Background: Perception of weight loss medications in patients with obesity has rarely been reported. The purpose of this study was to evaluate and compare the perceptions of patients regarding weight loss medications, over-the-counter (OTC) or herbal products, and participation in bariatric surgery and other weight loss programs.

Methods: Kantar Health conducted a large-scale online survey, N=45,641, consisting of prescription and non-prescription weight loss medications, OTC and herbal products, and surgical and weight loss programs. Study respondents were stratified by age, gender, and ethnicity. Respondents who did not report taking steps to lose weight or who did not report using weight loss medication were excluded. Respondents were also asked if they had a prescription for weight loss medication, weight loss surgery, etc.) increased as BMI increased (all p<0.001).

Results: The proportion of respondents taking at least one step to lose weight was 50.81±15.74 (all p<0.001) (see Figure 1). The proportion of respondents taking at least one step to lose weight was 23.8% (all p<0.001) (see Figure 2).

Conclusions: The perception of weight loss medications in patients with obesity has rarely been reported. Although physicians seldom recommended weight loss medications and few respondents used weight loss medications, there is a need to raise the awareness of pharmacotherapy as a potential component of weight loss treatment.

REFERENCES


