

Patient-Physician Gender Concordance and Weight-Related Counseling of Obese Patients

Octavia Pickett-Blakely, MD, MHS, Sara N. Bleich, PhD, Lisa A. Cooper, MD, MPH

Appendix A

Association between weight-related counseling and patient-physician gender concordance (including all covariates)

		Weight-reduction counseling OR (95% CI)	Diet/nutrition counseling OR (95% CI)	Exercise counseling OR (95% CI)
Gender concordance	Concordant female	1.29 (0.96, 1.73)	1.13 (0.91, 1.39)	1.22 (0.93, 1.62)
	Concordant male	1.04 (0.69, 1.55)	1.58 (1.06, 2.35)	1.73 (1.13, 2.67)
	Discordant	1.00 (ref)	1.00 (ref)	1.00 (ref)
Patient race	Black	0.80 (0.55, 1.18)	0.88 (0.60, 1.28)	0.61 (0.43, 0.87)
	Asian	0.96 (0.26, 3.55)	0.84 (0.18, 3.82)	1.01 (0.30, 3.47)
	Hispanic	1.09 (0.72, 1.64)	1.26 (0.89, 1.78)	1.01 (0.71, 1.44)
	Other	2.43 (1.14, 5.16)	1.34 (0.63, 2.83)	1.78 (0.64, 4.95)
	White	1.00 (ref)	1.00 (ref)	1.00 (ref)
Physician race	Black	0.77 (0.30, 1.98)	1.42 (0.79, 2.54)	1.57 (0.68, 3.63)
	Asian	0.58 (0.34, 1.00)	1.13 (0.58, 2.19)	1.26 (0.62, 2.53)
	Hispanic	1.22 (0.61, 2.43)	0.71 (0.33, 1.52)	0.57 (0.20, 1.60)
	Other	1.53 (0.32, 0.88)	1.45 (0.72, 2.91)	1.25 (0.47, 3.33)
	Unknown	0.78 (0.52, 1.17)	0.87 (0.62, 1.23)	0.92 (0.62, 1.37)
	White	1.00 (ref)	1.00 (ref)	1.00 (ref)
Patient age (years)	18-29	3.92 (2.15, 7.14)	1.83 (0.98, 3.38)	1.90 (1.04, 3.46)
	30-44	3.18 (1.87, 5.42)	1.88 (1.16, 3.04)	1.77 (1.11, 2.82)
	45-64	1.90 (1.31, 2.76)	1.06 (0.76, 1.48)	1.17 (0.87, 1.57)
	≥65	1.00 (ref)	1.00 (ref)	1.00 (ref)
Physician age (years)	<55	1.15 (0.82, 1.63)	1.35 (0.94, 1.92)	1.41 (0.95, 2.10)
	≥55	1.00 (ref)	1.00 (ref)	1.00 (ref)
Insurance	Private	1.11 (0.82, 1.51)	1.33 (1.00, 1.78)	1.11 (0.81, 1.52)
	Nonprivate	1.00 (ref)	1.00 (ref)	1.00 (ref)
Region	Northeast	2.25 (1.36, 3.70)	1.43 (0.83, 2.48)	1.12 (0.59, 2.12)
	Midwest	1.46 (0.91, 2.34)	1.12 (0.71, 1.75)	0.75 (0.42, 1.31)
	West	0.99 (0.59, 1.67)	0.79 (0.46, 1.35)	0.84 (0.46, 1.53)
	South	1.00 (ref)	1.00 (ref)	1.00 (ref)
Comorbidity risk status ^a	Very high	3.21 (2.08, 4.97)	5.54 (3.59, 8.55)	3.56 (2.29, 5.53)
	High	2.56 (1.84, 3.56)	3.03 (2.21, 4.17)	2.40 (1.72, 3.36)
	Lower	1.00 (ref)	1.00 (ref)	1.00 (ref)
Visit type	Preventive	1.88 (1.37, 2.59)	1.91 (1.45, 2.52)	1.93 (1.43, 2.59)

		Weight-reduction counseling OR (95% CI)	Diet/nutrition counseling OR (95% CI)	Exercise counseling OR (95% CI)
	Chronic, ongoing	1.90 (1.46, 2.48)	2.29 (1.77, 2.98)	2.32 (1.74, 3.09)
	Acute visit	1.00 (ref)	1.00 (ref)	1.00 (ref)
	Seen before, anyone in practice (yes = 1.00)	0.79 (0.50, 1.27)	0.96 (0.63, 1.46)	0.80 (0.53, 1.21)
Time spent with doctor	>24 minutes	1.79 (1.15, 2.79)	1.64 (1.14, 2.35)	1.82 (1.20, 2.76)
	13-24 minutes	2.39 (1.52, 3.76)	2.50 (1.70, 3.68)	2.82 (1.79, 4.44)
	0-12 minutes	1.00 (ref)	1.00 (ref)	1.00 (ref)
Median household income	Quartile 4 (top)	0.78 (0.44, 1.38)	0.99 (0.59, 1.67)	0.83 (0.45, 1.52)
	Quartile 3	0.85 (0.54, 1.35)	1.09 (0.74, 1.62)	1.13 (0.73, 1.77)
	Quartile 2	0.78 (0.52, 1.27)	1.05 (0.74, 1.49)	0.97 (0.68, 1.40)
	Quartile 1 (bottom)	1.00 (ref)	1.00 (ref)	1.00 (ref)
High school diploma or more (%)	Quartile 4 (top)	1.13 (0.62, 2.06)	0.91 (0.57, 1.45)	1.48 (0.89, 2.47)
	Quartile 3	0.91 (0.56, 1.49)	0.76 (0.53, 1.10)	1.21 (0.77, 1.90)
	Quartile 2	0.84 (0.56, 1.28)	0.77 (0.55, 1.10)	0.85 (0.57, 1.30)
	Quartile 1 (bottom)	1.00 (ref)	1.00 (ref)	1.00 (ref)
<i>n</i>		3969	3969	3969

Note: Other race includes: Native Hawaiian/other Pacific Islander, Native American/Alaska Native and more than one race reported. Data were weighted to be representative of the total national population of ambulatory visits in the survey years. Significant point estimates are in bold.

Appendix B

Study sample characteristics, by patient–physician gender-concordance^a status, *n* (%) unless otherwise indicated

		Gender-concordance category					% missing
		Gender discordant		Gender concordant			
		All patients	Female (female patient) (<i>n</i> =487)	Male (male patient) (<i>n</i> =2173)	Female (<i>n</i> =1769)	Male (<i>n</i> =1238)	
Gender	Male	2256 (43)	–	2173 (100)	1769 (100)	–	0.0
	Female	3411 (57)	487 (100)	–	–	1238 (100)	
Age category (years)	18–29	471 (8)	49 (11)	164 (7)	124 (6)	134 (11)	0.0
	30–44	1444 (23)	136 (29)	510 (20)	444 (12)	354 (26)	–
	45–64	2584 (45)	239 (45)	988 (45)	813 (46)	544 (45)	–
	≥65	1168 (23)	63 (15)	511 (27)	388 (24)	206 (18)	–
Race	White	3677 (72)	273 (67)	1440 (72)	1290 (77)	674 (65)	0.0
	Black	881 (13)	80 (14)	345 (13)	196 (8)	260 (19)	–
	Asian	123 (3)	11 (3)	37 (2.5)	45 (3)	30 (2)	–
	Hispanic	778 (11)	89 (15)	290 (11)	200 (9)	199 (13)	–
	Other	208 (1)	34 (0.04)	61 (1.5)	38 (2)	75 (1)	–
Comorbidity risk status	Very high	1112 (18)	103 (18)	402 (17)	395 (20)	212 (15)	7.7
	High	2364 (45)	192 (40)	944 (47)	745 (44)	483 (42)	–
	Low	1766 (30)	172 (37)	642 (27)	509 (28)	443 (34)	–
Insurance	Private	2541 (56)	226 (33)	890 (49)	924 (60)	519 (59)	4.1
	Non-private	2741 (40)	208 (61)	1154 (47)	758 (37)	603 (36)	–
Region	Northeast	955 (15)	93 (17)	361 (15)	316 (16)	185 (15)	0.0
	Midwest	1629 (27)	145 (39)	587 (23)	481 (23)	416 (37)	–
	West	1937 (40)	122 (28)	857 (46)	634 (42)	324 (29)	–
	South	11 (18)	127 (16)	368 (16)	338 (19)	313 (20)	–
Physician gender	Male	3942 (75)	487 (100)	–	1769 (100)	–	0.0
	Female	1725 (25)	–	2173 (100)	–	1238 (100)	–
Physician race	White	2634 (41)	199 (33)	865 (39)	750 (44)	550 (41)	13.4
	Black	306 (3)	44 (8)	70 (2)	53 (1)	139 (9)	–
	Asian	692 (13)	73 (14)	264 (14)	197 (14)	158 (9)	–
	Hispanic	130 (3)	16 (5)	49 (3)	39 (3)	26 (3)	–
	Other	192 (5)	8 (1)	86 (6)	65 (5)	33 (3)	–
Physician age (years)	<55	2184 (43)	105 (20)	1011 (51)	824 (50)	162 (17)	0.2
	≥55	3406 (57)	369 (80)	1140 (40)	931 (50)	170 (18)	–
Weight-related counseling	Weight reduction	20%	39 (22)	454 (22)	349 (20)	256 (20)	
	Diet/nutrition	29.5%	169 (36)	620 (28)	514 (28)	414 (34)	
	Exercise	22.5%	129 (25)	480 (22)	383 (22)	324 (26)	

^aGender concordance was defined using patient gender as the reference point (e.g., male gender-discordant = male patient, female physician; female gender-discordant = female patient, male physician; female gender-concordant = female patient, female physician; male gender-concordant = male patient, male physician).