



## Effective Health Care Bariatric Surgery for Severe Obesity Nomination Summary Document

### Results of Topic Selection Process & Next Steps

- Bariatric surgery for severe obesity was found to be addressed by an in-process evidence report and guidelines by the National Heart, Lung, and Blood Institute (NHLBI) and the National Institutes of Health (NIH). The in-process report and guidelines will update the 1998 NHLBI/NIH clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults. Given that in-process efforts cover this nomination, no further activity will be undertaken on this topic.
  - National Heart, Lung, and Blood Institute, National Institutes of Health. *Update: Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults*. Original 1998 guidelines available at: [http://www.nhlbi.nih.gov/guidelines/obesity/ob\\_qdlns.htm](http://www.nhlbi.nih.gov/guidelines/obesity/ob_qdlns.htm). To view the status of the update, please go to: <http://www.nhlbi.nih.gov/guidelines/obesity/obesity2/index.htm>.
- Also related to this topic is an in-process AHRQ report titled *Comparative Effectiveness of Bariatric Surgery and Non-Surgical Therapy in Adults with Metabolic Conditions and Body Mass Index of 30 to 34.9*. To view a description and status of the research review, please go to: <http://www.effectivehealthcare.ahrq.gov/index.cfm/search-for-guides-reviews-and-reports/>.
- To sign up for notification when this and other EHC Program topics are posted, please go to <http://effectivehealthcare.ahrq.gov/index.cfm/join-the-email-list1/>.

### Topic Description

**Nominator:** Organization

**Nomination Summary:** The nominator is interested in the comparative effectiveness of bariatric surgery and other medical treatments for obesity (body mass index (BMI) 35-40) and severe obesity (BMI >40). The nominator wants to know how treatment effectiveness varies with degree of obesity, co-morbidities, age, gender, socioeconomic status, or race/ethnicity.

**Staff-Generated PICO:**

**Population(s):** Adults, BMI 35 and above, subgroups (degree of obesity, co-morbidities, age, gender, socioeconomic status, or race/ethnicity)

**Intervention(s):** Gastric bypass, lap band, lap sleeve, drugs, commercial weight loss plans, healthcare professional supervised diet, and behavior modification

**Comparator(s):** As above

**Outcome(s):** Change in weight or BMI, mortality, co-morbidities (gastroesophageal reflux disease, type 2 diabetes, cardiovascular disease)

**Key Questions  
from Nominator:**

1. What is the comparative effectiveness of bariatric surgery procedures (gastric bypass, lap band, lap sleeve) compared to each other?
2. What is the comparative effectiveness of bariatric surgery procedures (gastric bypass, lap band, lap sleeve) compared to drugs?
3. What is the comparative effectiveness of bariatric surgery procedures (gastric bypass, lap band, lap sleeve) compared to dietary and behavioral interventions?
4. How does treatment effectiveness vary with degree of obesity, co-morbidities, age, gender, socioeconomic status, or race/ethnicity?
5. What are the comparative harms of bariatric surgery, pharmaceuticals, diet, and behavioral modifications?
6. How do harms vary with degree of obesity, co-morbidities, age, gender, socioeconomic status, or race/ethnicity?

## Considerations

- The topic meets EHC Program appropriateness and importance criteria. (For more information, see <http://effectivehealthcare.ahrq.gov/index.cfm/submit-a-suggestion-for-research/how-are-research-topics-chosen/>.)
- This topic was found to be addressed by an in-process update to the 1998 NHLBI/NIH clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults. The critical question with the most overlap with the nomination will address surgical procedures compared to no treatment, other surgical procedures, diet, exercise, and behavioral treatments.