



Enhancing Obesity Care: Webinar for Family Doctors and Primary Care Physicians



Monday, 3rd March 2025



**5pm – 6.30pm UK
6pm – 7.30pm Paris**

Register now: <https://tinyurl.com/yc7d42sa>

ENHANCING OBESITY CARE

Webinar for Family Doctors and Primary Care Physicians

Join EASO and WONCA Europe for this important webinar, designed specifically for family doctors and GPs. Gain key insights into the latest advancements in obesity management within primary care, with a focus on the new EASO Framework for Obesity Diagnosis, Staging and Management - an essential tool for delivering evidence-based care to patients living with obesity. Hear from patients, primary care physicians, and researchers as they share perspectives on implementing best practices in real-world settings.

Obesity is a chronic disease requiring multidisciplinary management, and family doctors play a critical role as the first point of contact for patients seeking help. This interactive session will provide practical knowledge and real-world applications to help bridge the gap between clinical guidelines and daily practice.

KEY LEARNING OUTCOMES

Participants of this specialist webinar will:

- ✓ Gain insight into the lived experience of obesity management from the patient's perspective
- ✓ Explore the latest updates in obesity medicine and how they can be applied in clinical practice
- ✓ Examine clinical case studies with in-depth discussion on decision-making in obesity management in a primary care setting
- ✓ Hear perspectives from physicians and paediatricians on the challenges and opportunities in obesity management

PROGRAMME

Expert speakers from the European Association for the Study of Obesity (EASO), the World Association for Family Doctors Europe (WONCA Europe), the European Coalition for People Living with Obesity (ECPO) and the European Confederation of Primary Care Paediatricians (ECPCP) will share their perspectives in this event.

Chairs: Andreea Ciudin, Spain (EASO) & Ferdinando Petrazzuoli, Italy (WONCA Europe)

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| 6.00-6.05pm | Welcome & introduction to World Obesity Day Europe 2025
Dror Dicker, Israel (EASO) & Ferdinando Petrazzuoli, Italy (WONCA Europe) |
| 6.05-6.20pm | Patient Perspective
Rut Eiríksdóttir, Iceland (ECPO) |
| 6.20-6.40pm | EASO Framework & Clinical Application of the Framework
Dror Dicker, Israel (EASO) |
| 6.40-7.00pm | WONCA Europe Case Study Discussions
Özden Gökdemir, Türkiye (WONCA Europe) |
| 7.00-7.15pm | Paediatric Perspective
Laura Reali, Italy (ECPCP) |
| 7.15-7.30pm | Q&A and close with key takeaways and next steps |

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

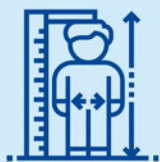
WHY A NEW FRAMEWORK?

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 ADIPOSITY-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

