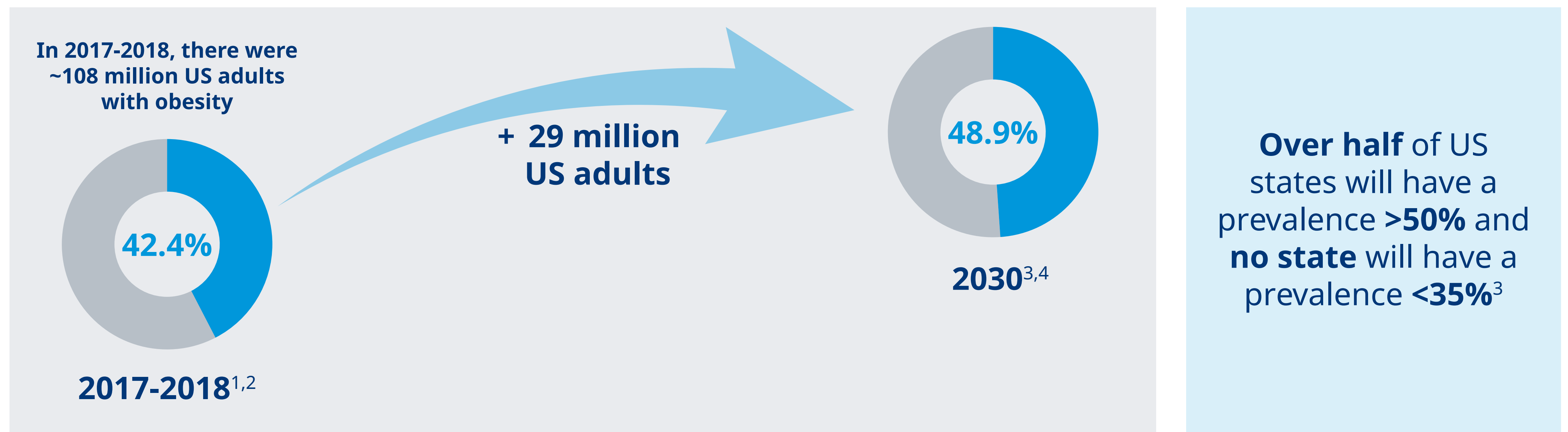


Obesity: an overview of the disease

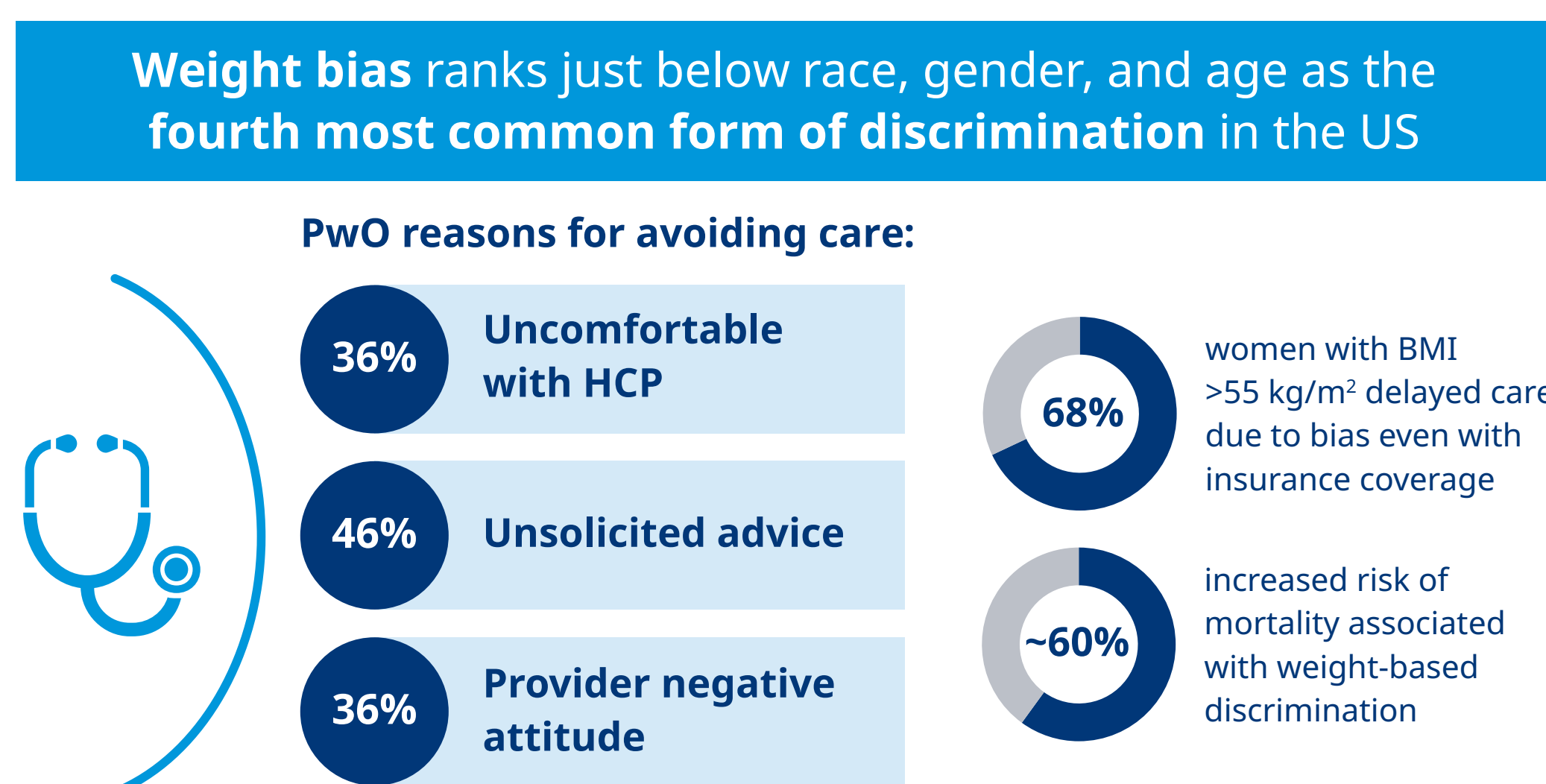
A serious, chronic disease stemming from dysregulation of energy homeostasis that is vastly **underdiagnosed** and **undertreated**



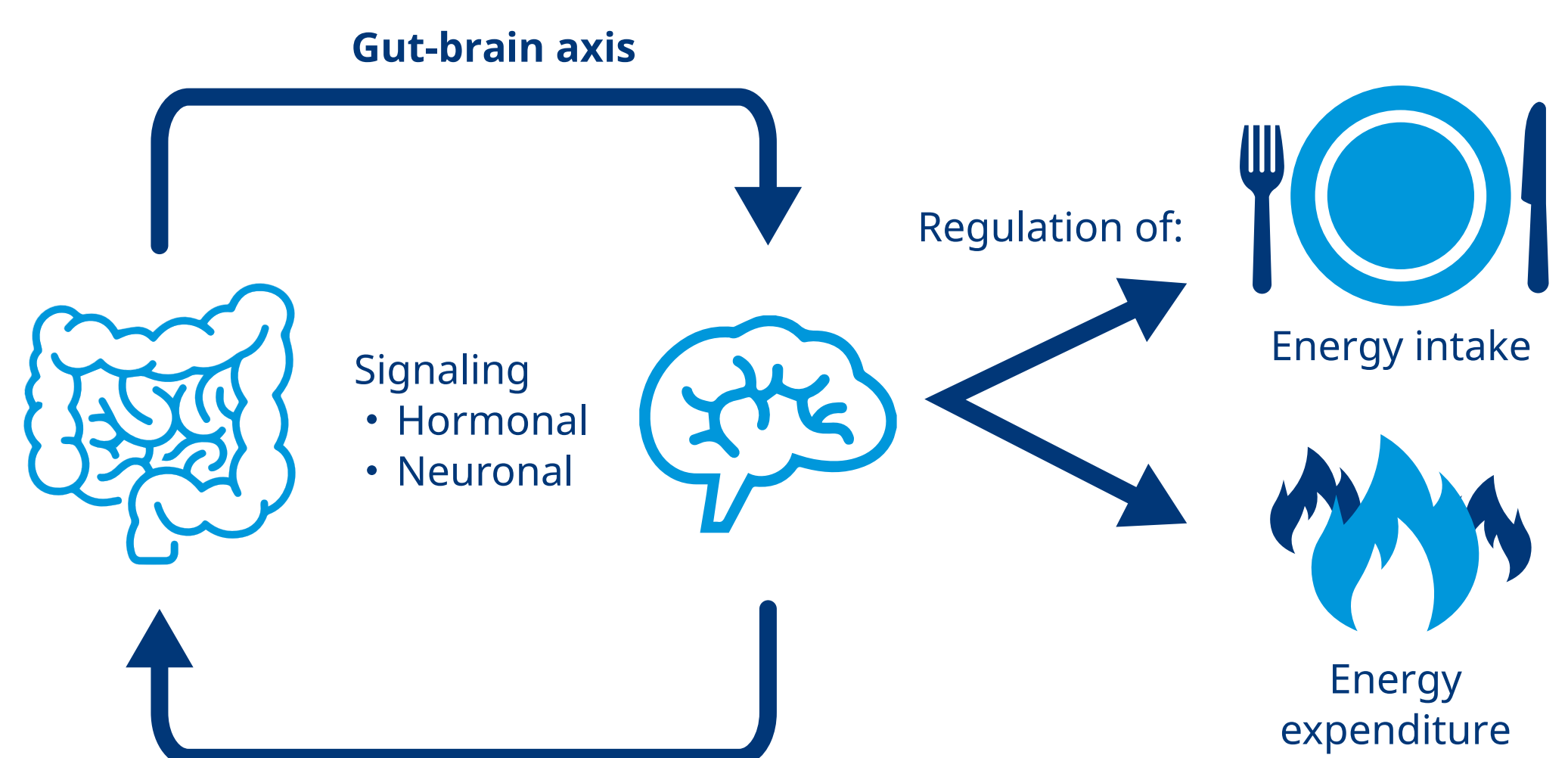
Projected prevalence of obesity in the US adult population by 2030



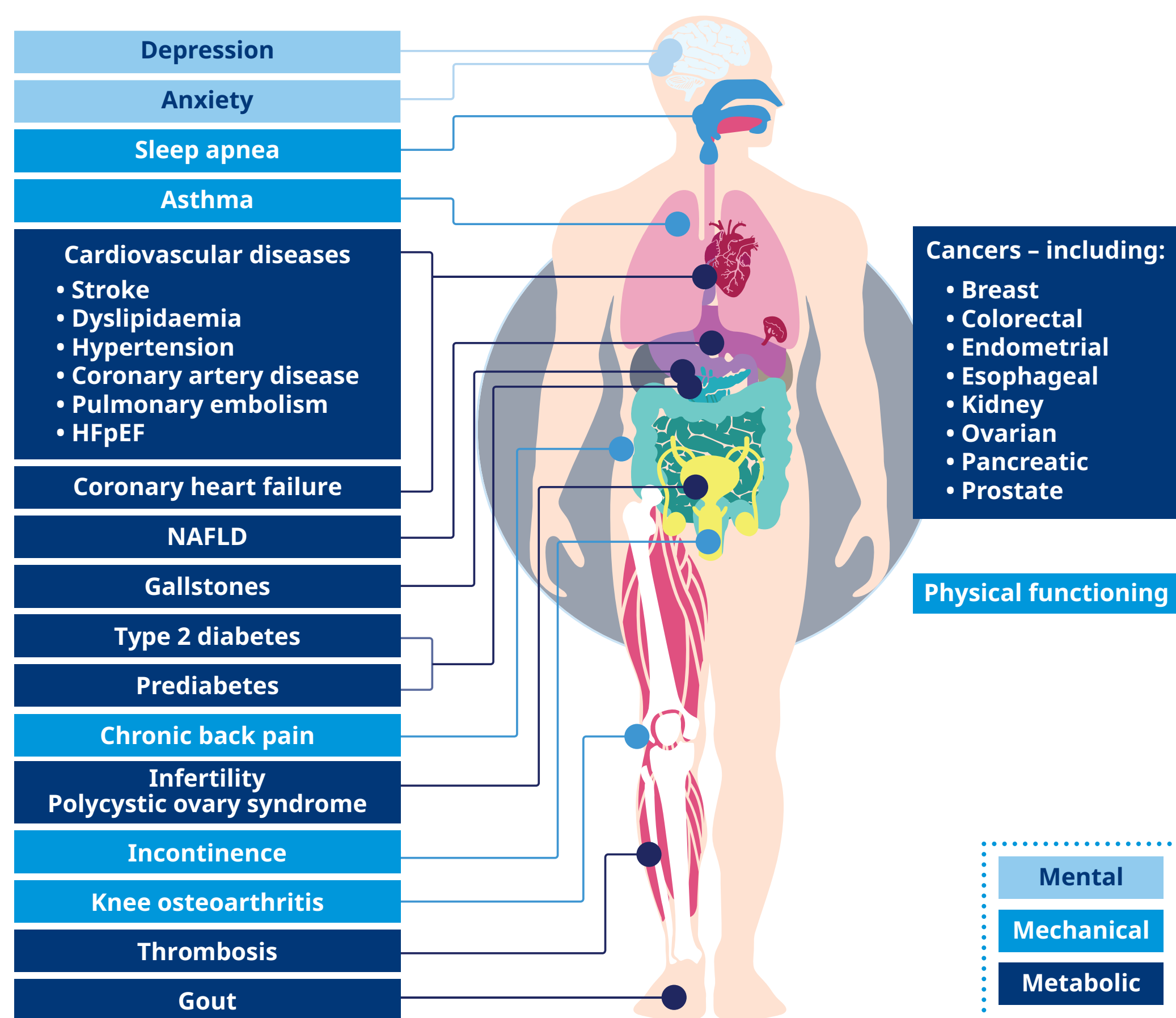
Weight bias impacts care⁵⁻⁷



Introduction to appetite signaling⁸



Obesity is associated with multiple complications⁹⁻¹⁵



Clinical guidelines recommend increasing treatment intensity in line with disease stage¹⁶

AACE/ACE guidelines

Anthropometric component BMI (kg/m ²)	Clinical component	Disease stage (as defined in the ACE/AACE guidelines)	Chronic disease phase of prevention	Suggested therapy (based on clinical judgment)
<25 <23*		Normal weight (no obesity)	Primary	Healthy lifestyle - healthy meal plan and physical activity
25-29.9 23-24.9*		Overweight stage 0 (no complications)	Secondary	Lifestyle therapy - Reduced-calorie healthy meal plan, physical activity, Behavioral interventions
≥30 ≥25*	Evaluate presence/severity of adiposity-related complications (e.g. metabolic syndrome, T2D, dyslipidemia, hypertension, CV disease, OSA, asthma, depression)	Obesity stage 0 (no complications)	Secondary	Lifestyle therapy - as above WL medications - consider after lifestyle therapy fails to prevent progressive weight gain (BMI ≥27)
≥25 ≥23*		Obesity stage 1 (≥1 mild-moderate complications)	Tertiary	Lifestyle therapy - as above WL medications - consider if lifestyle therapy fails to reach target, or introduce concurrently (BMI ≥27)
≥25 ≥23*		Obesity stage 2 (≥1 severe complication)	Tertiary	Lifestyle therapy - as above Add WL medications - initiate concurrent with lifestyle therapy (BMI ≥27) Consider bariatric surgery (BMI ≥35)

*In certain ethnicities; AACE, American Association of Clinical Endocrinologists; ACE, American College of Endocrinology; BMI, body mass index; CV, cardiovascular; HFpEF, heart failure with preserved ejection fraction; IAT, Implicit Association Test; NAFLD, non-alcoholic fatty liver disease; OSA, obstructive sleep apnea; T2D, type 2 diabetes; US, United States; WL, weight loss.
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