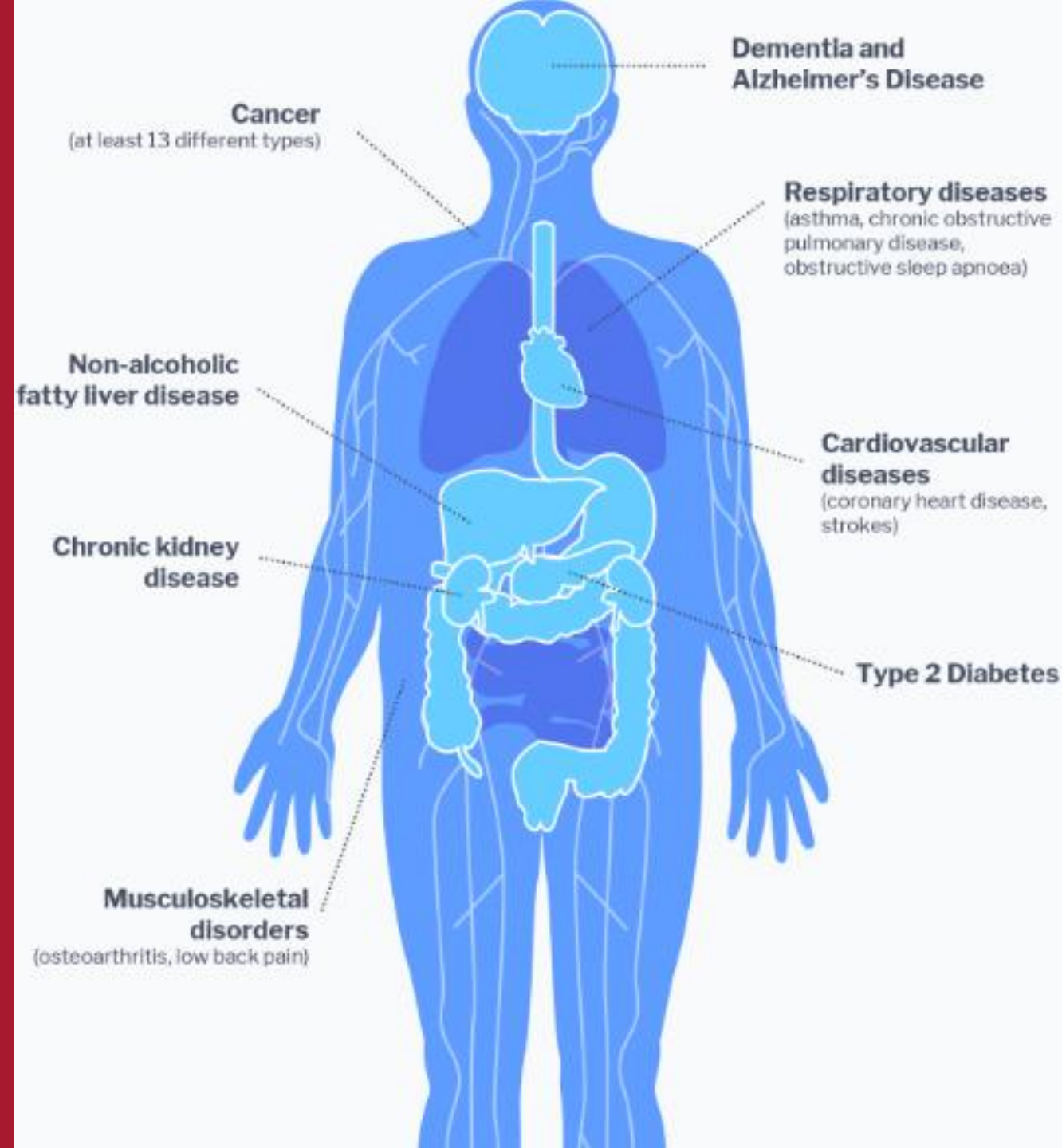




# Addressing Obesity in Oregon

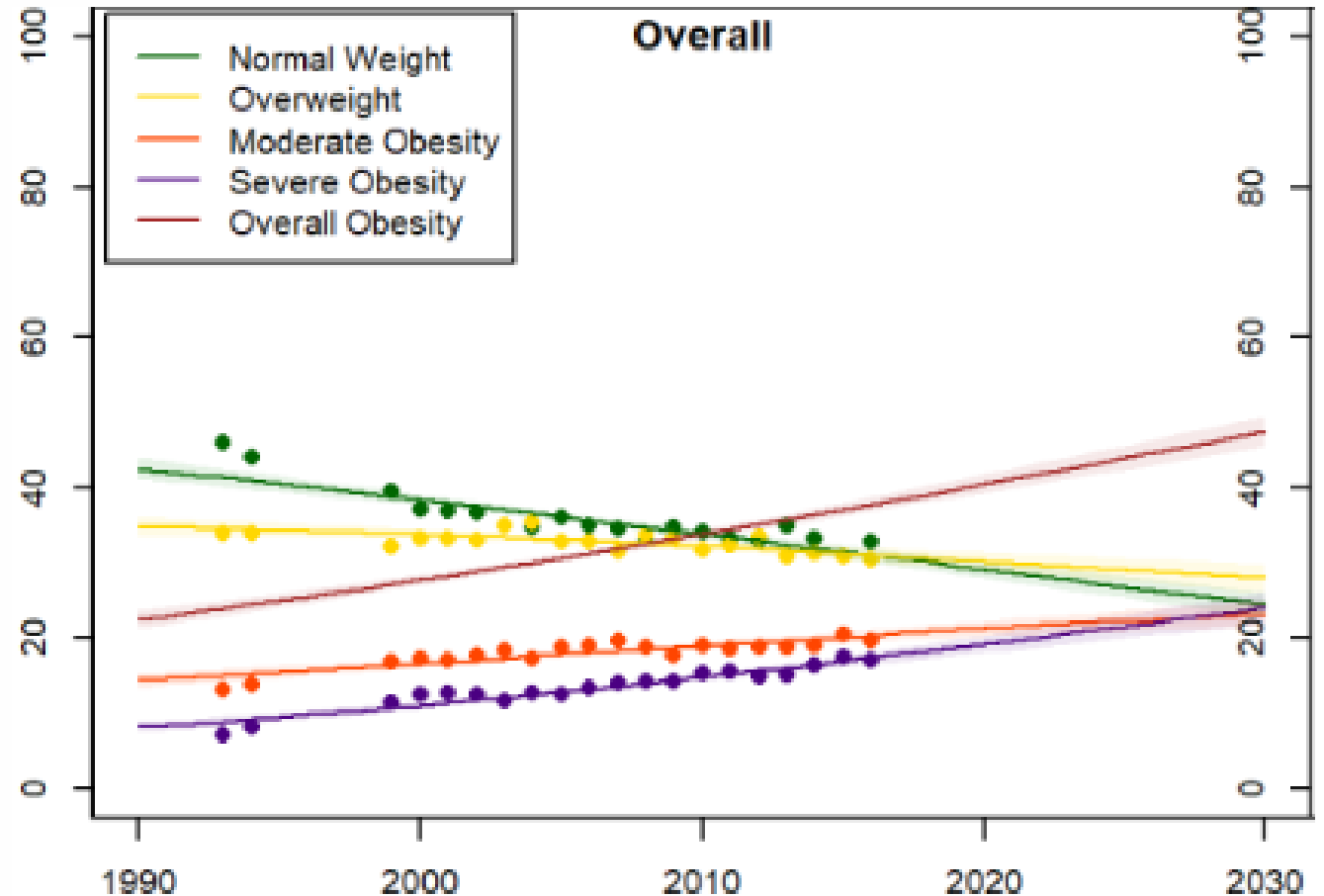
# Obesity Impacts on the Patient

- Obesity causes or exacerbates over 200 medical disorders, resulting in declining physical, mental, and emotional health and physical mobility.
- Obesity is linked to conditions like type 2 diabetes, kidney failure, osteoarthritis, increased risk of cardiovascular disease (stroke and heart attacks), sleep apnea, and increased depression.
- Obesity is linked to 30% to 53% of new diabetes cases in the U.S. every year.



## Obesity's Impact on Oregon

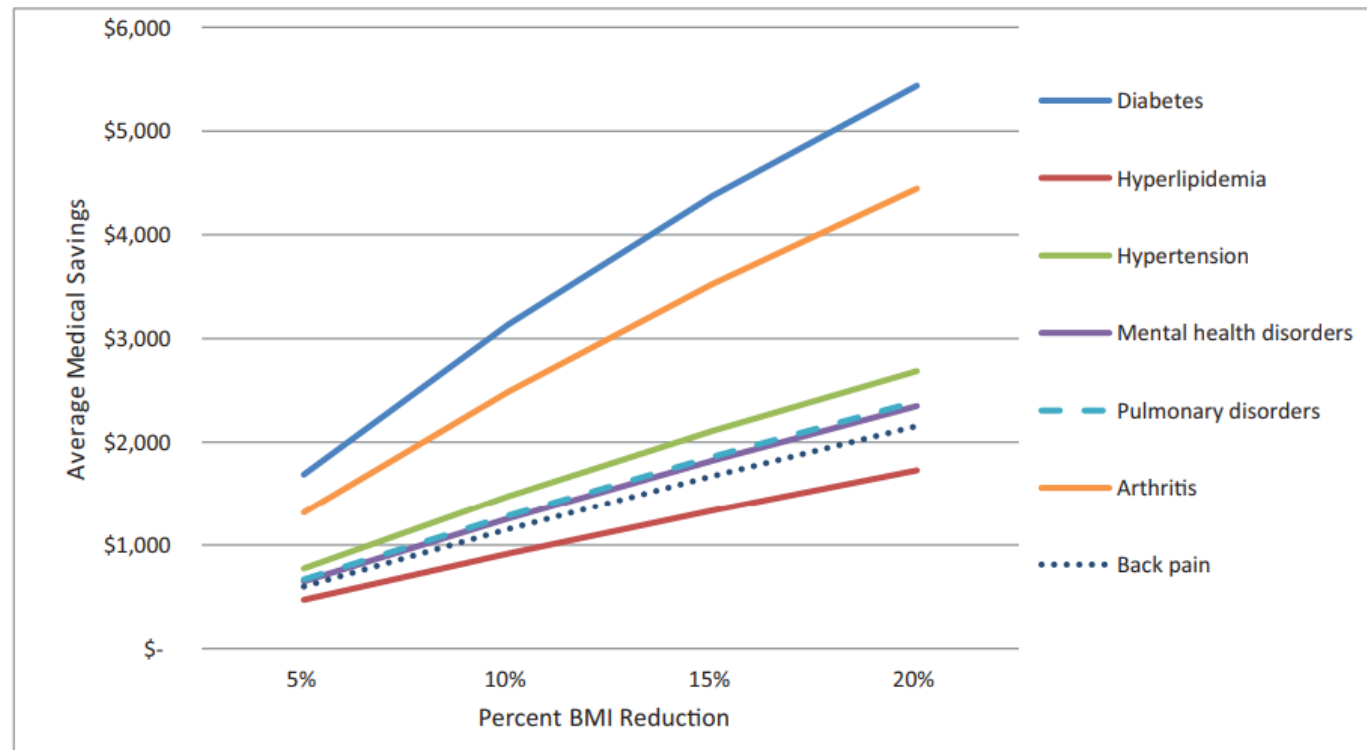
- Approximately 1.4 million adults in Oregon, or 34% of the adult population, have obesity.
- The OR adult obesity rate is projected to increase to up to 48% by 2030.
- Obesity reduces economic activity in OR by about \$6.2 billion annually.
- Additionally, obesity has reduced OR's workforce by 33,700.



# Weight Loss Correlates with Increased Cost Savings

Thorpe et al

JOEM • Volume 63, Number 10, October 2021



**FIGURE 1.** Predicted reductions in average annual healthcare expenditures per person associated with 5% to 20% reduction in BMI by chronic condition. BMI, body mass index.





# **GLP-1s and the Future of Workforce Health: Evidence, Impact, and Policy Implications**

A summary of AON's Workforce-Focused Analysis on GLP-1s:  
Research Findings and Methodology

# Findings: Better Health Outcomes, Slower Cost Growth

## Health Improvements

- 44% reduction in hospitalizations from major cardiovascular events (stroke, heart attack, heart failure).
  - Lower incidence of:
    - Pneumonia (↓22%)
    - Inflammatory bowel disease (↓20%)
    - Osteoporosis (↓20%)
    - Alcohol & substance use disorders (↓16%)

## Slower Growth in Medical Spend

- After the initial cost increase, GLP-1 users experienced a seven-percentage point improvement in medical spend growth in year 2 vs. matched controls (excluding drug costs).
- The trend diverges from the control group, indicating potential future savings and productivity gains.

# GLP-1s Offer a New Opportunity to Improve Workforce Health

## Key Context:

- GLP-1 medications (e.g., Wegovy, Mounjaro, Ozempic) are increasingly used to treat obesity and type 2 diabetes.
- Obesity affects nearly 40% of U.S. adults, driving over 60 chronic conditions and costing the U.S. up to \$1.72 trillion annually.
- Aon's study analyzed over 139,000 GLP-1 users from a 50+ million commercial lives dataset (2022–2024).

# Why It Matters for Oregon's Workforce

AON's findings demonstrate that GLP-1 medications offer the rare opportunity to better **manage chronic conditions, improve health, reduce medical costs, and drive productivity.**

- Employers face rising healthcare costs and workforce productivity challenges tied to obesity-related conditions.
- Understanding how GLP-1s perform in real-world settings can guide cost-effective, equitable coverage decisions that result in a healthier and more productive workforce.



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## ▪ Slides 6-8

AON Workforce-Focused Analysis on GLP-1s: Research Findings and Methodology. [workforce-focused-analysis-on-glp-1s.pdf](#).