

Promoting physical activity after bariatric surgery: worth the weight?

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OUTCOMES AFTER METABOLIC & BARIATRIC SURGERY (MBS)



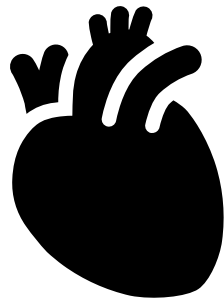
Safety &
complications

OUTCOMES AFTER METABOLIC & BARIATRIC SURGERY (MBS)



Safety &
complications

Improvements
in co-
morbidity



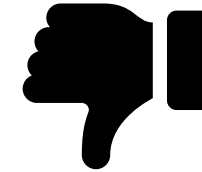
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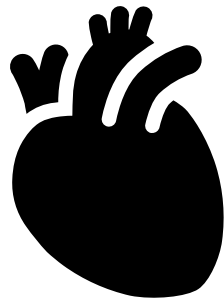
Safety & complications



Patient satisfaction



Improvements
in co-
morbidity



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2023

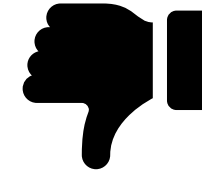
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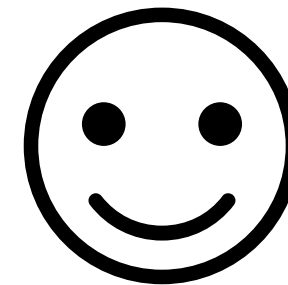
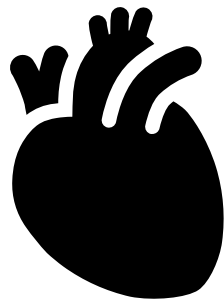
Safety & complications



Patient satisfaction



Improvements in co-morbidities

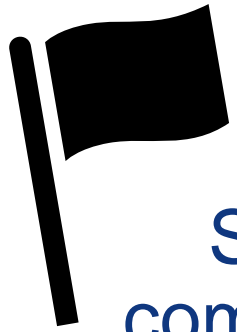


Impact on quality of life & wellbeing

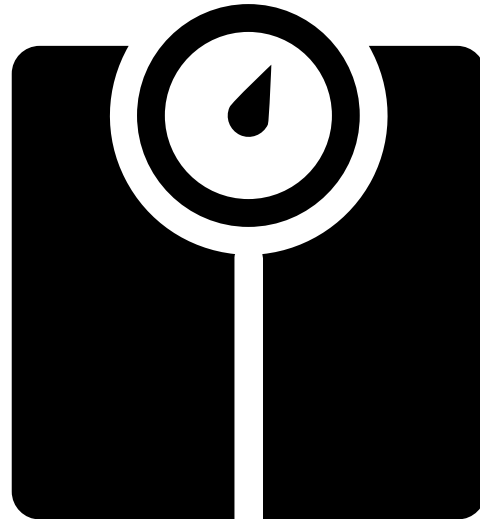


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OUTCOMES AFTER METABOLIC & BARIATRIC SURGERY (MBS)



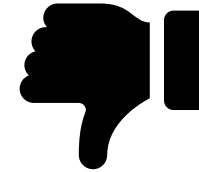
Safety & complications



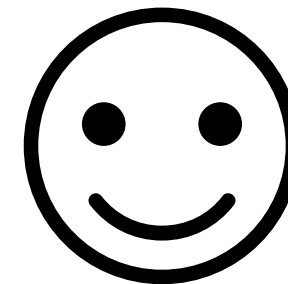
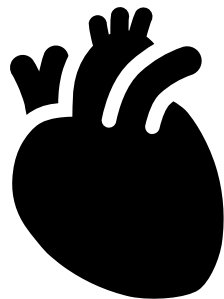
Weight & adiposity



Patient satisfaction



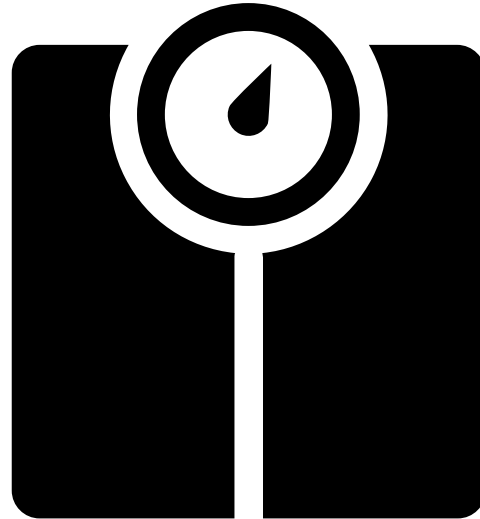
Improved co-morbidities



Impact on quality of life & wellbeing

OUTCOMES AFTER METABOLIC & BARIATRIC SURGERY (MBS)

Long-standing metric of success



Patients, providers, and payers care about

Weight & adiposity

INFLUENCES ON WEIGHT OUTCOMES

Patient
characteristics



Surgery type



Lifestyle
behaviors



INFLUENCES ON WEIGHT OUTCOMES

Patient
characteristics



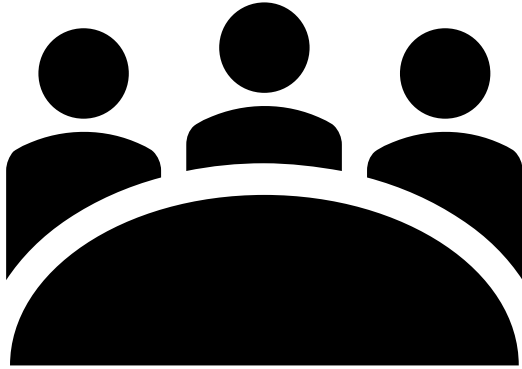
Surgery type



Lifestyle
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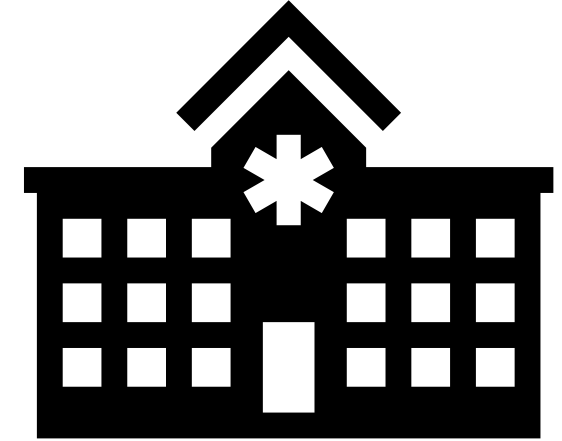
WHO I AM



Clinical psychologist
focused on weight /
obesity management

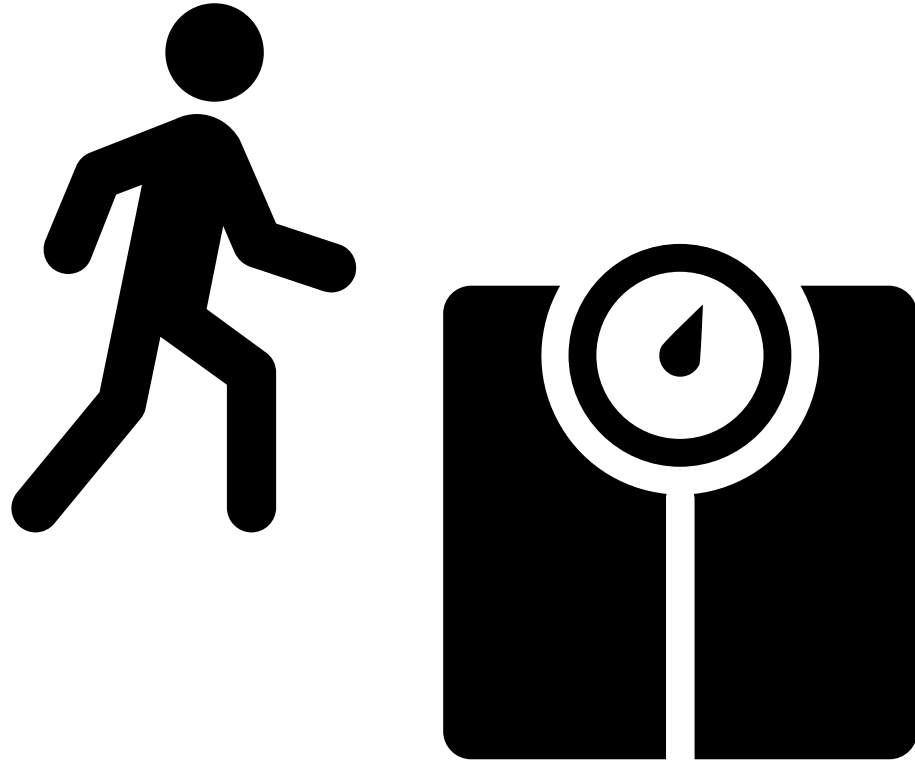


Obesity & physical
activity clinical
researcher



- General behavioral medicine clinics
- Specialty weight management & MBS clinics
- MBS clinical research studies

PHYSICAL ACTIVITY (PA) AFTER MBS



Often default to thinking about PA promotion in the context of supporting weight loss & maintenance, but this may not be the most helpful approach

ALTERNATIVE

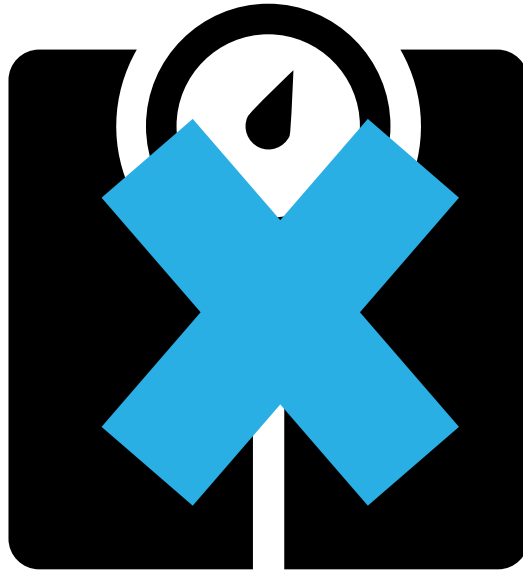
1

Energy + mood

2

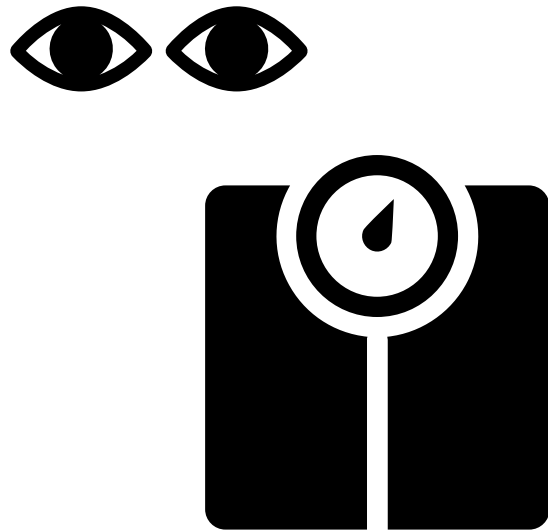
Positive changes
in valued life
domains

ALTERNATIVE



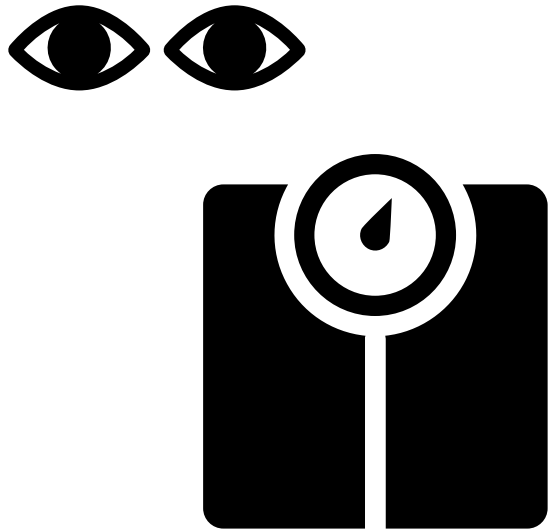
Patients who are most successful with becoming & staying active are NOT doing it primarily for the weight.
Need to find something else to make it worth it.

PA & OUTCOMES AFTER MBS: THE RESEARCH



- Observational research
 - Greater PA = more weight loss (e.g., King et al, 2022; Jacobi et al., 2011)
- Experimental research (exercise training vs. control)
 - Weight loss
 - Bellicha et al., 2021: -1.8 kg greater weight loss
 - Bellicha et al., 2018: -2.4 kg greater weight loss
 - Maintenance/recurrence (≥ 12 M outcome)
 - Bond et al. 2023: -2.4 kg difference but NOT statistically different

PA & OUTCOMES AFTER MBS: THE RESEARCH



- *Summary:* Greater PA appears to relate to better weight outcomes after MBS, at least during the 1st year

SO, WHAT'S THE PROBLEM?

1

Average effects
quite small

Motivating enough??

2

Long-term
outcome

*De-motivating; short-term
consequences best for
behavior change*

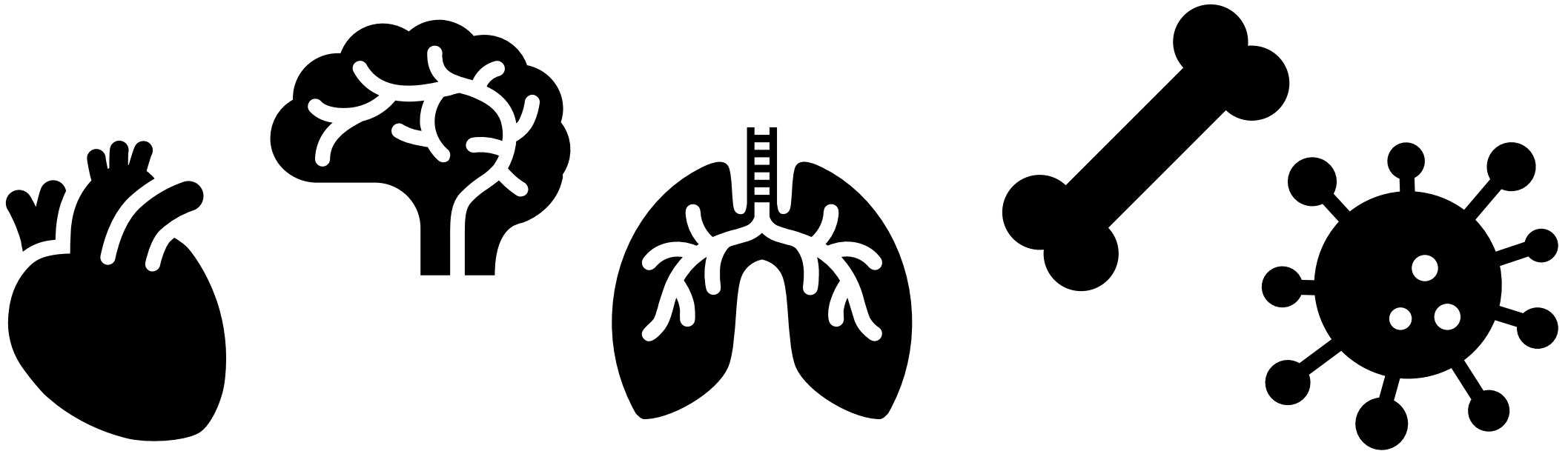
3

PA can be very
effortful & not
enjoyable

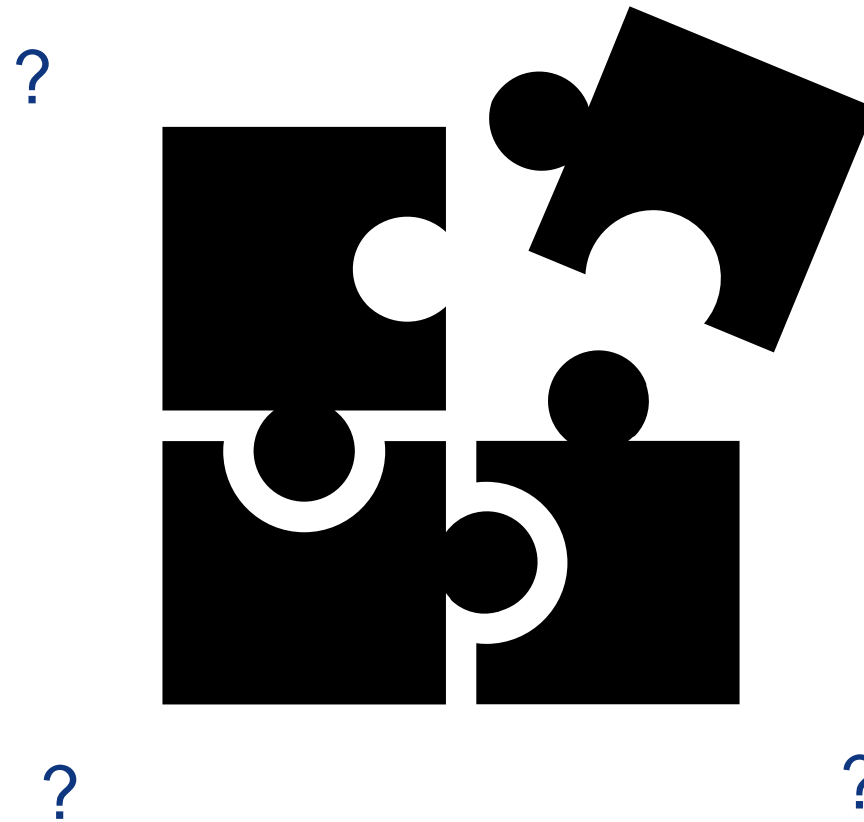
Can be a challenge

YET...

PA does help support better weight outcomes & has many other health benefits → behavior we want to promote



RECAP



Weight can be ONE motivator for PA, but if the ONLY motivator, probably not enough

A MORE HELPFUL APPROACH

1

Energy + mood

*More
ACUTE,
short-
term
benefits*

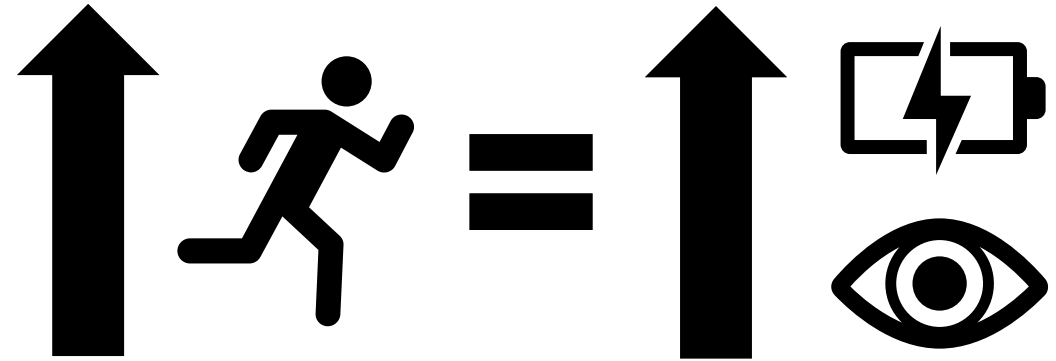
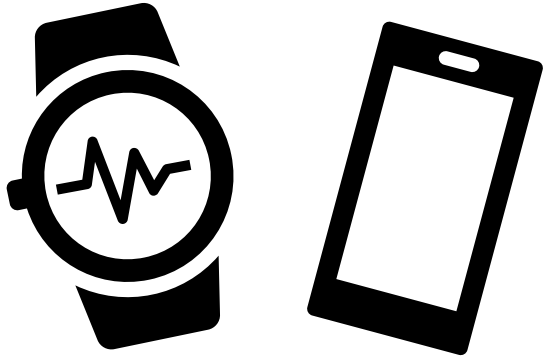
ENERGY & MOOD: THE RESEARCH

- Greater PA after MBS is related to greater improvements in energy, attentiveness & fatigue, seemingly independent of % total weight loss



Schumacher et al., 2021. *Obes Surg*; Nuijten et al., 2021. *Obes Surg*; Sellberg et al., 2019. *Qual Life Res*; Bond et al., 2015. *Obesity*; King et al., 2020. *Ann Surg*.

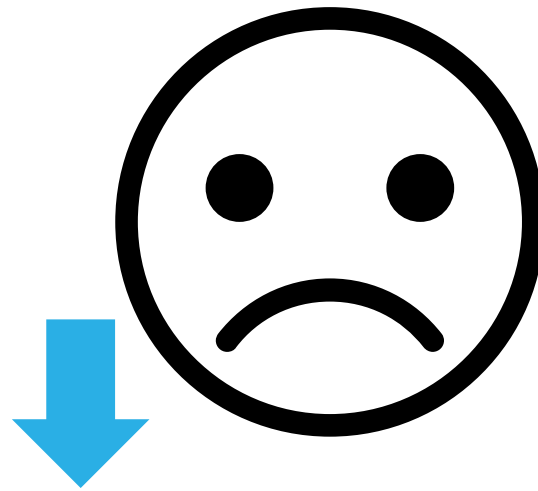
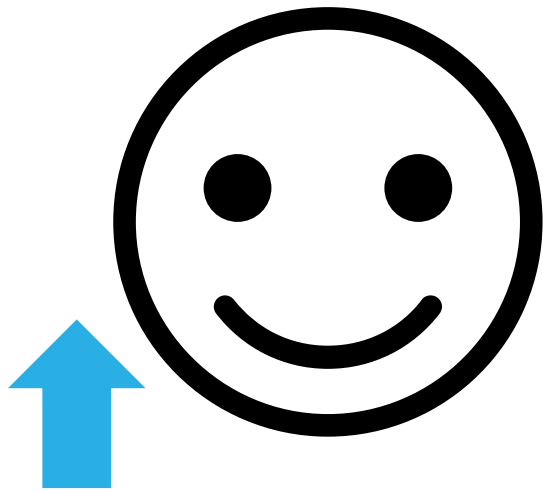
ENERGY & MOOD: THE RESEARCH



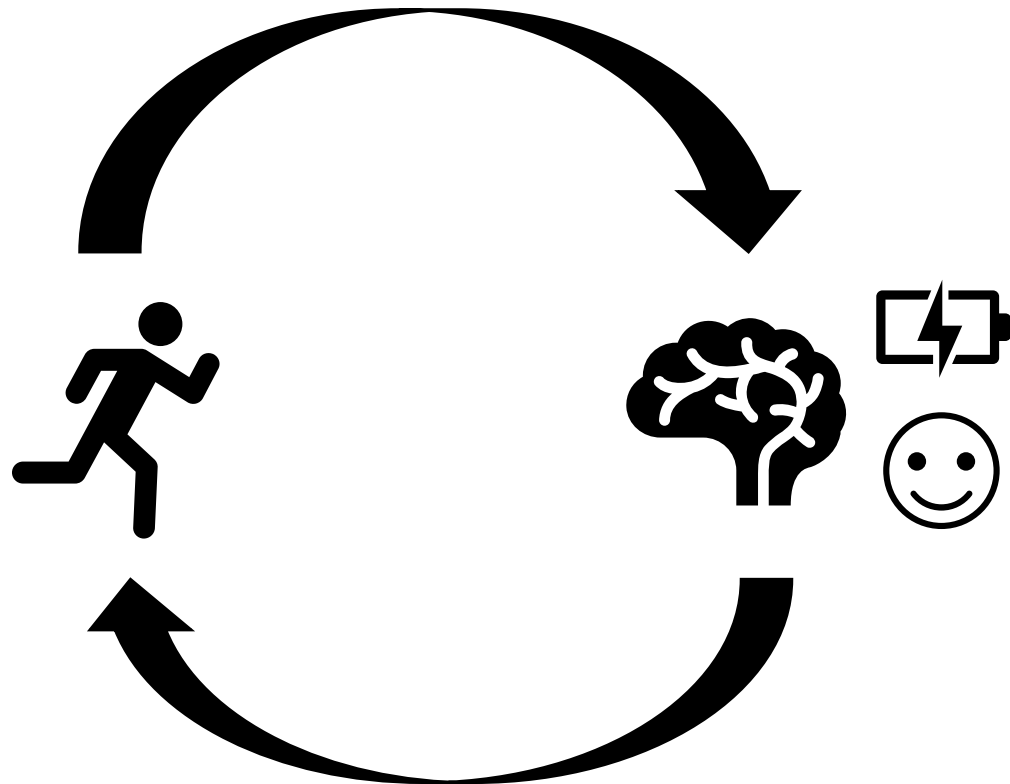
- 71 MBS patients
 - PA sensors + smartphone surveys
- Pre- and 3-, 6, and 12-months post MBS

Key finding: days with more PA = days with greater energy & attentiveness. This was independent of weight loss

ENERGY & MOOD



PATIENTS' EXPERIENCE

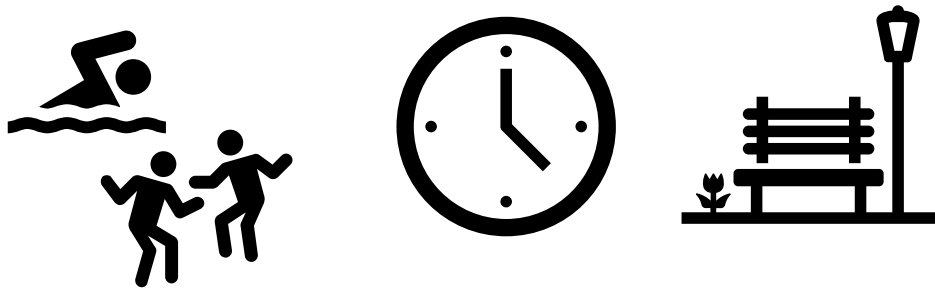


Reinforcing &
motivating

...to the point some
patients very
surprised

PATIENTS' EXPERIENCE

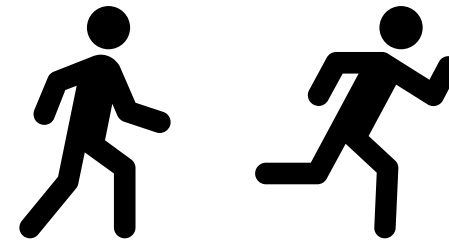
1. May take some exploration



2. During vs. after exercise



3. Sweet spot for intensity



LESSONS

1

Focusing on energy & mood rather than weight is often much more motivating and rewarding for patients

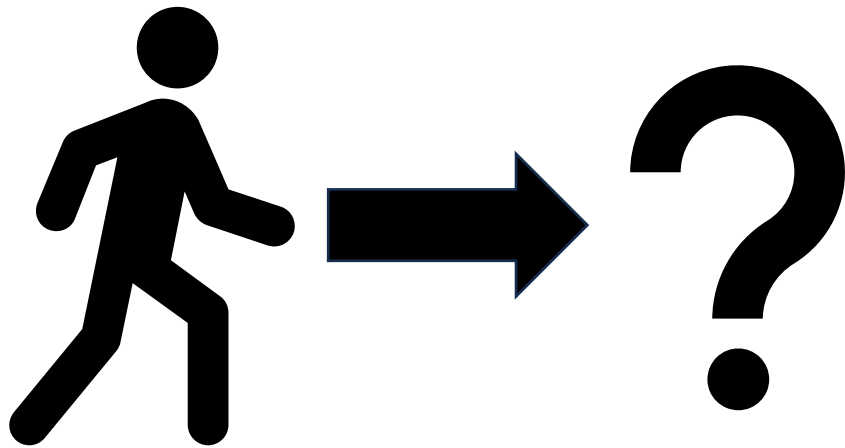
A MORE HELPFUL APPROACH

*Look at the
bigger
picture.
What does it
get them?*

2

Positive changes
in valued life
domains

FINDING THE “WHY”



“Better health” can be a
slippery motivator

What does PA or improved
health actually do for me?

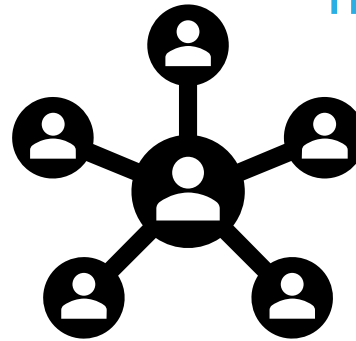
What other things that I care
about does it connect to and
help make better?

FINDING THE “WHY”

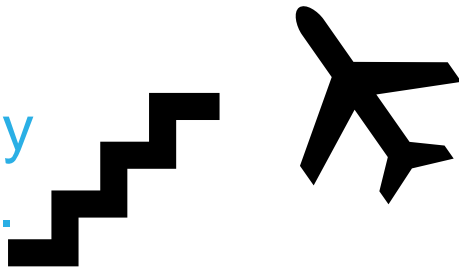
Mobility to play with
kids/grandkids



Being a positive role
model for others



Better fitness for daily
activities, travel, etc.



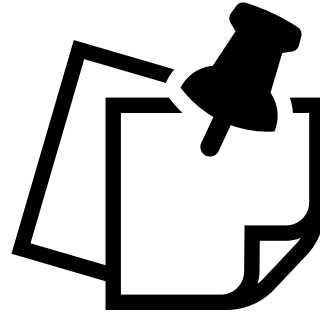
PA as a way to
explore the world
or meet others



ACCEPTANCE-BASED INTERVENTION



Clarify values & connect to
health behaviors →
MOTIVATION

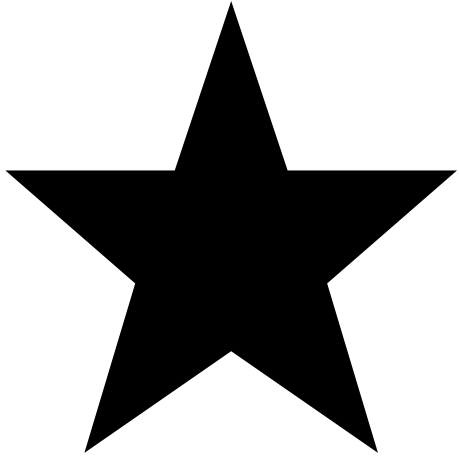


Increase awareness of these
values in daily life →
MOTIVATION



Reduce thoughts & feelings as
barriers through mindfulness /
acceptance-based strategies →
ADHERENCE

FOCUS ON THE BIG PICTURE



What are people's big values?



How might PA enhance these things?

LESSONS

1

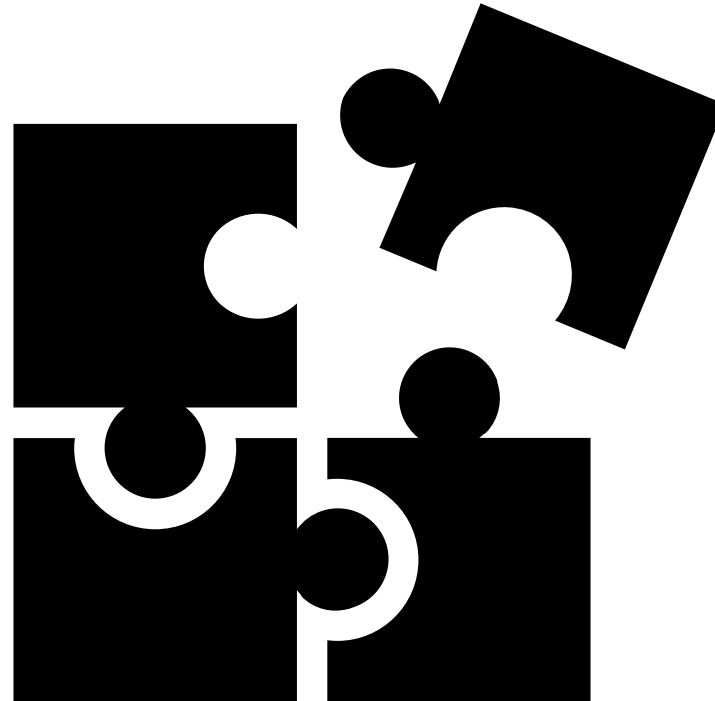
Focusing on energy & mood rather than weight is often much more motivating and rewarding for patients

2

Seeing if / how PA connects to the things that patients care more about in life to make the “why” clearer

WRAP UP

Weight part of the picture, but part of a larger picture



1. Short-term benefits like improved energy & mood
2. Connections to broader areas of life (the “why”)

CONTACT

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