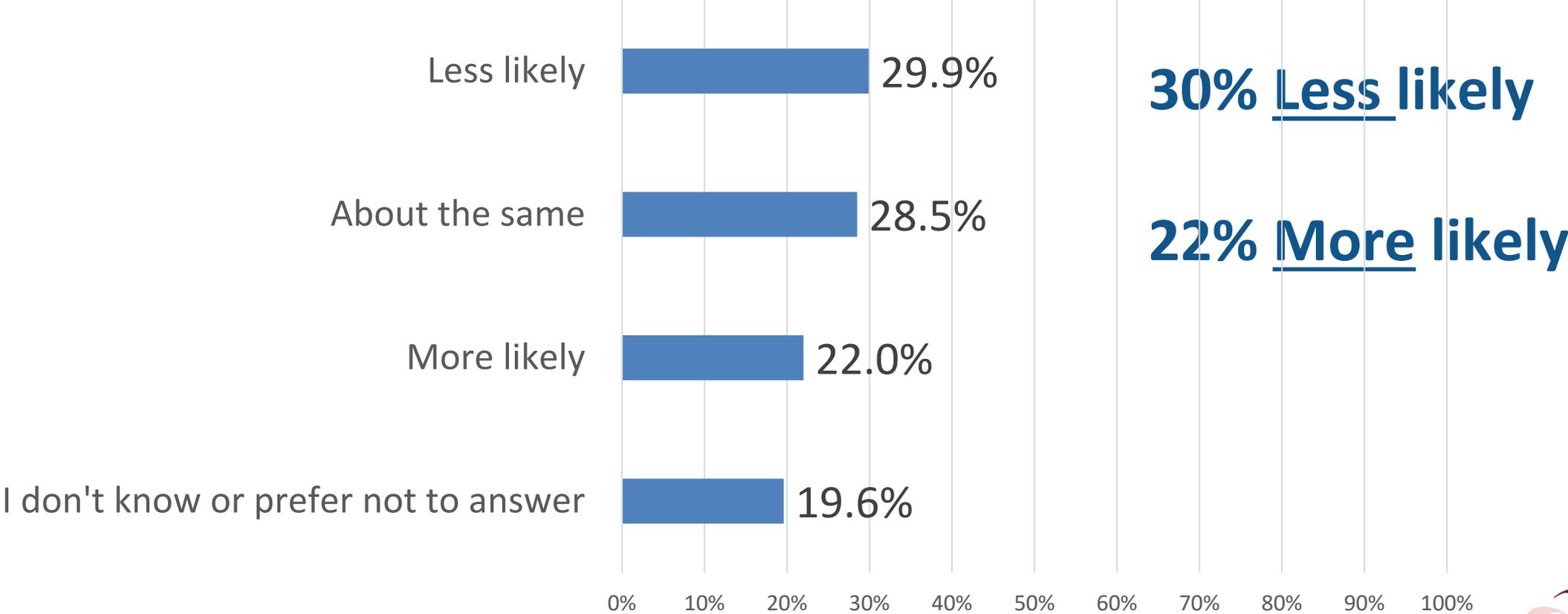
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# Consideration of Surgery vs Five Years Ago

Compared to 5 years ago, how likely are you to consider weight loss surgery (also called bariatric or metabolic surgery)? (Select one.)

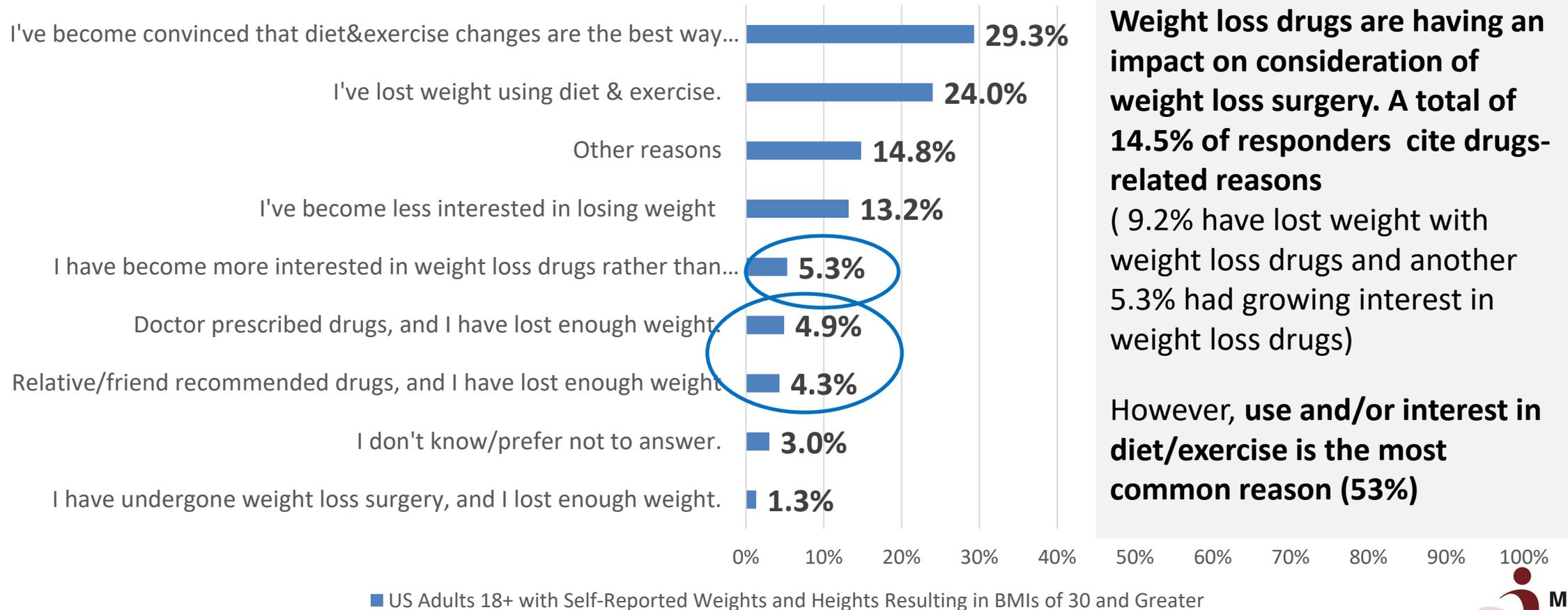


■ US Adults 18+ with Self-Reported Weights and Heights Resulting in BMIs of 30 and Greater



**Question Asked to the 302 responders who said they were less likely to consider surgery compared to 5 years ago]:**

*What is the most important reason you are less likely now versus five years ago to consider bariatric/metabolic surgery? (Select one.)*



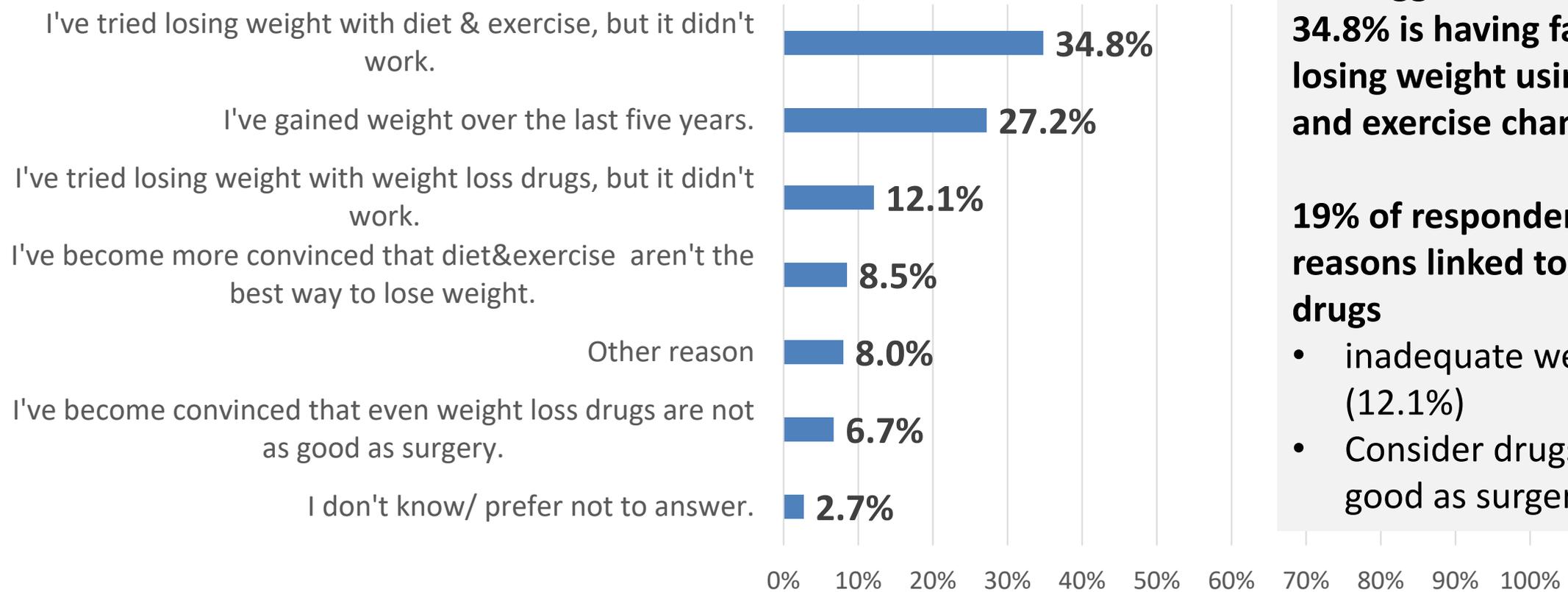
**Weight loss drugs are having an impact on consideration of weight loss surgery. A total of 14.5% of responders cite drugs-related reasons**

( 9.2% have lost weight with weight loss drugs and another 5.3% had growing interest in weight loss drugs)

**However, use and/or interest in diet/exercise is the most common reason (53%)**

Question asked to the 224 responders who said they were more likely to consider surgery compared to 5 years ago]:

*What is the most important reason you are more likely now versus five years ago to consider bariatric/metabolic surgery)? (Select one.)*



**The biggest reason cited by 34.8% is having failed at losing weight using lifestyle and exercise changes.**

**19% of responders cite reasons linked to weight loss drugs**

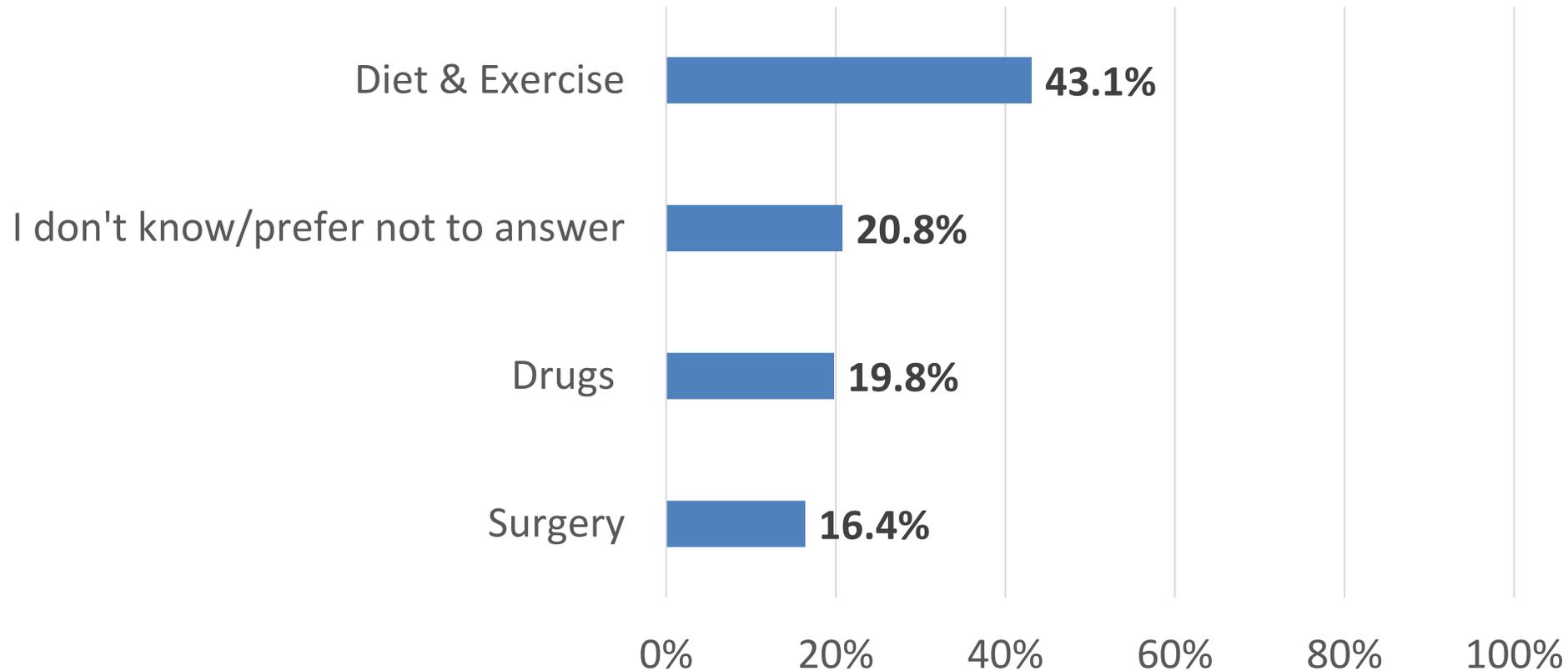
- inadequate weight loss (12.1%)
- Consider drugs not as good as surgery (6.7%)

■ US Adults 18+ with Self-Reported Weights and Heights Resulting in BMIs of 30 and Greater

# **Beliefs About Surgery and Other Treatments of Obesity and Type 2 Diabetes**

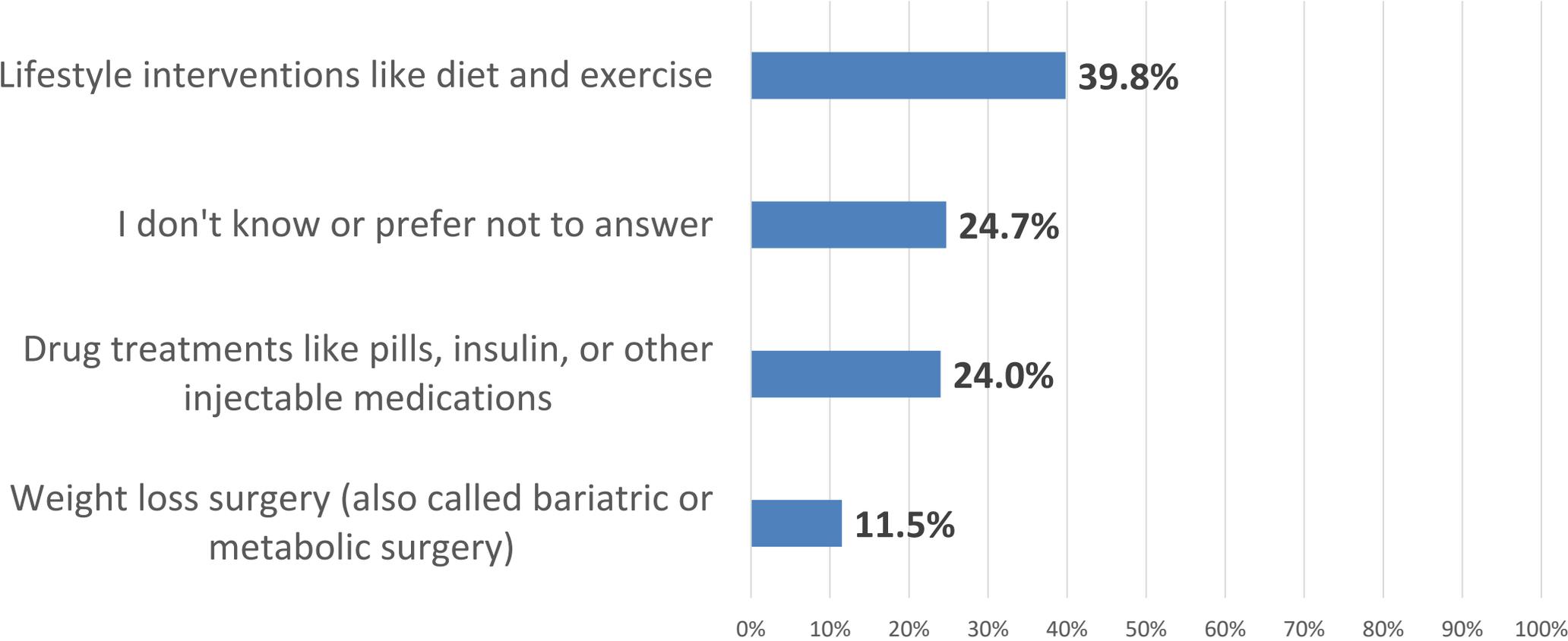
# Most People Prefer Diet & Exercise as a Treatment of Severe Obesity

*Which one of the following interventions would be best for someone like you as a treatment for severe obesity (BMI>35kg/m<sup>2</sup>)? (Select one.)*



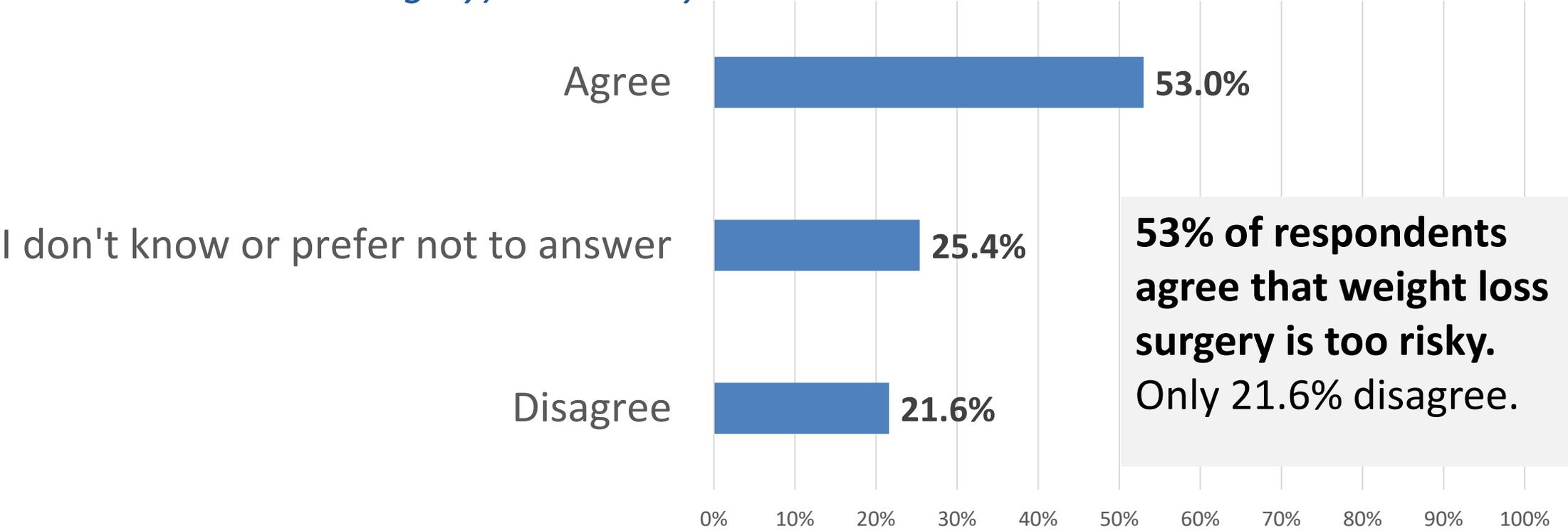
# Most People Prefer Lifestyle Interventions or Medications as a Treatment of Type 2 Diabetes

*Which one of the following interventions would be best for someone like you as a treatment for Type 2 diabetes? (Select one.)*



# Bariatric/Metabolic Surgery Continues to be Seen as “Too Risky”

*Do you agree or disagree with the following statement? "Weight loss surgery (also known as bariatric or metabolic surgery) is too risky."*



■ US Adults 18+ with Self-Reported Weights and Heights Resulting in BMIs of 30 and Greater

# Summary - 1

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- **New weight loss drugs are bringing more people to consider care for obesity**
- **However, a majority of people unrealistically believe that diet & exercise are the most effective treatment for severe obesity**

# Summary - 2

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**Weight loss drugs appear to influence consideration for bariatric/metabolic surgery both negatively and positively (“both, friend and foe”)**

- Beliefs that efficacy and safety of drugs are good enough or as good as surgery make drugs more appealing for some
- Inadequate weight loss using drugs and beliefs that drugs are not as effective as surgery increase appeal of surgery for others

**>> Considering that drugs are increasing overall interest for medical care of obesity, there seem to be support for the hypothesis that weight loss drugs may increase uptake of surgery in the long-term**

# Summary - 3

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- Surgery remains a relatively unpopular choice for most patients (only 16% and 11% of responders prefer surgery for severe obesity or T2D respectively)
- Reasons for poor consideration of bariatric/metabolic surgery:
  - Efficacy of surgery for severe obesity is largely under-appreciated
  - Surgery still considered “too risky” by many people
  - Despite strong supporting evidence of efficacy and safety, there is lack of knowledge among the public that surgery is an effective treatment for type 2 diabetes

# Conclusions

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**Patients & Public education about evidence-based treatments of Obesity and Type 2 Diabetes is a major priority**

**Improved communication about benefits and safety of surgery is required to increase its uptake**