

INTRODUCTION

Obesity:

1. Is a global issue affecting 31% of Australians
2. Affects 15-40% of people with inflammatory bowel disease (IBD)
3. Is thought to have deleterious effects on IBD course and pathogenesis
4. Australian data investigating its impact on IBD are lacking.

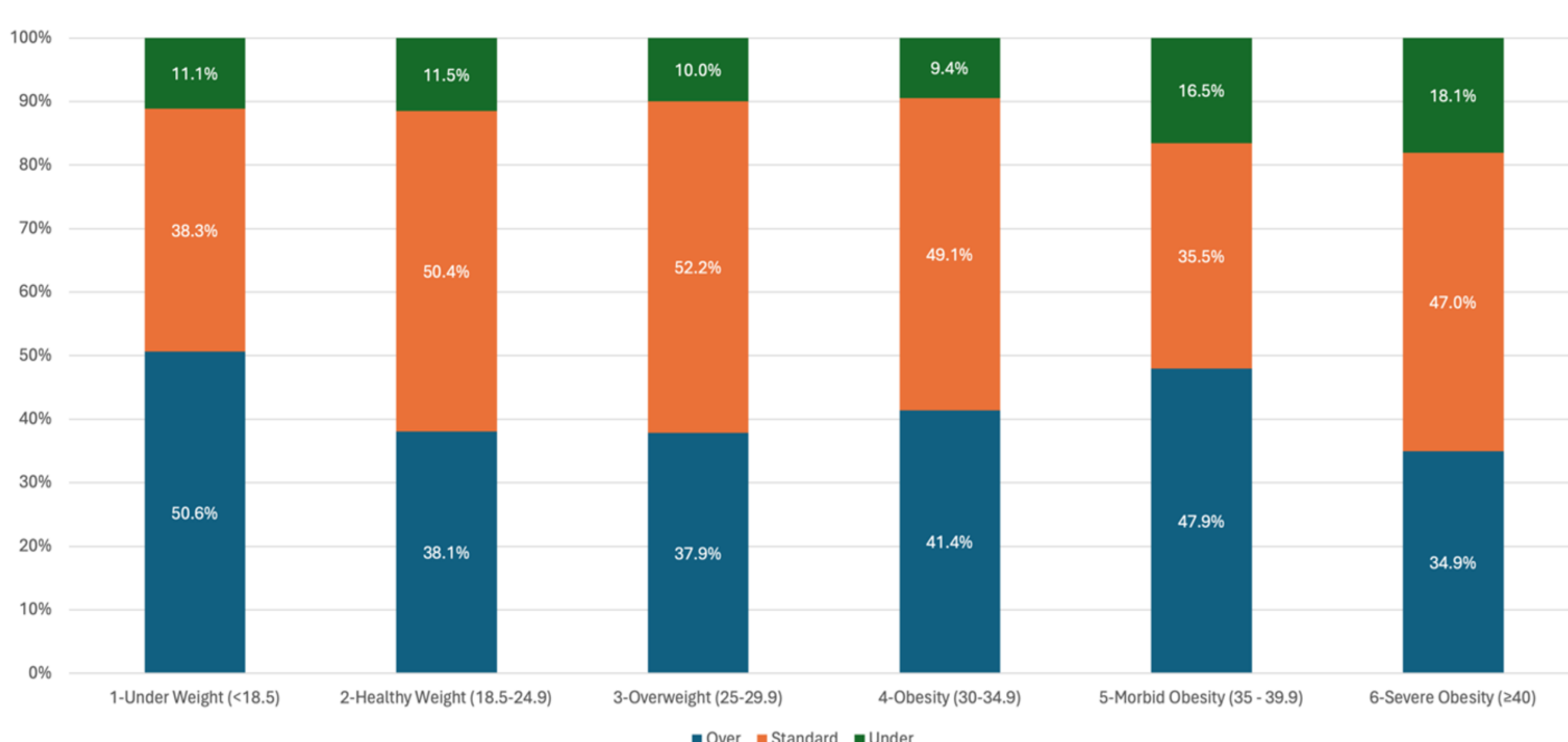
AIMS

- Assess the prevalence and severity of obesity in the Crohn's Colitis Care(CCCare) IBD cohort
- Explore potential influence of obesity on real-world, observed dosing of advanced therapies.

METHODS

- Data collected during routine care using CCCare, an IBD cloud-based electronic medical record
- The de-identified clinical quality registry was interrogated in April 2024.
- People with IBD under active care (encounter within 14 months) were included.

Figure 1: BMI Groups and Dosing of Advanced Therapies



Under=dosing under standard Over= dosing over standard

References: 1. Kaazan P, Seow W, Yong S, Heilbronn LK, Segal JP. The Impact of Obesity on Inflammatory Bowel Disease. Biomedicines. 2023 Dec 8;11(12):3256. doi: 10.3390/biomedicines11123256. PMID: 38137477; PMCID: PMC1074094.

RESULTS

- A total of 4,763 people were included
- 87.1% resided in Australia and 12.9% in New Zealand
- 50.6% of patients were on an advanced IBD therapy
- 56% of patients were obese and overweight
- Median BMI and distribution amongst BMI categories were similar across countries and IBD treatment sites
- There was a statically significant difference in dosing of advanced therapies across different BMI groups ($\chi^2 = 23.5$, $P < 0.05$).
- Both In the underweight and morbidly obese groups, more people received dose escalation and fewer received standard dosing.

Table 1: Summary of Patient Characteristics

Characteristic	Median (IQR)
Age (years)	41 (30-55)
BMI (kg/m ²)	25.7 (22.6-29.4)
Disease duration (years)	10.8 (5.4-18.8)
Characteristic	Frequency
Chron's Disease	2785 (58.5%)
Ulcerative colitis	1857 (39%)
IBDU	121 (2.5%)
Female	2287 48.3%
Male	2446 51.7%
BMI Classification (kg/m ²)	Frequency
Under weight (BMI < 18.5)	164 (3.4%)
Healthy weight (BMI 18.5 – 24.9)	1936 (40.6%)
Overweight (BMI 25 – 29.9)	1570 (33.0%)
Obese (BMI 30 – 34.9)	701 (14.7%)
Morbid Obesity (BMI 35 – 39.9)	228 (4.8%)
Severe Obesity (BMI ≥ 40)	164 (3.4%)

CONCLUSIONS

- Largest Australasian study assessing obesity in IBD
- Overweight and obesity prevalence was 56%, correlating with global reports.
- Extreme BMI values appear to affect dosing of advanced therapies.