Obesity is a chronic disease that impacts the health of millions of Canadians. While a growing number of Canadians are living longer and healthier lives, obesity remains a significant health challenge. In 2017, the overall rate of obesity among adults in Canada was 24%, with the highest rates in the Prairie provinces. Obesity is a disease that requires treatment approaches as recommended in the Canadian Clinical Practice Guidelines: An interdisciplinary team approach.

FACT: OBESITY IS TREATABLE

Obesity is a chronic disease that requires treatment approaches as recommended in the Canadian Clinical Practice Guidelines: An interdisciplinary team approach.

ACCESS TO SPECIALISTS AND INTERDISCIPLINARY TEAMS FOR BEHAVIOURAL INTERVENTION

- The availability of specialized services is critical to successful obesity management.
- Access to supervised meal replacements is essential for weight loss.
- Access to exercise professionals at the primary care level is extremely limited.
- Dietetic resources and programs are not readily available for obesity management.
- Medical schools do not routinely include obesity in their curriculum.
- Very limited number of universities include obesity in their curricula.

FACT: A very limited number of Canadian physicians have completed certification through the American Board of Obesity Medicine.

ACCESS TO SUPERVISED MEAL REPLACEMENT PROGRAMS WITH MEAL REPLACEMENTS

- There is significant variation in access to supervised meal replacement programs.
- They are mainly used as a pre-surgery weight loss tool for public funding systems.

ACCESS TO PRESCRIPTION ANTI-OBESITY MEDICATIONS

- Access to prescription anti-obesity medications is limited.
- The number of Canadian physicians who have completed certification through the American Board of Obesity Medicine is very limited.
- Very limited number of universities include obesity in their curricula.

FACT: There are international organizations that have declared obesity a chronic disease.

Bariatric Surgery

- Bariatric surgery is performed in only nine provinces in Canada (it isn’t performed in PEI or any of the territories).
- Access to bariatric surgery is limited.
- The number of bariatric surgeries performed in Canada is small.
- There is a significant lack of mental health support and cognitive behavioural therapy for obesity management outside the bariatric surgery route.

FACT: There are significant gaps in access to interdisciplinary teams for obesity management.

Access to Bariatric Surgery

- There are significant gaps in access to interdisciplinary teams for obesity management.
- There is a significant lack of mental health support and cognitive behavioral therapy for obesity management outside the bariatric surgery route.
- Access to exercise professionals at the primary care level is extremely limited.
- Dietetic resources and programs are the most common health service available for obesity management.

FACT: Very limited number of Canadian physicians have completed certification through the American Board of Obesity Medicine.

Grading Access to Anti-obesity Medications

- Access to anti-obesity medications is limited.
- The number of Canadian physicians who have completed certification through the American Board of Obesity Medicine is very limited.
- Very limited number of universities include obesity in their curricula.

FACT: There are international organizations that have declared obesity a chronic disease.

Grading Criteria for Access to Bariatric Surgery

- There are significant gaps in access to interdisciplinary teams for obesity management.
- There is a significant lack of mental health support and cognitive behavioral therapy for obesity management outside the bariatric surgery route.
- Access to exercise professionals at the primary care level is extremely limited.
- Dietetic resources and programs are the most common health service available for obesity management.

FACT: Very limited number of Canadian physicians have completed certification through the American Board of Obesity Medicine.

Wait Times for Bariatric Surgery

- There are significant gaps in access to interdisciplinary teams for obesity management.
- There is a significant lack of mental health support and cognitive behavioral therapy for obesity management outside the bariatric surgery route.
- Access to exercise professionals at the primary care level is extremely limited.
- Dietetic resources and programs are the most common health service available for obesity management.

FACT: Very limited number of Canadian physicians have completed certification through the American Board of Obesity Medicine.