## BACKGROUND

- Rapid advances in obesity treatments have prompted updates to international guidelines.
- In Israel, treatment recommendations draw on international principles, but there are no structured national guidelines or comparable framework for treatment selection.

## AIMS

To describe prevailing patterns of obesity treatment in Israel and to examine the explicit and implicit considerations guiding clinical decision-making.

## METHODS

- Multi-stage mixed-methods study.
- Mapping of real-world obesity treatment strategies in Israel.
- Expert rating of treatment appropriateness on a scale from 1-9 (low, medium, high) for 75 representative cases from Leumit Health Services obesity registry.
- Quantitative and qualitative analysis and expert discussions.

## KEY FINDINGS

- Substantial disagreement among experts regarding treatment appropriateness:
  - › **47%** in the 60 cases that had documented both treatment and outcomes
  - › **27-80%** regarding treatment choice (6 options) in cases lacking documented treatment
  - › **7-67%** regarding specific pharmacologic therapy (12 options) in cases lacking documented treatment
- Greater disagreement in patients with complex medical and socio-demographic profiles.
- Variability reflects different views on:
  - – treatment goals and outcomes
  - – sequencing of treatment options
  - – the scope of comprehensive care, including multidisciplinary, psychosocial and digital components.

# WHEN OBESITY TREATMENT GUIDELINES ARE ABSENT:

# Same Patient.
# Different Experts.
# Different Treatment Decisions.

- Inconsistent treatment approaches
- Treatment quality may vary
- Excessive reliance may be placed on individual provider judgment

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## STUDY HIGHLIGHTS

Five patient profiles were identified from **68,203** real-world electronic health records, from which **75** representative cases were selected.

**23** experts from diverse healthcare professions evaluated treatment appropriateness using the RAND/UCLA approach, followed by qualitative discussions to explore the reasons for disagreement.

Experts disagreed on the appropriateness of care in **28 of 60** treated patient cases (**47%**).

## RECOMMENDATIONS

- Develop a consensus-based treatment framework.
- Define treatment principles, goals and success indicators.
- Support individualized decision-making, digital tools, structured documentation and improved patient communication.

**Let's stay in touch!**

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