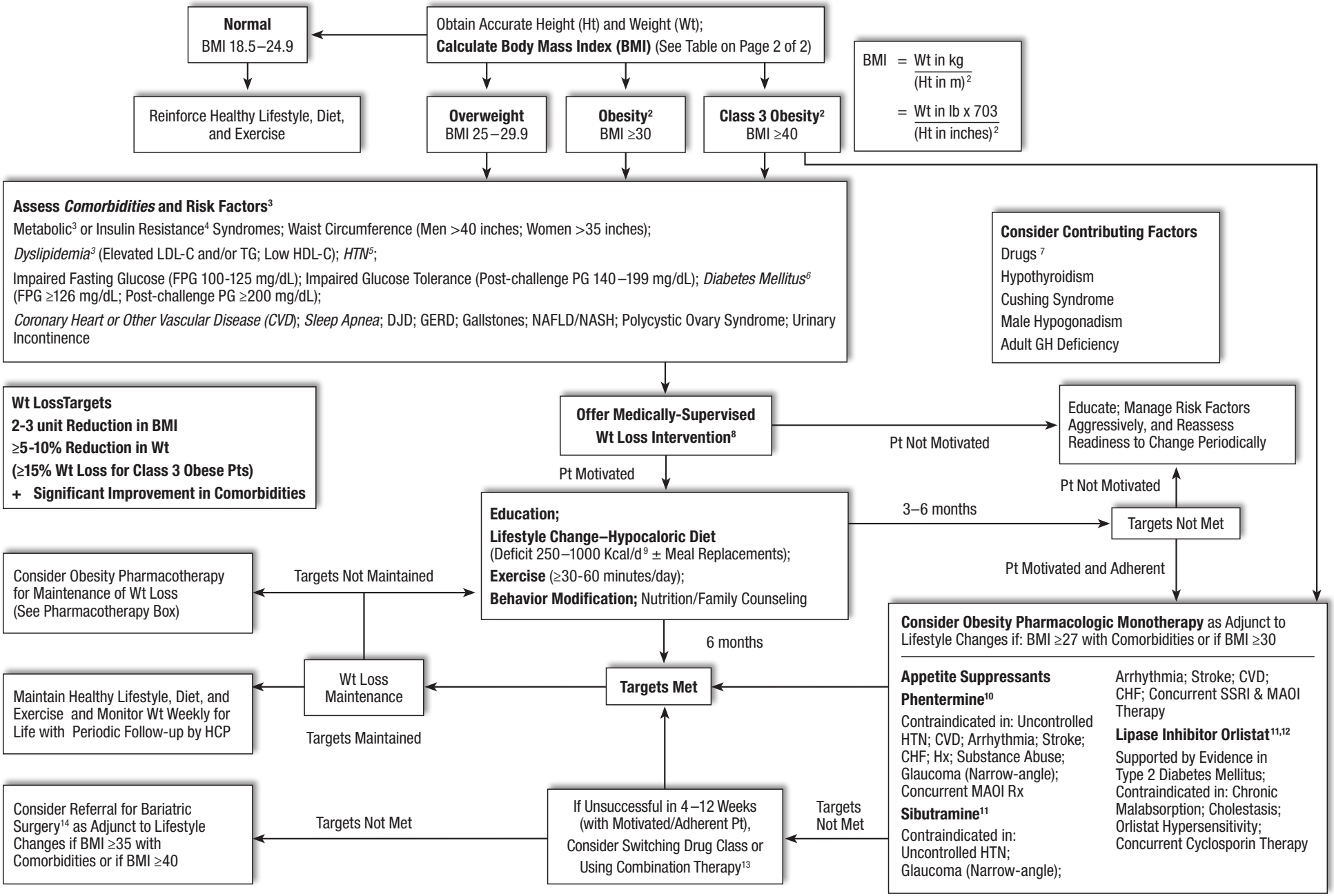
Weight Loss Algorithm for Overweight and Obese Adults[1]

TEXAS Department of State Health Services
Stock # 45-11694
TEXAS DIABETES COUNCIL
Revised 01/27/05



See disclaimer at www.tdctoolkit.org/algorithms_and_guidelines.asp

Body Mass Index Table

BMI TABLE	WEIGHT (lb)																					
HEIGHT (ft/in)	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

Footnotes:

1. Adapted from NIH/NHLBI/NAASO;1998; NIH Publication No. 98-4083 (*Obes Res* 1998; 6[Suppl 2]:51S-210S)
2. Consider starting obesity pharmacotherapy concurrent with other treatment modalities at presentation in motivated/adherent pts if BMI ≥35 with comorbidities or ≥40 with no comorbidities
3. National Cholesterol Education Program-Adult Treatment Panel III. *JAMA* 2001; 285:2466-2497
4. American Association of Clinical Endocrinologists Consensus Conference on the Insulin Resistance Syndrome, Washington, DC; August 2002 (*Diabetes Care* 2003; 26:1297-1303)
5. The 7th Report of the Joint National Committee on Detection, Evaluation and Treatment of High Blood Pressure (JNC 7). *JAMA* 2003; 289: 2560-2572
6. 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
7. Most antipsychotics, tricyclic antidepressants, lithium, valproic acid, carbamazepine, insulin/insulin analogs, sulfonylureas, thiazolidinediones, cyproheptidine, glucocorticoids, and estrogens/progestins may be associated with wt gain
8. Assuming BMI ≥25 and/or waist circumference >40 inches in men, >35 inches in women, and one or more major comorbidity
9. Calorie deficit of 250 Kcal/day will result in ~1/2 lb/week wt loss (1000 Kcal/day ~2 lb/week wt loss)
10. FDA-approved for adjunctive short-term use ≤3 months for wt loss; see drug prescribing brochure; ~Cost–$0.85/30 mg pill (generic- AWP 2003)
11. FDA-approved for use for up to 2 years for wt loss and maintenance of wt loss; see drug prescribing brochures; ~Cost– sibutramine $3.64/15 mg pill; orlistat $1.38/120 mg pill (AWP 2003)
12. *Diabetes Care* 1998; 21:1288-1294; *Diabetes Care* 2002; 25:1033-1041; *Diabetes Care* 2002; 25:1123-1128
13. Orlistat can be combined with the other agents; sibutramine and phentermine are not to be used in combination
14. After minimum of 6 months of intensive wt loss management (including obesity pharmacotherapy if no contraindications) in motivated and adherent pts

See disclaimer at www.tdctoolkit.org/algorithms_and_guidelines.asp