

The Prevalence of Obesity in Patients with Rheumatic Conditions

48%^{1,2,*}

Psoriatic arthritis

19%³

Systemic lupus erythematosus

18%–
31%⁴

Rheumatoid arthritis

22%⁵

Axial spondyloarthritis

52%⁶

Osteoarthritis

53%⁷

Gout

Effective weight management focuses on four pillars^{8,9}:



Diet and Exercise



Psychological and Behavioral Intervention



Bariatric Surgery



Pharmacotherapy

Addressing these four pillars provides a comprehensive framework for weight management.^{8,9}

*The National Health and Nutrition Examination Survey (NHANES) is a nationally representative survey of the US civilian, non-institutionalized population conducted by the CDC National Center for Health Statistics (NCHS). The cross-sectional survey includes an in-home interview to obtain sociodemographic characteristics and medical history, and a physical examination and laboratory measures, including BMI, taken at a mobile examination center. Patients self-reported being diagnosed with psoriatic arthritis.

1. CDC NHANES Questionnaires, Datasets, and Related Documentation. <https://wwwn.cdc.gov/nchs/nhanes/Default.aspx> (2009-2020). Accessed January 30, 2024. 2. Data on file. Lilly USA, LLC. DOF-IX-US-0341. 3. Borg A, et al. *Front Med (Lausanne)*. 2023;10:1247354. 4. Gremese E, et al. *Front Immunol*. 2014;11(5):576. 5. Maas F, et al. *J Rheumatol*. 2016;43(2):383-387. 6. Data on file, Eli Lilly and Company. 7. Zhu Y, et al. *Am J Med*. 2012;125(7):679-687. 8. Wharton S, et al. *CMAJ*. 2020;192(31):E875-891. 9. Garvey WR, et al. *Endocrine Practice*. 2016;22(7):842-884. VV-MED-162876 © 2024 Lilly USA, LLC. All rights reserved.