

Treat and Reduce Obesity Act

About the Treat and Reduce Obesity Act (TROA)

A staggering 100 million Americans are currently living with obesity. Obesity is linked to 230 medical conditions, and it affects 41.5% of adults ages 60+. Despite obesity being treatable—and designated a chronic disease by the American Medical Association in 2013—Medicare does not cover the full range of obesity-care treatments as it does for other chronic diseases, like heart disease and cancer.

TROA is groundbreaking, bipartisan legislation that modernizes and updates our nation's obesity policy and ensures that older adults receive the care they deserve. By providing Medicare beneficiaries with access to safe, effective, and life-saving treatments, TROA's effect for millions of older Americans would be game-changing.

How TROA Would Improve Obesity Care for Older Adults

Introduced in the House (HR 4818) and the Senate (S 2407), TROA offers Medicare beneficiaries two key tactics to address the obesity crisis



Coverage for anti-obesity medications under Medicare Part D

These medications are approved by the Food and Drug Administration (FDA) and are proven to help individuals achieve significant weight loss, thereby reducing the risk of chronic diseases such as diabetes and heart disease.



Enhanced access to intensive behavioral therapy (IBT)

The Centers for Medicare & Medicaid Services (CMS) currently limits coverage for IBT to primary care providers and settings. TROA would expand coverage to allow registered dietitian nutritionists (RDNs) community providers, obesity medicine specialists, endocrinologists, bariatric surgeons, psychiatrists, clinical psychologists, and other specialists provide IBT.

Patty's Testimony

Patty describes herself in many ways—loyal friend, animal lover, Monty Python fan, and patient advocate. But she's also been a target of ridicule her whole life simply because of her weight. Thankfully, in her sixth decade of life, Patty found the right medical professionals who helped her learn about how our bodies regulate weight and fight against weight loss, including how weight is not fully within our control. Just as importantly, Patty learned to challenge the negative self-talk she developed over the years and channel her experience into speaking out against weight bias. As Patty notes, "People of every size deserve dignity and respect. No one should ever be shamed or blamed for their body or their weight."



It's time for Congress to pass TROA.

- ✓ Half of Americans are on track to have obesity by 2030.^[1]
- ✓ Obesity is poised to overtake tobacco as the number one preventable cause of cancer.^[2]
- ✓ Treating obesity is costing the U.S. economy over \$1 trillion per year in annual medical expenses. Medicare coverage of obesity medication would save \$175 billion in the first 10 years.^[3]

Americans who are currently covered under private insurance for anti-obesity medications will abruptly lose coverage under Medicare once they turn 65. This includes the millions of federal employees and veterans covered under Federal Employee Health Benefits and Tricare, which cover lifesaving anti-obesity medications.

Unless Congress passes TROA and guarantees coverage for Medicare beneficiaries, thousands of Americans stand on the brink of losing coverage for essential anti-obesity medications.

[1] Harvard School of Public Health.
<https://www.hsph.harvard.edu/news/press-releases/half-of-us-to-have-obesity-by-2030/>

[2] Washington Post
<https://www.washingtonpost.com/health/interactive/2023/american-life-expectancy-dropping/>

[3] Joint Economic Committee
https://www.jec.senate.gov/public/_cache/files/c7df7ee3-2562-44f9-bcc0-fb038ff9967c/the-2023-joint-economic-report.pdf

Obesity Bill of Rights



On January 31, 2024, the National Council on Aging and the National Consumers League, launched a set of principles to effectively screen, diagnose, and treat obesity. This landmark framework would transform obesity care and policy by ensuring patients are treated according to medical guidelines and without weight bias, ageism, or exclusionary coverage policies. Learn more at Right2ObesityCare.org

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