



Current Topic in
Epidemiology:
**HCG AND BATTLE OF
THE BULGE**

NURS 6313

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Topic

FDA announces HCG weight-loss products
fraudulent





AANP SmartBrief

News for nurse practitioners JANUARY 25, 2011

Pharmaceutical News FDA: HCG diet products are illegal, fraudulent

The FDA says weight-loss products that contain the hormone human chorionic gonadotropin, sold in health stores and on the Internet, are fraudulent and illegal. FDA said that while HCG products are not necessarily dangerous to health, there is no evidence that HCG is effective and sales of the products constitute "economic fraud." USA TODAY (1/23)

The screenshot shows the homepage of the website 'Simply hCG.com'. At the top, there is a navigation menu with links for 'Home', 'Buy Now', 'The Diet', 'The Science', 'The Product', 'Recipes', and 'About Us'. Below the menu is a central graphic featuring a plus sign and an equals sign. To the left of the plus sign is an image of a plate of food with meat, vegetables, and fruit. To the right of the plus sign is an image of a person in a red dress performing a yoga or fitness pose. Below the plus sign, text reads 'hCG mobilizes stored fat and suppresses appetite'. Below the equals sign, text reads 'The diet consists of lean meat, fresh fruits, vegetables, and more...'. Below the food image, there is a link for 'Recipes >>'. Below the person image, there is a link for 'Start losing now!'. Below the central graphic is a section titled 'Calculator' with a form for 'How much do you want to lose?' and a 'Calculate' button. To the right of the calculator are two columns for '3 week program' and '6 week program', each with a 'Start >>' button. To the right of these columns is a section titled 'Success Stories...' with an image of a person and a 'More >>' button.

USATODAY.COM

HCG weight-loss products are fraudulent, FDA says
By Nanci Hellmich, USA TODAY Updated
1/23/2011 6:56 PM

Enlarge www.simplyhcg.com Big sales online:
Simplyhcg .com is one of many Web-based
companies selling HCG diet products



Texans toss unapproved supplements

By JOHN McCLAIN

The Texans threw away products not approved by the NFL after losing Brian Cushing and Duane Brown for four games each over performance enhancing drugs.. Texans toss unapproved supplements .

10/29/2010

Family Obesity in America



Descriptive Epidemiology

- Person
- Place
- Time





Epidemiology Measures

- Prevalence:

The number of existing cases of a disease or health condition in a population at some designated time:

in 2009 over all prevalence in US 26.7%

- Incidence:

The rate of development of a disease in a group over a certain time period : ^ 1.1% since 2007

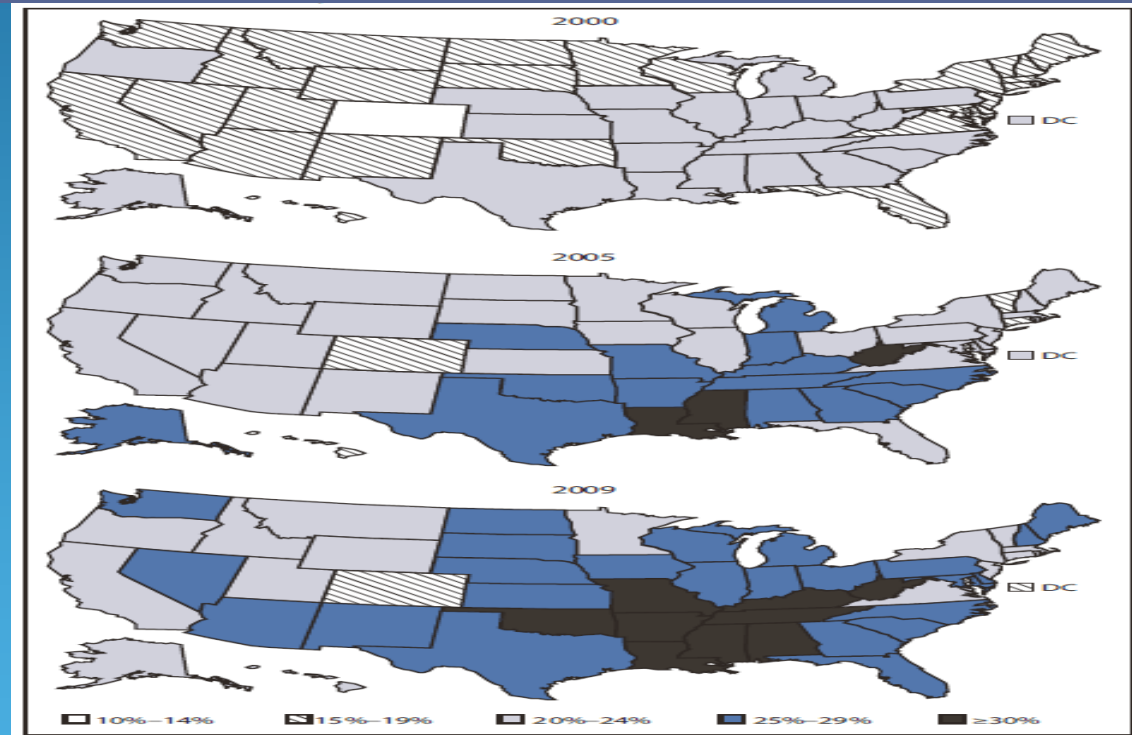
- Determinants:

Factors or events that are capable of bringing about a change in health

Can reduce quality of life and increases the risk for many serious chronic conditions

Friss, 2009

FIGURE. Self-reported prevalence of obesity* among adults --- Behavioral Risk Factor Surveillance System, United States, 2000, 2005, and 2009



•Body mass index (BMI) ≥ 30.0 ; BMI was calculated from self-reported weight and height (weight [kg] / height [m]²).

(CDC, 2009)

Significance/Importance





Importance/Significance

- Fraudulent Claims
- Adverse Effects
- Financial Burden
- No lifestyle changes



- **Vital Signs: State-Specific Obesity Prevalence Among Adults – United States, 2009**

MMWR, August 3, 2010 / 59(Early Release); 1-5

In 2009, no state met the *Healthy People 2010* obesity target of 15%, and the self-reported overall prevalence of obesity among U.S. adults had increased 1.1 percentage points from 2007.



www.cdc.gov/vitalsigns

- MMWR / August 3, 2010 / Vol. 59
- For 2006, medical costs associated with obesity were estimated at as much as \$147 billion (2008 dollars); among all payers, obese persons had estimated medical costs that were \$1,429 higher than persons of normal weight

CDC MMWR



Online Resources

- <http://www.fda.gov/ForConsumers/ProtectYourself/HealthFraud/>
- <http://www.healthypeople.gov/data>
- <http://www.letsmove.gov>
- <http://www.cdc.gov/Widgets/>

Adult BMI (Body Mass Index) Calculator Widget

A screenshot of a web widget titled "Body Mass Index (BMI) Calculator for Adults". The widget has two tabs: "Calculator" (selected) and "What Is BMI?". Below the tabs, it says "Calculate Your BMI" and "English | Metric". There are input fields for "Height:" (0 feet, 0 inch(es)) and "Weight:" (0 pounds).

**Body Mass Index (BMI)
Calculator for Adults**

Calculator | What Is BMI?

Calculate Your BMI
English | Metric

Height:
0 feet 0 inch(es)

Weight:
0 pounds

You can add this widget to your Web site to let anyone calculate their BMI. This calculator provides BMI and the corresponding weight category. Use this calculator for adults, 20 years old and older.

Get the code on the [CDC Widgets Page](#).





Web Ad for Weight Loss Clinic

Meet Our World Class Medical Staff

HCG Medical is a nationwide weight loss clinic that has treated more than 5,000 patients since 2007.

Dr. Shuler, MD. and his Staff have attended to thousands of patients with symptoms related to hormonal imbalances causing excessive weight gain and has seen remarkable success.

As one of America's foremost leaders in the use of hormone therapies for weight management, our program has helped patients find the answer to controlling their weight. We have amassed thousands of weight loss patients with remarkable results; ranging from 25 to 165 lbs of weight loss.

Dr. William Shuler, MD.

Jenny Maschino, ARNP.



References

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HCG weight-loss products are fraudulent, FDA says By [Nanci Hellmich](#), USA TODAY
<http://www.usatoday.com/yourlife/fitness/weight-loss-challenge/2011-01-24-hcgdiet24>.



Test Questions

In 2009 what was the overall prevalence of obesity in the U.S.?

From 2007 to 2009 what was the incidence of obesity in the U.S.?