AACE/ACE Consensus Conference on Obesity: Building an Evidence Base for Comprehensive Action
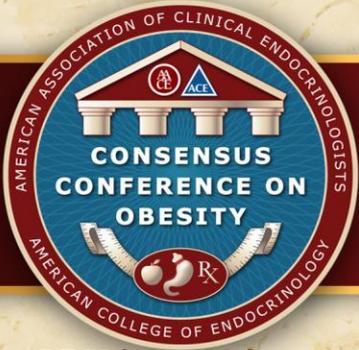
March 23–24, 2014

JW Marriott | Washington, DC
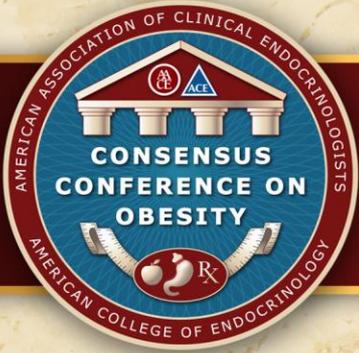
Biomedical Pillar

What is obesity?

- Overweight and obesity represent ranges of weight that are greater than what is generally considered healthy for a given height.

- The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.

- Best initial diagnostic criteria is BMI.
    - Accurately measured weight and height

- BMI has limitations because it does not differentiate between lean mass and fat mass and does not reflect ethnic and racial differences
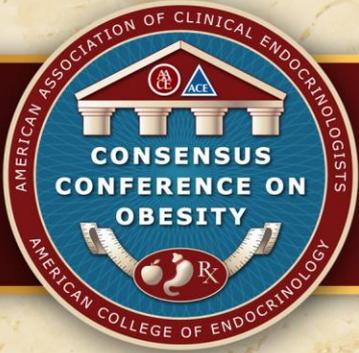
Biomedical Pillar

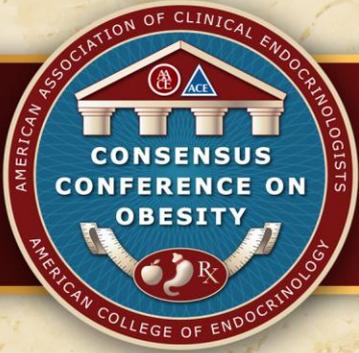## What is obesity? (con'td.)

- Waist circumference can confer risk information independent of BMI in a delimited BMI range of 25-35 kg/m^2.

- Neck circumference is important for assessing risk of sleep apnea. Cut offs: 43 cm for men and 38 cm for women.

- Fitness is an indicator of overall health independent of BMI.

- Sedentary lifestyle may exacerbate obesity risks.
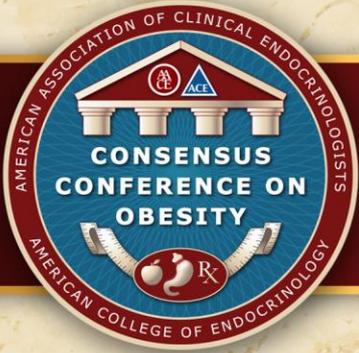
What is obesity? (con'td.)

- Pediatrics - absolute cut-offs cannot be used since children are growing and distributions of height, weight and thus BMI distributions are changing

  – Weight for length used in children < 2 years old

  – Overweight: BMI 85th - 95th%ile for age and gender

  – Obese: BMI ≥95th%ile[7] for age and gender

Biomedical Pillar
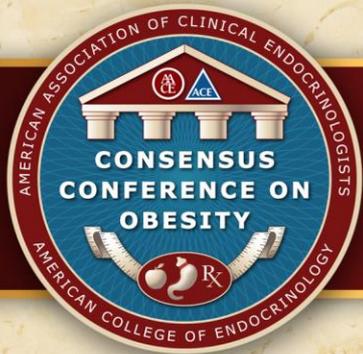
What is Obesity? (con'td.)

- BMI is an imperfect predictor of complications
- Obesity assessment should include complications
    - Biomechanical complications
    - Cardio-metabolic
    - Social and psychiatric

# Government & Regulatory Pillar

What is obesity?

- Consensus
  - BMI is limited
  - Need better definitions of obesity as chronic disease
- Conflicts
  - None
- Knowledge Gaps
  - How to define obesity

Question 1: What is Obesity?

- *The most under-reimbursed major disease in the USA*
- Disease model – AMA classification criteria met
- Complex, multifactorial, chronic, familial
- Should be treated like other chronic diseases e.g. ongoing
- **Major financial burden – weighs down all sectors of society**
- *Global costs* include premature mortality and morbidity including decreased and lost productivity, impact on family
- Complication-centric stratification –DM, CVD, BP, cancer, apnea, psych, mobility, etc. *translates into value of definition*
- *Payers pay for "obesity treatment" vs "weight loss"*
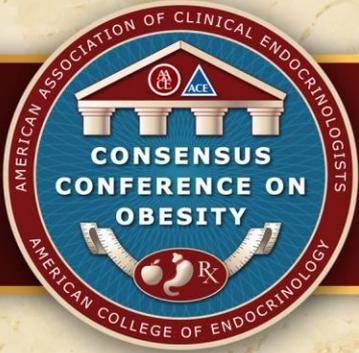
Organizations, Education & Research Pillar

What is obesity?

- Obesity is a complex and multifactorial chronic (and often) relapsing condition involving (excess) adipose tissue, which is associated with significantly increased risk for many acute and chronic health conditions.

- Obesity is currently defined by the body mass index (BMI), including categories such as "overweight" and Class I, II, and III obesity. However, as BMI does not capture the complexity of the disease additional parameters such as adipose tissue inflammation, mechanisms connecting adiposity to cancer, and other disease processes should be considered. Once fully understood, these additional parameters will guide the selection of treatments and prevention.

- There is a large gap in our understanding of the extent of the relationships between adiposity and health outcomes. Race, ethnicity, sex, fitness level and age are all important considerations and should be explored as modifying factors in the obesity risk relationship.