

Roadmap for the 2013 **AHA/ACC/TOS Guideline** for the Management of **Overweight** and **Obesity** in Adults

★ **The Goal:** ★

The panel hopes that these guidelines will serve as a roadmap for clinicians when it comes to heart disease and obesity.



The Data:

According to the panel, "Recommendations were derived from randomized trials, meta-analyses, and observational studies evaluated for quality, and were not formulated when sufficient evidence was not available." In other words, the panel would only move forward with a claim if they found enough evidence from reliable sources.



The Stakes:

Roughly 69% of all American adults are overweight or obese, and, in 2008 alone, the medical costs associated with overweight/obesity were a whopping \$147 billion!



The Benefits:

The guidelines assert that in "overweight and obese adults with CV risk factors (high [blood pressure], hyperlipidemia and hyperglycemia), that lifestyle changes that produce even modest, sustained weight loss of 3%-5% produce clinically meaningful health benefits, and greater weight losses produces greater benefits."

The "Critical Issues:"

The 4 critical issues outlined by the panel are...

- Exploring whether the waist circumference and BMI cut points are appropriate
- Evaluating the impact of weight loss on chronic disease risk
- Reviewing lifestyle treatment strategies for weight control
- Weighting the risks and benefits of bariatric surgery

