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XXIX IFSO World Congress

1-4 September 2026 | Toronto, Canada

PERSPECTIVES ON HEALTH GAIN - WHAT DOES NURSING REGARD AS HEALTH GAIN?

LOOKING BEYOND THE SCALES TO CHRONIC DISEASE MANAGEMENT

TORONTO2026

The Future of Obesity Management:
From Weight Loss to Health Gain

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Disclosure Slide

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	No, nothing to disclose
√	Yes, please specify

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Novo Nordisk		Consulting						Focus Group
American Journal of Managed Care		Consulting						Focus Group

Learning Objectives

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At the completion of this presentation, the attendee will…

1. Define health gain generically and refine to metabolic and bariatric surgery specifically and incorporate chronic disease management;
2. Identify health gain measures beyond the scale from a nursing perspective;
3. Discuss the nursing role in achieving and protecting health gain.

Health Gain, Definition

A generic term for any measurable or objective improvement in the health of a population —e.g., reduction in cancer or coronary heart disease-related mortality— which is attributable to a health intervention.

https://medical-dictionary.thefreedictionary.com/health+gain

Health Gain Post Metabolic and Bariatric Surgery

- Weight
- BMI
- Excess body weight loss
- Total body weight loss
- Improvement/Resolution of health-related conditions
  - Hypertension (BP)
  - Type 2 diabetes mellitus (HgbA1C)
  - Obstructive sleep apnea (AHI)
  - Gastroesophageal Reflux disease (pH)
  - Hyperlipidemia (Lipid panel)
  - Other
- Decrease risk of obesity-related cancers

BUT… health gain is not all about the numbers

Health Gain: NURSING PERSPECTIVE

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- Shift from "what is the matter" to "what matters"
- Shift from disease centered to patient centered
- Shift from the numbers (ie weight, BMI, BP, HgbA1C) to has life improved (quality of life)
- Shift from the scale to the whole person (the physical, social, psychological, functional person)
- Shift from doing for to enabling

SHIFT

What is the matter? VS What matters

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What is the matter?

- What is wrong?
- What is the problem?

What matters?

- What do you want to achieve?
- What matters to you?

SHIFT
Disease Centered VS Patient Centered

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Disease Centered

- What is the diagnosis?
- Is the disease controlled?
- Has the weight gone done?
- What treatment is necessary?

Patient Centered

- Has life improved?
- What can the patient do?
  - Climb a flight of stairs without getting short of breath?
  - Cross legs?
  - Fit into an airplane seat without a seatbelt extender?
- What matters to the patient?
  - Less medications?
  - Improved relationships?
  - Other?

Numbers SHIFT VS Quality of Life

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Numbers

- Weight
- % EWL
- % TBWL
- Waist circumference
- Blood pressure
- HgbA1C
- Other

Quality of Life

- Clothes fitting better
- More physically active
- Able to ride amusement park rides with children
- Sitting of the floor
- Wearing “normal size clothes”
- Increased physical activity

SHIFT: RE-DEFINING HEALTH GAIN

Shift from the scale to the whole person

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- Physical – improved sleep, less fatigue, less pain
- Functional – activities of daily living, working, mobility
- Psychological – stable mood, increased confidence
- Social – family, friends, work, community
- Quality of life – life satisfaction, safety and happiness
- More

SHIFT:
Doing for VS Enabling

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DOING FOR…

- Provider gives information
- Patient follows instructions

ENABLING

- Self-care
- Providing…
  - Knowledge/education
  - Skills
  - Choice
  - Support

Health Gain: Chronic Disease Management

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Changes the metrics some – but incorporates all those elements important to the patient

- T2DM
- OSA
- GERD
- HTN
- Cardiovascular disease
- MASH
- Osteoarthritis
- Others

Chronic Disease:
OBESITY and HEALTH RELATED DISEASE

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Chronic disease	Potential effect of weight loss after MBS	How health gain may be expressed
Obesity	Improved glycemic control (T2DM), lower BP (HTN), improved AHI (OSA), improved liver (MASH) and kidney function (CKD), less stress on joints, lower cardiovascular risk stratification, less heartburn/reflux	Fewer complications lower treatment burden, reduced medication use, slow disease progression, lower risk for cancer, increased physical activity, overall improved health, disease modification, functional improvement, improved quality of life, potentially increased longevity

THE ROLE OF THE NURSE:
Achieving and Protecting Health Gain

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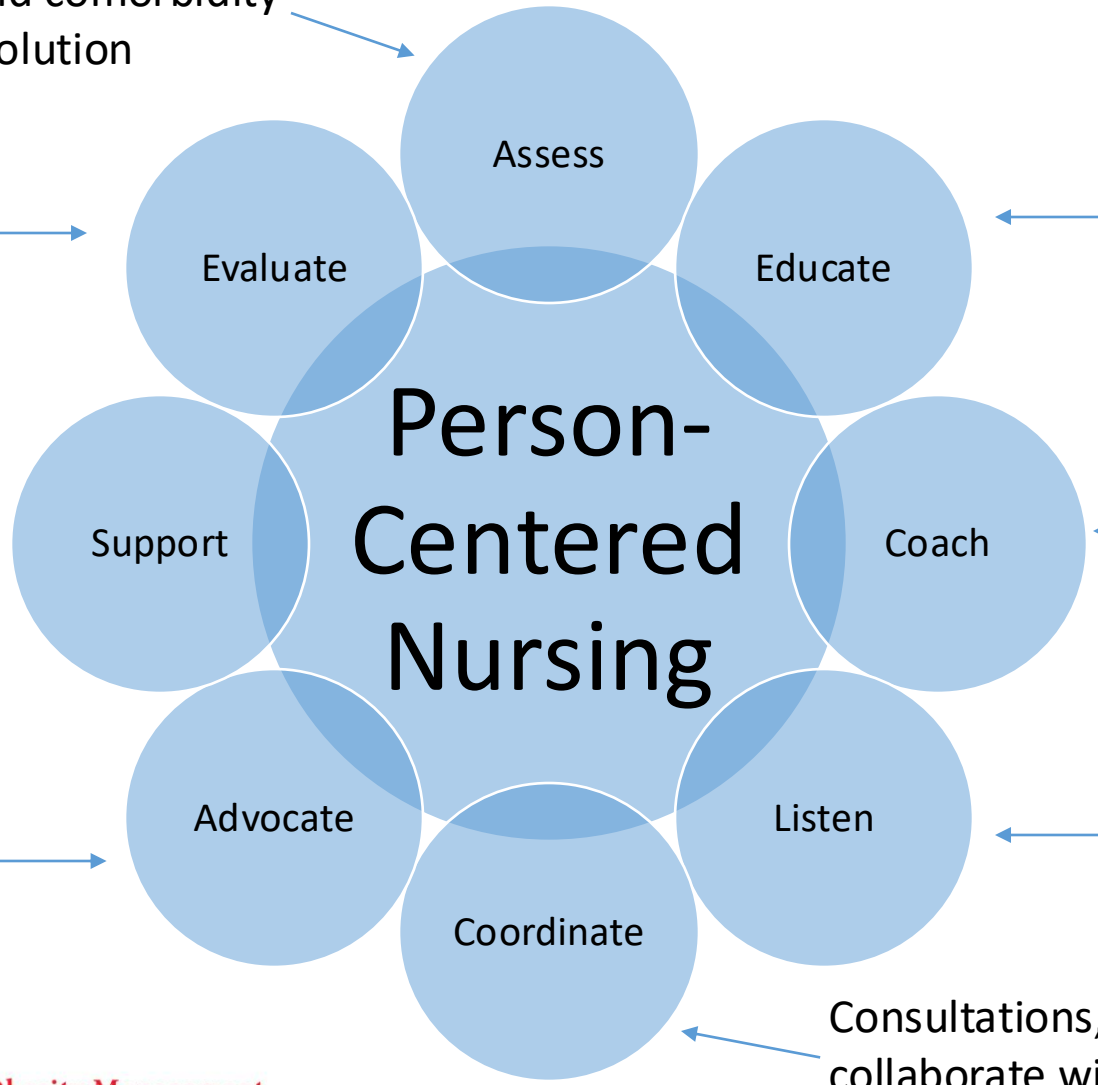
Weight trajectory and comorbidity improvement or resolution

Detecting and mitigating harms that erode health gain: weigh recurrence, disease, complications

Lifestyle adherence: reinforcing physical activity, smoking and alcohol cessation, counseling that pregnancy is contraindicated for 12-18 months, etc…

For obesity management locally, nationally and internationally



Patient on nutrition, physical activity, vitamin & mineral supplementation and more

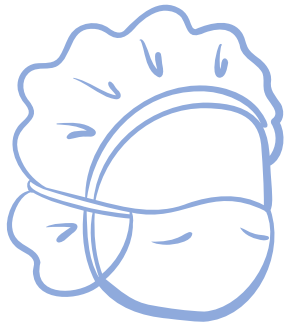
Positive behaviors to increase and maintain health gain

To the patient

Consultations, follow-up, collaborate with other health care providers

SUMMARY

- Obesity treatment is not simply to reduce weight
  - Reduce the burden and consequences of chronic disease
  - Improve the patient's ability to live a healthier, more functional life
- Health gain
  - Goes beyond the scale
  - Includes what matters to the patient
- Nursing…
  - Is the patient’s voice in the multidisciplinary team
  - Helps measure health care beyond the numbers –
    - Physically
    - Functionally
    - Socially
    - Psychologically
    - Quality of life



If the number improves, but the person's life does not…

have we truly achieved health gain?

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