



Obesity Staging and Treatment Guidelines

BMI CATEGORY (KG/M ²)	28.5-24.9 <23 in patients of certain ethnicities	25-29.9 23-24.9 in patients of certain ethnicities	≥30 ≥25 in patients of certain ethnicities		
STAGING	Normal weight (no obesity)	Overweight	Obesity stage 1 (no complications)	Obesity stage 2 (≥1 mild to moderate complications)	Obesity stage 3 (≥1 severe complication)
CARE SETTING	<ul style="list-style-type: none"> Primary care provider 	<ul style="list-style-type: none"> Primary care provider Consider referral to obesity medicine specialist if treatment is not effective 	<ul style="list-style-type: none"> Primary care provider Consider referral to obesity medicine specialist 	<ul style="list-style-type: none"> Primary care provider Consider referral to obesity medicine specialist 	<ul style="list-style-type: none"> Primary care provider Consider referral to obesity medicine specialist
SUGGESTED THERAPY	<ul style="list-style-type: none"> Healthy lifestyle Reduced-calories Physical activity Behavioral interventions 	<ul style="list-style-type: none"> Lifestyle therapy Reduced-calories Physical activity Behavioral interventions 	<ul style="list-style-type: none"> Lifestyle therapy Reduced-calories Physical activity Behavioral interventions Anti-obesity medications Consider if lifestyle therapy fails to prevent progressive weight gain (BMI ≥27) 	<ul style="list-style-type: none"> Lifestyle therapy Reduced-calories Physical activity Behavioral interventions Anti-obesity medications Consider if lifestyle therapy fails to achieve therapeutic target or initiate with lifestyle therapy (BMI ≥27) 	<ul style="list-style-type: none"> Lifestyle therapy Reduced-calories Physical activity Behavioral interventions Anti-obesity medications Initiate with lifestyle therapy (BMI ≥27) Consider bariatric surgery (BMI ≥35)



- Prediabetes
- T2D
- Dyslipidemia
- Hypertension
- Metabolic syndrome
- CVD
- MASLD
- PCOS
- Female infertility
- Male hypogonadism
- Osteoarthritis
- Depression
- OSA
- Asthma
- Urinary stress incontinence
- GERD

BMI, body mass index; CVD, cardiovascular disease; GERD, gastroesophageal reflux disease; MASLD, metabolic dysfunction-associated steatotic liver disease; OSA, obstructive sleep apnea; PCOS, polycystic ovary syndrome; T2D, type 2 diabetes.

Cornier MA. *Am J Manag Care*. 2022;28(15 Suppl):S288-S296; Mechanick JL. *Endocr Pract*. 2019;25(12):1346-1359; Nadolsky K, et al. *Endocr Pract*. 2023; Tondt J, et al. *Obesity Algorithm eBook*. Obesity Medicine Association; 2023. <https://obesitymedicine.org/obesity-algorithm-powerpoint/>. Accessed July 9, 2024. <https://obesitymedicine.org/obesity-algorithm-powerpoint/>. Accessed July 9, 2024.