

Implementation of the ICHOM Obesity Standard Set in a Hybrid Weight Loss Program : 6-Month Outcomes from a Real-World Cohort

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1 Introduction

Obesity is a complex, chronic disease with serious implications for quality of life and long-term health. Despite the availability of effective treatments, outcome measurement in routine care remains limited. This study evaluated outcomes from a 6-month hybrid obesity care program that integrated the ICHOM Obesity Standard Set to enable structured, patient-centered tracking. The program combined digital and in-person care to monitor both clinical progress and patient-reported improvements beyond traditional weight metrics.

2 Methodology

A total of 201 participants were assessed at baseline, 3 months, and 6 months. Clinical outcomes included weight, body composition, metabolic, liver, and vascular markers. PROMs were collected from a consenting subsample (n=46) using the Stop-BANG and EQ-5D-5L questionnaires. Changes over time were analyzed using paired t-tests and Wilcoxon signed-rank tests ($p < 0.05$).



Zone.Health patient

This seamless zone journey flow of virtual consultations with different health care members, ensuring a comprehensive approach to the patient's health and well-being



Meet the physician

A live/virtual appointment with a zone.health physician for a comprehensive discussion of medical history, symptoms and current medications followed by an appropriate prescription



PROMs Assessment

- Screening for Sleep Apnea using STOP-Bang questionnaire
- Assessment of overall well-being using EQ5LDL questionnaire



Dietician consultation

Patient schedules a live/ virtual dietician consultation for personalized dietary advice and meal planning to complement medical treatment



Lifestyle coach

Patient virtually meets a lifestyle and exercise coach for personalized recommendations, fostering an active lifestyle and setting goals for gradual improvements in overall well-being



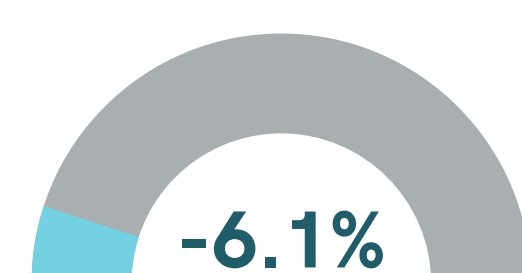
Continuous monitoring

Providing members with meta[bolic] app for continuous engagement and wearables (OURA Ring) to track sleep, stress and activity metrics

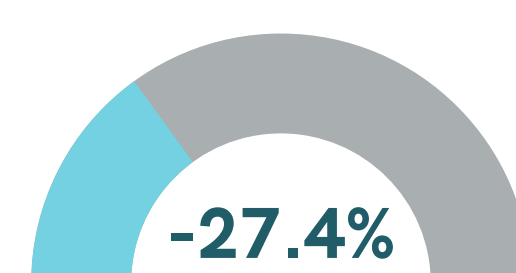
3 Results

At 6 months, mean weight decreased from 95.92 ± 19.8 kg to 83.32 ± 18.08 kg (mean difference 12.6 kg, 95% CI: 11.73-13.48, $p < 0.001$). Significant reductions were also observed in liver enzymes (ALT, AST, GGT) and vascular stiffness, with UAP decreasing by 11.3% ($p < 0.001$). Skeletal muscle mass was largely preserved, declining by only 7.2% over 6 months, primarily due to the behavioral and educational components of the program, which focused on resistance training and high-protein diets.

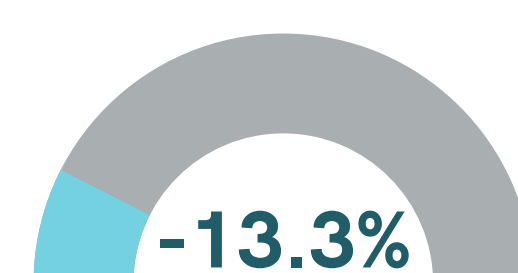
Improvement in Clinical Parameters



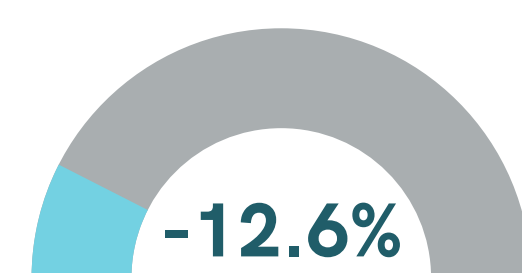
HbA1c (%)



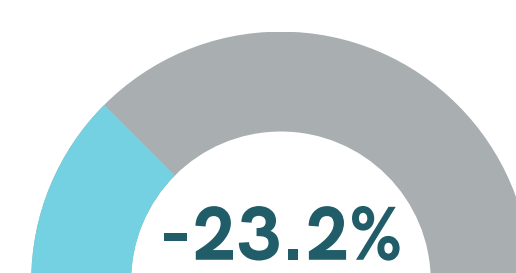
Triglycerides



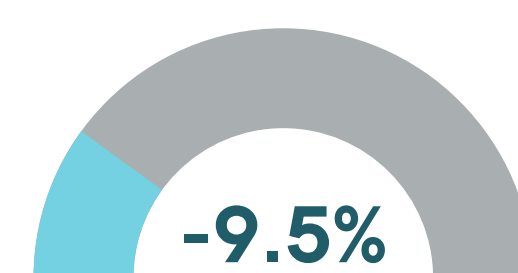
BMI



LDL Cholesterol

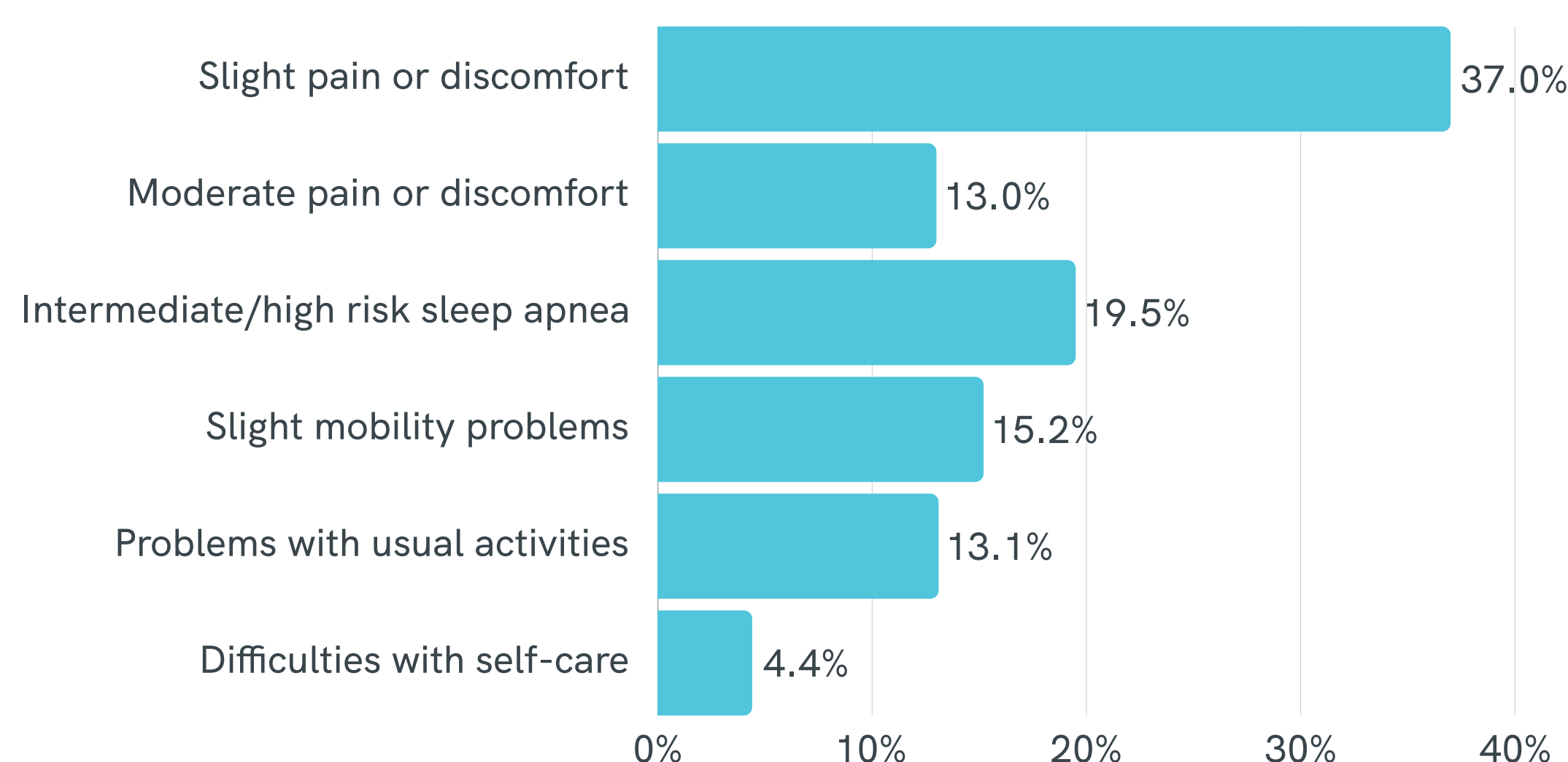


Fat Mass



Waist Circumference

PROMs Subsample Analysis



4 Conclusion

Using the ICHOM Obesity Set in a hybrid program enabled tracking beyond BMI, showing significant 6-month improvements. PROMs and standardized metrics may support future reimbursement in the UAE.