The association between musculoskeletal pain and weight change in patients attending a specialist weight management service.

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Background: pain and obesity are associated
Purpose:

• To quantify the influence of baseline pain levels on weight change at one-year follow-up in patients attending a National Health Service (NHS) specialist weight management programme.

Methods:

• N=141 patients enrolled in an NHS specialist weight management service
• Categorised for baseline pain (none-to-mild, moderate, severe)
• The model was covariate-adjusted for any differences in baseline weight, age, sex, socioeconomic status, and depression levels between sub-groups.
• A difference in weight change of ≥5kg was considered clinically relevant.
Results & Conclusions

• Severe pain levels may be a considerable barrier to weight loss in those referred to specialist weight management services in the NHS by a magnitude of 5kg.

• These findings support previous calls for better integration between weight management and pain management services.