

The Dangers of COVID-19 Have Increased the Importance of Managing Obesity

Obesity is a highly prevalent, chronic disease



By 2030, nearly **1 in 2** adults in the United States will have obesity (body mass index [BMI] ≥ 30 kg/m²) and nearly **1 in 4** will have Class 2 or 3 obesity (BMI ≥ 35 kg/m²)³

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



People with obesity are at a **higher risk of complications** from COVID-19 due to the increased risk of chronic diseases driven by obesity⁴



Based on what is currently known, the Centers for Disease Control and Prevention (CDC) has stated that people of any age with certain underlying medical conditions, including obesity (BMI ≥ 30 kg/m²), are at **increased risk for severe illness** from COVID-19⁵



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



Obesity could jeopardize the effectiveness of a COVID-19 vaccine



In multiple diseases, including hepatitis, tetanus, rabies, and influenza, research has indicated that vaccines have **reduced effectiveness** in adults with obesity⁶

- A study published in the *International Journal of Obesity* determined that vaccinated adults with obesity were **twice as likely** as vaccinated adults of healthy weight to **develop influenza**⁷
- Obesity researchers suggest that there is “little reason to believe that COVID-19 vaccines will be different”⁶



In a review published in the journal *Vaccine*, investigators from the Mayo Clinic’s Vaccine Research Group issued the following statement⁸:

“Obesity is a serious global problem, and the suboptimal vaccine-induced immune responses observed in the obese population cannot be ignored.”

Obesity is common in people hospitalized with COVID-19



A prospective cohort study of 5279 patients with COVID-19 treated at a health system in New York City showed that a BMI $>40 \text{ kg/m}^2$ was one of the **top 5 strongest factors associated** with hospitalization⁹



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 diabetes¹⁰



A US survey of 178 patients hospitalized with COVID-19 across 14 states found that¹¹

- **~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



Patients with obesity are more likely to be admitted to acute and critical care¹²



A retrospective study of 3615 individuals (aged <60 years) who tested positive for COVID-19 at New York University Langone Health determined that, compared with individuals with BMI $<30 \text{ kg/m}^2$, individuals with BMI $\geq 35 \text{ kg/m}^2$ were



2.2 times
more likely
to be admitted
to **acute care**
($P < 0.0001$)

3.6 times
more likely
to be admitted
to **critical care**
($P < 0.0001$)



Obesity is a chronic disease that presents a **significant cost burden**. The added risks of COVID-19 make weight management **even more important**

It is vital that appropriate weight-management treatments **are covered** for individuals who need them.

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

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