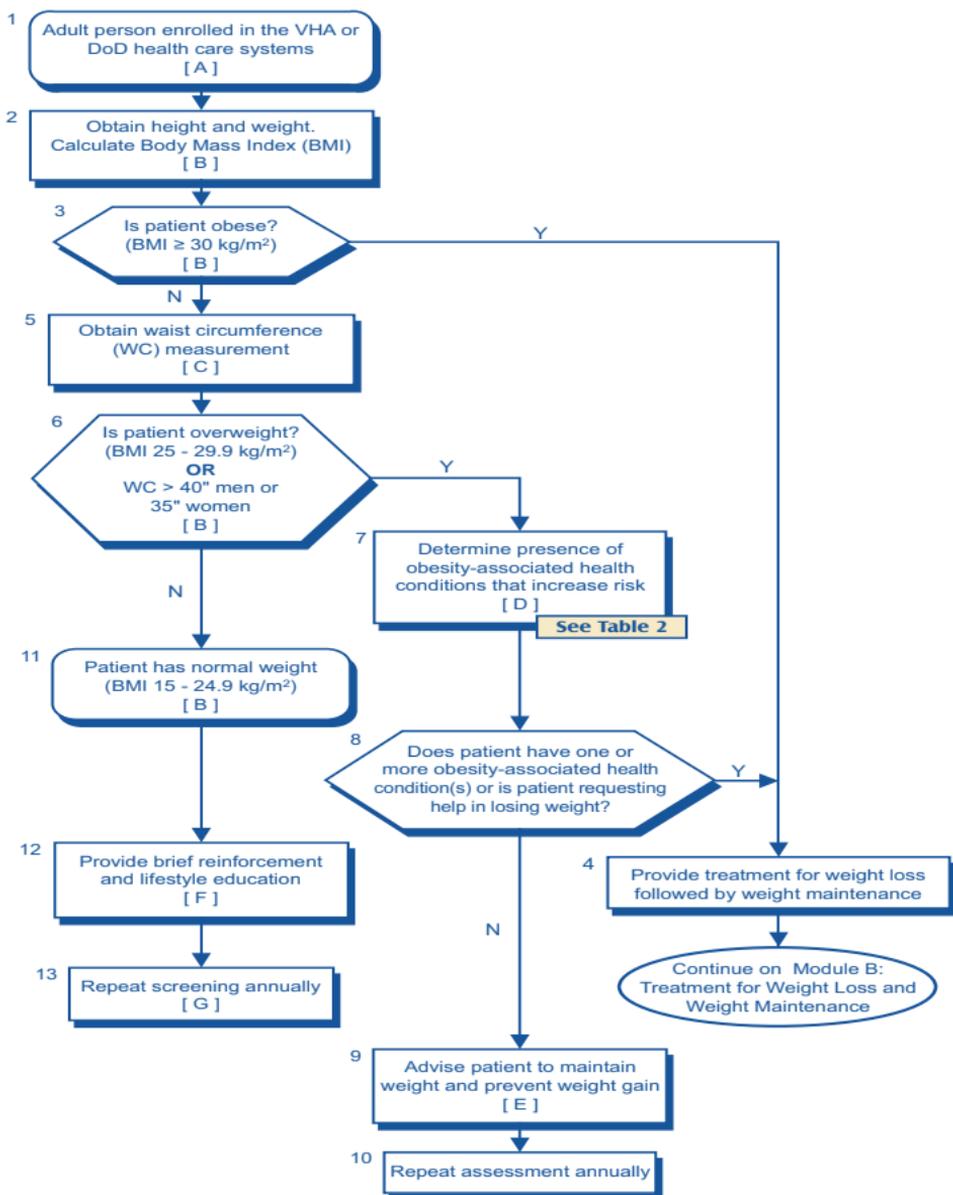


VA/DoD Clinical Practice Guideline Management of Overweight and Obesity Pocket Guide

MODULE A: SCREENING FOR OVERWEIGHT AND OBESITY



Body Mass Index Table

	Normal	Overweight	Obese	Extremely Obese
BMI (kg/m ²)	19-24	25-29	30-39	40-54
Height (Inches)	Body Weight (pounds)			
58	91-115	119-138	143-186	191-258
59	94-119	124-143	148-193	198-267
60	97-123	128-148	153-199	204-276
61	100-127	132-153	158-206	211-285
62	104-131	136-158	164-213	218-295
63	107-135	141-163	169-220	225-304
64	110-140	145-169	174-227	232-314
65	114-144	150-174	180-234	240-324
66	118-148	155-179	186-241	247-334
67	121-153	159-185	191-249	255-344
68	125-158	164-190	197-256	262-354
69	128-162	169-196	203-263	270-365
70	132-167	174-202	209-271	278-376
71	136-172	179-208	215-279	286-386
72	140-177	184-213	221-287	294-397
73	144-182	189-219	227-295	302-408
74	148-186	194-225	233-303	311-420
75	152-192	200-232	240-311	319-431
76	156-197	205-238	246-320	328-443

Table 1: Classification of Overweight and Obesity by BMI and Associated Disease Risk*

Classification	BMI (kg/m ²)	Disease Risk* with Normal Waist Circumference**	Disease Risk* with Excessive Waist Circumference**
Underweight	< 18.5	–	–
Normal	18.5 – 24.9	–	–
Overweight	25.0 – 29.9	Increased	Moderate
Obese I	30.0 – 34.9	Moderate	Severe
Obese II	35.0 – 39.9	Severe	Very Severe
Obese III	≥ 40.0	Very Severe	Very Severe

* Disease risk for obesity-associated conditions

** Gender-specific cut-offs for increased waist circumference:

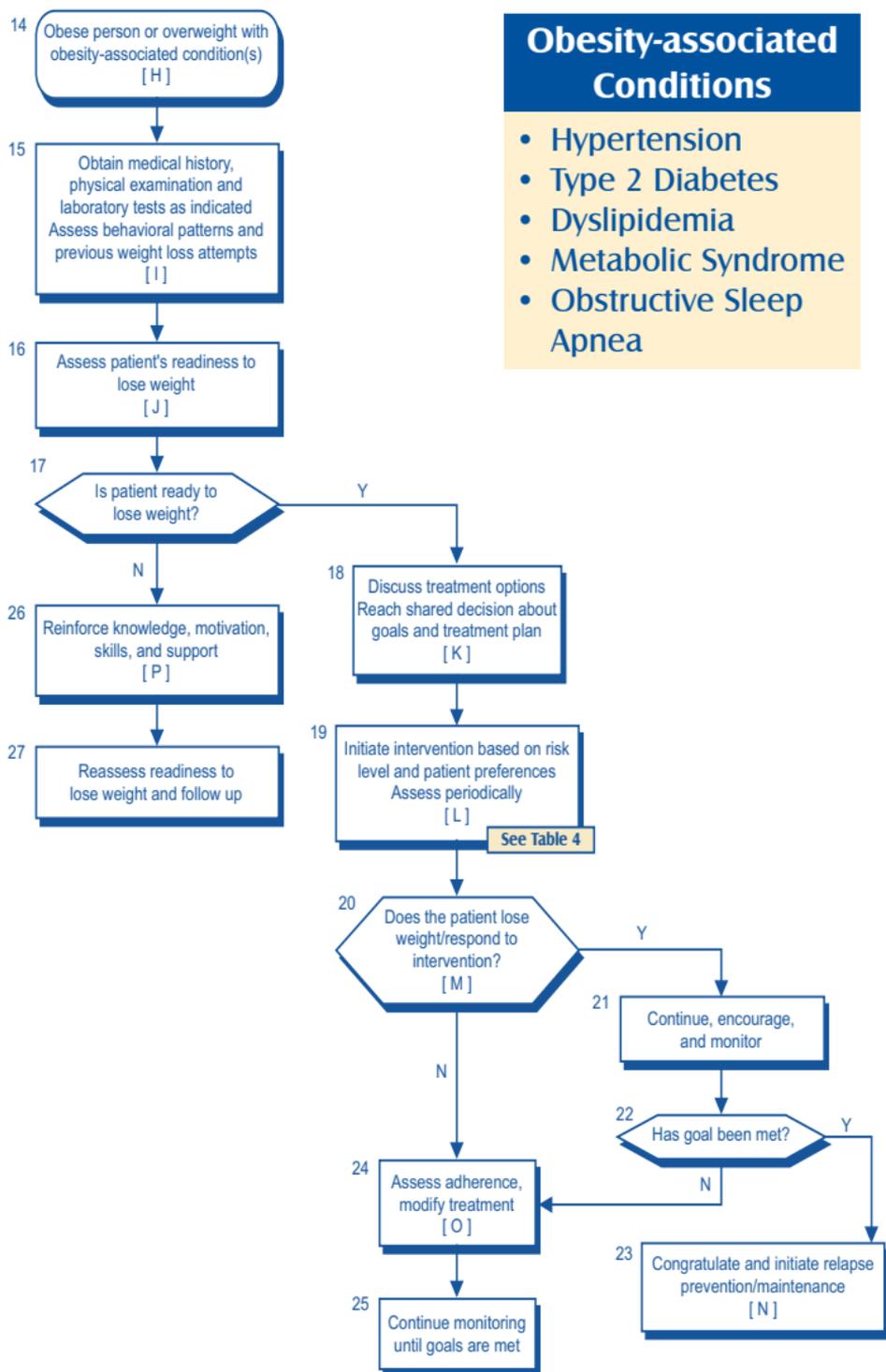
- Men waist circumference > 40 inches (102 cm)
- Women waist circumference > 35 inches (88 cm)

Table 2: Obesity-associated Chronic Health Conditions

The presence of the following conditions, directly influenced by weight loss, warrants consideration of more intensive therapy with drugs or surgery:

- Hypertension
- Type 2 Diabetes
- Dyslipidemia
- Metabolic Syndrome
- Obstructive Sleep Apnea
- Degenerative Joint Disease (DJD)

MODULE B: TREATMENT OF WEIGHT LOSS AND WEIGHT MAINTENANCE



**Table 3: Diagnosis of Metabolic Syndrome
[NCEP ATP-III, 2002]**

Three or more of the following risk factors indicate metabolic syndrome:	Defining Level
Abdominal obesity: Men† Women	Waist Circumference (WC): Greater than 102 cm (>40 in) Greater than 88 cm (>35 in)
Triglycerides	Greater than or equal to 150 mg/dL
HDL cholesterol: Men Women	Less than 40 mg/dL Less than 50 mg/dL
Blood pressure	Greater than or equal to 130/85 mmHg
Fasting glucose	Greater than or equal to 110 mg/dL

† Some men can develop multiple metabolic risk factors when the WC is only marginally increased, e.g., 37–39 inches (94–102 cm). Such persons may have a strong genetic contribution to insulin resistance. They should benefit from changes in life habits, similarly to men with categorical increases in WC.

**Table 4: Weight Loss Intervention
Based on Risk and BMI (kg/m²)**

BMI ≥ 25 kg/m ² with obesity-associated condition(s)*	Diet, exercise and behavior modification		
BMI ≥ 30 kg/m ² or BMI ≥ 27 kg/m ² with obesity-associated condition(s)*	Diet, exercise and behavior modification	Consider drug therapy	
BMI ≥ 40 kg/m ² or BMI ≥ 35 kg/m ² with obesity-associated condition(s)*	Diet, exercise and behavior modification	Consider drug therapy	Consider surgery

* Obesity-associated health conditions – see Table 2.

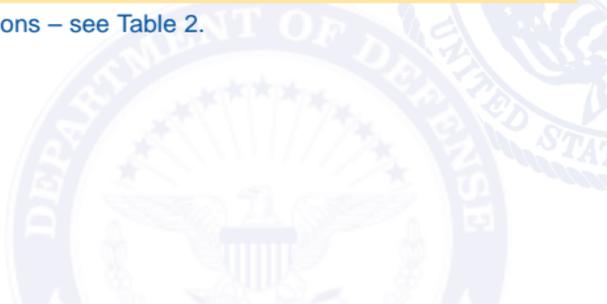


Table 5: Low-Calorie Diet – General Guideline

Nutrient	Recommended Intake
Calories	To achieve and maintain desired weight
Total fat	30% or less of total calories
Saturated fat	7 – 10% of total calories
Polyunsaturated fat	Up to 10% of total calories
Monounsaturated fat	Up to 15% of total calories
Cholesterol	Less than 300 mg/day
Protein	Approximately 15% of total calories
Carbohydrate	55% or more of total calories
Sodium Chloride	No more than 100 mmol/day (approximately 2.4 grams of sodium or 6 grams of sodium chloride)
Calcium	1,000 – 1,500 mg/day
Fiber	20 – 30 grams/day

For Therapeutic Lifestyle Changes (TLC) diet:

- Saturated fat should be less than 7%
- Monosaturated fat should be up to 20%
- Cholesterol should be less than 200 mg/day
- Trans fatty acids should be kept as a low intake

TABLE 6: Treatment Goals

For weight loss	Weight loss = 0.5% of body weight per week
For weight maintenance	Maintain Energy Balance: Calorie intake = Calorie expenditure
<ul style="list-style-type: none">• Moderate levels of physical activity performed at least 30 minutes most days of the week• May include short intermittent bursts (10 minutes or longer) as well as longer continuous exercise	