Amanda Walch, MPH, RD, LD

**BACKGROUND**

- Overweight and obesity in the United States is at an estimated 134 million (or 66.3%).
- Obesity increases the risks for other life-threatening diseases, such as high blood pressure, type 2 diabetes, heart disease, stroke, and some cancers.
- High blood pressure is twice as common in adults who are overweight or obese, with an approximate 65 million adults or 29% of the adult U.S. population.
- The increase of obesity and related health burdens has increased the number of weight loss surgeries performed, and resulting positive changes in health status has occurred.

**POPULATION & DEFINITIONS**

**Patient Population Breakdown**

<table>
<thead>
<tr>
<th>Group</th>
<th>Patients (N)</th>
<th>Change</th>
<th>Weight Lost (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>122 patients</td>
<td>Improvement</td>
<td>13.9%</td>
</tr>
<tr>
<td>2</td>
<td>27 patients</td>
<td>Improvement</td>
<td>12.7%</td>
</tr>
<tr>
<td>3</td>
<td>79 patients</td>
<td>Improvement</td>
<td>7.6%</td>
</tr>
</tbody>
</table>

**Blood Pressure Definitions**

- **High blood pressure**: Blood pressure reading of 140-90 mmHg or hypertensive medication.
- **High blood pressure resolution**: Blood pressure readings < 140/90 mmHg and/or off hypertensive medications.
- **Weight loss in months after surgery**: Group 1: N = 122 patients Group 2: N = 27 patients Group 3: N = 79 patients

**RESULTS**

**CONCLUSIONS & NEXT STEPS**

Weight loss following surgery is associated with high blood pressure resolution or improvement in 92-97% of patients up to two years post surgery. Clinically, a decrease in blood pressure increases the health of each patient through disease prevention, longer lifespan, less sick days, decreased annual doctor visits, and other possibilities.

**NEXT STEPS**

Future research with ethnicity data is needed to better generalize to the Alaska population. Data from the bariatric clinic has the potential to enhance research in the area of weight loss and weight loss surgery as it relates to high blood pressure and other public health problems currently plaguing Alaska and other regions.