

Bariatric Update for ORNAC

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Defining obesity

- BMI = $\frac{\text{weight (kg)}}{\text{height (m)} \times \text{height (m)}}$

WHO Classification	BMI
- Ideal weight	20-24.9
- Overweight	25-29.9
- Moderate obesity	30-34.9
- Severe obesity	35-39.9
- Morbid obesity	40-49.9
- (Super obesity)	50 +++

Obesity Is a Big Problem

- Major public health problem *worldwide*
- American statistics:
 - 55% of adults are overweight
 - 25% of children are overweight
 - 1.5 million are morbidly obese
 - 6% of women, 2% of men
 - 6% of health care expenditures
 - 300 000 deaths annually

Obesity in Canada

- **14.8%** adults with BMI >30 (1998)
- **\$1.8 billion** annual direct cost of obesity (1998)
- **\$380 million** annual direct cost of obesity in BC (2004)
- **\$730 to \$830 million** annual direct & indirect cost of obesity in BC (2004)

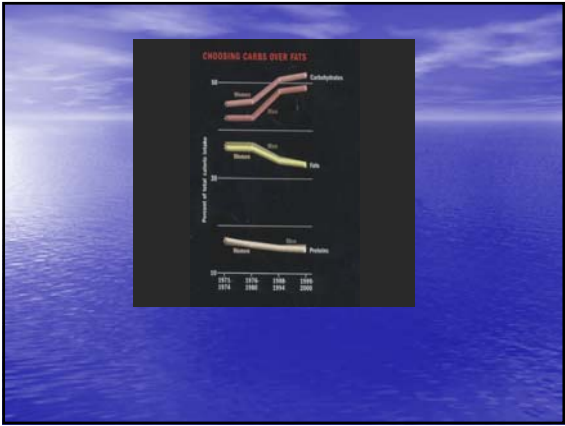
Deaths From Obesity

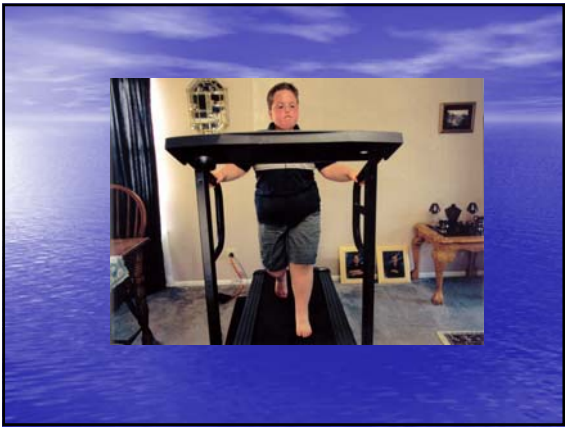
- Obesity 380,000
- Exceeds deaths from
- Lung 154,000
- Colon 48,000
- Breast 40,000
- Prostate 30,200

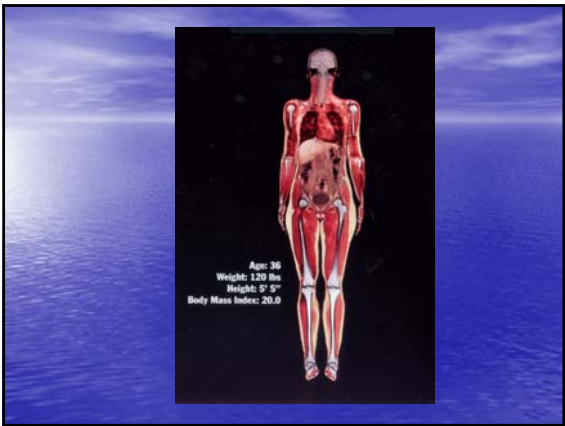


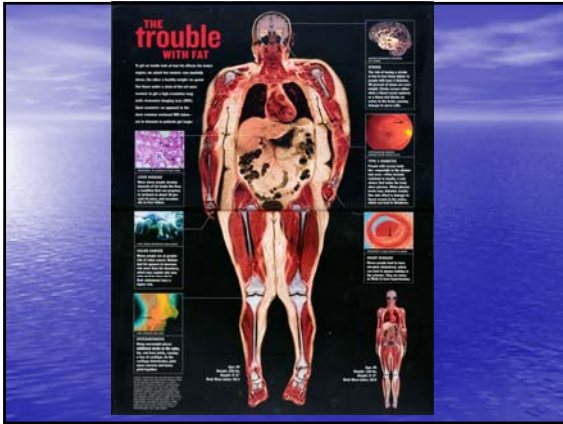


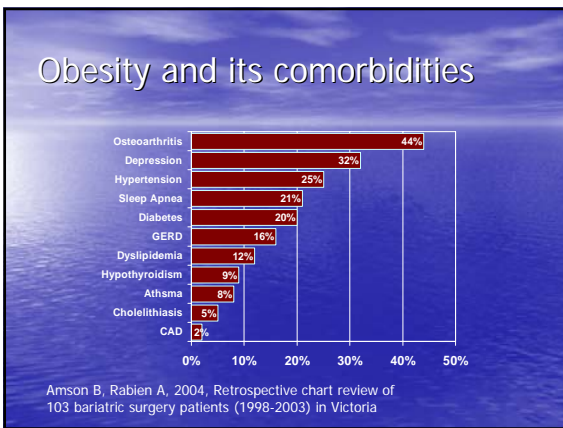












Approaching obesity

- **Lifestyle modification**
2% mean long term weight loss
- **Pharmacotherapy**
6 - 10% initial weight loss
2% mean long term weight loss
- **Surgery**
Gastric restriction (gastric banding)
Gastric restriction & malabsorption (Roux-en-Y)
Intestinal malabsorption
