

The COVID-19 Crisis Is Making the Management of Obesity More Important Than Ever

Many of your employees may have obesity, a costly chronic disease

~30% of full-time employees have obesity

(body mass index [BMI] ≥ 30 kg/m²)^{1,a}

- 23,076,851 full-time employees in the United States have obesity^{1,2,a}

Obesity is associated with significant

Direct healthcare costs

- There are approximately **57 comorbidities** associated with obesity, including type 2 diabetes, cardiovascular disease, and hypertension^{3,b}

Indirect costs⁴

- Absenteeism/presenteeism
- Disability
- Workers' compensation

Did you know? People with obesity are at risk for severe symptoms of COVID-19



- People with obesity, as with any other chronic disease, are at a **higher risk of complications and adverse outcomes** from COVID-19⁵



- Based on what is currently known, the Centers for Disease Control and Prevention has stated that people of all ages with underlying medical conditions such as diabetes, renal failure, or severe obesity (BMI ≥ 40 kg/m²)—particularly if not well controlled—are at **high risk for severe illness** from COVID-19⁶



- Much is still unknown about the relationship between obesity and the severity of outcomes with COVID-19. More studies are needed to define the relationship

Obesity is common in people hospitalized with COVID-19



- A cross-sectional analysis of 4103 patients with COVID-19 treated at a health system in New York City (NYC) showed that BMI >40 kg/m² was the second strongest independent **predictor of hospitalization**, after advanced age⁷



- In a study of 5700 patients with COVID-19 admitted to 12 hospitals in the NYC area, the **most common underlying conditions** were hypertension, obesity (41.7%), and diabetes⁸



- A US survey of 178 patients hospitalized with COVID-19 across 14 states found that⁹
 - **~90% of patients** had one or more underlying conditions, the most common being **obesity**, hypertension, chronic lung disease, diabetes mellitus, and cardiovascular disease
 - Obesity was the **most prevalent condition** among patients aged <65 years with COVID-19

Obesity is a chronic disease that presents a **significant cost burden**



The added risks of COVID-19 make weight management **even more important**

Do you cover appropriate weight-management treatments for employees?

To learn more about obesity in the workplace, go to <https://www.novonordiskworks.com/>.

^aAdults aged ≥ 18 years.

^bAccording to the Obesity Medicine Association.

References: 1. Age-adjusted percent distribution (with standard errors) of body mass index among adults aged 18 and over, by selected characteristics: United States, 2017. Centers for Disease Control and Prevention website. https://ftp.cdc.gov/pub/Health_Statistics/NCHS/NHIS/SHS/2016_SHS_Table_A-15.pdf. Accessed May 6, 2020. 2. United States Census Bureau. QuickFacts: United States. <https://www.census.gov/quickfacts/fact/table/US/PST045218#>. Accessed May 6, 2020. 3. Bays HE et al. https://www.amga.org/amga/media/pdfs/performance%20improvement%20and%20publications/best%20practices%20and%20analytics/learning%20collaboratives/obesity%20care%20model/oma_obesity-algorithm.pdf. Accessed May 6, 2020. 4. Ramasamy A et al. *J Occup Environ Med.* 2019;61(11):877-886. 5. Ryan DH et al. *Obesity.* 2020;28(5). Published online April 1, 2020. doi:10.1002/oby.22808. 6. People who are at higher risk for severe illness. Centers for Disease Control and Prevention website. https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fspecific-groups%2Fpeople-at-higher-risk.html. Accessed May 6, 2020. 7. Petrilli CM et al. <https://www.medrxiv.org/content/10.1101/2020.04.08.20057794v1.full.pdf>. Accessed May 6, 2020. 8. Richardson S et al. *JAMA.* Published online April 22, 2020. doi:10.1001/jama.2020.6775. 9. Garg S et al. *MMWR Morb Mortal Wkly Rep.* 2020;69(15):458-464.