The Skinny on Obesity

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The American Heart Association, the American College of Cardiology, and the Obesity Society recently published new guidelines for the management of overweight and obese adults. The shattering statistic that 35.7% of adults in the United States were obese from 2009-2010 shows the importance of attention to this condition which was recently classified by the American Medical Association as a disease state.

Risks of Being Obese
- High blood pressure
- Type 2 diabetes
- Cholesterol abnormalities
- Heart disease
- Stroke
- Gallbladder complications
- Arthritis
- Sleep apnea
- Death from any cause

Body Mass Index
Overweight and obesity are classified using a measurement called the body mass index (BMI).

Uses:
- Relates height and weight
- Calculators are available online (cdc.gov/bmi)

- Overweight: 25-29.9 kg/m²
- Obese: ≥30 kg/m²

Comprehensive High-intensity Lifestyle Program
Recommended to be used for the overweight and obese population to lose weight
- Assisted by a trained professional
- Reduced calorie eating plan (women: 1200-1500 kcal/day; men: 1500-1800 kcal/day)
- Increased physical activity (≥150 minutes of moderate intensity exercise/week)
- Behavior therapy (self-monitoring food intake, physical activity, and weight)
- Goal of losing 5-10% of original body weight in 6 months

<table>
<thead>
<tr>
<th>Amount of Weight Lost</th>
<th>Benefit Seen</th>
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<tbody>
<tr>
<td>2-5% of original body weight</td>
<td>↓ Hgb A1C (blood sugar measure) 0.2-0.3% 30-60% ↓ Risk of developing type 2 diabetes ↓ Triglycerides (fatty cholesterol) ~15 mg/dL</td>
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<tr>
<td>5-10% of original body weight</td>
<td>↓ Need for blood pressure medications ↓ LDL (bad cholesterol) ~5 mg/dL ↑ HDL (high cholesterol) ~2-3 mg/dL</td>
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<tr>
<td>9-13 kg (19.8-28.6 lb)</td>
<td>25% ↓ risk of death</td>
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