



Information for Patients & Caregivers

Your Guide to Management of Overweight and Obesity in Adults

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OF ADULTS CURRENTLY LIVING IN QATAR OR OVERWEIGHT.

OBESITY IS TREATABLE AND PREVENTABLE

WHAT IS OBESITY?

Obesity is a disease characterised by excessive amounts of body fat. This fat usually accumulates in the abdomen, under the skin and around the internal organs.

WHAT DOES IT MEAN TO BE OVERWEIGHT?

Overweight is a body weight that is greater than normal. It is not yet a disease but is a health concern.

HOW TO MEASURE OBESITY AND OVERWEIGHT?

Body fat is difficult to be measured directly. Therefore, obesity is measured by body mass index (BMI).

Other measurements are used to estimate amounts of body fat:

- Waist circumference.
- Waist-to-hip ratio.
- Neck circumference

Body composition analyzer machine gives a more accurate measure of body fat.

WHAT IS BODY MASS INDEX?

It is the weight in relation to the height.

BMI is a clinical estimate for the diagnosis and grading of obesity.

The higher the BMI, the greater the obesity grade.

HOW TO CALCULATE BODY MASS INDEX (BMI)?

BMI is calculated by dividing the weight in kilograms by the squared height in metres

$$\text{BMI} = \text{Body Weight (kg)} / \text{Height (m}^2\text{)}$$

Several electronic BMI calculators are available in mobile phone applications.

- Normal BMI is 18.5 - 24.9 kg/m²
- Overweight BMI is 25-29.9 kg/m²

WHAT ARE THE GRADES (CLASSES) OF OBESITY?

BMI ≥ 30 kg/m² defines obesity.

Classes of obesity:

- Class I: BMI 30.0-34.9 kg/m²
- Class II: BMI 35.0-39.9 kg/m²
- Class III: BMI ≥40.00 kg/m²

Class III obesity is considered extreme (morbid) obesity and it has the greatest risk and serious health problems.

HEALTH PROBLEMS ARE ASSOCIATED WITH OBESITY?

Obesity is not just a cosmetic consideration; it is harmful to one's health as it is a risk factor for developing a number of chronic diseases including:

- Diabetes type 2.
- High blood pressure (hypertension).
- Heart attacks and heart failure.
- High cholesterol.
- Stroke.
- Certain types of cancer.
- Gallbladder diseases.
- Fatty liver disease.
- Arthritis and gout.
- Breathing problems and sleep apnea.
- Kidney disease and kidney failure.
- Mental health problems like depression and anxiety.

WHAT ARE THE CAUSES OF OBESITY?

Most common causes include:

- **Overeating:** foods that have high energy density such as fast food and fried food, sugar, sweets, soft drinks.
- **Low levels of physical activity.**
- **Sleep deprivation.**
- **Stress and depression** may result in excessive eating in response to emotions such as boredom, sadness, stress, or anger.
- **Side effects of certain medications** like antidepressants, anticonvulsants, contraceptive pills, insulin, and cortisone.
- **Diseases** such as hypothyroidism and polycystic ovary syndrome.
- **Genetics:** Family history of obesity.
- **Childhood weight:** being overweight or obese during childhood.
- **Hormones,** e.g. in pregnancy.

TREATMENT OPTIONS FOR OBESITY

Multiple treatment options:

- Lifestyle or behavioural training.
- Dietary changes and diet.
- Increase in physical activity and exercise.
- The use of anti-obesity medications.
- Obesity surgery in some severe cases.

WHAT IS THE GOAL OF WEIGHT LOSS?

The goal of weight loss is not to reach an "ideal" weight but is to reach and maintain a "healthier" weight.

WHAT YOUR DOCTOR WILL DO

He will ask you questions about your health, diet and lifestyle.

He will examine you and order some routine lab tests.

He will work with you and others obesity management team members to put a health care plan specific to your health condition, goals and preference.

He will follow your progress in losing weight and your health condition.

WHAT IS THE BENEFIT OF 5-10% WEIGHT LOSS?

Modest weight loss of 5 to 10 % of body weight is likely to produce health benefits, such as improvements in

- Type 2 diabetes.
- Cholesterol levels.
- Hypertension.
- Heart diseases.
- Polycystic ovary syndrome.
- Infertility.
- Respiratory diseases.
- Osteoarthritis.

WHAT DIETARY ADVICE WILL HELP WEIGHT LOSS

- Eat more nutritious foods that have "low energy density" like vegetables, fruits, lean meat, fish, grains, and beans.
- Eat less "energy dense foods" like fried foods, high fat/sugar fast foods, sweets, and pastries.



Your doctors will decide which medications are right for you. Weight loss medications have potential side effects and should not be used without a doctor's advice

WHAT IS THE ROLE OF PHYSICAL ACTIVITY AND EXERCISE IN OBESITY?

Regular exercise is important for a healthy lifestyle and to maintain a healthy weight. It should be combined with a diet and weight-loss program to help burn calories.

Exercise:

- Leads to a greater loss of body fat versus lean muscle.
- Improves blood sugar and insulin sensitivity.
- Reduces lipids and triglyceride.
- Lowers blood pressure.
- A reduced risk of heart disease.

WHAT TYPES OF EXERCISE WILL HELP OBESITY?

Perform 20-30 minutes of moderate exercise 5-7 days a week.

Types of exercise:

- Stationary bicycling
- Walking, or jogging on a treadmill.
- Stair climbing.
- Jogging.
- Swimming.

Start slowly and progress gradually to avoid injury or fatigue. Individuals with chronic illness should consult with their doctors before starting vigorous exercise.

ROLE OF MEDICATION IN OBESITY MANAGEMENT

Medication treatment is used only in patients with obesity related health risks. These include patients with a BMI greater than 30 or in those with a BMI of greater than 27 who have other medical conditions (such as high blood pressure, diabetes, high blood cholesterol).

LIFESTYLE AND BEHAVIOURAL CHANGES THAT CAN HELP WITH WEIGHT LOSS:

- **Keeping daily records** of food intake, physical activity.
- **Checking weight regularly.**
- **Reducing stress** through relaxation techniques.
- **Good sleep hygiene practices** by sleeping at night, minimizing naps, and ensuring the sleep environment is pleasant.
- **Reduce screen and smart phones times.**

ROLE OF WEIGHT LOSS SURGERY

Another treatment option is *weight loss surgery (bariatric surgery)*.

This is reserved for:

- Patients with a BMI > 40.
- Patients with a BMI > 35 who have serious medical problems such as type 2 diabetes.

ADDITIONAL INFORMATION

Additional information on the diagnosis and management of Obesity in Adults can be found in the National Clinical Guideline published by The Ministry of Public Health (MOPH) Qatar.

The guideline is available for public on MOPH website:

www.moph.gov.qa

Various diet plans are available such as low-calorie, low fat, low carb, and Mediterranean diets. A dietitian will advise you on a suitable diet plan.