

AWARENESS CHALLENGES IN NON-ALCOHOLIC FATTY LIVER DISEASE

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TAKE HOME MESSAGES

- Among primary care physicians (PCPs), NAFLD is thought to be a low prevalence (<10%) disease
 - PCPs primarily use ultrasound and liver enzymes to stage NAFLD
 - Non-invasive tests (NITs) are rarely used
 - Referral to specialists is uncommon
- Patient awareness of NAFLD is low, even among those with NAFLD
 - Nearly 96% of adults are unaware they have NAFLD
- While National Action Plans for Diabetes are common, no country in Europe has a National Action Plan for NAFLD

NAFLD AWARENESS AMONG PRIMARY CARE PHYSICIANS: PREVALENCE

- **Survey data of primary care physicians (PCPs) show that familiarity with the NAFLD and NASH is low**
 - 34% of providers not familiar with the term “NAFLD”
 - 53% not familiar with the term “NASH”
- **Majority of providers believed that NAFLD was a low prevalence condition**
 - 51%-75% reported population prevalence of NAFLD < 10%
- Nearly a quarter (24%) felt screening for NAFLD could be performed with liver enzymes alone

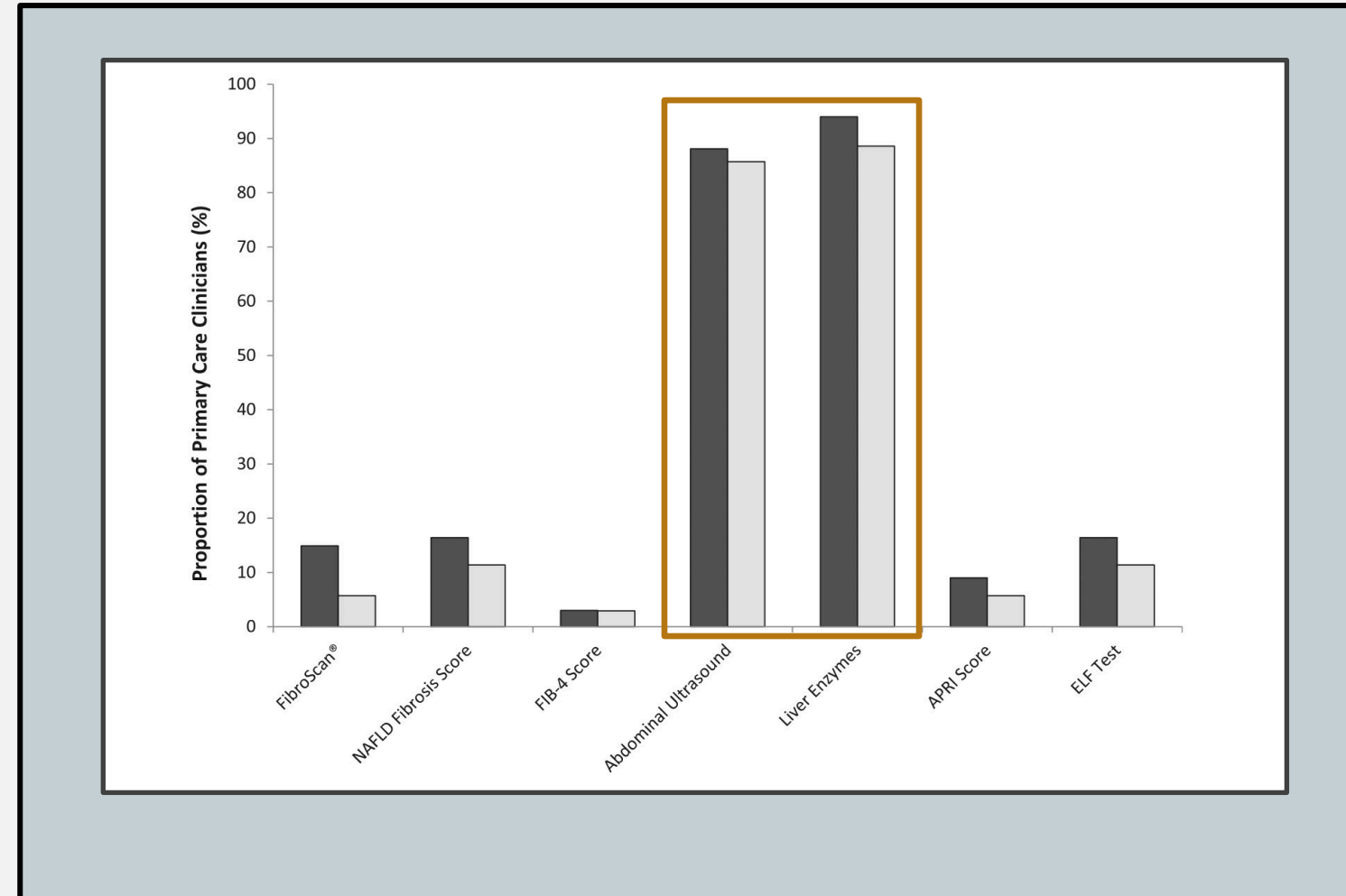
NAFLD AWARENESS AMONG PRIMARY CARE PHYSICIANS: STAGING

- Knowledge about & use of non-invasive testing (NIT) for NAFLD staging among PCPs is low

- Ultrasound and liver enzymes most frequently used to stage NAFLD

- 66% unsure if FIB4 score or ELF score could help detect advanced fibrosis/cirrhosis

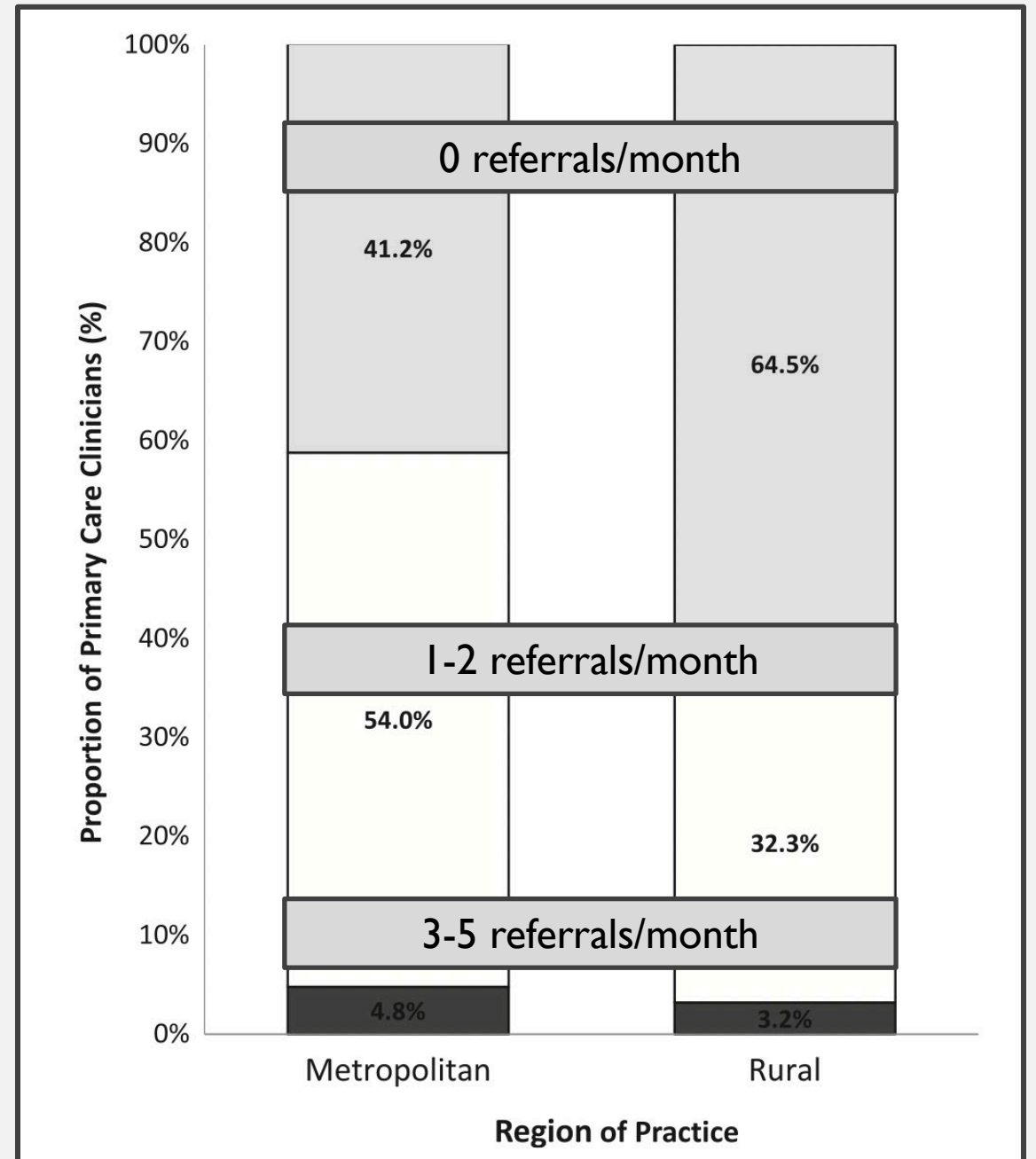
- NIT use: 73% Never use; 22% Rarely use



UPTAKE OF GUIDELINES FOR NAFLD IS LOW

- 214 physicians in the United States surveyed about familiarity with screening guidelines for NAFLD and viral hepatitis
 - 103 PCPs, 59 gastroenterologists, 52 hepatologists
- **Not familiar with official guidelines**
 - 41.7% PCPs
 - 18.6% gastroenterologists
 - 5.8% hepatologists

PROPORTION OF NAFLD REFERRALS TO SPECIALISTS

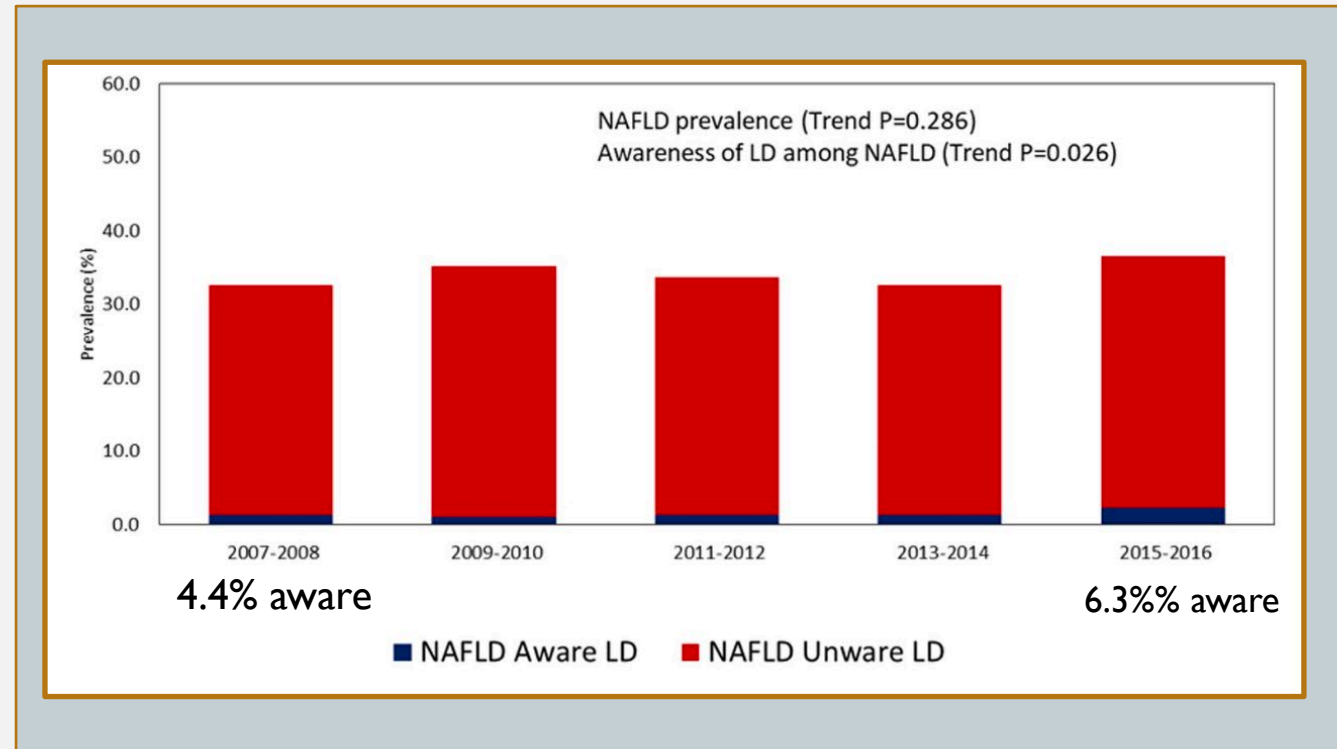


PATIENT AWARENESS OF NAFLD IS LOW

- 302 surveys (82% response rate) of patients presenting to endocrinology clinic
 - 18% aware of NAFLD
 - 73% interested in receiving education about NAFLD if they were told they were at risk
- In Hong Kong survey of 521 members of the general public
 - 17% aware of NAFLD
 - Of those who had heard of NAFLD
 - 46% felt their knowledge of NAFLD was inadequate or 35% highly inadequate

PATIENT AWARENESS OF NAFLD IS LOW

- 11,700 adults from 5 NHANES Surveys (2007-2016)
- NAFLD was determined by Fatty Liver Index for multiethnic U.S. population
- Overall NAFLD prevalence: 36.6%
- Among those with NAFLD by FLI, awareness increased 4.4% → 6.3% from 2007-2008 to 2015-2016
- Among those with NAFLD, young adults and Black adults had lowest awareness



NEED FOR NATIONAL ACTIONS PLANS FOR NAFLD

Graphical abstract

Does your country have any written national NAFLD/NASH strategy/action plan?



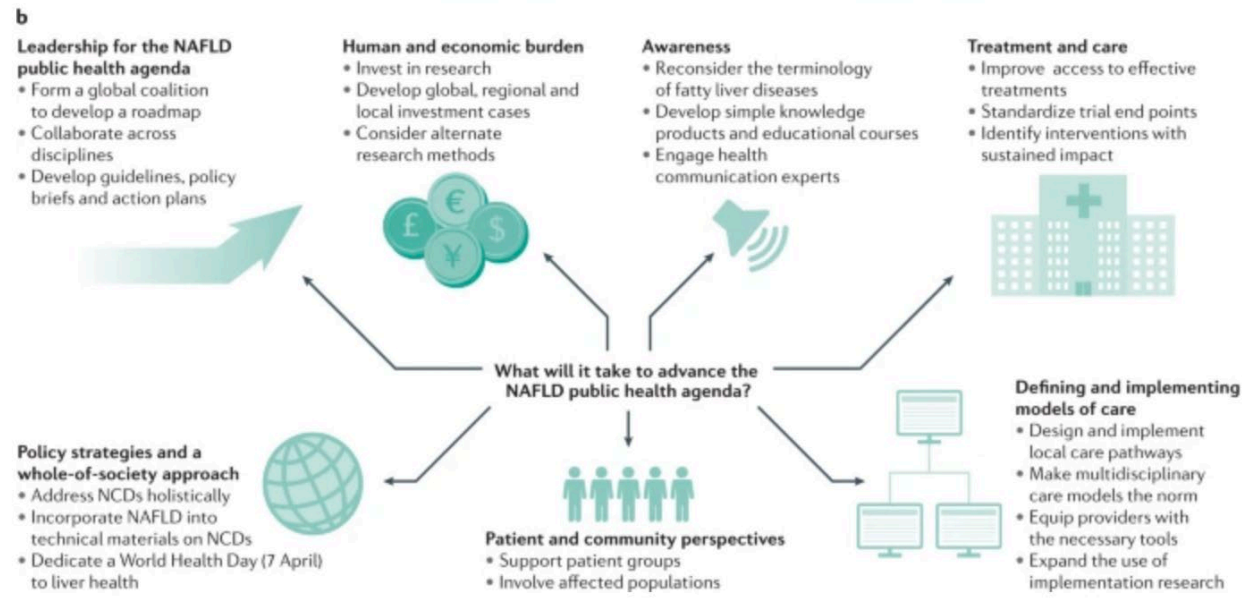
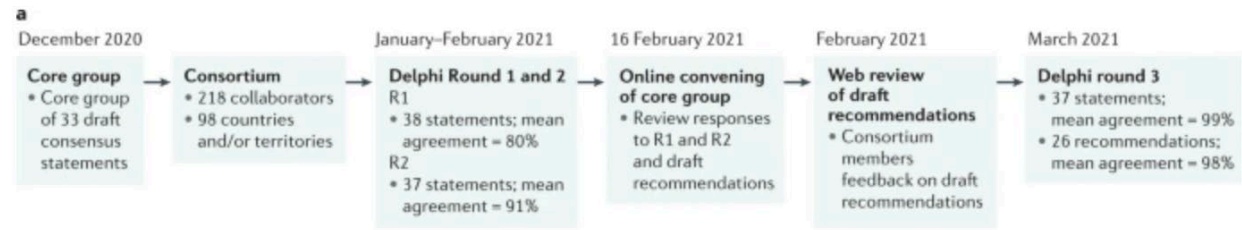
Highlights

- A comprehensive public health response to NAFLD is lacking in the 29 countries.
- Major gaps include strategies, clinical guidelines, awareness and education.
- Only 7 countries reported structured lifestyle programmes aimed at NAFLD.
- Four countries reported active collaboration with civil society groups on NAFLD issues.

- **NAFLD experts in 29 European countries completed a survey about national action plans for NAFLD 2018-2019**
- **National action plan/strategy**
 - NAFLD: No country had national action plans/strategies for NAFLD
 - Diabetes mellitus (DM): 15/22 (68%) of European countries in 2014 had action plans; 33% of resource limited countries outside of Europe in 2013
- 10 (34%) had national guidelines for NAFLD
- 7 (24%) funded awareness campaigns include liver disease
- 4 (14%) civil society groups which address NAFLD
- 3 (10%) national registries that include NAFLD

SOLUTIONS

Fig. 1: Development of the NAFLD consensus statements and recommendations.



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 - Nearly 96% of adults are unaware they have NAFLD
- Improving awareness includes development of educational courses, engagement of health communication experts, terminology change

Questions?

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