The Impact of Obesity
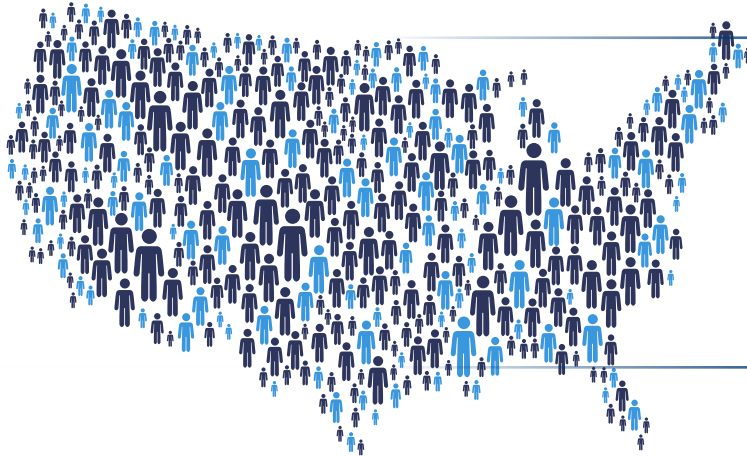
A critical time to treat

In the United States, obesity is a public health crisis

30 million
adults with diabetes[1]

~100 million
adults with obesity[2,3]*

*Adults aged ≥20 years.

Obesity has been recognized as a disease by leading medical organizations, including[4-7]:

- American Association of Clinical Endocrinology (AACE)
- American Academy of Family Physicians (AAFP)
- American Medical Association (AMA)
- World Obesity Federation (WOF)

Obesity may be a contributing factor to many health risks

At least **60** **comorbidities are associated with obesity**[4,8,9]

Initiating effective treatment begins with a diagnosis

As a health care professional, you are uniquely positioned to identify appropriate patients and help them navigate long-term weight management

Did you know?

In one study, out of those with obesity who seek a doctor's help, only **55%** **get a formal diagnosis of obesity**[10]
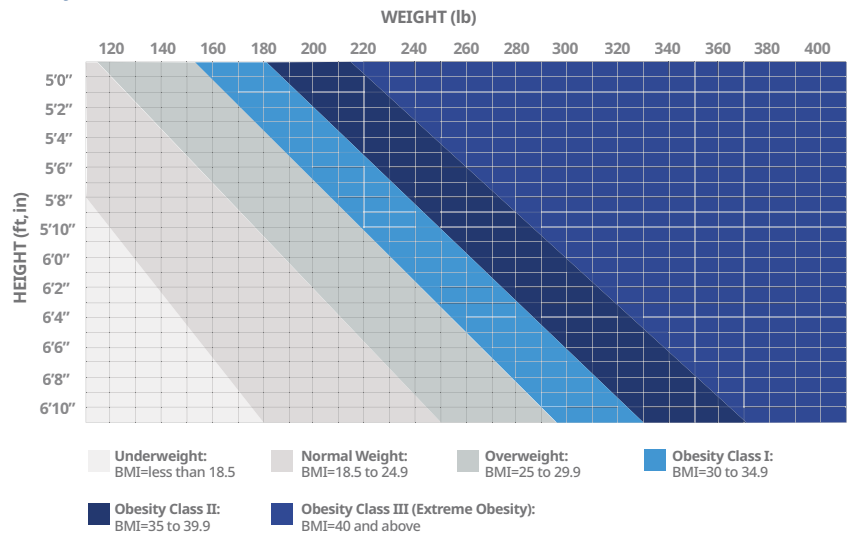
Diagnosing appropriate patients

Body mass index (BMI), which is a ratio of weight vs height, is an objective measure for assessing obesity[11]

Using the BMI chart

The BMI chart is a visual tool that can be used to quickly identify a patient's BMI using their height and weight. The chart is useful in both seeing a patient's current BMI category and determining a healthy weight range to discuss with them.[11]*
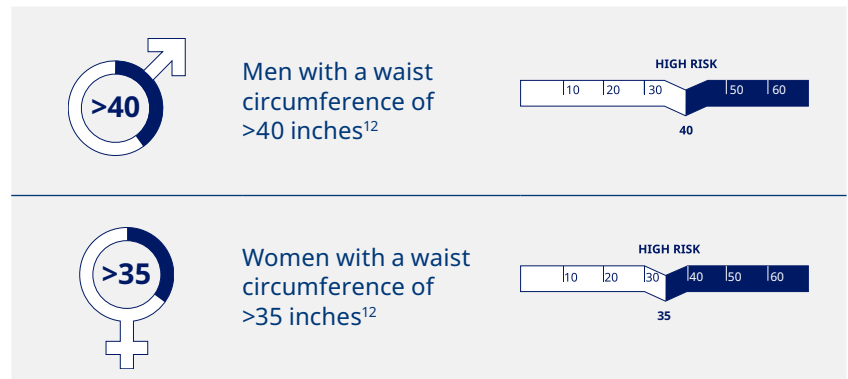
*Please note that this chart is intended to be used as a quick illustrative reference. For a more precise classification of BMI, the following formula should be used:
$BMI = [weight (kg)/height (cm)^2] \times 10,000.$[12]

Body Mass Index

WEIGHT (lb): 120 140 160 180 200 220 240 260 280 300 320 340 360 380 400

HEIGHT (ft, in): 5'0" 5'2" 5'4" 5'6" 5'8" 5'10" 6'0" 6'2" 6'4" 6'6" 6'8" 6'10"

- **Underweight:** BMI=less than 18.5
- **Normal Weight:** BMI=18.5 to 24.9
- **Overweight:** BMI=25 to 29.9
- **Obesity Class I:** BMI=30 to 34.9
- **Obesity Class II:** BMI=35 to 39.9
- **Obesity Class III (Extreme Obesity):** BMI=40 and above

Another key criterion: waist circumference

Along with BMI, waist circumference is an important measure for assessing overweight and obesity[11]

Men with a waist circumference of >40 inches[12]

HIGH RISK — 10 20 30 40 50 60

Women with a waist circumference of >35 inches[12]

HIGH RISK — 10 20 30 40 50 60

Measure waist circumference in 3 simple steps[11]

1 Place the tape measure horizontally around the patient's bare middle, at the level of the upper hip bones

2 Keep the tape snug around the patient's waist without compressing the skin and have the patient take a deep breath in, then out

3 Measure after the patient exhales

References: 1. Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017. Atlanta, GA: Centers for Disease Control and Prevention, US Dept of Health and Human Services; 2017. **2.** US Census Bureau. QuickFacts: United States. Accessed November 15, 2023. https://www.census.gov/quickfacts/fact/table/US#viewtop **3.** Centers for Disease Control and Prevention. Obesity and overweight. Updated May 3, 2017. Accessed November 15, 2023. http://www.cdc.gov/nchs/fastats/obesity-overweight.htm **4.** Garvey WT, Mechanick JI, Einhorn D. The American Association of Clinical Endocrinologists and the American College of Endocrinology: 2014 advanced framework for a new diagnosis of obesity as a chronic disease. *Endocr Pract.* 2014;20(9):977-989.**5.** McKinney L. Diagnosis and management of obesity. American Academy of Family Physicians (AAFP). Accessed November 15, 2023. https://www.aafp.org/dam/AAFP/documents/patient_care/fitness/obesity-diagnosis-mono.pdf **6.** Frellick M. AMA declares obesity a disease. Medscape website. Accessed November 15, 2023. https://www.medscape.com/viewarticle/806566 **7.** Bray GA, Kim KK, Wilding JPH. Obesity: a chronic relapsing progressive disease process. A position statement of the World Obesity Federation. *Obes Rev.* 2017;18(7):715-723. **8.** Bays HE, McCarthy W, Burridge K, et al. Obesity algorithm 2021. Presented by the Obesity Medicine Association. Accessed November 15, 2023. https://obesitymedicine.org/obesity-algorithm **9.** Ryan DH, Yockey SR. Weight loss and improvement in comorbidity: differences at 5%, 10%, 15%, and over. *Curr Obes Rep.* 2017;6(2):187-194. **10.** Kaplan LM, Golden A, Jinnett K, et al. Perceptions of barriers to effective obesity care: results from the National ACTION Study. *Obesity.* 2018;26(1):61-69. **11.** National Heart, Lung, and Blood Institute; National Institutes of Health; North American Association for the Study of Obesity. *The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults.* Bethesda, MD: National Institutes of Health; 2000. NIH Publication 00-4084. **12.** Centers for Disease Control and Prevention. Calculating BMI using the metric system. Accessed November 15, 2023. https://www.cdc.gov/nccdphp/dnpao/growthcharts/training/bmiage/page5_1.html