

The role of obesity in the COVID-19 pandemic cannot be ignored¹⁻³

The Centers for Disease Control and Prevention (CDC) states that people of any age with certain underlying medical conditions such as obesity (BMI ≥ 30 kg/m²) are at increased risk for severe illness from COVID-19¹



The systemic effects of obesity may put patients with COVID-19 at an even greater risk^{1,4-6}



Compromised lung function

People with obesity are more likely to have health conditions that affect breathing⁴⁻⁶



Inflammation

Obesity is associated with chronic, low-grade inflammation, which may alter immune response and affect the lung tissues and airways⁶



Other comorbid conditions

Obesity is associated with an increased risk of cardiovascular disease, diabetes, and kidney disease, which increase a patient's susceptibility to developing pneumonia-associated organ failure⁴

Data shows that even adults with a BMI of 30-35 kg/m² may face worse outcomes from COVID-19^{2,a}

~5x

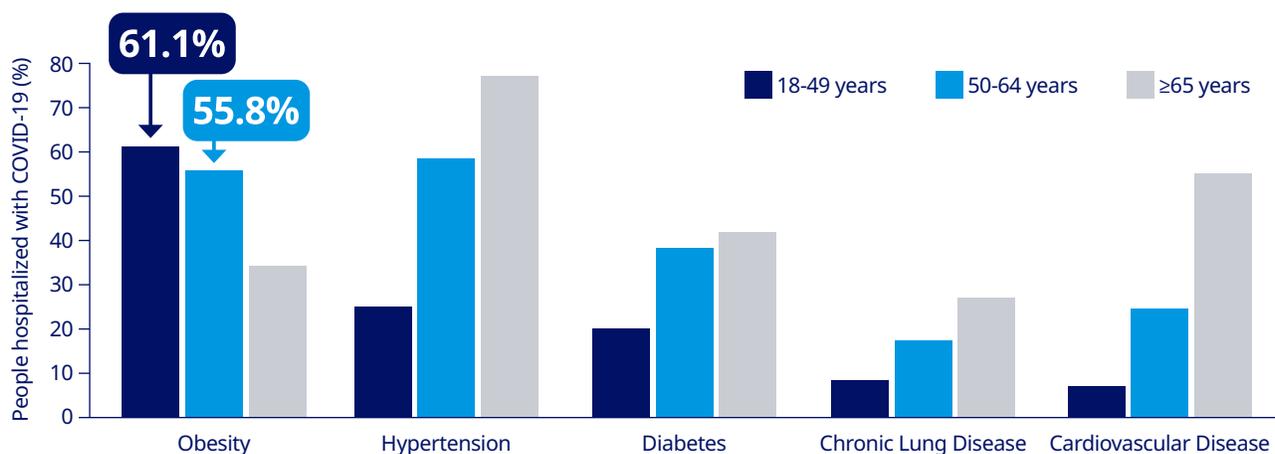
more likely to experience ICU admission compared with those without obesity²

~2x

more likely to experience respiratory failure compared with those without obesity²

Did you know?

Even younger adults with obesity are at risk for hospitalization from COVID-19^{3,b}

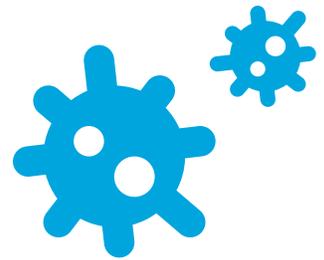


How might this information about COVID-19 impact your treatment approach for patients with obesity?



^aA retrospective, single-center study analyzed data from 482 consecutive patients with a confirmed diagnosis of COVID-19, hospitalized at Sant'Orsola Hospital in Bologna, Italy, between March 1 and April 20, 2020.
^bData from COVID-NET. Data on underlying medical conditions are restricted to cases reported during March 1-May 31, 2020, with nonmissing data. Due to sampling methodology for adults aged ≥ 18 years, counts are not shown, and weighted percentages are presented.

Weight management is crucial in the face of COVID-19⁷



Obesity can create additional obstacles while being treated for COVID-19 in the hospital⁷

Patients with obesity may:



Present greater challenges in obtaining diagnostic imaging (due to weight limits on machines)⁷



Be more difficult to intubate⁷



Be more difficult to position or transport by nursing staff⁷

It is important to stay up-to-date on the latest information on COVID-19

The CDC publishes new data regularly



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Several other organizations are providing information specifically about COVID-19 and obesity, including:

- [World Obesity Federation](#)
- [The Obesity Society](#)
- [The Obesity Action Coalition](#)
- [The Obesity Medicine Association](#)

Novo Nordisk would like to thank you again for your efforts during this global health crisis.

Should you need samples for your patients, you can go to [ObesityProductSamples.com](#) and have them sent straight to your office. You also have access to educational materials for you and your patients and a tool to check formulary coverage for all Novo Nordisk products at [NovoMedLink.com](#).

For more information and resources about obesity care, please visit [RethinkObesity.com](#)

References: 1. Coronavirus Disease 2019 (COVID-19): People with certain medical conditions. The Centers for Disease Control and Prevention website. Updated September 11, 2020. Accessed September 18, 2020. <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>. 2. Rottoli M, Bernante P, Belvedere A, et al. How important is obesity as a risk factor for respiratory failure, intensive care admission and death in hospitalised COVID-19 patients? Results from a single Italian centre. *Eur J Endocrinol.* 2020;183(4):389-397. 3. COVID-19 laboratory-confirmed hospitalizations. The Centers for Disease Control and Prevention website. Accessed September 18, 2020. https://gis.cdc.gov/grasp/COVIDNet/COVID19_5.html. 4. Stefan N, Birkenfeld AL, Schulze MB, Ludwig DS. Obesity and impaired metabolic health in patients with COVID-19. *Nat Rev Endocrinol.* 2020;16(7):341-342. 5. Masa JF, Pepin J, Borel J, et al. Obesity hypoventilation syndrome. *Eur Respir Rev.* 2019;28:180097. 6. Simonnet A, Chetboun M, Poissy J, et al. High prevalence of obesity in severe acute respiratory syndrome coronavirus-2 (SARS-CoV-2) requiring invasive mechanical ventilation. *Obesity (Silver Spring).* 2020;28(7):1195-1199. 7. Coronavirus (COVID-19) & obesity. The World Obesity Federation website. Accessed September 18, 2020. <https://www.worldobesity.org/news/statement-coronavirus-covid-19-obesity>.

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