

# OBESITY IN ADULTS

## A clinical practice guideline



**BMI IS NOT AN ACCURATE TOOL FOR IDENTIFYING OBESITY-RELATED COMPLICATIONS**

**Obesity** complex disease in which abnormal or excess body fat impairs health

**Effects:**

- ▼ health
- ▼ quality of life
- ▼ lifespan

People with obesity experience weight bias and stigma → increased complications and mortality independent of weight or BMI

**Weight bias** thinking that people with obesity do not have enough willpower or are not cooperative

**Stigma** acting on weight-biased beliefs

## THE PATIENT JOURNEY IN OBESITY MANAGEMENT



Treating the root causes of weight gain is the foundation of obesity management

Focus on patient-centred health outcomes versus weight loss alone