



Defense Health Agency (DHA) Clinical Communities Speaker Series

CCSS Jun 2021: Exploring Evidence-Based Practice in Modern Medicine Primary Care

S02: Epidemic within the Pandemic: Battling Obesity in a COVID-19 Climate

Resource List

Obesity rates in the USA have reached pandemic levels with one third of the population with obesity in 2015–2016 (39.8% of adults and 18.5% of youth). [Racial Disparities in Obesity Treatment](#) (2018) addresses this major health concern and above all points out the racial and ethnic disparities pronounced in the prevalence and treatment of obesity.

In [Obesity, Race/Ethnicity and COVID-19](#) (2021) the Centers for Disease Control and Prevention (CDC) highlight adult obesity as increasing and outcomes worsening in these patients who contract COVID-19. Due to the disproportionate impact of obesity on some racial and ethnic groups, the CDC along with other states and communities are partnering to remove the barriers to obesity education and increase prevention efforts that promote wellness for all.

Prior to dealing with the current challenges related to obesity and the COVID-19 Pandemic, a global approach to prevention was devised during the, [Current Status and Response to the Global Obesity Pandemic: Proceedings of a Workshop](#) (2019). The Institute of Medicine published this brief detailing perspectives on the implications of obesity as a global problem and the prevention and treatment efforts that attempt to reduce the health disparities associated with this disease. Health care professionals can review the information outlined in this brief to merge the past solutions with current disease presentations to improve outcomes associated with obesity and COVID-19 patient care.

With 2 in 5 adults and 1 in 5 children and adolescents in the United States diagnosed with obesity it is no wonder this epidemic is linked to serious health problems. In 2020, the [United States Department of Health and Human Services: Healthy People 2030](#) outlined the Overweight and Obesity Objectives for children, adolescents and adults. Additional evidence-based resources are available for review and download on this website.

World Obesity in collaboration with the World Health Organization updated the SCOPE E Learning web site to offer the only internationally recognized certification in obesity management. Although COVID-19 is slowly moving away from a pandemic status across the nation, obesity patients maintain negative health outcomes if they contract COVID-19. [Obesity and COVID-19 \(2021 Update\)](#) is a free e learning module designed for health care providers who treat patients with obesity. This training module integrates vital updates to the impact of the COVID-19 virus on obesity management in primary care.



Defense Health Agency (DHA) Clinical Communities Speaker Series

References

Byrd, A.S., Toth, A.T., & Stanford, F.C. (2018). Racial disparities in obesity treatment. *Current Obesity Reports*, 7, 130-138. doi: 10.1007/s13679-018-0301-3

Centers for Disease Control and Prevention. (2021). Obesity, race/ethnicity, and COVID-19.

<https://www.cdc.gov/obesity/data/obesity-and-covid-19.html>

Institute of Medicine. (2019). Current status and response to the global obesity pandemic: A workshop.

<https://www.nationalacademies.org/our-work/current-status-and-response-to-the-global-obesity-pandemic-a-workshop>

United States Department of Health and Human Services. (2020). Healthy people, 2030.

<https://health.gov/healthypeople/objectives-and-data/browse-objectives/overweight-and-obesity>

World Obesity. (2021). Obesity and COVID-19: 2021 update.

<https://www.worldobesity.org/news/coronavirus-disease-covid-19-outbreak-for-people-living-with-obesity>