



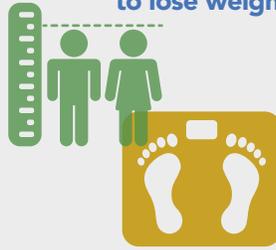
# 2013 AHA/ACC/TOS GUIDELINE FOR THE MANAGEMENT OF OVERWEIGHT AND OBESITY IN ADULTS

## 5

POINTS TO REMEMBER

### 1 Measure height and weight and calculate body mass index (BMI)

at annual visits or more frequently to identify patients who need to lose weight



▶ Continue use of current cut points to identify adults who may be at increased risk for cardiovascular disease (CVD):

**Overweight**  
(BMI > 25.0-29.9 kg/m<sup>2</sup>)

**Obesity**  
(BMI ≥ 30 kg/m<sup>2</sup>)

▶ The obesity cut point should be used to identify adults at increased risk for all-cause mortality.

### 2 Measure waist circumference

at annual visits or more frequently in overweight and obese adults



▶ Use cut points defined by National Institutes of Health or World Health Organization

### 3 Overweight and obese adults with CVD risk factors should be counseled that even **modest weight loss** (3 – 5% of body weight)

can result in clinically meaningful benefits for triglycerides, blood glucose, glycated hemoglobin, and development of diabetes.



### **Greater weight loss** (> 5%)

can further reduce blood pressure, improve lipids, and reduce the need of medications to control blood pressure, blood glucose, and lipids.

### 4 A diet prescribed for weight loss is recommended to be part of a comprehensive lifestyle intervention, a component of which includes a plan to achieve reduced caloric intake. Any one of the following methods can be used:

Prescribe

**FOR WOMEN:**

**1,200 -1,500\***  
kcal/day

**FOR MEN:**

**1,500 -1,800\***  
kcal/day



Prescribe a  
**500**  
kcal/day  
or  
**750**  
kcal/day

**ENERGY DEFICIT**



Prescribe one of the

### **Evidence-Based Diets**

that restricts certain food types (such as high-carbohydrate foods, low-fiber foods, or high-fat foods) in order to create an energy deficit by reduced food intake.

\*kcal levels are usually adjusted for the individual's body

### 5 Prescribing a calorie-restricted diet should be based on the patient's preferences and health status, and preferably with a referral to a nutrition professional for counseling.

