EVALUATION OF THE TRENDS, CHARACTERISTICS, AND OUTCOMES IN YOUTH UNDERGOING ELECTIVE BARIATRIC SURGERY: AN MBSAQIP ANALYSIS FROM 2015 TO 2018

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INTRODUCTION

Severe obesity is a growing epidemic in youth and young adults. Surgical outcomes and safety of bariatric surgery that is comparable to adults have been established.[1]

OBJECTIVE

We aim to use the information from large datasets to reinforce positive postoperative outcomes, in order to promote understanding to improve uptake and access.

METHODS

- Retrospective review
- MBSAQIP® METABOLIC AND BARIATRIC SURGERY ACCREDITATION AND QUALITY IMPROVEMENT PROGRAM
- >800 North American centres
- Descriptive/regression analyses

Inclusion

Age 15-24
Roux-en-Y gastric bypass
Sleeve gastrectomy

exclusion

Previous revision surgery
Conversion surgery

RESULTS

Characteristics



21 592 youth ----- 84% female
3.7% of total cases within MBSAQIP

Mean age = 21.5±2 years
Mean BMI = 47.2±8 kg/m²
Case average = 6.7-7.4/center/year

Complications (over 30 days)

Serious complications <5%

- Bleeding 0.4%
- Leak 1.1%
- Reoperation 1.1%
- Readmission 3.7%

1. Armstrong SC, Bolling CF, Michalsky MP, Reichard KW; SECTION ON OBESITY, SECTION ON SURGERY. Pediatric Metabolic and Bariatric Surgery: Evidence, Barriers, and Best Practices. Pediatrics. 2019;144(6):e20193223.

RESULTS CONTINUED

Risk factors for complications

Risk factor	Odds ratio (95% CI)	P-value
Roux-en-Y gastric bypass	3.07 (2.58-3.64)	<0.0001
Non-insulin dependent diabetes	1.35 (1.04-1.75)	0.03
GERD	1.33 (1.10-1.64)	0.01
Female sex	1.31 (1.01-1.70)	0.04

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CONCLUSION

- Bariatric surgery in youth is safe with low risk of complications
- Uptake of surgery is low and lagging behind
- Need to develop strategies to prioritize surgery as an option for obesity care in youth
- Enhance availability and accessibility of bariatric surgery for youth