A Survey of Men's Attitudes Towards Bariatric Surgery

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INTRODUCTION

- Obesity, a major risk factor for several chronic diseases is associated with $176 billion in annual healthcare costs.
- Black men and women have among the highest prevalence of obesity (46.8%) and a disproportionately high burden of obesity-related chronic diseases.
- Despite availability of effective weight-loss treatments including metabolic and bariatric surgery (MBS), disparities in access to treatments persist, distinctly by race and gender.
- Eligible Black men are least likely to undergo MBS, compared to Black women, Non-Hispanic White (NHW) men and NHW women.
- **We explored opinions, beliefs and attitudes towards personal health, obesity and management of obesity among Black and NHW men in Western New York (WNY) to understand the role of these factors in patient utilization of surgical weight-management interventions.**

METHODS

- We conducted a mobile/in-person survey, which was developed based on results from semi-structured interviews conducted in a similar population.
- Eligibility criteria: adult Black or NHW men with body mass index (BMI) ≥40 or BMI 35-39 and having at least one obesity-related comorbidity.
- Recruitment: using flyers at public places and clinic waiting rooms and by approaching people at public venues such as food and music festivals and popular sports events.
- We used bivariate and multivariate analyses on aggregate data from a preliminary sample of Black and NHW men matched on BMI.

KEY FINDINGS

Compared to White men

- Black men were less likely to consider surgical weight loss and perceive MBS as an effective treatment (#s 1 and 2 in Table 1).
- Black men had better family and physician support for their weight loss goals and were more dissatisfied with their current body size (#s 3, 4 and 5 in Table 1).
- The main source of information regarding MBS was from family and friends for Black men and TV/social media for White men and not from medical providers for either group.

RESULTS

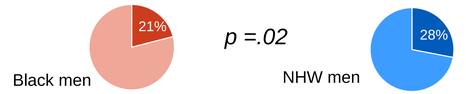
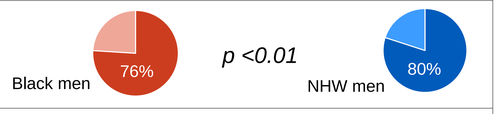
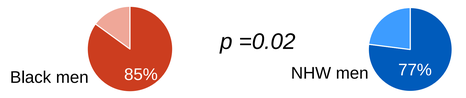
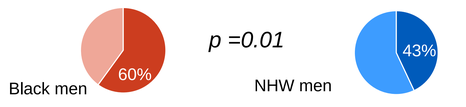
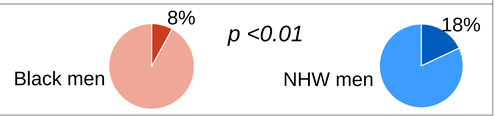
Variable	Black men n = 54	White men n = 52	*p*
Age, mean (sd)	47.0 (13.9)	45.7 (11.8)	.69
Body mass index, mean (sd)	42 (5.0)	44 (5.2)	.05
Bachelor's degree or higher education, %	27.5	37.3	.05
Currently employed, %	78.4	80.8	.06
Currently married/living with a partner, %	45.1	66.7	.08
Current smoker, %	29.4	26.0	.03

- Mean BMI among both Black and White men was in 'morbid obesity' range (>40).
- Black men were less likely to have a Bachelor's degree or higher education, and being married or currently living with a partner and more likely to be current smokers compared to White men.

RESULTS

Table 1. Survey results comparing moderate to severely obese (mean BMI=43) of Black (n=54) to NHW (n=52) men

Plots legend for survey response: Black men: Yes | Black men: No | White men: Yes | White men: No

#	Survey question	Responses
	AA men were less likely to think weight loss surgery was safe and effective	
1	Do you think weight loss surgery is a safe and effective way to lose weight?	
	AA men were less likely to think that a person's quality of life improved after weight-loss surgery	
2	Do you think the quality of life of the person you know improved after weight-loss surgery	
	AA men were more likely to report that their physicians were respectful and understanding when discussing their weight	
3	When discussing your weight, was your doctor understanding of your situation?	
	Black men reported high level of support from family and friends to achieve their weight loss goals	
4	How supportive are your friends /family in your weight-loss efforts	
	Moderate to severely obese Black men are less likely to be satisfied with their current body size and weight compared to their White peers	
5	How satisfied (1-5) are you with your current body size?	

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