

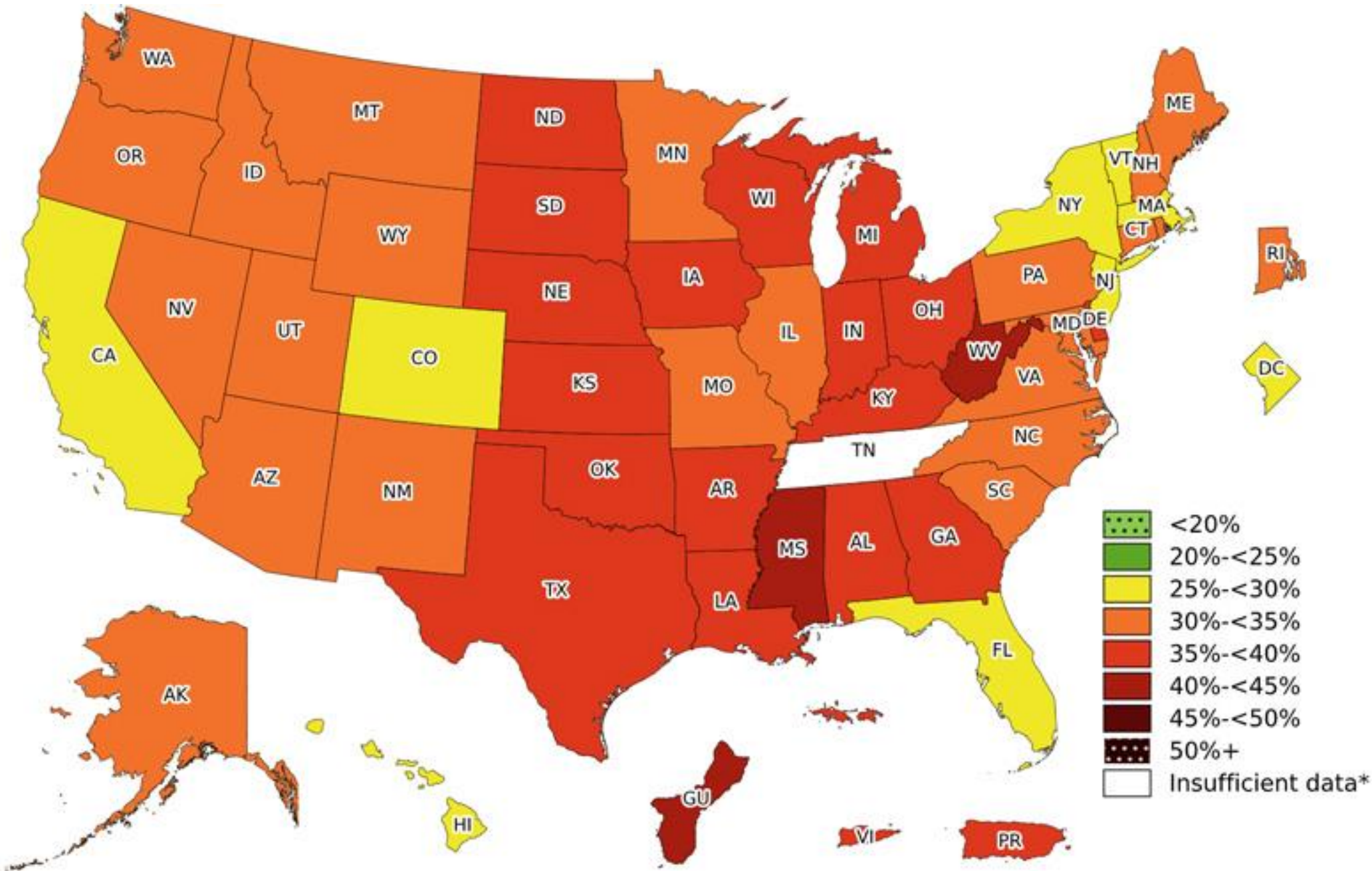
Relationship Between Health Literacy, Patient Activation Measure and GLP-1 Utilization Among Metabolic and Bariatric Surgery Candidates

Abby E. Emerson, Alfonsus Adrian H. Harsono, MD, MSPH, Marcus P. Sirianno, MD, Rachel Sillcox, MD, Nathan C. English, MD, Gurudatta A. Naik, MD, MPH, Dinakar Sai Velagala, MBBS, Kristen Wong, MD, Richard D. Stahl, MD, Jayleen M. Grams, MD, Daniel I. Chu, MD, MSPH, Margaux N. Mustian, MD, MSPH

Background

- Metabolic and bariatric surgery (MBS) is a highly effective treatment for obesity that is disproportionately underutilized in the deep south
- Glucagon-like peptide-1 Receptor Agonists (GLP-1 RAs) are increasingly prescribed for obesity and T2DM management
- Health Literacy (HL) and Patient Activation Measures (PAM) may affect access to and usage of these therapies perioperatively

Prevalence of Overall Obesity Rates in the US by State



We aimed to assess the relationship between HL, PAM, and GLP-1 utilization in a cohort of MBS candidates in the deep south

Methods

- PAM was assessed using the Insignia-13 PAM questionnaire and HL by the validated BRIEF survey. Each were categorized into high vs low using median scores
- GLP-1 use was obtained from electronic medical records
- Bivariate analysis was performed to compare GLP-1 use by PAM & HL level

Results

Patient
Activation



High PAM

44.4%

vs.

Low PAM

41.2%

used GLP-1
therapy

used GLP-1
therapy

Health
Literacy



High HL

47.9%

vs.

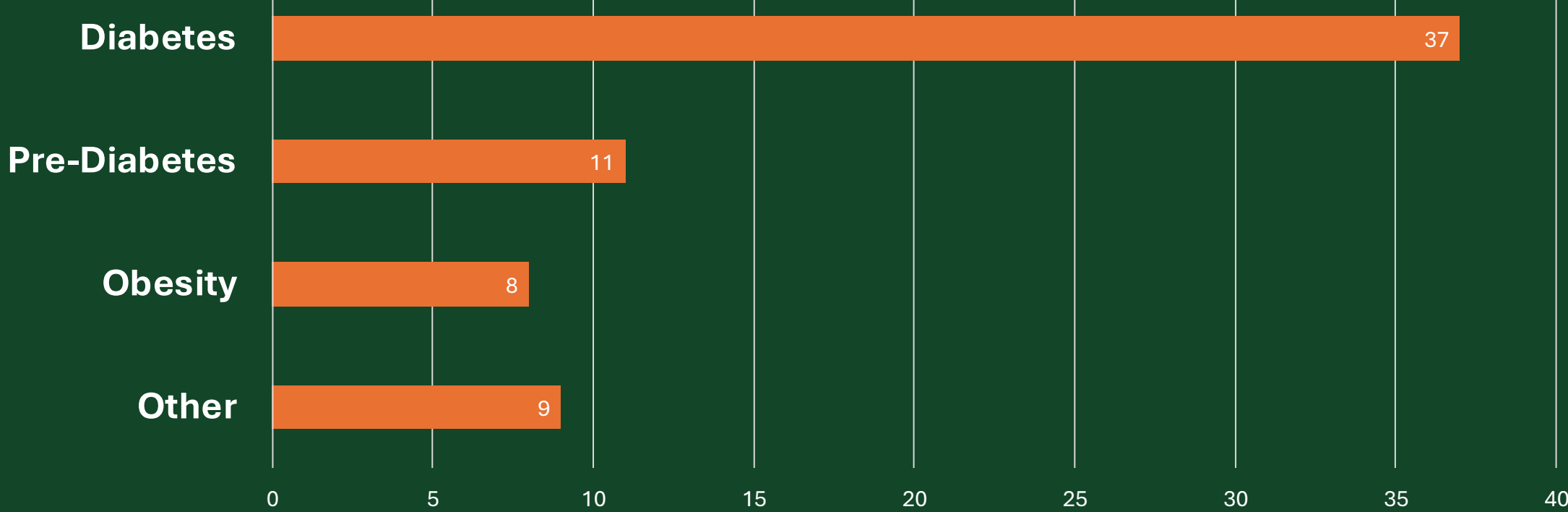
Low HL

39.4%

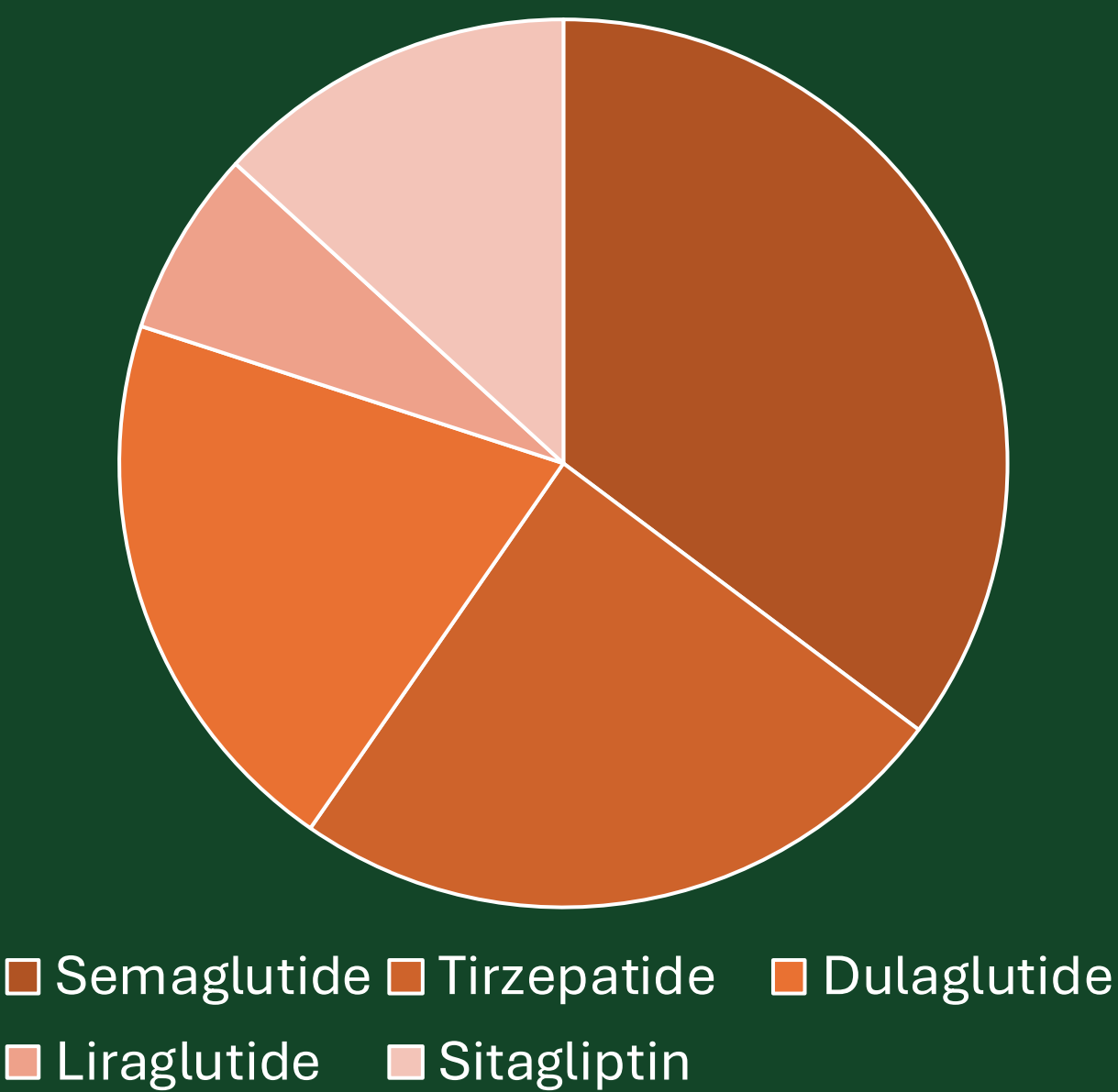
used GLP-1
therapy

used GLP-1
therapy

Primary Indication for GLP-1 RA Use



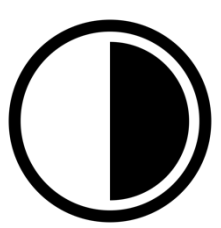
GLP-1 RA Medications Prescribed



Demographics of Bariatric Surgery Patients by PAM

	Low PAM	High PAM	Overall	p-value
Age	44.8 ± 11.1	43.9 ± 11.4	44.3 ± 11.2	<0.001
Gender				0.213
Female	57 (80.3)	62 (87.3)	119 (83.8)	
Male	13 (18.3)	9 (12.7)	22 (15.5)	
Education				0.213
Highschool	43 (60.6)	36 (50.7)	79 (55.6)	
College	14 (19.7)	25 (35.2)	39 (27.5)	
Associate Degree	12 (16.9)	9 (12.7)	21 (14.8)	

Conclusions



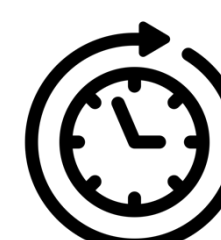
44% of MBS candidates had documented GLP-1 RA prescriptions prior to evaluation.



Semaglutide (40%) and tirzepatide (26%) were the most common agents.



Neither PAM nor HL predicted GLP-1 RA utilization, suggesting factors beyond individual characteristics drive use in MBS candidates.



Future studies with larger sample sizes are warranted to further explore the relationship of HL, PAM and GLP-1 use

Acknowledgements

This work was supported by the Society for Surgery of the Alimentary Tract (SSAT) grant Healthcare Disparities award (2023–2025). (Mustian, PI)

