

# AAACE/ACE CONSENSUS CONFERENCE ON OBESITY: BUILDING AN EVIDENCE BASE FOR COMPREHENSIVE ACTION

MARCH 23–24, 2014

JW MARRIOTT | WASHINGTON, DC



# Biomedical Pillar

## What is the optimal use of therapeutic modalities?

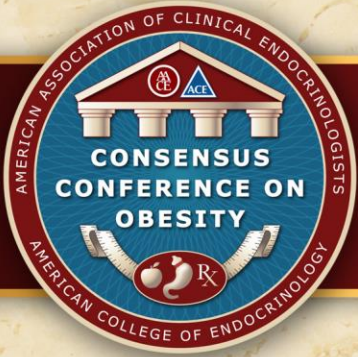
- Successful studies have used trained interventionists (Look AHEAD, DPP).
  - Look AHEAD suggests that combined behavioral, nutrition (including meal replacements), and physical activity interventions are most effective.
- Other studies show benefit in primary care settings
  - Either in-person counseling or remote support.



# Biomedical Pillar

## What is the optimal use of therapeutic modalities? (cont'd.)

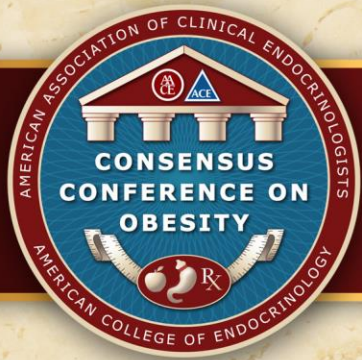
- Weight loss medications can augment lifestyle interventions and produce additional weight loss.
- Bariatric surgery is an option for patients with BMI greater 40 kg/m<sup>2</sup> or those with BMI 35-40 kg/m<sup>2</sup> and complications.
- More aggressive intervention should be targeted to patients with obesity-related complications
- Reimbursement is a major issue, limiting access to care



# Government & Regulatory Pillar

## What is the optimal use of therapeutic modalities?

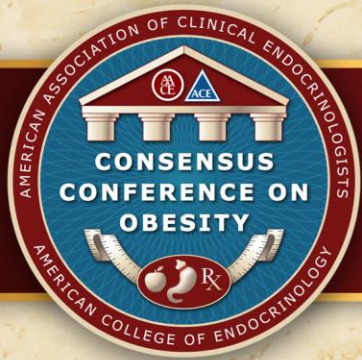
- Consensus
  - Translating ideas to individuals and communities
  - Health literacy is vital
  - Focus on pediatrics, early intervention
  - Adherence
  - Avoid unproven therapies
- Conflicts
  - None
- Knowledge gaps
  - Research methodology
  - Pediatrics intervention outcomes
  - Prevention model comparative effectiveness



# Health Industry & Economics

## Question 3: What is the optimal use of therapeutic modalities?

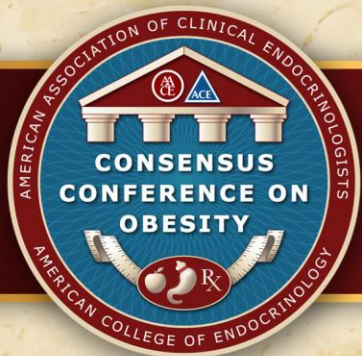
- *AACE/ACE Obesity Algorithm* accepted:  
Medications: Stepped therapy, combination therapy, *use diabetes model – don't wait too long, add rx as needed*
- Stepped care approach
- Combination therapy
- Multi-disciplinary, team-based approach



# Health Industry & Economics

## Question 3b: What is the optimal use of therapeutic modalities?

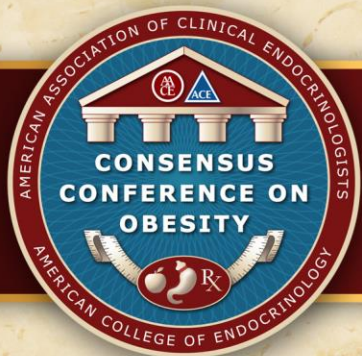
- Clinician as referring, supporting, monitoring
- Ideally group rx – being held accountable
- *Clinicians need to be more forceful and proactive* offering obesity interventions, like with diabetes or hypertension.
- Rules regarding timing to modify therapy when needed, eg. weeks, 1-2 months?



# Health Industry & Economics

## Question 3c: What is the optimal use of therapeutic modalities?

- Delivery and monitoring tools:
  - Wear-ables: pedometers, HR monitors, etc.
  - Apps
  - Web-based tracking tools
  - Social media
  - “Constant contact”: messaging to insureds, students, employees, patients, etc.
  - Active gaming: Wii Fit



# Organizations, Education & Research Pillar

## What is the optimal use of therapeutic modalities?

### – Consensus

- Healthy lifestyle is the foundation for all modalities
- The therapeutic modality and choices within the modality should be based on risk stratifications during the initial assessment
- Therapy should be intensified based on risk stratifications to achieve goals
- Patients will need appropriate access to medications for therapeutic modalities

### – Gaps

- Predictors of response
- Long term outcome
- No data to design algorithms specifying combination or sequences for pharmacological therapy