



NORMAL WEIGHT OBESITY

What is normal weight obesity ?

Normal weight obesity is defined as people who may have their body mass index in the non-obese range ($<25 \text{ kg/m}^2$) but have high quantum of body fat percentage. High body fat, as defined by the recently published Endocrine Society of India guidelines for management of obesity is said to be more than 25% for men and 35% for women.

How common is normal weight obesity in India ?

The global prevalence of normal weight obesity ranges from 3 to 40%. In a recent study from southern India, it was found that about 30 percent of the study population was shown to have normal weight obesity.

How can we suspect normal weight obesity ?

If an apparently lean patient (as per BMI), starts developing metabolic disorders (Like polycystic ovary disease, diabetes, hypertension, dyslipidemia), one should suspect normal weight obesity.

What are the effects of normal weight obesity on health ?

People with normal weight obesity have similar cardiometabolic risk as in people with overt obesity. Once identified, they should be screened for all coexisting metabolic disorders mentioned before. Many studies have shown that the mortality risk in these individuals with normal weight obesity is much higher than people without obesity.

Does normal weight obesity improve with diet/exercise ?

Research from India has shown that people with normal weight obesity are relatively more resistant to life style interventions and probably require a more intense and prolonged life style intervention than people with conventional obesity.

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<https://endocrinesocietyindia.org/>