Healthcare Costs Before and After Bariatric Surgery in Israel: A Cohort Study



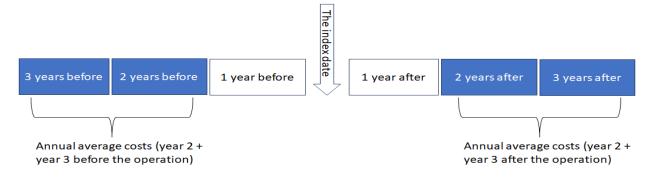
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Background and objectives

Bariatric surgeries are an effective obesity treatment. However, studies show conflicting evidence regarding individuals' healthcare costs following this procedure. The study aimed to evaluate the healthcare costs of individuals with obesity before and after bariatric surgery.

Methods

This study included all adults who underwent bariatric surgery through MHS from 2015 to 2019. We collected each patient's annual costs for six consecutive years. We then compared the costs across time and groups.



Results

From 2015 to 2019, 9,934 bariatric surgeries were performed (51.6% sleeve gastrectomy, 36.6% bypass surgeries, and 11.8% combined surgeries).

Average annual total healthcare costs increased in all age groups after the surgery. The biggest increase (69%) was in the youngest group. The increase in costs was from hospitalization and physician visits.

Reduced healthcare costs were associated with male gender in ages 18-39 and 40-64 and diabetes mellitus.



Conclusions

While bariatric surgeries are considered the most effective way to lose weight and improve related comorbidities, direct costs increase after such interventions. In future studies, it is important to have a longer follow-up period and, if possible, to evaluate indirect and intangible costs.