Current Topic in Epidemiology:
HCG and Battle of the Bulge

NURS 6313
Maria C. Reyes, FNP-C, RN
FDA announces HCG weight-loss products fraudulent
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)
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

• Body mass index (BMI) $\geq 30.0$; 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
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.
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.
Online Resources

• http://www.fda.gov/ForConsumers/ProtectYourself/HealthFraud/
• http://www.healthypeople.gov/data
• http://www.letsmove.gov
• http://www.cdc.gov/Widgets/
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](https://www.cdc.gov/widgets).
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


Robb-Nicholson, C. (2010). By the way, doctor. I've been trying to lose weight for a long time and nothing seems to work. What do you know about the HCG diet?. *Harvard Women's Health Watch*, 17(9), 8.


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.?