



Morbid Obesity Reference

The World Health Organization Classification

<https://www.ncbi.nlm.nih.gov/books/NBK535456/figure/article-18425.image.f1/>

WHO CLASSIFICATION OF WEIGHT STATUS	
WEIGHT STATUS	BODY MASS INDEX (BMI), kg/m ²
Underweight	<18.5
Normal range	18.5 – 24.9
Overweight	25.0 – 29.9
Obese	≥ 30
Obese class I	30.0 – 34.9
Obese class II	35.0 – 39.9
Obese class III	≥ 40

Consistent with the World Health Organization definition, per the CDC

<https://www.cdc.gov/obesity/adult/defining.html>

“Obesity is frequently subdivided into categories:

- Class 1: BMI of 30 to < 35
- Class 2: BMI of 35 to < 40
- Class 3: BMI of 40 or higher. Class 3 obesity is sometimes categorized as “severe” obesity.”

A white paper by the National Heart, Lung and Blood Institute which is part of the National Institute of Health and the North American Association for the Study of Obesity titled “**Practical Guide to the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults**” identifies “clinically severe obesity” as “BMI of ≥ 40 OR a BMI ≥ 35 with serious comorbid conditions that may warrant surgery for weight loss.”

Conditions that are considered “serious comorbid conditions” causing “high absolute risk”,

- Established coronary heart disease (including a history of MI, angina pectoris (stable or unstable), coronary artery surgery or coronary artery procedures such as angioplasty).

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- Presence of other atherosclerotic diseases including peripheral arterial disease, abdominal aortic aneurysm, or symptomatic carotid artery disease.
- Type 2 diabetes
- Sleep apnea
- 3 or more of the following also equal high absolute risk:
 - Hypertension (systolic pressure of ≥ 140 or diastolic pressure of ≥ 90 or current use of hypertensive agents)
 - Cigarette smoking
 - High LDL cholesterol (serum concentration ≥ 160 mg/dl) AND a borderline high-risk LDL (130 to 150 mg/dl) also counts
 - Low HDL (<35 mg/dl)
 - Impaired fasting glucose (between 110-125 mg/dl)
 - Family history of early cardiovascular disease (MI, sudden death by father or other male first degree relative at/below 55 years old, or mother/other female first degree relative before 65 years old.
 - Age (male ≥ 45 and female ≥ 55)