ACOEM’s Obesity in the Workplace Panel

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Greenville Health System

Support for this project is through funding from Covidien LP, a subsidiary of Medtronic plc.
Goals of Project

• To develop an evidence-based position paper on managing severe obesity among the working population.

• Use our rigorous, peer-reviewed, and published methodology for evidence-based guidelines to conduct a comprehensive review of the scientific literature, create a graded body of evidence, and develop recommendations for treating severe obesity.
Multidisciplinary Panel

ACOEM
- Charles Yarborough, MD, MPH (Chair)
- Pam Hymel, MD, MPH
- Pam Allweiss, MD, MPH
- Wayne Burton, MD
- Ray Fabius, MD
- Kathryn Mueller, MD, MPH
- Brian Svazas, MD, MPH
- Jeff Harris, MD, MPH (Methodologist)

ASMBS
- Stacy Brethauer, MD
- Shanu Kothari, MD
- John Magaña Morton, MD, MPH
- Mitch Roslin, MD

Other Experts
- David Sarwer, PhD
- Robert Kushner, MD
- Nico Pronk, PhD
Included Topics

- Assessment of Obesity
- Impact
- Problem of Obesity
- Problem of Obesity in the Workplace
- Impact of the Workplace on Obesity
- Benefits of Addressing Obesity in the Workplace
Included Topics

• **Health Interventions to Manage Obesity**
  – Lifestyle Modification Interventions (Diet/Nutrition, Exercise, Behavioral Therapy, Mental Health)
  – Pharmacotherapy
  – Endoscopic Bariatric Therapies (EBT)
  – Surgical Interventions (Gastric Bypass, Sleeve Gastrectomy, Adjustable Gastric Banding, vBloc Therapy, Biliopancreatic Diversion with Duodenal Switch (BPD/DS)
  – Emerging Invasive Therapies
Included Topics

• Specific Issues
  – Special occupations/audiences to target (e.g., military, transportation industry, oil/gas, healthcare, retail)
  – Shift work

• Research Gaps
Literature Search: Databases Searched

- PubMed
- CINAHL
- Cochrane Central Register of Controlled Trials
- Scopus
Literature Search: Search Dates

• 2011 to Present

• Review series in JOEM covers studies through 2010
Literature Search: Limit to Following Outcomes

- Decreased weight/BMI
- Maintenance of weight loss
- Decreased disability
- Increase in activities of daily living
- Increase in function
- Comorbidity remission
- Lost work days
- Healthcare costs
- Disability costs
- Productivity
- QALY
- Safety
- Accident rates
- Early retirement

- Restrictive duty
- Fitness for duty
- Ergonomics
- Workers’ compensation
- Injury
- Worksite wellness
- Work readiness
- Work hardening
- Work conditioning
- Worksite health promotion
- Work environment
- Presenteeism
Preliminary Results

• ~200 studies classified as Level I* or Level II** data that will be scored and included as evidence for making recommendations

*Level I = RCTs
**Level II = Prospective cohort or prospective comparative studies
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<th>Topic</th>
<th>Evidence Level</th>
<th>Number of Studies</th>
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Preliminary Results

- Working to expand search for surgical literature to capture more
  - Data on medical cost and bariatric surgery
  - Data on Quality-Adjusted Life Years (QALY) and bariatric surgery
Availability of Publication

• Panel approved document – end of December
• Publication in JOEM (electronic, open access) – late spring 2017