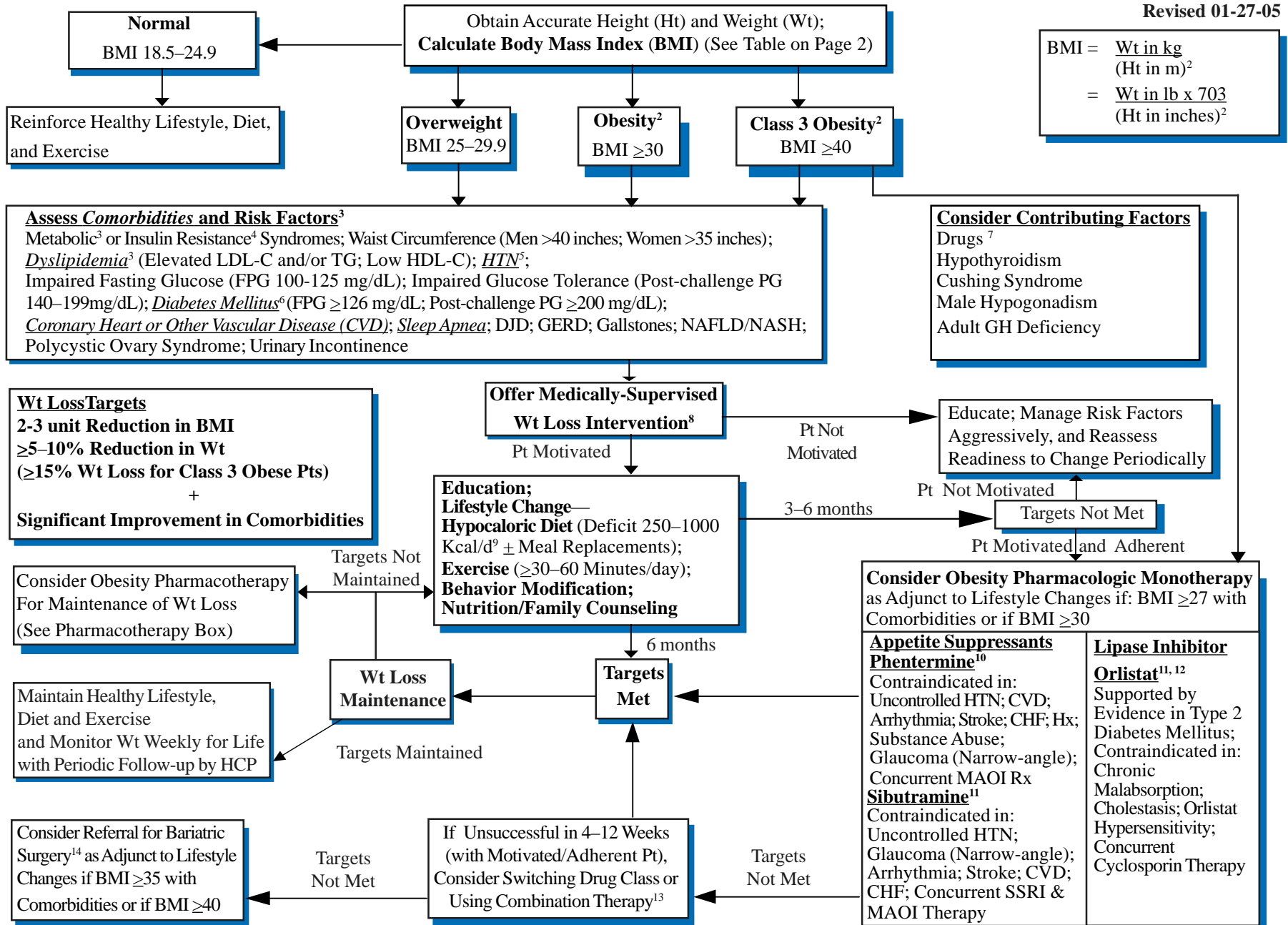


# WEIGHT LOSS ALGORITHM FOR OVERWEIGHT AND OBESE ADULTS<sup>1</sup>



# WEIGHT LOSS ALGORITHM FOR OVERWEIGHT AND OBESE ADULTS<sup>1</sup>

| BMI TABLE |  | WEIGHT (lb) |     |     |     |     |     |     |     |     |     |     |     |           |     |     |     |     |     |     |     |     |     |  |  |
|-----------|--|-------------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----------|-----|-----|-----|-----|-----|-----|-----|-----|-----|--|--|
|           |  | 120         | 130 | 140 | 150 | 160 | 170 | 180 | 190 | 200 | 210 | 220 | 230 | 240       | 250 | 260 | 270 | 280 | 290 | 300 | 310 | 320 | 330 |  |  |
| 4'5"      |  | 30          | 33  | 35  | 38  | 40  | 43  | 45  | 48  | 50  | 53  | 55  | 58  | 60        | 63  | 65  | 68  | 70  | 73  | 75  | 78  | 80  | 83  |  |  |
| 4'6"      |  | 29          | 31  | 34  | 36  | 39  | 41  | 43  | 46  | 48  | 51  | 53  | 56  | 58        | 60  | 63  | 65  | 68  | 70  | 72  | 75  | 77  | 80  |  |  |
| 4'7"      |  | 28          | 30  | 33  | 35  | 37  | 40  | 42  | 44  | 47  | 49  | 51  | 54  | 56        | 58  | 61  | 63  | 65  | 68  | 70  | 72  | 75  | 77  |  |  |
| 4'8"      |  | 27          | 29  | 31  | 34  | 36  | 38  | 40  | 43  | 45  | 47  | 49  | 52  | 54        | 56  | 58  | 61  | 63  | 65  | 67  | 70  | 72  | 74  |  |  |
| 4'9"      |  | 26          | 28  | 30  | 33  | 35  | 37  | 39  | 41  | 43  | 46  | 48  | 50  | 52        | 54  | 56  | 59  | 61  | 63  | 65  | 67  | 69  | 72  |  |  |
| 4'10"     |  | 25          | 27  | 29  | 31  | 34  | 36  | 38  | 40  | 42  | 44  | 46  | 48  | 50        | 52  | 54  | 57  | 59  | 61  | 63  | 65  | 67  | 69  |  |  |
| 4'11"     |  | 24          | 26  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 43  | 45  | 47  | 49        | 51  | 53  | 55  | 57  | 59  | 61  | 63  | 65  | 67  |  |  |
| 5'0"      |  | 23          | 25  | 27  | 29  | 31  | 33  | 35  | 37  | 39  | 41  | 43  | 45  | 47        | 49  | 51  | 53  | 55  | 57  | 59  | 61  | 63  | 65  |  |  |
| 5'1"      |  | 23          | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 38  | 40  | 42  | 44  | 45        | 47  | 49  | 51  | 53  | 55  | 57  | 59  | 61  | 62  |  |  |
| 5'2"      |  | 22          | 24  | 26  | 27  | 29  | 31  | 33  | 35  | 37  | 38  | 40  | 42  | 44        | 46  | 48  | 49  | 51  | 53  | 55  | 57  | 59  | 60  |  |  |
| 5'3"      |  | 21          | 23  | 25  | 27  | 28  | 30  | 32  | 34  | 36  | 37  | 39  | 41  | 43        | 44  | 46  | 48  | 50  | 51  | 53  | 55  | 57  | 59  |  |  |
| 5'4"      |  | 21          | 22  | 24  | 26  | 28  | 29  | 31  | 33  | 34  | 36  | 38  | 40  | 41        | 43  | 45  | 46  | 48  | 50  | 52  | 53  | 55  | 57  |  |  |
| 5'5"      |  | 20          | 22  | 23  | 25  | 27  | 28  | 30  | 32  | 33  | 35  | 37  | 38  | 40        | 42  | 43  | 45  | 47  | 48  | 50  | 52  | 53  | 55  |  |  |
| 5'6"      |  | 19          | 21  | 23  | 24  | 26  | 27  | 29  | 31  | 32  | 34  | 36  | 37  | 39        | 40  | 42  | 44  | 45  | 47  | 49  | 50  | 52  | 53  |  |  |
| 5'7"      |  | 19          | 20  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 35  | 36  | 38        | 39  | 41  | 42  | 44  | 46  | 47  | 49  | 50  | 52  |  |  |
| 5'8"      |  | 18          | 20  | 21  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 34  | 35  | 37        | 38  | 40  | 41  | 43  | 44  | 46  | 47  | 49  | 50  |  |  |
| 5'9"      |  | 18          | 19  | 21  | 22  | 24  | 25  | 27  | 28  | 30  | 31  | 33  | 34  | 36        | 37  | 38  | 40  | 41  | 43  | 44  | 46  | 47  | 49  |  |  |
| 5'10"     |  | 17          | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 32  | 33  | 35        | 36  | 37  | 39  | 40  | 42  | 43  | 45  | 46  | 47  |  |  |
| 5'11"     |  | 17          | 18  | 20  | 21  | 22  | 24  | 25  | 27  | 28  | 29  | 31  | 32  | 34        | 35  | 36  | 38  | 39  | 41  | 42  | 43  | 45  | 46  |  |  |
| 6'0"      |  | 16          | 18  | 19  | 20  | 22  | 23  | 24  | 26  | 27  | 29  | 30  | 31  | 33        | 34  | 35  | 37  | 38  | 39  | 41  | 42  | 43  | 45  |  |  |
| 6'1"      |  | 16          | 17  | 19  | 20  | 21  | 22  | 24  | 25  | 26  | 28  | 29  | 30  | 32        | 33  | 34  | 36  | 37  | 38  | 40  | 41  | 42  | 44  |  |  |
| 6'2"      |  | 15          | 17  | 18  | 19  | 21  | 22  | 23  | 24  | 26  | 27  | 28  | 30  | 31        | 32  | 33  | 35  | 36  | 37  | 39  | 40  | 41  | 42  |  |  |
| 6'3"      |  | 15          | 16  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 28  | 29  | 30        | 31  | 33  | 34  | 35  | 36  | 38  | 39  | 40  | 41  |  |  |
| 6'4"      |  | 15          | 16  | 17  | 18  | 20  | 21  | 22  | 23  | 24  | 26  | 27  | 28  | 29        | 30  | 32  | 33  | 34  | 35  | 37  | 38  | 39  | 40  |  |  |
| 6'5"      |  | 14          | 15  | 17  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 27  | 29        | 30  | 31  | 32  | 33  | 34  | 36  | 37  | 38  | 39  |  |  |
| 6'6"      |  | 14          | 15  | 16  | 17  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 27  | 28        | 29  | 30  | 31  | 32  | 34  | 35  | 36  | 37  | 38  |  |  |
| 6'7"      |  | 14          | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26  | 27        | 28  | 29  | 30  | 32  | 33  | 34  | 35  | 36  | 37  |  |  |
| 6'8"      |  | 13          | 14  | 15  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25  | 26        | 28  | 29  | 30  | 31  | 32  | 33  | 34  | 35  | 36  |  |  |
| 6'9"      |  | 13          | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 23  | 24  | 25  | 26        | 27  | 28  | 29  | 30  | 31  | 32  | 33  | 34  | 35  |  |  |
| 6'10"     |  | 13          | 14  | 15  | 16  | 17  | 18  | 19  | 20  | 21  | 22  | 23  | 24  | 25        | 26  | 27  | 28  | 29  | 30  | 31  | 32  | 34  | 35  |  |  |
|           |  | Less risk   |     |     |     |     |     |     |     |     |     |     |     | More risk |     |     |     |     |     |     |     |     |     |  |  |

| ABBREVIATIONS                                 |
|---|
| CHF: Congestive Heart Failure                 |
| CVD: Cardiovascular Disease                   |
| DJD: Degenerative Joint Disease               |
| FPG: Fasting Plasma Glucose                   |
| GERD: Gastro-esophageal Reflux Disease        |
| HCP: Health Care Professional                 |
| HDL-C: High-density Lipoprotein Cholesterol   |
| HTN: Hypertension                             |
| LDL-C: Low-density Lipoprotein Cholesterol    |
| MAOI: Monoamine Oxidase Inhibitors            |
| NAFLD: Non-alcoholic Fatty Liver Disease      |
| NASH: Non-alcoholic Steatohepatitis           |
| SSRI: Selective Serotonin Reuptake Inhibitors |
| TG: Triglycerides                             |

## Body Mass Index and Risks of Overweight

### FOOTNOTES

<sup>1</sup>Adapted from NIH/NHLBI/NAASO;1998; NIH Publication No. 98-4083 (*Obes Res* 1998;6[Suppl 2]:51S-210S)

<sup>2</sup>Consider starting obesity pharmacotherapy concurrent with other treatment modalities at presentation in motivated/adherent pts if BMI  $\geq 35$  with comorbidities or  $\geq 40$  with no comorbidities

<sup>3</sup>National Cholesterol Education Program-Adult Treatment Panel III. *JAMA* 2001;285:2466-97

<sup>4</sup>American Association of Clinical Endocrinologists Consensus Conference on the Insulin Resistance Syndrome, Washington, DC; August 2002 (*Diabetes Care* 2003;26:1297-1303)

<sup>5</sup>The 7th Report of the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure (JNC 7). *JAMA* 2003;289:2560-72

<sup>6</sup>See Glycemic Control Algorithm in Type 2 Diabetes Mellitus in Children and Adults; Diabetes medications may need to be adjusted to avoid hypoglycemia in pts who lose wt

<sup>7</sup>Most antipsychotics, tricyclic antidepressants, lithium, valproic acid, carbamazepine, insulin/insulin analogs, sulfonylureas, thiazolidinediones, cyproheptidine, glucocorticoids, and estrogens/progestins may be associated with wt gain

<sup>8</sup>Assuming BMI  $\geq 25$  and/or waist circumference  $>40$  inches in men;  $>35$  inches in women and 1 or more major *comorbidity*

<sup>9</sup>Calorie deficit of 250 Kcal/day will result in  $\sim 1/2$  lb/week wt loss (1000 Kcal/day  $\sim 2$  lb/week wt loss)

<sup>10</sup>FDA-approved for adjunctive short-term use  $\leq 3$  months for wt loss; see drug prescribing brochure;  $\sim$ Cost—\$0.85/30 mg pill (generic-AWP 2003)

<sup>11</sup>FDA-approved for use for up to 2 years for wt loss and maintenance of wt loss; see drug prescribing brochures;  $\sim$ Cost—sibutramine \$3.64/15 mg pill; orlistat \$1.38/120 mg pill (AWP 2003)

<sup>12</sup>*Diabetes Care* 1998;21:1288-1294; *Diabetes Care* 2002;25:1033-1041; *Diabetes Care* 2002;25:1123-1128

<sup>13</sup>Orlistat can be combined with the other agents; sibutramine and phentermine are not to be used in combination

<sup>14</sup>After minimum of 6 months of intensive wt loss management (including obesity pharmacotherapy if no contraindications) in motivated and adherent pts