

# OBESITY TREATMENT GUIDELINES BASED ON BODY MASS MEASUREMENT AND COMORBIDITIES<sup>(A)</sup>

<u>HEALTH STATUS</u>	<u>TREATMENT</u>
<b>≥ 25 kg/m<sup>2</sup> (that is, all overweight/obese patients)</b>	Recommend a reduced-calorie diet and increased physical activity
<b>≥ 25 kg/m<sup>2</sup> with failed past attempts at weight loss or a weight-related comorbidity</b>	Behavioral supports (weight-loss groups and counseling by a trained interventionist, such as a registered dietitian) are indicated
<b>≥ 27 kg/m<sup>2</sup></b>	Behavioral supports (weight-loss groups and counseling by a trained interventionist, such as a registered dietitian) are indicated
<b>&gt;27 kg/m<sup>2</sup> and there is a weight-related comorbidity</b>	Add former treatment recommendations plus pharmacotherapy
<b>&gt; 30 kg/m<sup>2</sup></b>	Add former treatment recommendations plus pharmacotherapy
<b>&gt; 35 kg/m<sup>2</sup> and there is a weight-related comorbidity</b>	Referral for weight-loss surgery ~ <b>OR</b> ~ Medically supervised very low calorie diets
<b>&gt; 40 kg/m<sup>2</sup></b>	Referral for weight-loss surgery ~ <b>OR</b> ~ Medically supervised very low calorie diets

## Sources:

- (a) Jensen, M. D., Ryan, D. H., Apovian, C. M., Ard, J. D., Comuzzie, A. G., Donato, K. A., ... Yanovski, S. Z. (2013). 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *Circulation*, 01.cir.0000437739.71477.ee. <https://doi.org/10.1161/01.cir.0000437739.71477.ee>
- (b) Yannakoulia, M., Poulimeneas, D., Mamalaki, E., & Anastasiou, C. A. (2019). Dietary modifications for weight loss and weight loss maintenance. *Metabolism: Clinical and Experimental*, 92, 153–162. <https://doi.org/10.1016/j.metabol.2019.01.001>