

# International Obesity Collaborative **CONSENSUS STATEMENT**

## Obesity Care vs. Weight Loss



Obesity care and weight loss are not the same.

Obesity care delivered by qualified clinicians consists of evidence-based options that address comorbidities of obesity (diabetes, hypertension, hyperlipidemia, etc.) and improve well-being. Obesity care is about health, not weight. Weight loss is just one outcome of obesity care.

Obesity is a serious, relapsing chronic disease that requires long term care, just like any other chronic disease. Safe and effective evidence-based obesity treatments that improve patient health are available.

Evidence-based treatments for obesity and severe obesity may include: nutrition and behavior modification, physical activity, medications, approved devices, and metabolic/bariatric surgery. In decisions shared with patients, clinicians utilize one or more of these modalities to treat obesity.

Globally, medical coverage limits access to effective obesity care, to the detriment of patient health. National statutes and medical insurance coverage have not kept pace with evidence and advances in clinical science. Like other serious chronic diseases, support for obesity care must be incorporated into national public health strategies and include standard benefits and coverage for obesity across the lifespan.

People with obesity deserve care, free from stigma and shame.

### International Obesity Collaborative Members

