

# Implementation of the New Guidelines in Europe

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President IFSO 2023/2024

Past President IFSO-EC 2018-2021



## Indications and Coverage of Metabolic and Bariatric Surgery: A Worldwide IFSO Survey Comparing Different National Guidelines

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**Survey:** Sixty-three out of the 72 IFSO national societies answered the form (87.5%)

74.6% have some kind of guidelines regarding indications for MBS.

22% are still based on the NIH 1991 recommendations,

43.5% possess guidelines midway the 1991s and 2022 ones

**34% have already adopted the 2022 guidelines.**

MBS was financially covered in 65% of the countries

*Obesity Surgery (2024) 34:1395–1404*

COUNTRY	NR OF PROCEDURES IN 2021
Austria	1.888
Azerbaijan	1.068
Belgium	13.542
Bulgaria	72
Czech Republic	1.439
Finland	1.298
France	43.029
Georgia	NA
Germany	19.656
Greece	540
Hungary	NA
Iceland	NA
Israel	178
Italy	20.234
Kazakhstan	329
Lithuania	484
Netherlands	9.741
Norway	2.158
Poland	4.090
Portugal	3.330
Romania	2.919
Russia	4.880
Serbia	NA
Slovenia	201
South Africa	388
Spain	5.286
Sweden	3.976
Switzerland	4.963
Turkey	23.063
Ukraine	NA
United Kingdom	3.712
Uzbekistan	NA

**IFSO-EC**  
**32 national societies**  
**172.464 procedures in**  
**2021 IFSO registry**

Questionnaire was sent to ALL presidents of national societies: 26/32 (81%) answered

1. Are the new IFSO guidelines **implemented** in your country?

2. Is there **reimbursement** for BMI 30-35 and Diabetes?

3. Is there reimbursement for BMI 35-40 without comorbidities?

4. Is there reimbursement for BMI >40 without comorbidities (old guidelines)?

5. Is there reimbursement for BMI 35-40 with comorbidities? (old guidelines)?



6. Has the national bariatric society asked the **national obesity society** (Internists) for endorsement?

7. Has the national Obesity Society (Internists) endorsed the new guidelines?

8. Were the new guidelines presented by the national bariatric society to **health care insurances and public health care providers**?

9. If not (question 8): Would it be helpful to receive information/promotional material from IFSO-EX side to convince public health care providers?

10. Any Comments/remarks

1. France

2. Turkey

3. Italy

4. Germany

5. Belgium



# 1. France

	Yes	No	
1. Are the new IFSO guidelines implemented in your country?			yes for T2D and BMI >30
2. Is there reimbursement for BMI 30-35 and Diabetes?	X		
3. Is there reimbursement for BMI 35-40 without comorbidities?		X	except for T2D
4. Is there reimbursement for BMI >40 without comorbidities (old guidelines)?	X		
5. Is there reimbursement for BMI 35-40 with comorbidities? (old guidelines)?	X		
6. Has the national bariatric society asked the national obesity society (Internists) for endorsement?		X	New updated guidelines published in 2024 by French authorities, with active participation of both surgical and nutrition societies.
7. Has the national Obesity Society (Internists) endorsed the new guidelines?	X		

# 1. France

8. Were the new guidelines presented by the national bariatric society to health care insurances and public health care providers?	X		
9. If not (question 8): Would it be helpful to receive information/promotional material from IFSO-EX side to convince public health care providers?		X	

decision are made by **health technology assesment agencies (HAS)**, following a **strict process** evaluating medical benefit based on available evidences (i.e. mostly RCT). This is why OAGB is not reimbursed in our country. Please note that OAGB or other operations under development can be legally performed in France, they are just not reimbursed by social security (in France = not performed in practice).



# 2. Turkey

No response

MBS only reimbursed if „cases where the patient's **health is significantly at risk** due to obesity and other related comorbidities, such as diabetes or hypertension.

The decision for reimbursement typically requires a thorough medical evaluation and approval by health authorities.“

**Medical tourism – health authorities regulations!?**

# 3. Italy

	YES	NO	
1. Are the new IFSO guidelines implemented in your country?	x		National Guidelines system website powered by the department of health
2. Is there reimbursement for BMI 30-35 and Diabetes?	X		if not controlled with best medical therapy
3. Is there reimbursement for BMI 35-40 without comorbidities?		X	
4. Is there reimbursement for BMI >40 without comorbidities (old guidelines)?	X		
5. Is there reimbursement for BMI 35-40 with comorbidities? (old guidelines)?	X		
6. Has the national bariatric society asked the national obesity society (Internists) for endorsement?	X		

# 3. Italy

	Yes	No	
7. Has the national Obesity Society (Internists) endorsed the new guidelines?			Not officially endorsed but they were part of the board that wrote the guidelines
8. Were the new guidelines presented by the national bariatric society to health care insurances and public health care providers?	X		
To check the guidelines:			
<a href="https://www.iss.it/documents/20126/8331678/LG-C005-SICOB-Terapia+chirurgica+obesità.pdf/b1592b51-621f-fbee-7fe6-f715ec149b42?t=1693912788822">https://www.iss.it/documents/20126/8331678/LG-C005-SICOB-Terapia+chirurgica+obesità.pdf/b1592b51-621f-fbee-7fe6-f715ec149b42?t=1693912788822</a>			

# 4. Germany

	Yes	No	Partially (pls specify)
Country: Germany			
1. Are the new IFSO guidelines implemented in your country?		X	
2. Is there reimbursement for BMI 30-35 and Diabetes?	X		in case of poor HbA1c etc.
3. Is there reimbursement for BMI 35-40 without comorbidities?		X	
4. Is there reimbursement for BMI >40 without comorbidities (old guidelines)?	X		
5. Is there reimbursement for BMI 35-40 with comorbidities? (old guidelines)?	X		

# 4. Germany

6. Has the national bariatric society asked the national obesity society (Internists) for endorsement?	X		
7. Has the national Obesity Society (Internists) endorsed the new guidelines?		X	
8. Were the new guidelines presented by the national bariatric society to health care insurances and public health care providers?	X		
9. If not (question 8): Would it be helpful to receive information/promotional material from IFSO-EX side to convince public health care providers?			
10. Any Comments/remarks			new DAG guideline ignores latest IFSO guidelines

# Switzerland

	Yes	No	Partially (pls specify)
1. Are the new IFSO guidelines implemented in your country?	yes		
2. Is there reimbursement for BMI 30-35 and Diabetes?	yes		Under certain conditions
3. Is there reimbursement for BMI 35-40 without comorbidities?	yes		
4. Is there reimbursement for BMI >40 without comorbidities (old guidelines)?	yes		
5. Is there reimbursement for BMI 35-40 with comorbidities? (old guidelines)?	yes		
6. Has the national bariatric society asked the national obesity society (Internists) for endorsement?		no	
		no	
7. Has the national Obesity Society (Internists) endorsed the new guidelines?		no	
8. Were the new guidelines presented by the national bariatric society to health care insurances and public health care providers?	yes		

# Georgia

	Yes	No	Partially (pls specify)
Country: Georgia			
1. Are the new IFSO guidelines implemented in your country?	yes		
2. Is there reimbursement for BMI 30-35 and Diabetes?	yes		
3. Is there reimbursement for BMI 35-40 without comorbidities?	yes		
4. Is there reimbursement for BMI >40 without comorbidities (old guidelines)?		no	
5. Is there reimbursement for BMI >40 without comorbidities (new guidelines)?		no	
6. Has the national bariatric society asked the national obesity society (Internists) for endorsement?			NO national obesity society, but we requested endorsement from the Society of Endocrinologists
7. Has the national Obesity Society (Internists) endorsed the new guidelines?		no	
8. Were the new guidelines presented by the national bariatric society to health care insurances and public health care providers?	yes		

**Healthcare providers and insurances do not cover the cost of bariatric surgery**

# Azerbaijan

Country:	AZERBAIJAN	
1. Are the new IFSO guidelines implemented in your country?	yes	
2. Is there reimbursement for BMI 30-35 and Diabetes?	yes	
3. Is there reimbursement for BMI 35-40 without comorbidities?		no
4. Is there reimbursement for BMI >40 without comorbidities (old guidelines)?		no
5. Is there reimbursement for BMI >40 with comorbidities (old guidelines)?		no
6. Has the national Obesity Society (Internists) endorsed the new guidelines?	yes	
7. Has the national Obesity Society (Internists) endorsed the new guidelines?	yes	
8. Were the new guidelines presented by the national bariatric society to health care insurances and public health care providers?	yes	

**Healthcare providers and insurances do not cover the cost of bariatric surgery**



Conclusion:

Implementation of new guidelines in Europe **difficult on a national level**

in many countries **obesity not recognized as a disease**

some countries do **not** reimburse MBS

**No general policy on a European level**

Many **Different healthcare systems**



# 2022 ASMBS and IFSO Guidelines

## To Do List:

### 1. Recognition of **Obesity as a disease**

Portugal 2004 „chronic disease“

Italy 2001 „...a disability if it results in a reduction of personal autonomy and integration into society“

UK: June 2023: „...chronic disease“

# 2022 ASMBS and IFSO Guidelines

## To Do List:

2. Implementation on a national level **TOGETHER with Endocrinologists/Obesity Societies**
3. Convince **policy makers**
4. Develop Treatment Strategies on a **European Level**



F. Langer  
C. Bichler  
M. Felsenreich  
J. Jedamzik  
M. Mairinger  
L. Gensthaler  
L. Nixdorf  
J. Eichelter  
P. Richwien  
N. Vogt  
Chr Mölzer  
D. Zrubecka

I. Kristo

B. Dreschl  
J. Wagner

B. Andersen

M. Krebs  
F. Kiefer  
B. Itariu  
Th. Scherer

E. Fleischmann  
M. Trauner  
Th. Reiberger

A. Ba-Salamah  
M. Arnoldner

S. Greber-Platzer

# XXVIII IFSO World Congress

9-12 September 2025 | Santiago, Chile



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Presentation title / topic OR Presenter's name

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# 2022 ASMBS and IFSO Guidelines

## To Do List I:

1. Spread the **NEWS AMONGST COLLEAGUES**  
(Nation/Chapter)
2. Getting **endorsement** from related **associations** -  
WOF, WGO, IDF, TOS, ADA, ASGE, ACS, EASO...
3. Approach  
Insurance companies,  
Policy makers  
Health care providers

# 5. Belgium **BE**

No response



# IFSO Consensus on definitions and clinical practice guidelines

**March 9-10, 2023**  
**J&J Medical Institute**  
**Hamburg**

## Scientific Organizing Committee

**Scott Shikora**  
**Lilian Kow**  
**Gerhard Prager**  
**Estuardo Behrens**  
**Silvia Leite Faria**  
**Abdelrahman Nimeri**  
**Paulina Salminen**



IFSO Consensus on definitions and clinical practice guidelines

## FACULTY

### Bariatric Surgeons

Aayed Alqahtani, *Saudi Arabia*  
Ali Aminian, *USA*  
Luigi Angrisani, *Italy*  
Ahmad Bashir, *Jordan*  
Estuardo Behrens, *Guatemala*  
Jean Marc Chevallier, *France*  
Ricardo Cohen, *WOF, Brazil*  
Pierre Garneau, *Canada*  
Khaled Gawdat, *Egypt*  
Ashraf Haddad, *Jordan*  
Jacques Himpens, *Belgium*  
Thomas Inge, *USA*  
Lilian Kow, *Australia*  
Marina Kurian, *USA*  
Abdelrahman Nimeri, *USA*  
Francois Pattou, *France*  
Luis Poggi, *Peru*  
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Gerhard Prager, *Austria*  
Almino Ramos, *Brazil*  
Francesco Rubino, *UK*  
Paulina Salminen, *Finland*  
Andres Sanchez Pernaute, *Spain*  
Scott Shikora, *USA*  
Cunchuan Wang, *China*

### Physicians

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Caroline Apovian, *USA*  
Rachel Batterham, *UK*  
Dror Dicker, *Israel*  
Claudia Fox, *USA*  
Lee Kaplan, *USA*  
Nabijisa Lalic, *IDF, Serbia*  
Guilherme Macedo, *WGO, Portugal*  
Alex Miras, *UK*  
Tarissa Petry, *Brazil*  
Arya Sharma, *Germany*  
Josep Vidal, *Spain*

### Endoscopists

Barham Abu Dayyeh, *USA*  
Mohit Bhandari, *India*  
Christine Stier, *Germany*  
Christopher Thompson, *USA*

### Integrated Health Professionals

Barbara Andersen, *Austria*  
Dale Bond, *USA*  
Silvia Leite Faria, *Brazil*  
Violeta Moizé Arcone, *Spain*  
David Sarwer, *USA*

### Health Survey Design and Analysis

Kevin White, *USA*

# IFSO Consensus on Definitions and Clinical Practice Guidelines

## Hamburg, March 9-10, 2023





# IFSO Consensus on Definitions and Clinical Practice Guidelines for Obesity Management—an International Delphi Study

Paulina Salminen<sup>1,2</sup>  · Lilian Kow<sup>3</sup> · Ali Aminian<sup>4</sup> · Lee M. Kaplan<sup>5</sup> · Abdelrahman Nimeri<sup>6</sup> · Gerhard Prager<sup>7</sup> · Estuardo Behrens<sup>8</sup> · Kevin P. White<sup>9</sup> · Scott Shikora<sup>6</sup> · IFSO Experts Panel

Received: 18 July 2023 / Revised: 13 October 2023 / Accepted: 18 October 2023  
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## 43-member expert panel

There were **26 bariatric surgeons** including 2 pediatric bariatric surgeons, among whom 11 also performed endoscopic bariatric procedures.

The remaining expert panel members were four endoscopists, eight endocrinologists, one internist, one pediatrician, two nutritionists, and two counsellors (psychology, exercise).

Obesity Surgery 2023 <https://doi.org/10.1007/s11695-023-06913-8>

# IFSO Consensus Conference 2023

## Section 1. Definitions and Reporting Standards

### Former “~~non-responder~~”:

In general, a suboptimal initial clinical response to MBS is demonstrated either by **total body weight or BMI loss of less than 20%**

OR

by inadequate improvement in an obesity complication that was a significant indication for surgery.

# IFSO Consensus Conference 2023

## Section 1. Definitions and Reporting Standards

### Former “~~weight recurrence/failure~~”

In general, a **late post-operative clinical deterioration** after MBS is demonstrated **either** by a recurrent weight gain of **more than 30% of the initial surgical weight loss** **OR** by **worsening of an obesity complication that was a significant indication for surgery** and that occurs after an initially adequate post-operative clinical response.

Given the different average effectiveness of different MBS procedures, and variable effects in different populations, these criteria should be applied to individual patients in the context of expert clinical judgement.





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# Lose Weight – Live Longer

M. Felsenreich  
F. Langer  
C. Bichler  
J. Jedamzik  
M. Mairinger  
L. Gensthaller  
L. Nixdorf  
J. Eichelter  
P. Richwien  
N. Vock  
J. Eichelter  
Christine



# Conclusion

- Obesity as a **chronic relapsing disease** requires different interventions (surgical, endoscopic, pharmaceutical, etc.)
- **Surgical interventions** have demonstrated long-term durable success
- Importance of **evidence based** treatment in bariatric/metabolic patients
- Several **new therapy options** available  
(Indications: Weight regain? Low BMI patients? etc.)