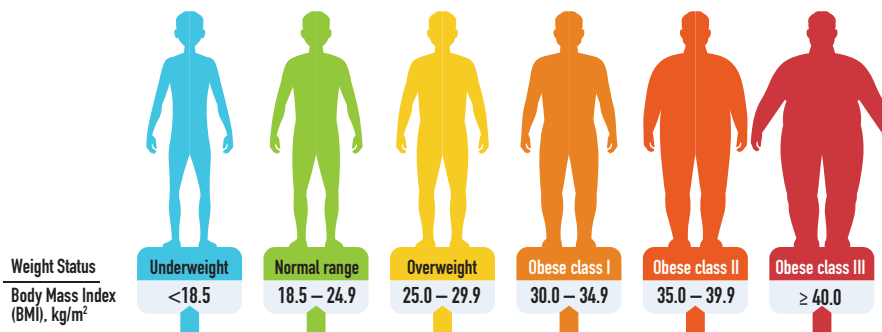# Obesity

Overweight and obesity are defined as abnormal or excessive fat accumulation that presents a risk to health.[1]

People who are overweight or obese, are at increased risk for all-causes of death, hypertension, high levels of cholesterol and triglycerides, diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, obstructive sleep apnea, many types of cancer, mental illness, body pain and poor physical function.[2]

The body mass index (BMI), calculated as the ratio of weight (kg) to height squared (m^2) is a reliable index to determine whether a person has too much body fat or otherwise.[3]

WHO CLASSIFICATION OF WEIGHT STATUS

Weight Status	Underweight	Normal range	Overweight	Obese class I	Obese class II	Obese class III
Body Mass Index (BMI), kg/m^2	<18.5	18.5 — 24.9	25.0 — 29.9	30.0 — 34.9	35.0 — 39.9	≥ 40.0

Perioperative Risk for Obese Surgical Patients

The medical conditions predisposed by obesity increase the perioperative risk.[5]

The challenges in the perioperative care of obese patients are difficult intravenous access, difficult mask ventilation and tracheal intubation, and increased risk of apnea with obstructive sleep apnea.[5]

References:
1. https://www.who.int/health-topics/obesity
2. https://www.cdc.gov/healthyweight/effects/
3. https://www.hsph.harvard.edu/obesity-prevention-source/obesity-definition/obesity-definition-full-story/
4. https://www.ncbi.nlm.nih.gov/books/NBK535456/figure/article-18425.image.f1/
5. https://www.asahq.org/madeforthismoment/preparing-for-surgery/risks/obesity/

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