

# FRAMEWORK FOR OBESITY DIAGNOSIS, STAGING AND MANAGEMENT



## REFRAMING OBESITY AS A CHRONIC DISEASE

The European Association for the Study of Obesity (EASO) has introduced a framework to align obesity diagnosis and treatment with chronic disease standards

### WHY A NEW FRAMEWORK?



Obesity is a chronic, relapsing disease with multifactorial causes, yet traditional BMI-based diagnostic approaches don't fully capture its complexity

*"Obesity diagnosis should go beyond BMI alone"*

### STAGING FOR TAILORED INTERVENTIONS TO PREVENT OBESITY-RELATED COMORBIDITIES

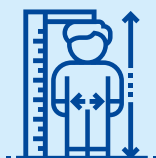


**Health Status Evaluation:**  
Physical, functional, and psychological assessments

**Staging System:**  
Disease severity guides individualized treatments



### THE ADIPOSITY-BASED CHRONIC DISEASE (ABCD) MODEL



**Anthropometric Component:**  
Body fat distribution (waist-to-height ratio, WHtR) is a stronger indicator of cardiometabolic disease



**Clinical Component:**  
Evaluates health effects of dysfunctional or excess adipose tissue



**Inclusion of Lower BMI Group:**  
People with BMI 25–30 kg/m<sup>2</sup> and increased abdominal fat are already at increased risk

### BEYOND WEIGHT LOSS: HOLISTIC MANAGEMENT GOALS

**Treatment Goals:**  
Long-term health benefits, mental well-being, physical functioning and improved quality of life

**Therapeutic Approaches:**  
Behavioral and nutritional interventions, medications, and bariatric procedures based on clinically identified need

**Medication Use:**  
Now suggested for individuals with BMI ≥25 with complications, not just those with high BMI

### TOWARDS A PARADIGM SHIFT IN OBESITY MANAGEMENT

This framework offers a structured, long-term, personalized approach – advancing obesity management beyond short-term weight loss

- Aligns obesity care with other chronic diseases
- Encourages regulatory changes in clinical trial designs to move away from BMI cut-offs
- BMI is not enough. Body fat distribution – waist-to-height ratio (WHtR) – is a stronger indicator of cardiometabolic disease risk

### KEY TAKEAWAYS



- Obesity is a complex, relapsing chronic disease
- Diagnosis requires more than BMI: consider body fat distribution and overall health
- Staging and individual assessment should guide therapy
- Long-term goals focus on holistic health outcomes, not just weight loss

Developed by the European Association for the Study of Obesity  
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Read the full publication in *Nature Medicine*:  
<https://doi.org/10.1038/s41591-024-03095-3>