



ACOEM's Obesity in the Workplace Panel

Brian Svazas, MD, MPH, FACOEM

Medical Director, Center for Health & Occupational Services

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
 - Pelletier KR. A Review and Analysis of the Clinical and Cost-effectiveness Studies of Comprehensive Health Promotion and Disease Management Programs at the Worksite - Update VIII 2008 to 2010. *JOEM*. 2011;53(11):1310-31.



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



Topic	Evidence Level	Number of Studies
Benefits of Addressing Obesity in Workplace	I	0
	II	45
Impact of Workplace on Obesity	I	1
	II	17
Problem of Obesity in Workplace	I	0
	II	1
Lifestyle Modification – Behavioral Health	I	36
	II	50
Lifestyle Modification – Diet/Nutrition	I	2
	II	1
Lifestyle Modification – Exercise/Increased Physical Activity	I	7
	II	8
Lifestyle Modification - Multiple	I	11
	II	16
Pharmacotherapy	I	0
	II	1
Surgery – Gastric Banding	I	0
	II	1
Surgery - Multiple	I	0
	II	2
TOTAL		199

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

