

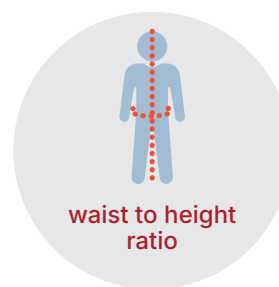
Obesity Basics

Obesity is a chronic disease that causes an excessive accumulation of fat presenting a risk to a person's health. Genetics, environmental factors, lifestyle, medications, and other medical conditions can play a role in developing obesity.



Body mass index (BMI) alone is not an accurate measure of adiposity.

Use BMI+ to evaluate a person's adiposity and health risk.



*0.85 or higher for women and 0.90 or higher for men.

COMPLICATIONS OF OBESITY



Type 2 diabetes



Obstructive sleep apnea



Cardiovascular disease



MASLD – metabolic dysfunction-associated steatotic liver disease



Osteoarthritis

APPROACH TO EFFECTIVE OBESITY CARE

PERSON-CENTERED CARE

- Use respectful language free from weight bias.
- Follow the 5 As:
 - ▶ **Ask** permission
 - ▶ **Assess** BMI+ and complications, including type 2 diabetes, dyslipidemia, hypertension, obstructive sleep apnea, and atherosclerotic cardiovascular disease
 - ▶ **Advise** on health impacts
 - ▶ **Agree** on goals
 - ▶ **Assist** with resources



TREATMENT OPTIONS

Treatment	25–26.9 kg/m ²	27–29.9 kg/m ²	30–34.9 kg/m ²	35–39.9 kg/m ²	≥40 kg/m ²
Nutrition, Physical Activity, and Behavioral Therapy	+	+	+	+	+
Pharmacotherapy		with complications	+	+	+
Metabolic and Bariatric Surgery			with complications	+	+

The + symbol represents the recommended use of the indicated treatment regardless of complications.