The role of obesity in the COVID-19 pandemic cannot be ignored.\textsuperscript{1-3}

The Centers for Disease Control and Prevention (CDC) states that people of any age with certain underlying medical conditions such as obesity (BMI $\geq$ 30 kg/m$^2$) are at increased risk for severe illness from COVID-19.\textsuperscript{1}

People with obesity are more likely to have health conditions that affect breathing.\textsuperscript{4-6}

Obesity is associated with chronic, low-grade inflammation, which may alter immune response and affect the lung tissues and airways.\textsuperscript{5}

compromised lung function

Inflammation

Other comorbid conditions

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

~5x more likely to experience ICU admission compared with those without obesity\textsuperscript{2}

~2x more likely to experience respiratory failure compared with those without obesity\textsuperscript{2}

compromised lung function

Inflammation

Other comorbid conditions

Did you know?

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

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

Compromised lung function
People with obesity are more likely to have health conditions that affect breathing.\textsuperscript{4-6}

Inflammation
Obesity is associated with chronic, low-grade inflammation, which may alter immune response and affect the lung tissues and airways.\textsuperscript{5}

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 failure.\textsuperscript{4}

Data 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 $\geq$ 18 years, counts are not shown, and weighted percentages are presented.
Weight management is crucial in the face of COVID-19\textsuperscript{7}

Obesity can create additional obstacles while being treated for COVID-19 in the hospital\textsuperscript{7}

Patients with obesity may:

- Present greater challenges in obtaining diagnostic imaging (due to weight limits on machines)\textsuperscript{7}
- Be more difficult to intubate\textsuperscript{7}
- Be more difficult to position or transport by nursing staff\textsuperscript{7}

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

You can get alerts when new publications are released on PubMed. 
Learn how

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.

References: