



The Costs, Behaviors, and Psychology of Obesity

JOHN BRIGGS, PHD

PSYCHOLOGIST

THEDACARE BEHAVIORAL HEALTH

The daCare Bariatric Surgery Overview

- ▶ Orientation/Introductory Class
- ▶ Visits with Registered Dietitians/Nutrition (2+)
- ▶ Visits with Exercise Physiologist (2+)
- ▶ Psychologist
 - ▶ Clinical Interview/Psycho-Social History
 - ▶ Psych Testing
 - ▶ MMPI-2
 - ▶ Milan Behavioral Medicine Diagnostic – Bariatric
 - ▶ Feedback Visit – Treatment Plan
 - ▶ Pre-surgical Educational Series
 - ▶ Bariatric Life Skills Groups
 - ▶ Psychotherapy/Counseling
 - ▶ Ongoing Evaluation

The daCare Bariatric Surgery Overview

- ▶ Ancillary Services
 - ▶ PCP
 - ▶ Pulmonology
 - ▶ Cardiology
 - ▶ Endocrinology
- ▶ Prior Authorization
- ▶ EGD
- ▶ Bariatric Surgery
 - ▶ Robotic Laparoscopic Roux-en-Y Gastric Bypass
 - ▶ Robotic Laparoscopic Sleeve Gastrectomy
- ▶ Aftercare Program

Overweight and Obesity

- ▶ Overweight: BMI 25 to 29.9
- ▶ Obesity: BMI 30 to 39.9
- ▶ Morbid Obesity: BMI > 40.00

Comorbidity/Increased Risk

- ▶ Diabetes Mellitus
- ▶ Dyslipidemia
- ▶ Hypertension
- ▶ Coronary Heart Disease
- ▶ Atrial Fibrillation
- ▶ Stroke
- ▶ Venous Thrombosis (DVT and Pulmonary Embolus)
- ▶ Cancer
- ▶ Musculoskeletal
- ▶ Genitourinary

Cancer

- ▶ Endometrial Carcinoma
- ▶ Kidney
- ▶ Gastric Cardia
- ▶ Colorectal Cancer
- ▶ Biliary Tract
- ▶ Pancreatic
- ▶ Breast
- ▶ Esophageal Adenocarcinoma
- ▶ Ovarian
- ▶ Liver
- ▶ Gastro Intestinal

Musculoskeletal

- ▶ Osteoarthritis
- ▶ Gout
- ▶ Chronic Pain Syndrome

Gastrointestinal/Genitourinary

- ▶ Chronic Kidney Disease
- ▶ Kidney Stones
- ▶ Urinary Incontinence
- ▶ Hepatobiliary Disease
 - ▶ Gallbladder
 - ▶ Nonalcoholic Cirrhosis
- ▶ GERD
- ▶ Sexual Dysfunction
- ▶ Infertility

Psychosocial

- ▶ Depression
- ▶ Generalized Anxiety and Panic Disorder
- ▶ Dementia

COVID-19

- ▶ Increased Risk for Intubation and Death
- ▶ J-Shaped Curve
 - ▶ 21 Days
 - ▶ BMI > 40
- ▶ Meta-analysis of 75 Studies
 - ▶ Obesity
 - ▶ 46% Greater Risk of COVID-19
 - ▶ 113% Higher Risk of Hospitalization
 - ▶ 74% Higher Risk of ICU Admission
 - ▶ 48% Increased Mortality Rate

Costs

- ▶ In 2017 Obesity cost the United States USD \$1.4 Trillion
- ▶ 300% more likely for SSDI
- ▶ Twice as many sick days
- ▶ Significantly Higher Pharmaceutical Costs

Liability and Risk Mgt

- ▶ Psycho-social Stigma
 - ▶ “Bullying” and Harassment (Hostile Work Environment)
 - ▶ Discrimination
- ▶ Personal Hygiene
- ▶ Appearance/Fashion
 - ▶ Sexual Harassment
- ▶ Safety
 - ▶ Fall Risk
 - ▶ Facilities (Obesity Furnishings)
 - ▶ DOT

Psychiatry

- ▶ Clinical Depression
- ▶ Anxiety
 - ▶ Generalized Anxiety
 - ▶ Panic Disorder
 - ▶ Social Anxiety
 - ▶ OCD
- ▶ Post Traumatic Stress Disorder
 - ▶ Chronic Violence Exposure
 - ▶ Sexual Assault, Rape, Molestation/Incest, Sex Trafficking
- ▶ Eating Disorders

Depression

- ▶ Symbiotic Relationship Between Obesity and Depression
- ▶ Individuals with Obesity
 - ▶ 55% Increased Risk for Depression
- ▶ Individuals with Depression
 - ▶ 58% Increased Risk for Obesity

Anxiety

- ▶ Significant Relationship Between Obesity and Anxiety
 - ▶ Generalized Anxiety
 - ▶ Social Anxiety
 - ▶ Panic Disorder
 - ▶ PTSD

- ▶ Social Construction
- ▶ Shame
- ▶ Isolation/Withdrawal and Avoidance
- ▶ Sedentary Lifestyle
- ▶ Trauma

Sexual Trauma and Adverse Life Experiences

- ▶ CDC Reports
 - ▶ 1 in 6 boys are sexually abused before age 18
 - ▶ 1 in 4 girls are sexually abused before age 18
 - ▶ Predictably Significantly Higher Numbers in Context of COVID-19
 - ▶ Isolation
 - ▶ Proximity
 - ▶ Access to Services
- ▶ 30% to 90% Correlation between Trauma and Obesity
- ▶ 87% Correlation between Adverse Life Experiences/PTSD, Binge Eating Disorder, and Obesity

Obesity and Chronic Pain

- ▶ Obesity and Chronic Pain Co-Exist
- ▶ Complaints of Chronic Pain In past 3 months
 - ▶ 3% of Patients with Healthy Weight
 - ▶ 7.2% of Patients with Obesity
 - ▶ 11.6% of Patients with Morbid Obesity
- ▶ Subjective Reports of Pain Severity
 - ▶ (relative to patients with healthy BMIs)
 - ▶ Overweight Patients, 20% Greater
 - ▶ Class 1 Obese Patients, 68% Greater
 - ▶ Class 2 Obese Patients, 136% Greater
 - ▶ Morbidly Obese Patients, 254% Greater

Case Study 1

- ▶ Success Story
 - ▶ 40 year old woman of European descent
 - ▶ Teenage Mom
 - ▶ Graduated HS and College, BS
 - ▶ Working in professional position—sales and marketing
 - ▶ Single Parent
 - ▶ 22 year old son graduating from college
 - ▶ Lifelong struggles with weight and obesity
 - ▶ 2010
 - ▶ 28 Years Old
 - ▶ 5' 5", 247 lbs, BMI = 41, Morbid Obesity
 - ▶ Otherwise Healthy
 - ▶ No Medications (birth control)
 - ▶ Denied Bariatric Surgery by Insurance

Case Study 1

- ▶ 2013
 - ▶ 31 Years Old
 - ▶ 260 lbs, BMI 43
 - ▶ Otherwise Healthy
 - ▶ Employer's Health Insurance did not cover Bariatric Surgery
- ▶ 2014
 - ▶ Dx Uterine Cancer
 - ▶ Recovered in Full Remission
- ▶ 2016
 - ▶ 34 Years Old
 - ▶ 290 lbs, BMI 48

Case Study 1

- ▶ 2016
 - ▶ Generalized Anxiety Disorder
 - ▶ Major Depressive Disorder
 - ▶ OSA
 - ▶ Acquired Hypothyroidism
 - ▶ Prediabetic
 - ▶ Migraine Headaches
 - ▶ GERD
 - ▶ Prozac/Fluoxetine
 - ▶ Xanax
 - ▶ Topamax
 - ▶ Prilosec
 - ▶ Employer's Health Insurance did not Cover Bariatric Surgery

Case Study 1

- ▶ October, 2020
 - ▶ Changed Jobs
 - ▶ 38 Years Old, 305 lbs, BMI > 50
 - ▶ Atorvastatin/Lipitor
 - ▶ Bupropion/Wellbutrin XR
 - ▶ Sertraline/Zoloft
 - ▶ Voltaren
 - ▶ Dulaglutide/Trulicity
 - ▶ Estradiol/Estrace
 - ▶ Levothyroxine
 - ▶ Glucophage/Metformin

Case Study 1

- ▶ March, 2021
 - ▶ Laparoscopic Robotic Roux-en-Y Gastric Bypass Procedure
- ▶ May, 2022
 - ▶ 40 Years Old, 175 lbs, BMI = 29
 - ▶ Estradiol/Estrace
 - ▶ Omeprazole/Prilosec
 - ▶ Bariatric Vitamins

Case Study 2

- ▶ Tragedy
- ▶ 35 Year Old, African American Woman
- ▶ 2011
 - ▶ 24 Years Old, Single, No Children, HS Graduate
 - ▶ Employed as Laborer in Manufacturing Environment
 - ▶ 385 lbs, BMI = 64
 - ▶ Otherwise Healthy
 - ▶ Approved for Bariatric Surgery but Declined
- ▶ 2014
 - ▶ 27 Years Old

Case Study 2

- ▶ 2014
 - ▶ 27 Years Old, 405 lbs, BMI = 67
 - ▶ Otherwise Healthy
- ▶ 2016
 - ▶ 29 Years Old, 425 lbs, BMI = 69
 - ▶ Major Depressive Disorder
 - ▶ Prozac/Fluoxetine
 - ▶ Type 2 Diabetes Mellitus
 - ▶ Insulin/Lantus
 - ▶ Glucophage/Metforman
 - ▶ OSA
 - ▶ CPAP
 - ▶ No Insurance Coverage for Bariatric Surgery

Case Study 2

- ▶ 2017
 - ▶ Married
 - ▶ High Risk Pregnancy
 - ▶ Preeclampsia
 - ▶ Left Workforce
 - ▶ 26 Weeks GA, C-Section
 - ▶ Herma Heart Center, Children's Hospital of Wisconsin
 - ▶ Trachea
 - ▶ Cerebral Palsy

Case Study 2

- ▶ 2019
 - ▶ Married
 - ▶ Unemployed
 - ▶ Children's Hospital of Wisconsin
 - ▶ 2nd Pregnancy
 - ▶ Healthy Daughter
 - ▶ Domestic Violence

Case Study 2

- ▶ 2019
 - ▶ 32 Years Old, 400 lbs, BMI = 65
 - ▶ Type 2 Diabetes Mellitus
 - ▶ Hyperglycemia
 - ▶ Chronic Hypertension
 - ▶ Anemia
 - ▶ GERD
 - ▶ OSA
 - ▶ Bilateral Knees/Chronic Pain
 - ▶ Sciatica

Case Study 2

- ▶ December, 2020
 - ▶ 33 Years Old, 425 lbs, BMI = 69
 - ▶ Divorced and Safe
 - ▶ Son and Daughter Update
 - ▶ Desires to Return to Workforce
 - ▶ PTSD
- ▶ May, 2022
 - ▶ Badgercare
 - ▶ Bariatric Surgery, August 2022
 - ▶ Temp to Perm Employment

Case Study 3

- ▶ Welcome to the workforce!
- ▶ 27 Year Old Male
- ▶ Severe Physical Abuse by Father
- ▶ Sexual Abuse by Mother and Step Father
 - ▶ Sex Trafficking
 - ▶ Multiple Foster Placements
 - ▶ Homeless
- ▶ PTSD

Case Study 3

- ▶ No Employment Hx
- ▶ Morbidly Obese
 - ▶ Bariatric Surgery Candidate
 - ▶ Identification of PTSD
 - ▶ Positive Responder to Treatment
 - ▶ “Adopted” by a retired and compassionate stranger
 - ▶ First Camping Trip
 - ▶ Two Goals
 - ▶ “I can’t wait to lose this weight, so I can enjoy the outdoors and go hiking.”
 - ▶ “I’m so excited about getting my first job and feeling like I have a purpose in life!”