



## WHAT IS THE PROJECT?

Obesity affects nearly 40 percent of adults and 20 percent of children in the U.S. It is associated with increased risk of hypertension, diabetes, heart disease, stroke, some cancers, and premature death. Obesity-related illness costs the nation billions of dollars annually and continues to increase. To combat this epidemic, experts recommend multifaceted, multistakeholder approaches to obesity prevention and treatment. Yet, obesity remains an underdiagnosed condition, and there remain substantial opportunities to improve obesity care and fill meaningful measurement gaps for this condition.

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**This NQF Measure Incubator® project facilitated the initial development of outcome measures to improve quality of care for individuals with obesity.**

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## PHASE 1: STRATEGY SESSION

As a first step, NQF convened a Measure Incubator® strategy session with a multistakeholder Expert Panel in February 2017. At this meeting, panelists considered opportunities to measure quality in obesity care from a patient-centered perspective, building on prior work convened by NQF and the **STOP Obesity Alliance** to explore system-level accountability in obesity treatment. The Panel recommended an increased focus on clinical management, coupled with population- and community-based approaches to address the obesity epidemic.

The Expert Panel prioritized two measure concepts that could become performance measures for obesity. These included an outcome measure focused on serial body mass index reduction or maintenance and a shared decision making measure that focuses on patient-centered communication and clinician action to guide obesity care. The Panel emphasized the importance of patient-reported outcomes and shared decision making tools that are easy for patients to complete and easy for clinicians to use in a patient visit.

NQF engaged a broad stakeholder group in this Measure Incubator project, including patients, patient advocates, clinicians, payers, researchers, and measure developers.

## PHASE 2: MEASURE INCUBATION

Building on the findings from the strategy session, initial development of these measures began in 2018. These measures were part of a broader subset of obesity measures used in the **AMGA Obesity Care Model Collaborative**, a three-year primary care-based collaborative to improve obesity care in multispecialty medical groups and integrated delivery systems. **Discern Health** was the lead developer for these measures.

## WHAT IS THE ENVISIONED OUTCOME?

At the strategy session, the Panel emphasized the importance of minimizing reporting burden and establishing early feasibility of the measure concepts identified by the Expert Panel strategy session. With this in mind, the measure developers drafted and refined detailed measure specifications, leveraging expert input and public comment, and conducted preliminary feasibility testing for the measure concepts identified by the Expert Panel strategy session. This work was completed in late 2019.

NQF closed out this project in 2019 after achieving the significant milestones above.

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**This work creates a solid foundation for further development and represents an important first step toward development of outcome measures that can improve the health and quality of life for patients with obesity.**

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NQF delivered this project through the Measure Incubator® with financial support from **Novo Nordisk**. In accordance with the **NQF Measure Incubator Conflict of Interest Principles**, Novo Nordisk has not influenced the outcomes and activities associated with this project.