

RESEARCH ARTICLE

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# Body mass index and lifetime healthcare utilization

Christina Hansen Edwards<sup>1\*</sup> , Eline Aas<sup>2</sup> and Jonas Minet Kinge<sup>1,2</sup>

## Abstract

**Background:** Overweight and obesity is a major global public health challenge, and understanding the implications for healthcare systems is essential for policy planning. Past studies have typically found positive associations between obesity and healthcare utilization, but these studies have not taken into consideration that obesity is also associated with early mortality. We examined associations between body mass index (BMI, reported as kg/m<sup>2</sup>) and healthcare utilization with and without taking BMI-specific survival into consideration.

**Methods:** We used nationally representative data on 33 882 adults collected between 2002 and 2015. We computed BMI- and age-specific primary and secondary care utilization and multiplied the estimated values with gender-, age-, and BMI-specific probabilities of surviving to each age. Then, we summed the average BMI-specific utilization between 18 and 85 years.

**Results:** During a survival-adjusted lifetime, males with normal weight (BMI: 18.5–24.9) had, on average, 167 primary care, and 77 secondary care contacts. In comparison, males with overweight (BMI: 25.0–29.9), category I obesity (BMI: 30.0–34.9), and category II/III obesity (BMI ≥ 35.0) had 11%, 41%, and 102% more primary care, and 14%, 29%, and 78% more secondary care contacts, respectively. Females with normal weight had, on average, 210 primary care contacts and 91 secondary care contacts. Females with overweight, category I obesity, and category II/III obesity had 20%, 34%, and 81% more primary care contacts, and 26%, 16%, and 16% more secondary care contacts, respectively.

**Conclusion:** The positive association between BMI and healthcare utilization was reduced, but not offset, when BMI-specific survival was taken into consideration. Our findings underpin previous research and suggest that interventions to offset the increasing prevalence of overweight, and especially obesity, are warranted.

**Keywords:** Body mass index, Obesity, Health services, Mortality, Public Policy

## Background

Compared with individuals with normal weight, persons with obesity have a greater likelihood of acquiring a range of serious diseases: type-2 diabetes, cardiovascular disease, gallbladder disease, osteoarthritis, hypertension, kidney disease, dyslipidaemia and several cancers [1–3]. Hence, increased healthcare utilization may be needed to manage these conditions. However, in the context of obesity, early mortality may counterbalance increased healthcare utilization due to morbidity. Existing studies that have investigated associations between obesity and healthcare utilization have been done from a non-lifetime perspective, without consideration of early

mortality [4]. As a result, it remains unclear whether healthcare utilization over a cumulative lifetime is higher among persons with obesity, compared with persons with normal weight.

Non-lifetime studies have found associations between obesity and physician encounters [5–11], hospitalizations [7, 8, 12], and hospital outpatient visits [6, 7, 12], and specialist visits [9]. A few studies have not found significant associations between obesity and hospitalization [5, 6, 11] or find differing results depending on age [13], or gender [10]. These previous studies vary in terms of methodology, the number of obesity categories assessed, types of healthcare providers included, and the organization of the healthcare system under study. In addition, several of these studies have focused on a specific sub-population

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