Body Mass Index Table

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):S15-210S)
2 Consider starting obesity pharmacotherapy concurrent with other treatment modalities at presentation in motivated/adoherent 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
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)
13 Orlistat can be combined with 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