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BMI and Beyond: Considering Context in Measuring Obesity and its Applications

The Path Forward in The Clinical Assessment of Obesity

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Disclosure

Novo Nordisk – Consulting (Past)

Obesity Defined

Obesity is a chronic, relapsing, multi-factorial, neurobehavioral disease:

- Wherein an increase in body fat promotes adipose tissue dysfunction and abnormal fat mass physical forces
- That results in adverse metabolic, biomechanical, and psychosocial health consequences

BMI Used to Define Obesity



Limitations of BMI

- Patients with a **normal BMI** may have high levels of adiposity and be high risk for adiposity related disease
- Others with a **high BMI** may have relatively normal levels of adiposity and are metabolically healthy
- Ethnic differences **exist** in the relationship between BMI and percent fat

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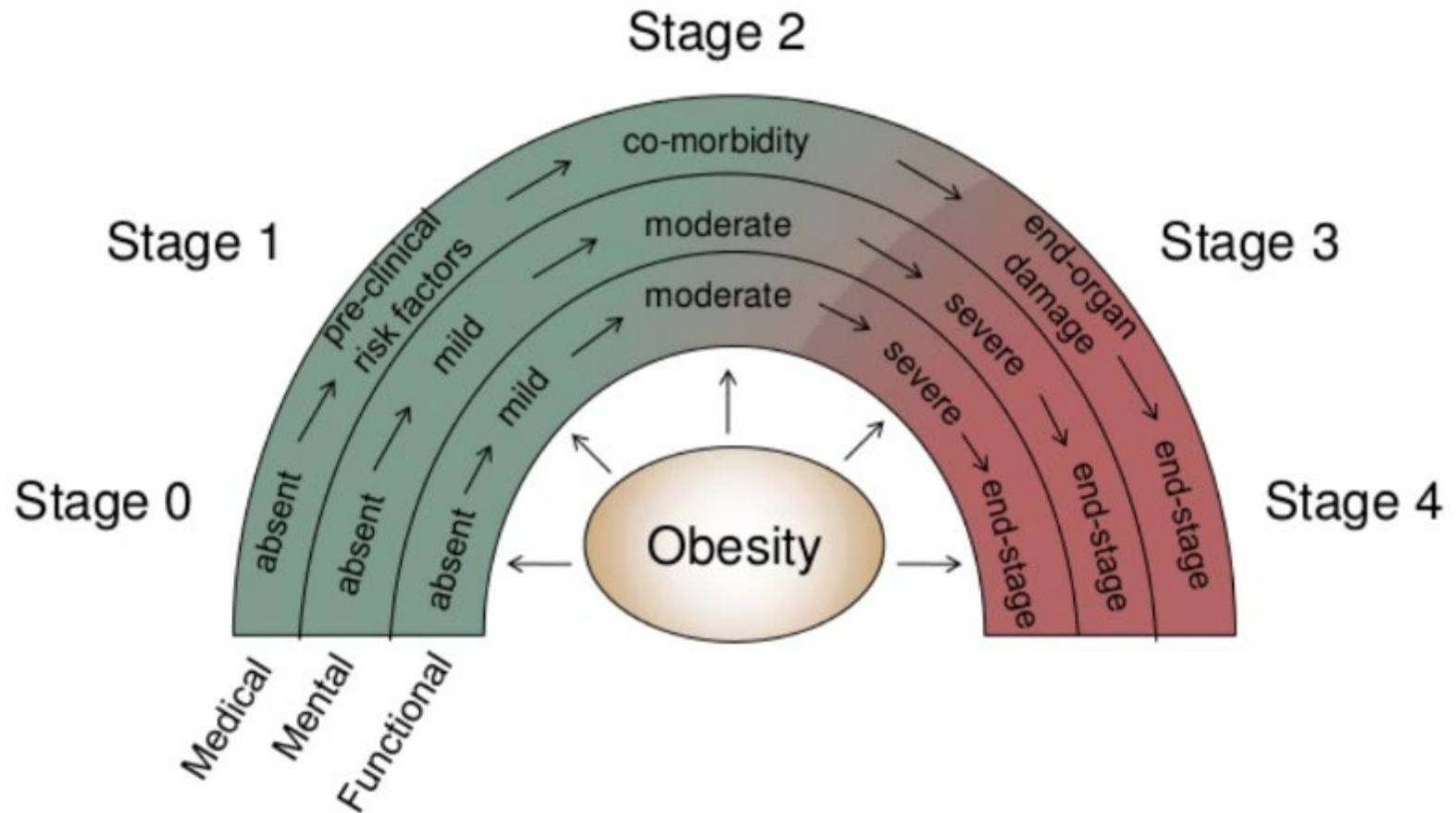
Focused Approach

- There continues to be a need for **accurate identification** of patients living with obesity who are at the **highest risk** of morbidity and mortality
- Accurate identification allows for prevention and treatment to be **targeted** to those at the **highest risk** for poor health outcomes

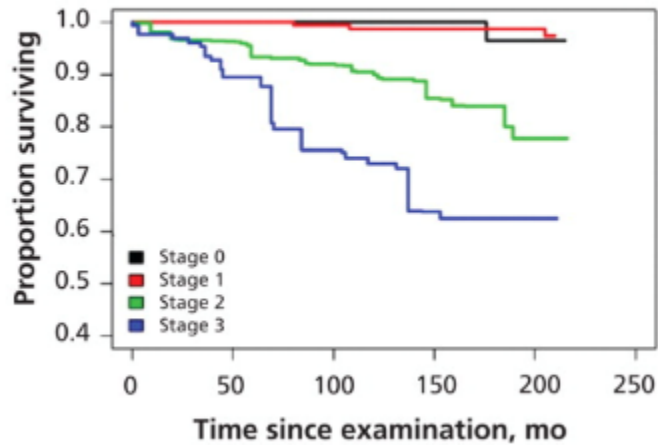
Edmonton Obesity Staging System

- Ranks **severity of obesity** based on clinical assessment of weight-related health problems, mental health and quality of life
- Provides a framework for **clinical prioritization** and management
- Better **predictor of risk** of adiposity related disease and mortality than BMI alone

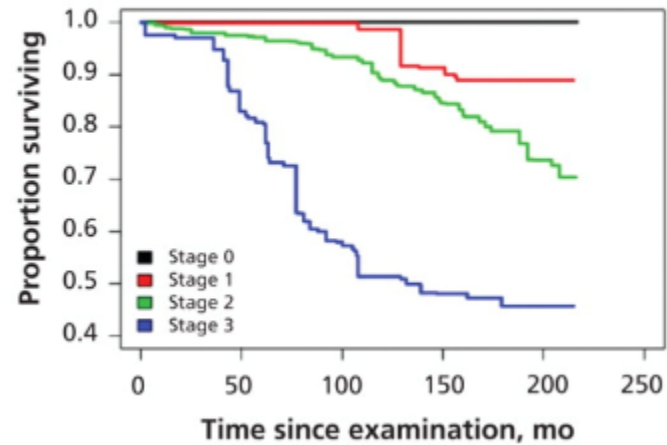
Edmonton Obesity Staging System



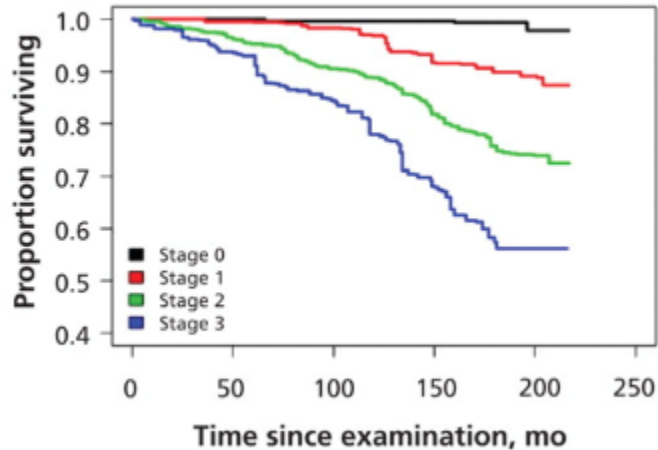
NHANES III (1988–1994): Class III obese



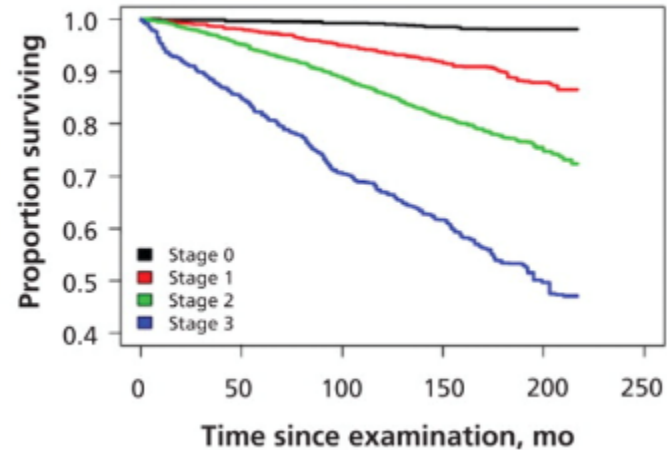
NHANES III (1988–1994): Class II obese



NHANES III (1988–1994): Class I obese



NHANES III (1988–1994): Overweight



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A decorative graphic at the bottom of the slide consisting of several overlapping, semi-transparent blue parallelograms and trapezoids arranged in a rhythmic, geometric pattern.