

The State of Delaware

Weight Management Strategies

SEBC Health Policy & Planning Subcommittee Meeting

March 13, 2023

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Why focus on obesity and weight management?

Trends in obesity prevalence among U.S. adults and youth continue to rise



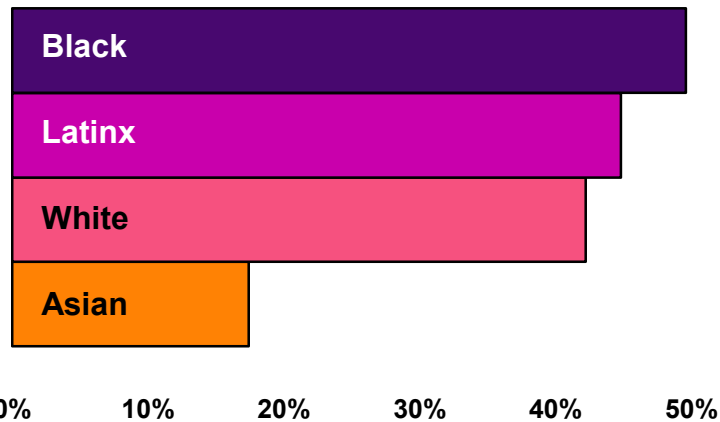
How is obesity clinically defined?

Obesity is classified as individuals with a body mass index (BMI) > 30; if BMI > 40, individuals have severe obesity.

Obesity is associated with **serious, high-cost health conditions:**

- Cardiovascular disease
- Musculoskeletal conditions
- Type 2 diabetes
- Certain types of cancer
- Sleep apnea

Obesity rate in the U.S.⁴



Over **30%** of adults in the U.S. have obesity³

- Obesity **disproportionately affects** Black people, indigenous people, and people of color
- Race, ethnicity, gender, income, education levels and where adults live, play a role in obesity⁵

> **\$351B**

direct and indirect costs of cardiovascular diseases and stroke, including **health costs and lost productivity**¹



Cardiovascular conditions are a **leading cause of long-term disability**



Having obesity **may triple the risk of hospitalization** due to a COVID-19 infection³



Obesity **increases the risk of severe illness from COVID-19**. People who are overweight may also be at increased risk³

42%

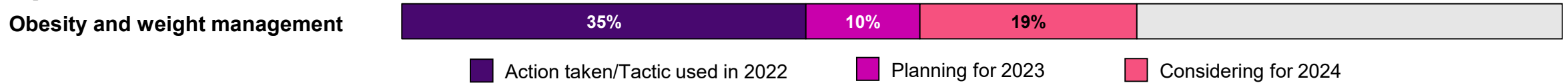
of U.S. adults **reported undesired weight gain** since the start of the pandemic, with an **average of 29 pounds**²

Sources: ¹<https://www.heart.org>, ²<https://www.apa.org/monitor/2021/07/extra-weight-covid>, ³<https://www.cdc.gov/obesity/data/obesity-and-covid-19.html>, ⁴<https://www.tfah.org/report-details/state-of-obesity-2020/>, ⁵<https://www.ama-assn.org/delivering-care/public-health/adult-obesity-rates-rise-6-states-exceed-35-7>.

Obesity and weight management are among the top 5 issues employers are targeting to improve member health



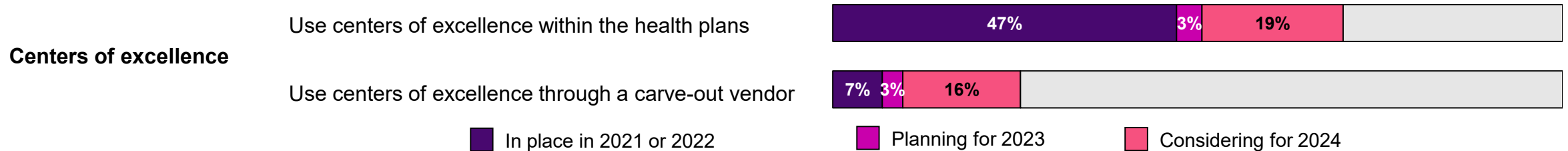
Which of the following clinical areas has your organization acted on or planned to act on as a means of improving member health?



The same survey found 70% of employers have or are planning to address metabolic syndrome between 2022 and 2024



Which network and provider strategies does your organization have in place or plan to have in place in the next few years?



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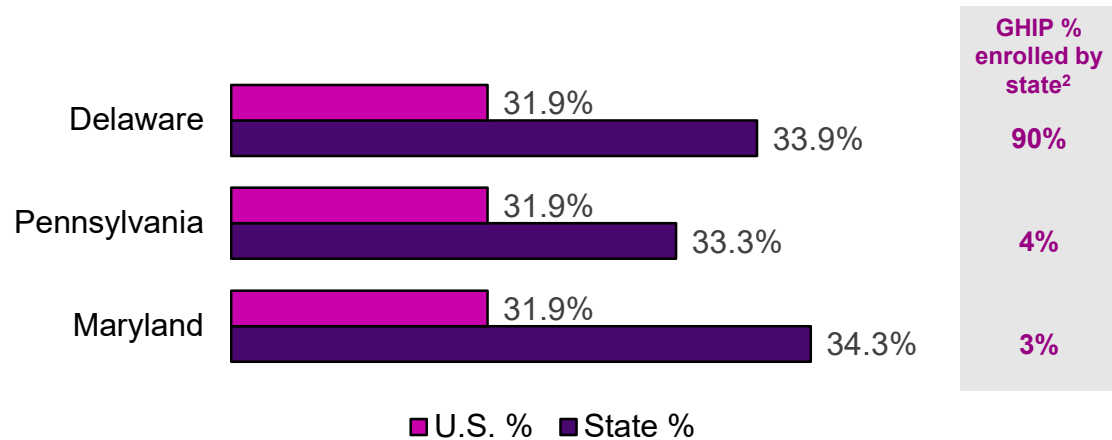


Source: WTW 2022 Best Practices in Healthcare Survey (455 employers representing 8.2M employees).

Why should the SEBC focus on obesity and weight management?

Trends in obesity prevalence among U.S. adults and how the GHIP compares

Prevalence¹ of obesity in top three states for the GHIP (by greatest enrolled headcount) compared to U.S.



Insights

- The state of Delaware is ranked 20th in the U.S. for prevalence of obesity
- Pennsylvania and Maryland are ranked 25th and 8th in the U.S. for prevalence of obesity, respectively
- The prevalence in the top 3 states with the highest GHIP enrollment is greater than the U.S. national average of 31.9%

Total Allowed Amount for Top 10 Costliest Episode Disease Categories among GHIP Members, FY2022³

Episode Disease Category	FY22 Allowed Amount (\$M)
Diabetes	\$85.4
Osteoarthritis	\$45.3
Respiratory Infections	\$43.0
Hypertension	\$37.6
Coronary Artery Disease	\$28.8
Skin Disorders	\$28.5
Low Back Pain/Disorders	\$27.1
Breast Cancer	\$24.7
Newborn-Related Conditions	\$24.5
Leukemia	\$24.0
Total: Top 10 Categories	\$368.8

Insights

- By addressing obesity issues in the GHIP population, the State may be able to reduce medical spend within the majority of the top 10 most costly clinical conditions by episodes of care among GHIP members
- Typical comorbid conditions of obesity such as diabetes and cardiovascular diseases make up about 75% of the total cost of these top 10 conditions

¹ Prevalence data sourced from *America's Health Rankings* and is based on the CDC's Behavioral Risk Factor Surveillance System, 2021. <https://www.americashealthrankings.org/>

² Reflects percentage of active employees and non-Medicare retirees enrolled in the GHIP.

³ Source: Delaware Department of Human Resources, Delaware Statewide Benefits Office, 2022.

A comprehensive weight management approach leverages a variety of resources



Direct to consumer

- OTC and nutritional supplements
- Weight management and food vendors
- Medical tourism for medications and bariatric surgery
- Alternative interventions (e.g., hypnosis, acupuncture)



Behavioral health

- Complex interrelationship between obesity and mental health
- Adults who carry excess weight struggle with depression and other mental health disorders
- Effective treatment must take both obesity and mental health into account
- Intensive behavioral therapy is an important component of care for patients with obesity



Weight management vendors

- Behavior and lifestyle changes
- Nutrition and wellness coaching
- Financial incentives
- Combining techniques for holistic approach



Bariatric surgery

- Procedures range in complexity and require high quality facilities and trained staff to limit the risk of postoperative complications
- Requires lifestyle changes after surgery
- Has the highest degree of weight loss



Anti-obesity medications (AOM)

- FDA approved medications
- Medically supervised weight loss
- Intensive lifestyle therapy

Sources: <https://www.fda.gov/media/130422/download>, <https://www.ncoa.org/article/how-excess-weight-impacts-our-mental-and-emotional-health>.

Current GHIP resources to support weight loss and management



Direct to consumer

- Discounts on gym memberships, weight loss programs and meal plans available through the medical plan
- Online education, recipes and videos available on Highmark and Aetna member websites
- Obesity screening and counseling, nutrition counseling and wellness coaching are available through the medical plan
- Delaware's Physical Activity, Nutrition and Obesity Prevention Program available to all residents of Delaware
- Healthy Delaware provides online education



Behavioral health

- ComPsych Employee Assistance Program available to all State and participating group employees and non-Medicare pensioners (access extended past end of the COVID-19 public health emergency until 6/30/2024)
- Programs through the medical plan such as Aetna: 360 Behavioral Health Support, AbleTo; Highmark: Bright Heart Health, Well360 virtual behavioral health
- Other public health resources such as the Delaware Division of Substance Abuse and Mental Health Crisis Hotline



Weight management vendors

- Diabetes Prevention Programs offered through Solera (Aetna members), Livongo (Highmark members) and the YMCA of Delaware



Bariatric surgery through SurgeryPlus

- Access to high quality surgeons of excellence with no out-of-pocket costs for plan participants
- Includes concierge service and travel benefits to support members seeking surgery



Anti-obesity medications (AOM)

- Coverage for this class of medications will be added to the CVS prescription drug benefit for active employees and non-Medicare retirees effective July 1, 2023

Additional details can be found on the Statewide Benefits Office Weight Management Resources webpage: <https://dhr.delaware.gov/benefits/weight-management/index.shtml>

Suggested next steps

- Consider establishing a formal measurement strategy to evaluate member engagement in and outcomes of the weight management resources currently offered to GHIP participants
- Consider further study of opportunities to pilot member incentives to drive further engagement in weight management resources
- SBO to provide demo of new Weight Management Resources webpage