

## What matters the most to people with obesity when it comes to self-management outcomes

Most people over 65 years live with one or more chronic health conditions. Management of these conditions accounts for a significant portion of healthcare costs today: somewhere between 70% and 80%. People living with chronic conditions mostly manage their condition themselves, at home and in the community, often helped by family or other informal carers. Providing the right support for self-management and living well with a condition is an essential part of good chronic disease care and increases life expectancy.

### What is self-management?

Self-management is defined as what individuals, families and communities do to promote, maintain, or restore health and to cope with illness and disability with or without the support of healthcare professionals. It includes but is not limited to self-prevention, self-diagnosis, self-medication and self-management of illness and disability.

### What are the outcomes people with obesity consider most important?



#### Self-efficacy

A person's judgement that they are capable of doing something, often related to a specific goal they want to achieve, feeling of confidence, and of being in control. Health literacy is a factor that can contribute to self-efficacy.



#### Participation and decision-making

Feeling able to participate actively in her/his own care and treatment decisions (as much as s/he wishes), feeling motivated and able to participate.



#### Social interactions

Relationships with friends; having the confidence / energy / motivation to participate in social activities; relationships with family and/or ability to care for children.



#### Relationship between patient and healthcare provider team

Confidence and trust in the healthcare professional; how good the communication is between patient and healthcare professional(s); having enough time for consultation; how satisfied the patient is generally with her/his care; patient feels s/he has enough information.



#### Adherence to (treatment) programme

The extent to which the person follows the agreed treatment programme, such as diet, exercise plan, life-style advice, etc. as a whole; taking prescribed medication.

COMPAR-EU is a project partly funded by the European Commission under its research framework programme "Horizon 2020". It started in January 2018 and will end in December 2022. The project aims to identify, compare, and rank the most effective and cost-effective self-management interventions for adults in Europe living with one of four chronic conditions: Type 2 Diabetes Mellitus (T2DM), Chronic Obstructive Pulmonary Disease (COPD), obesity and heart failure. The project has developed 4 Core Outcome Sets (COS) to guide self-management interventions in these diseases and developed an online decision-making tool for policymakers, researchers, patients, and the healthcare industry.

Self-management Interventions (SMIs) are supportive interventions that healthcare staff, peers, or laypersons systematically provide to increase people's skills and confidence in their ability to manage a long-term disease.



## What new knowledge does this research bring?

A key strength of our COS is that it is strongly based on patients' preferences while also reflecting the perspectives of healthcare professionals and researchers. This means the COS is quite reliable and could be used in many different settings.

**What is a Core Outcome Set:** a list of outcomes which people with a chronic condition and healthcare professionals have recommended that researchers should measure and report if they are undertaking a research study in a particular area.

The group voted 15 outcomes to be a part of the final Obesity COS. Of these 15 outcomes, 5 are considered particularly important by all participants, meaning very high support – 70% (or more) of the participants' approval.

<https://self-management.eu/>

## More information needed?

projects@eu-patient.eu |  
+ 32 2 274 08 67

Full list of outcomes and  
explanation:



**Relevant article:** Valli C, Suñol R, Orrego C, Niño de Guzmán E, Strammiello V, Adrion N, Immonen K, Ninov L, van der Gaag M, Ballester M, Alonso-Coello P. [The development of a core outcomes set for self-management interventions for patients living with obesity](#). Clin Obes. 2022 Feb;12(1):e12489. doi: 10.1111/cob.12489. Epub 2021 Oct 7. PMID: 34617681; PMCID: PMC9285702.

## Project coordinator

× × × × ×  
× × × × ×  
× × × × ×  
× × × × ×  
× × × × ×  
× × × × ×  
**AVEDIS  
DONABEDIAN**  
INSTITUTO UNIVERSITARIO-UAB

## Project partners



This project has received funding from the European Union's Horizon 2020 Research and Innovation Programme under grant agreement No 754936. The content of this leaflet reflects only the COMPARE-EU groups' views and the European Commission is not liable for any use that may be made of the information contained herein.