

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

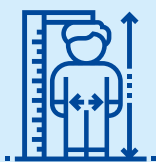
WHY A NEW FRAMEWORK?

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”

THE ADIPOSIITY-BASED CHRONIC DISEASE (ABCD) MODEL



Anthropometric Component:

Body fat distribution (waist-to-height ratio, WtHR) 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/m² and increased abdominal fat are already at increased risk



STAGING FOR TAILORED INTERVENTIONS TO PREVENT OBESITY-RELATED COMORBIDITIES

Health Status Evaluation:

Physical, functional, and psychological assessments

Staging System:

Disease severity guides individualized treatments



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 (WtHR) – 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

