

Prevention of overweight and obesity may be a crucial potential modifiable risk factor for persistent complaints after COVID-19

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Overweight and obesity in patients recovering from COVID-19: the association and predictive value of BMI with participation, fatigue and psychological well-being

BACKGROUND

Research suggests that **1 in 8 people** who had a SARS-CoV-2 infection experiences persistent symptoms.

Overweight and obesity are known risk factors for severe acute COVID-19, but it is unclear whether overweight or obese people also experience more persistent symptoms.

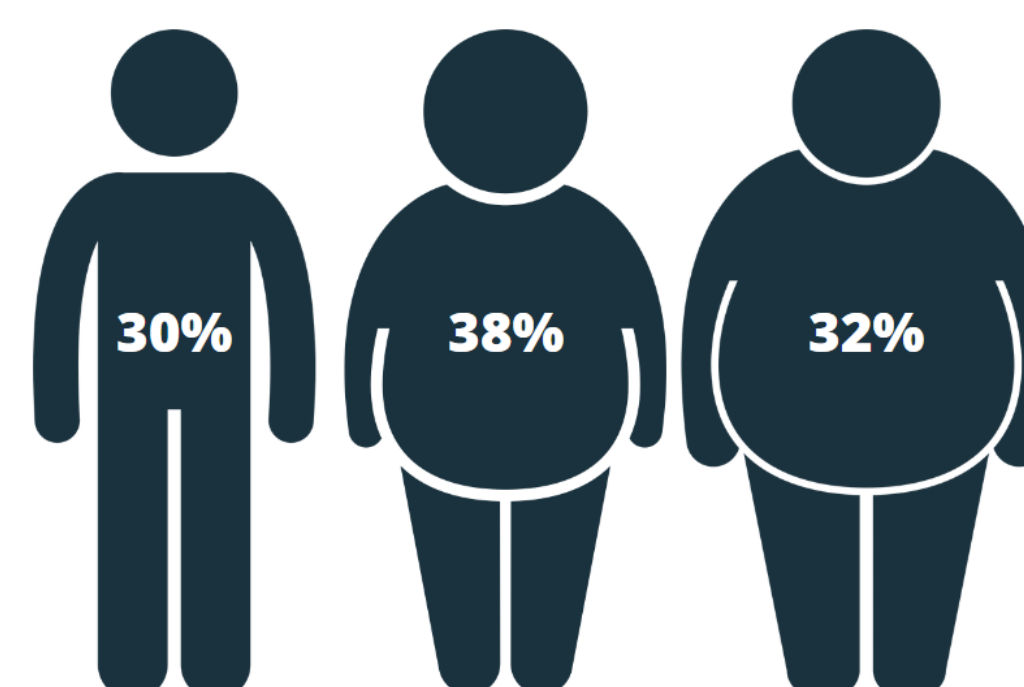
OBJECTIVE

To describe the association and predictive value of BMI with outcomes in participation, fatigue and psychological distress in patients recovering from COVID-19 who visited a primary care allied health professional.



RESULTS

62% was female and mean age was 50 (SD 13) years.
Mean BMI was **28 (6) kg/m²**



BMI was a **significant predictor** of participation, with overweight or obese people reporting **more problems** with participation

94% of patients reported **severe fatigue** at the start of primary care allied health treatment

→ **No significant associations between BMI-groups**

42% of patients had a for possible or probable **anxiety** disorder; and **46%** had a possible or probable **depression**

→ **No significant associations between BMI-groups**

METHODS

1,049 patients included from a Dutch prospective cohort study

Measuring moment: start of treatment

Treatment with one or more primary care allied health professional

Key exposure: BMI grouped as



Outcome measures



CONCLUSIONS

Overweight and obesity were highly prevalent in this cohort of patient recovering from COVID-19 receiving primary care allied health treatment. We found **BMI** to be a **predictor of participation**, but BMI was **not associated** with **fatigue** or **psychological well-being**.

Notably, almost **all patients** experienced **severe fatigue** and a large group of patients met the criteria for a possible anxiety disorder or depression, independent of BMI.

