

Assessment & evaluation

# Identifying appropriate patients for obesity-related CVD risk<sup>1</sup>

Evaluate patients with obesity who are at risk for CVD by using BMI and waist circumference measurements

Actor portrayals throughout.

BMI, body mass index; CVD, cardiovascular disease.

## **Rethink Obesity**<sup>®</sup>







### **BMI is a valuable measurement tool**<sup>1,2</sup>

BMI can help screen for obesity, which is a risk factor for metabolic chronic diseases

Use BMI to screen for patients with obesity who may be at risk for weight-related comorbidities<sup>1-3</sup>



#### Take a step beyond BMI

Along with BMI, waist circumference is an important measurement for evaluating weight-related health risks<sup>1</sup>



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## Increased waist circumference may identify an increased risk of CVD<sup>1,2</sup>

Measure waist circumference in patients when screening for obesity and obesity-related comorbidities, particularly those patients with a BMI <35 kg/m<sup>2</sup>\*

A simple tape measurement at every visit can help screen for obesity and weight-related comorbidities, like CVD risk factors<sup>1,2</sup>



Measuring the risks<sup>2</sup>

Men with a waist circumference over 40 inches and women with a waist circumference over 35 inches may be at higher risk for type 2 diabetes, dyslipidemia, hypertension, and CVD.



\*At BMIs above 35 kg/m<sup>2</sup>, waist circumference cutoff values become less accurate in differentiating cardiometabolic disease risk.<sup>1</sup> BMI, body mass index; CVD, cardiovascular disease.



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## **Obesity is a risk factor for CVD**<sup>4</sup>

Nearly	Obesity can lead to enlarg cells, or adipocytes, whicl systemic inflammation. <sup>6,7</sup>
<b>BABILLION</b> obesity-related cardiovascular deaths occurred worldwide in 2015 <sup>5</sup>	<ul> <li>Lead to vascular breakdow</li> <li>Cause structural and funct</li> <li>Increased adipose tissue</li> <li>lead to endothelial dysfue</li> <li>cardiovascular conditions</li> </ul>
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A 5%-15% weight loss can improve triglycerides, HDL cholesterol, and blood pressure<sup>1</sup>

BMI, body mass index; CVD, cardiovascular disease; HDL, high-density lipoprotein.

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**Over Type 2 diabetes** 

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ocardial arction ⊘ Heart failure



4



Factors to consider when evaluating patients who have high rates of obesity and are impacted by obesity-related CVD<sup>12-14</sup>

**US Hispanic/Latino and non-Hispanic Black** adults have the highest rates of overweight or obesity compared with non-Hispanic White and non-Hispanic Asian American populations<sup>12-14</sup>



US non-Hispanic Black women and Hispanic/Latino men have overweight or obesity<sup>13-14</sup>\*<sup>†</sup>

\*Age-adjusted percentage of persons aged  $\geq$ 20 years who had overweight or obesity, 2015-2018 (BMI of  $\geq$ 25 kg/m<sup>2</sup>).<sup>13,14</sup> <sup>†</sup>Age-adjusted percentage of persons aged  $\geq$ 20 years who had overweight or obesity, 2015-2018 (BMI of  $\geq$ 30 kg/m<sup>2</sup>).<sup>13,14</sup>



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Identify patients with obesity, because some people with obesity might be at risk for CVD<sup>4</sup>

After diagnosing a patient who has obesity and is at risk for weight-related CVD, consider their culture and traditions when developing a weight-management plan<sup>12,15</sup>

#### Measure the impact of:

#### Food

Some cultural behaviors around food can impact weight goals. For example, the expectation of eating everything on one's plate may lead to weight gain.<sup>15</sup>

#### **Body image**

Feelings about body image can vary from culture to culture. Ethnicity and race can have a role in body image and dissatisfaction.<sup>16</sup>

#### Stress

People from certain ethnic populations may experience high levels of stress. Stress can contribute to weight gain.<sup>17,18</sup>



# Visit **RethinkObesity.com** to learn more

**References: 1.** Garvey WT, Mechanick JI, Brett EM, et al; Reviewers of the AACE/ACE Obesity Clinical Practice Guidelines. American Association of Clinical Endocrinologists and American College of Endocrinology Comprehensive Clinical Practice Guidelines for Medical Care of Patients With Obesity. Endocr Pract. 2016;22(suppl 3):1-203. 2. NHLBI Obesity Education Initiative. The Practical Guide: Identification, Evaluation, and Treatment of Overweight and Obesity in Adults. National Institutes of Health; 2000. NIH publication 00-4084. Accessed May 12, 2023. https://www.nhlbi.nih.gov/files/docs/guidelines/prctgd\_c.pdf. 3. NHLBI Obesity Education Initiative. Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: The Evidence Report. National Institutes of Health; 1998. NIH Publication 98-4083. Accessed July 19, 2023. https://www.ncbi.nlm.nih.gov/books/NBK2003/. 4. Powell-Wiley TM, Poirier P, Burke LE, et al. Obesity and cardiovascular disease: a scientific statement from the American Heart Association. Circulation. 2021;143(21):e984-e1010. 5. Afshin A, Forouzanfar MH, Reitsma MB; GBD 2015 Obesity Collaborators. Health effects of overweight and obesity in 195 countries over 25 years. N Engl | Med. 2017;377(1):13-27. 6. Heymsfield SB, Wadden TA. Mechanisms, pathophysiology, and management of obesity. N Engl J Med. 2017;376(3):254-266. 7. Greenberg AS, Obin MS. Obesity and the role of adipose tissue in inflammation and metabolism. Am J Clin Nutr. 2006;83(2):461S-465S. 8. Cercato C, Fonseca FA. Cardiovascular risk and obesity. Diabetol Metab Syndr. 2019;11:74. doi:10.1186/s13098-019-0468-0. 9. Cohen JB. Hypertension in obesity and the impact of weight loss. Curr Cardiol Rep. 2017;19(10):98. doi:10.1007/s11886-017-0912-4. 10. Bramlage P, Pittrow D, Wittchen H-U, et al. Hypertension in overweight and obese primary care patients is highly prevalent and poorly controlled. Am J Hypertens. 2004;17(10):904-910. **11.** Thomsen M, Nordestgaard BG. Myocardial infarction and ischemic heart disease in overweight and obesity with and without metabolic syndrome. JAMA Intern Med. 2014;174(1):15-22. 12. Joseph JJ, Ortiz R, Acharya T, Golden SH, López L, Deedwania P. Cardiovascular impact of race and ethnicity in patients with diabetes and obesity: JACC Focus Seminar 2/9. J Am Coll Cardiol. 2021;78(24):2471-2482. 13. US Department of Health & Human Services. Office of Minority Health. Obesity and African Americans. Accessed July 15, 2023. https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=25. 14. US Department of Health & Human Services. Office of Minority Health. Obesity and Hispanic Americans. Accessed July 15, 2023. https://minorityhealth.hhs.gov/omh/browse.aspx?lvl=4&lvlid=70. **15.** Centers for Disease Control and Prevention. *Expert Panel Meeting on Communicating About Overweight/Obesity with Hispanic American* Audiences: A Meeting Sponsored by the Centers for Disease Control and Prevention on July 14–15, 2016. Accessed November 3, 2021. https://www.cdc.gov/nccdphp/dnpao/state-local-programs/pdf/crosscuttingresources/DCH\_Hisp\_Comm\_Expert\_Panel02282018.pdf. 16. Chithambo TP, Huey SJ. Black/White differences in perceived weight and attractiveness among overweight women. J Obes. 2013;2013:320326. doi:10.1155/2013/320326. 17. Bulatao RA, Anderson NB, eds. Understanding Racial and Ethnic Differences in Health in Late Life: A Research Agenda. National Academies Press; 2004. Accessed November 3, 2021. http://www.nap.edu/catalog/11036.html. 18. Kim KH, Bursac Z, DiLillo V, White DB, West DS. Brief report: stress, race, and body weight. Health Psychol. 2009;28(1):131-135. doi:10.1037/a0012648.

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## **Right after evaluation, consider a comprehensive,** individualized weight-management plan<sup>1,2,6</sup>

