

METHODOLOGY



The scope of this report was limited to services available in the publicly funded healthcare system. Publicly accessible resources and documents were researched extensively for evidence of policies, guidelines and services for obesity treatment and management in each province and territory. CON-RCO also conducted a thorough review of scientific literature on the access to obesity treatment and management in Canada. The areas of inquiry for this report were inspired by the Canadian Clinical Practice Guidelines,⁹ with a focus on public access to the following obesity treatment and management options for adults:



Access to specialists and interdisciplinary teams for behavioural intervention



Access to medically supervised weight-management programs with meal replacements



Access to anti-obesity medications* through public and private means



Access to bariatric surgery and wait times

Survey instruments were also designed to acquire information on provincial and territorial policies and services, private drug benefit plans offered by the health insurance industry and bariatric surgical services and wait times. Industry experts and a Scientific Working Group comprised of health researchers with expertise in obesity reviewed the data collection framework and survey instruments. Interviews based on the survey instruments were conducted with representatives of health insurance companies, healthcare staff in bariatric surgical centres and representatives of provincial and territorial governments or health service authorities.

Data on the number of persons with obesity, the number of bariatric surgeries and coverage rates in private drug benefit plans for anti-obesity medications were acquired from Statistics Canada, Canadian Institute for Health Information (CIHI) and TELUS Health Analytics, respectively. Data collection occurred between August 1, 2016, and December 31, 2016.

* The term anti-obesity medication is the standard language used in chronic disease management frameworks. This term does not imply actions against people with obesity.