

# Understanding patients' needs through analyses of baseline data from a digital therapeutic targeting obesity

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## Background

With the current divide between clinical need and reimbursed obesity treatment opportunities across Europe, innovation in care delivery methods are crucial. Digital therapeutics (DTx) are reimbursed in Germany as DiGAs, once proven clinical efficacious. Understanding the patient cohorts who use DTx allows further targeted improvements of the treatments.

## Method

We invited a real world sample of German patients who enrolled into a DiGA for obesity (ICD10 E66). Patients initiated a DTx treatment with the goal of weight loss. At treatment start, patients completed questions related to their nutritional habits; completing the Short Food Literacy Questionnaire (SFLQ<sup>1</sup>).

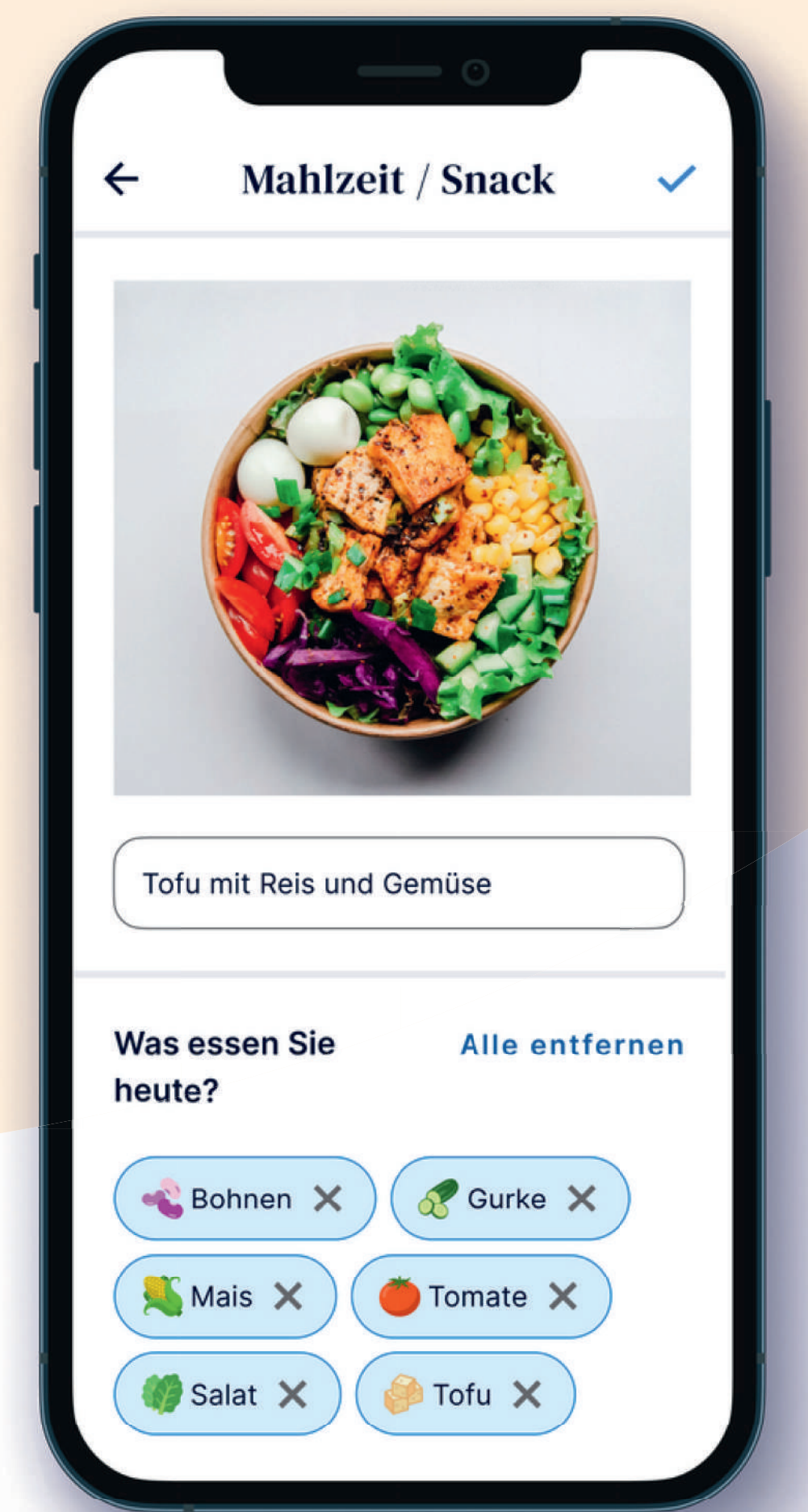


Figure. Oviva Direkt Obesity

## Results

Data were obtained from 207 patients with obesity. All patients had a BMI between 34 and 40 kg/m<sup>2</sup>. Men (n=39) started treatment with significantly higher average weight than women ( $M_{Men} = 115.56$  kg,  $SD = 9.95$ ,  $n = 39$ ;  $M_{Women} = 102.17$  kg,  $SD = 8.4$ ,  $n = 167$ ;  $t(51.349) = -7.78$ ,  $p$  (two-sided) < 0.001).

	Overall	Female <50 years	Male <50 years	Female 50+ years	Male 50+ years
n	207	99	19	64	20
Start weight (mean (SD))	104.71 (10.15)	102.14 (8.93)	112.67 (9.92)	102.19 (7.82)	118.31 (9.42)
Short Food Literacy Questionnaire - Sum Score (mean (SD))	30.81 (4.43)	30.73 (4.40)	32.20 (3.51)	30.21 (4.53)	31.25 (4.55)

Table. Baseline characteristics

Whereas most patients reported eating fruit frequently and including a high variety of food in their meal plans, several reported challenges with restricting salt consumption. This holds for both sexes. Women more often than men reported to be able to restrict fat consumption ( $p = 0.01$ ). Regarding food literacy, the SFLQ sum score as an overall indicator was significantly lower on average compared with data from a validation cohort of the Swiss working population<sup>1</sup> ( $M = 30.81$ ,  $t(195) = -20.17$ ,  $p$  (two-sided) < 0.001).

## Conclusion

- ☑ Baseline analyses conducted during onboarding to an obesity DTx revealed mixed nutritional behaviors.
- ☑ Women tended to report healthier baseline food habits.
- ☑ Salt consumption however showed no gender association, but high variability across the cohort.
- ☑ Food literacy is comparably low in patients who seek digital health interventions.
- ☑ Including a baseline assessment of nutritional habits is likely to be needed in order to personalize therapy.

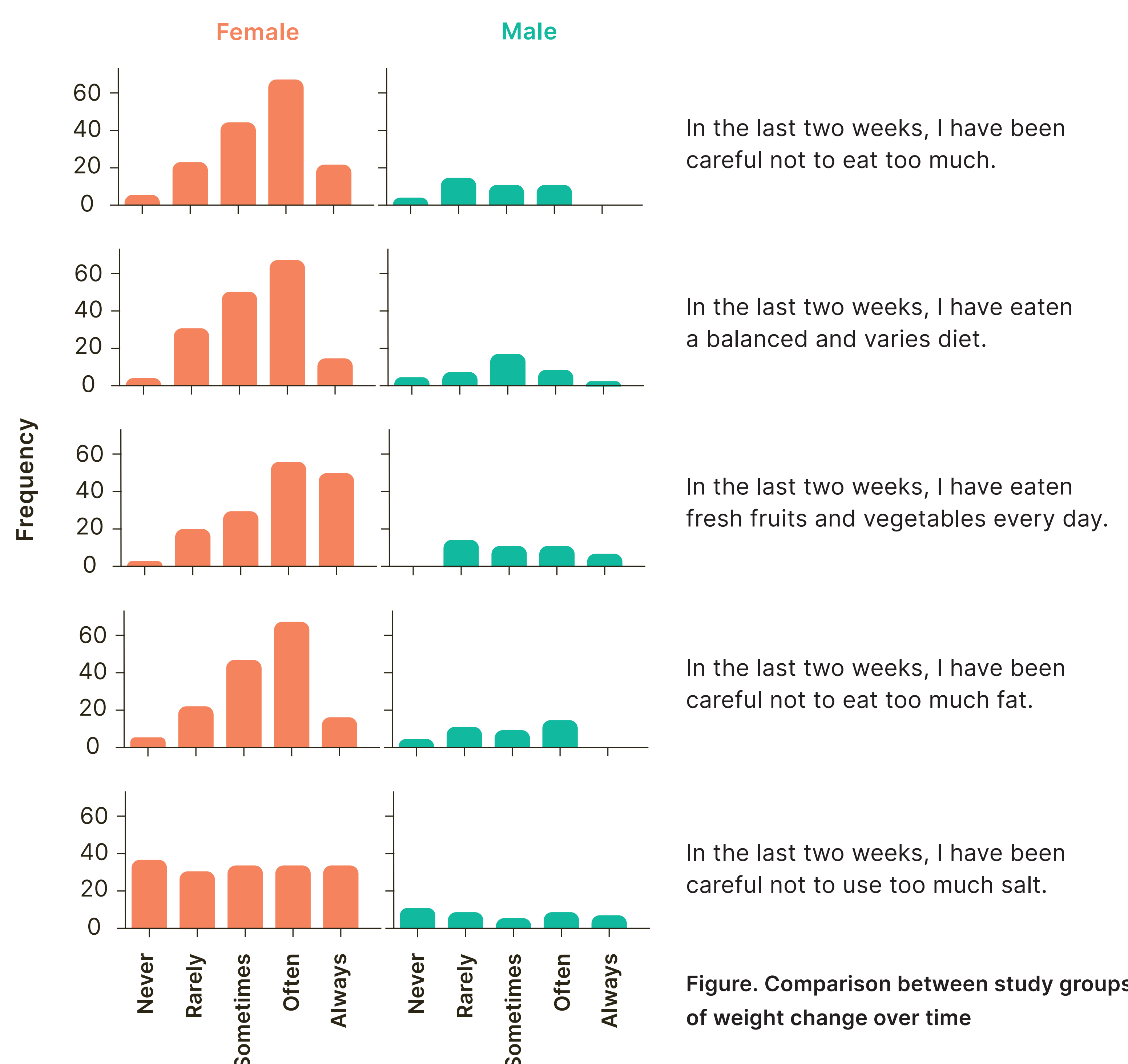


Figure. Comparison between study groups of weight change over time

References: <sup>1</sup> Gréa Krause, C., Beer-Borst, S., Sommerhalder, K., Hayoz, S. & Abel, T. A short food literacy questionnaire (SFLQ) for adults: Findings from a Swiss validation study. *Appetite* 120, 275–280 (2018).

Conflict of interest: Marco Lehmann is employed at Oviva AG