

VIII
PRE
MIOS
NAOS
2014

IX
CON
VEN
CIÓN
NAOS

X
ANI
VER
SARIO
ESTRATEGIA
NAOS

MADRID,
6 de octubre de 2015

¡come sano y muévete!



Cambio de paradigma en el tratamiento del sobrepeso y obesidad

Gema Frühbeck

**Dpto. de Endocrinología y Nutrición
Lab. de Investigación Metabólica**

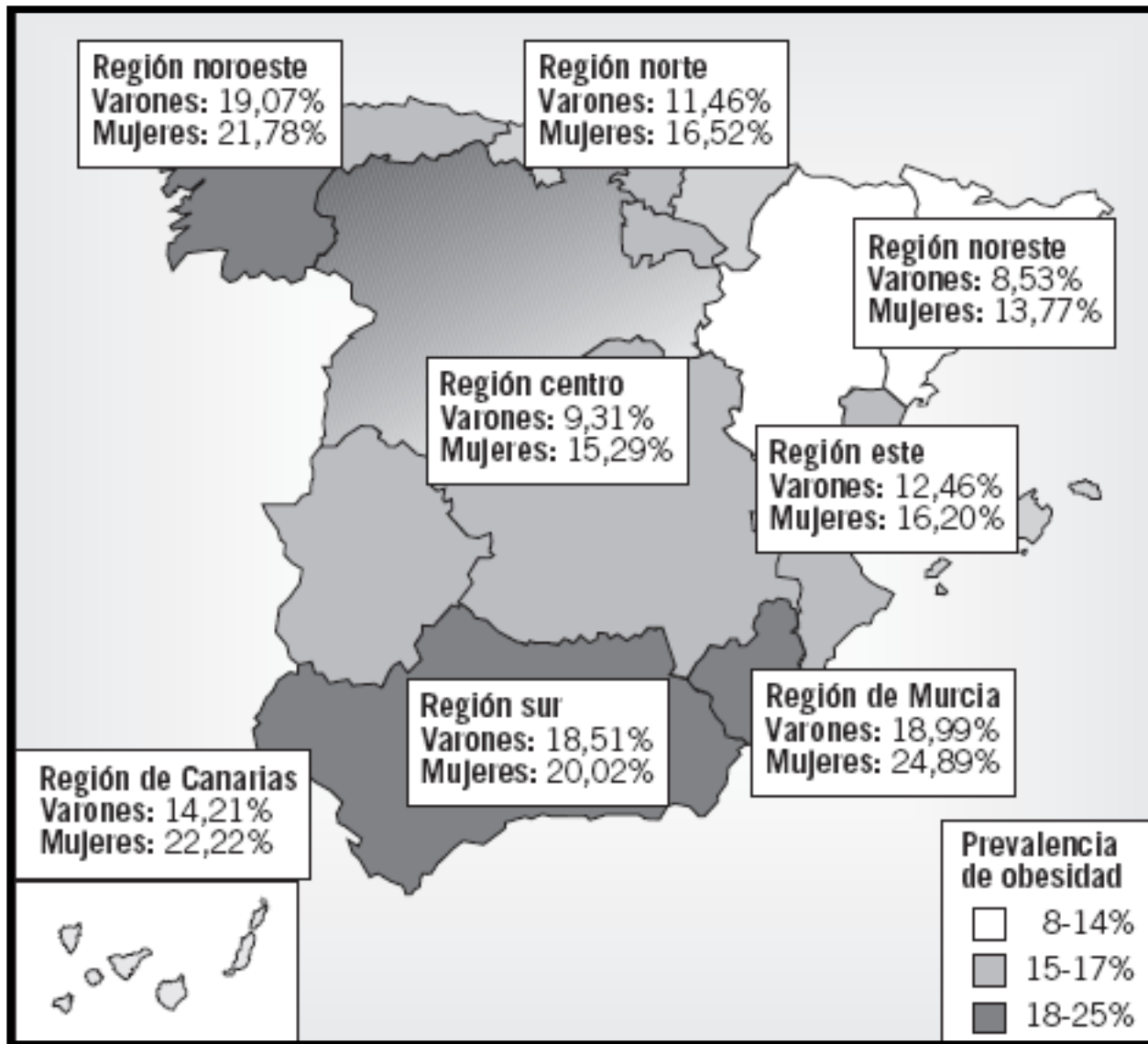


**Clínica
Universidad
de Navarra**

cíberobn
Centro de Investigación Biomédica en Red
Fisiopatología de la Obesidad y Nutrición



Prevalencia de la obesidad en España



Evolución alarmante de la prevalencia de la obesidad:

ENS (1987): 7,7%

ENS (1993): 9,9%

ENS (2001): 13,6%

DORICA (2005): 15,5%

DRECE (2007): **24,0%**

Distribución de la prevalencia de la obesidad ($IMC \geq 30 \text{ kg/m}^2$) por región geográfica y sexo en el estudio DORICA



AMI

CHF

DVT

OVARY CANCER

PERIPHERAL ARTERIAL DISEASE

SARCOPENIA

UTERINE CANCER

DISABILITY

PROSTATE CANCER

CHIRROSIS

COLON CANCER

RECTAL CANCER

DEMENTIA

DEMENTIA

NEPHROPATY

CHOLELITHIASIS

BLADDER CANCER

OSAS

GERD

GASTRITES

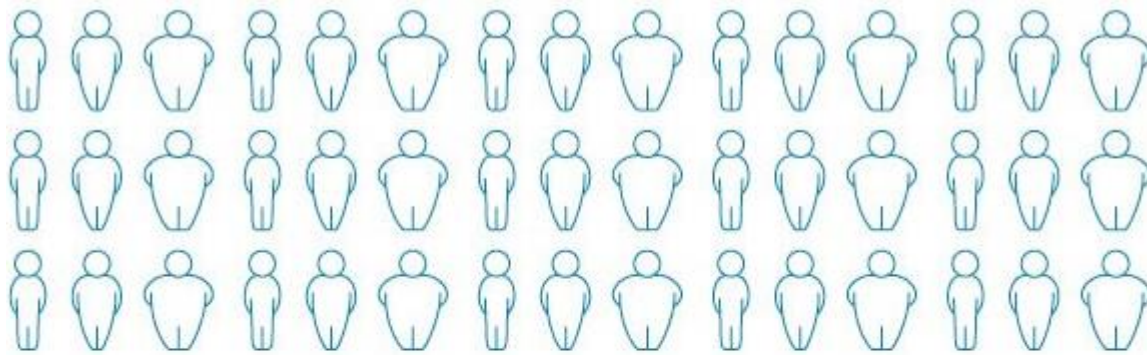
GASTRO-DUODENAL
ULCER

NASH

Perception Survey



Medtronic



OBESITY **AN UNDERESTIMATED THREAT**

PUBLIC PERCEPTIONS OF OBESITY IN EUROPE

May 2015

Survey across seven European countries
reveals low public awareness of the adverse
effects of obesity



**Survey conducted among 14,000 people in 7 EU countries
(Belgium, Denmark, Finland, France, Germany, Italy & UK)**

**Reveals low public awareness of the adverse effects of obesity,
its causes and treatment**

OBESITY

AN UNDERESTIMATED THREAT

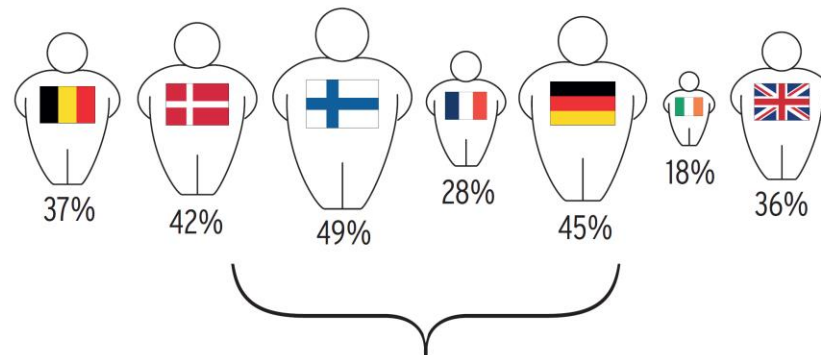
PUBLIC PERCEPTIONS OF OBESITY IN EUROPE



A HIGH PROPORTION OF PEOPLE UNDERESTIMATE THEIR OWN WEIGHT

Many people misjudge their own weight, believing they are in a lower weight category than they are. One in five people who would describe themselves as a normal or healthy weight are technically overweight, and a

third of people who describe themselves as overweight are in fact obese. In Denmark and Finland, nearly half of people who thought they were overweight are in reality classified as obese.

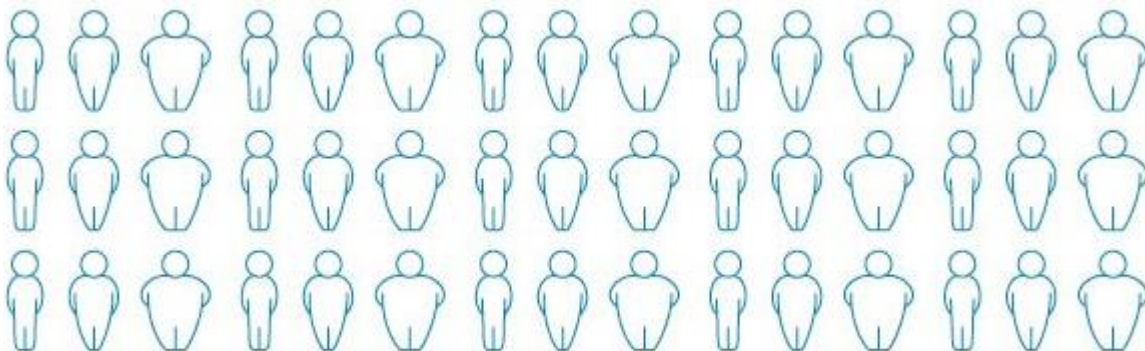


PERCENTAGE OF PEOPLE WHO DESCRIBE THEMSELVES AS OVERWEIGHT
WHO ARE ACTUALLY OBESE

Perception Survey



Medtronic



MISCONCEPTIONS OF OBESITY

One of the 'Misconceptions of Obesity' is that many people in Europe do not realise that it creates many secondary illnesses (also referred to as comorbidities).

84% of people



did not know

that obesity increases the causes of cancer, even when prompted



More than half



did not know

that obesity can increase the risk of stroke



One in four



did not know

that being obese can put you at risk for heart disease, diabetes and high blood pressure





Abordaje Terapéutico Global

Algoritmo clásico

Cambio estilo de vida (personal)

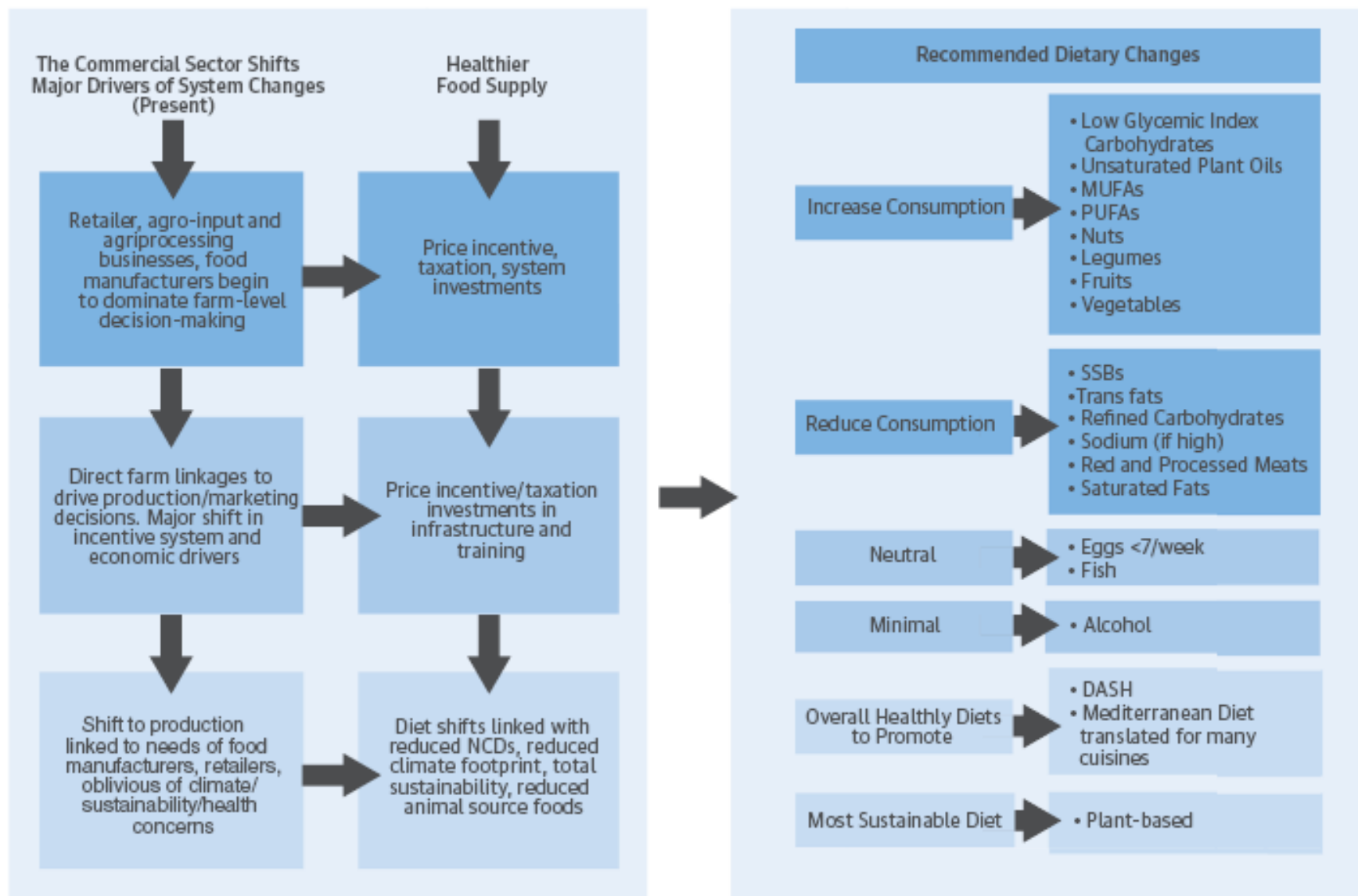
Cambio estilo de vida (indicado x profesional)

Farmacoterapia

Cirugía bariátrica / metabólica

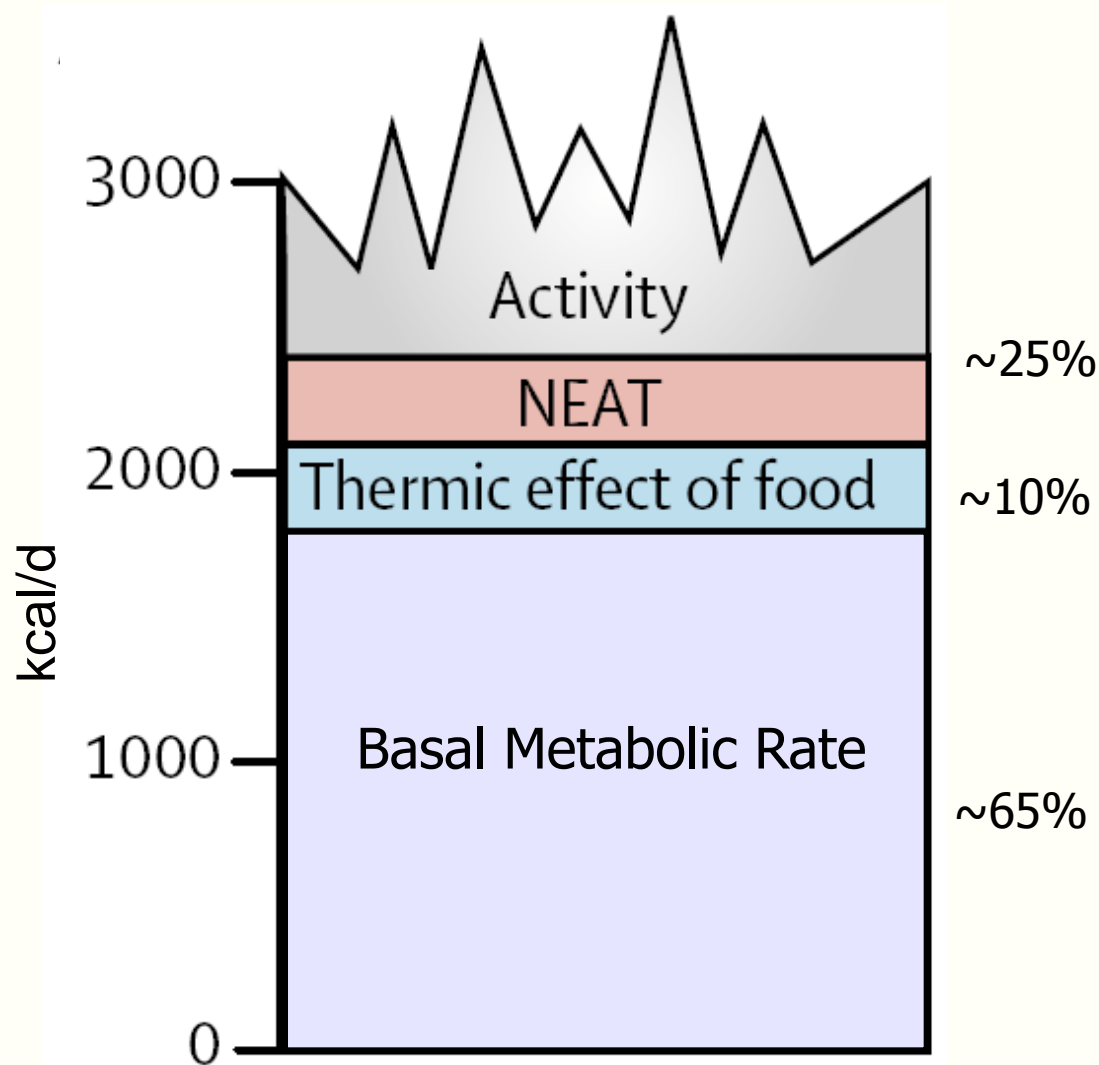
Combinaciones terapéuticas

CENTRAL ILLUSTRATION Diet, Cardiovascular Disease, and the Food System: Recommendations for Global Food System Changes Needed to Create a Sustainable Healthy Diet



Componentes del gasto energético

$$\text{BALANCE ENERGÉTICO} = \text{ENERGÍA INGERIDA} - \text{GASTO ENERGÉTICO}$$



Actividad física – Recomendaciones

ACSM/AHA Recommendations

Physical Activity and Public Health

Updated Recommendation for Adults From the American College of Sports Medicine and the American Heart Association

William L. Haskell, PhD, FAHA; I-Min Lee, MD, ScD; Russell R. Pate, PhD, FAHA;
Kenneth E. Powell, MD, MPH; Steven N. Blair, PED, FACSM, FAHA;
Barry A. Franklin, PhD, FAHA; Caroline A. Macera, PhD, FACSM;
Gregory W. Heath, DSc, MPH, FAHA; Paul D. Thompson, MD; Adrian Bauman, PhD, MD

Adultos de 18-65 años

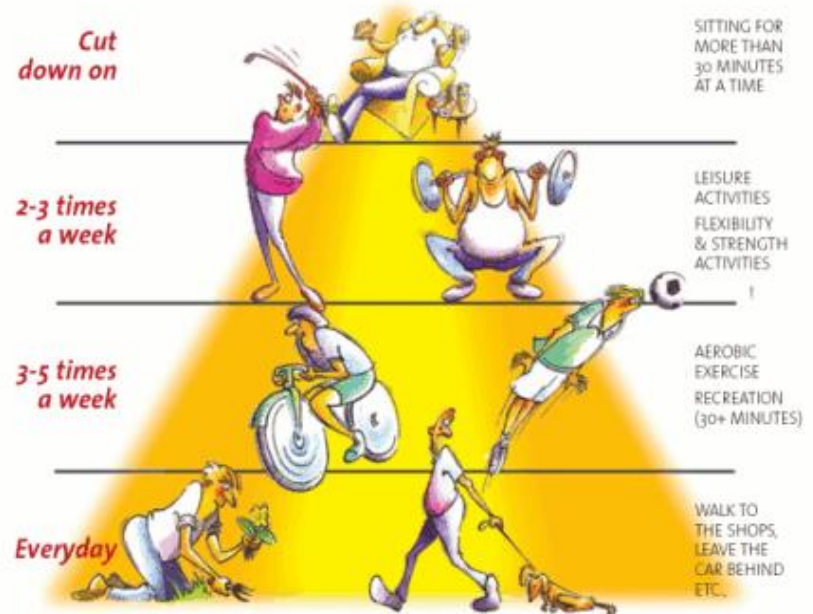
**30 min/5 d por semana de ejercicio
aeróbico moderado**

ó

**20-25 min/3 d por semana de
ejercicio aeróbico vigoroso**

+

**2 sesiones semanales de
entrenamiento anaerobico**



ARTÍCULO ORIGINAL

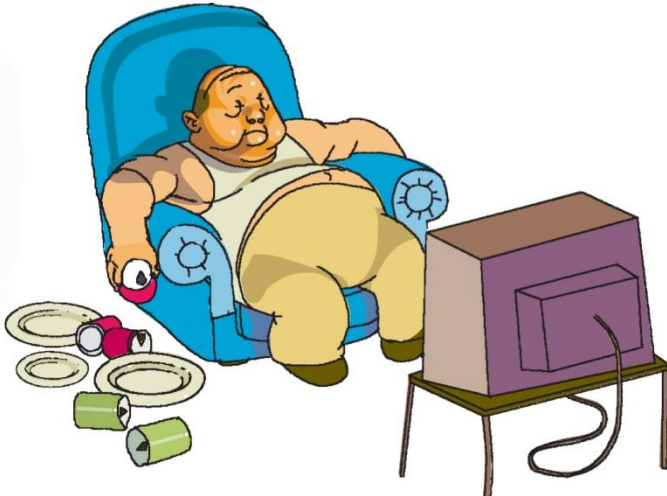
Actividad física de tiempo libre en un país mediterráneo del sur de Europa: adherencia a las recomendaciones y factores asociados

Carmen M. Meseguer^a, Iñaki Galán^b, Rafael Herruzo^c, Belén Zorrilla^b y Fernando Rodríguez-Artalejo^{c,d}

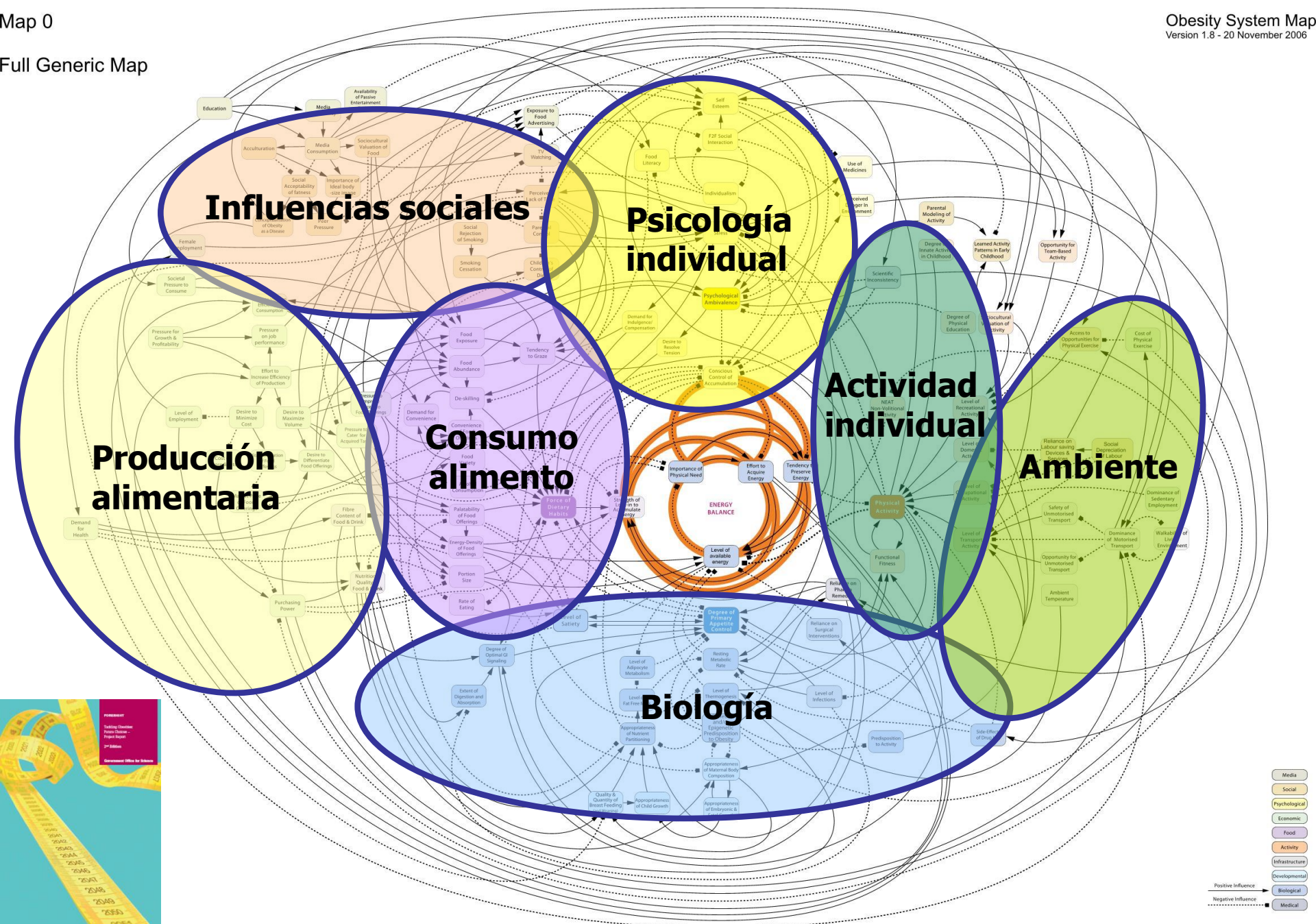
Inactivos
20,4%

**Activos
no cumplen**
50,8%

**Activos
cumplen**
28,8%



- Encuesta telefónica
- 12.037 personas
- Edad 18-64 años
- Madrid
- Cuestionario de Minnesota





ASSESS

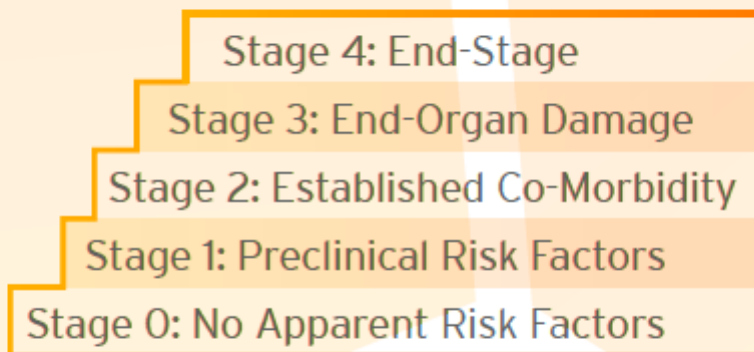
Assess Obesity Class and Stage

- Obesity Class (I-III) is based on BMI and is a measure of how BIG the patient is.
- Obesity Stage (0-4) is based on the MEDICAL, MENTAL, and FUNCTIONAL impact of obesity and is a measure of how HEALTHY the patient is.
- Waist circumference provides additional information regarding CARDIOMETABOLIC risk.

Obesity Class

BMI	kg/m ²
Underweight	≤18.5
Normal Weight	18.6 - 24.9
Overweight	25.0 - 29.9
Obesity Class I	30.0 - 34.9
Obesity Class II	35.0 - 39.9
Obesity Class III	≥ 40

Obesity Stages (EOSS*)

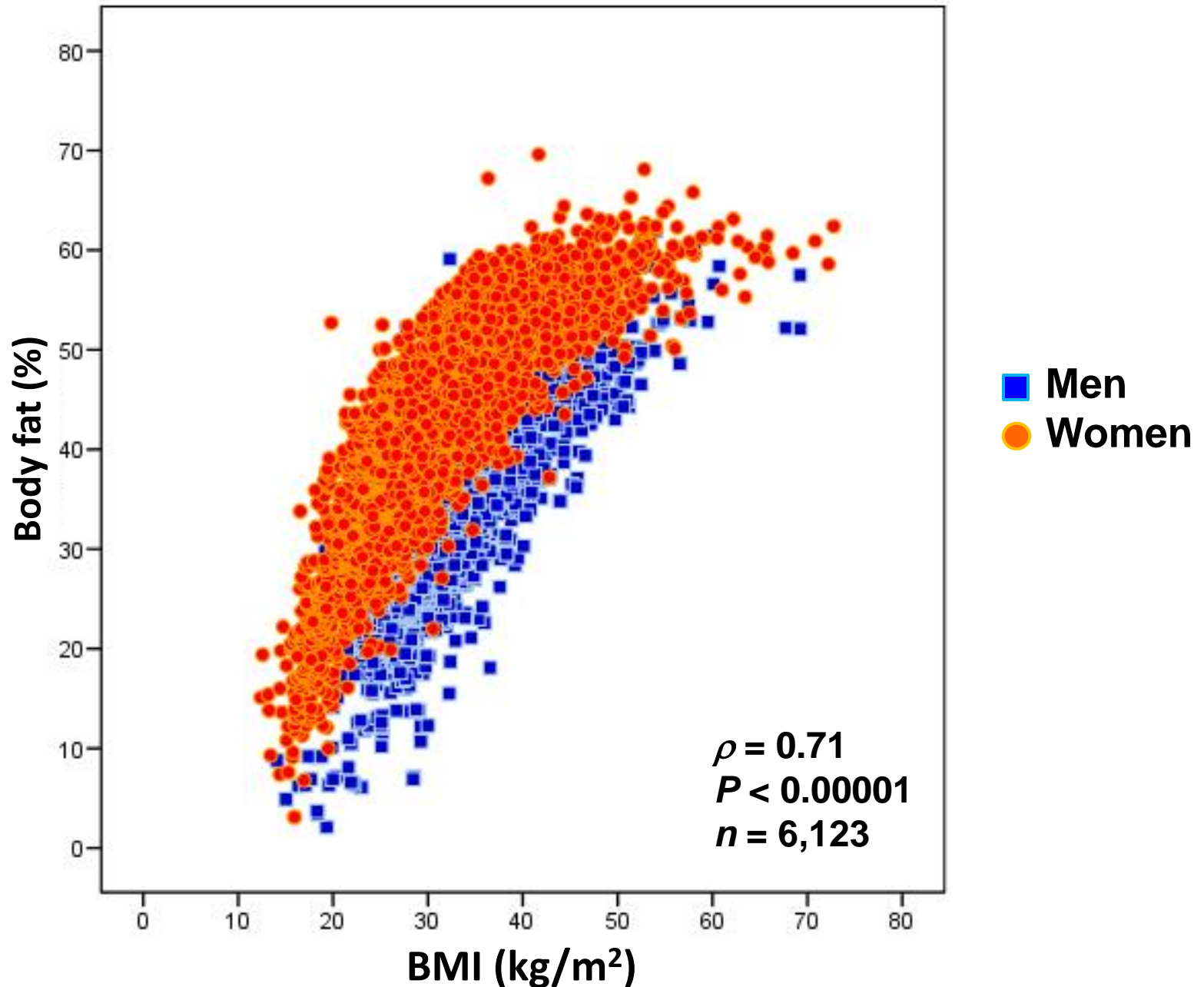


*Edmonton Obesity Staging System

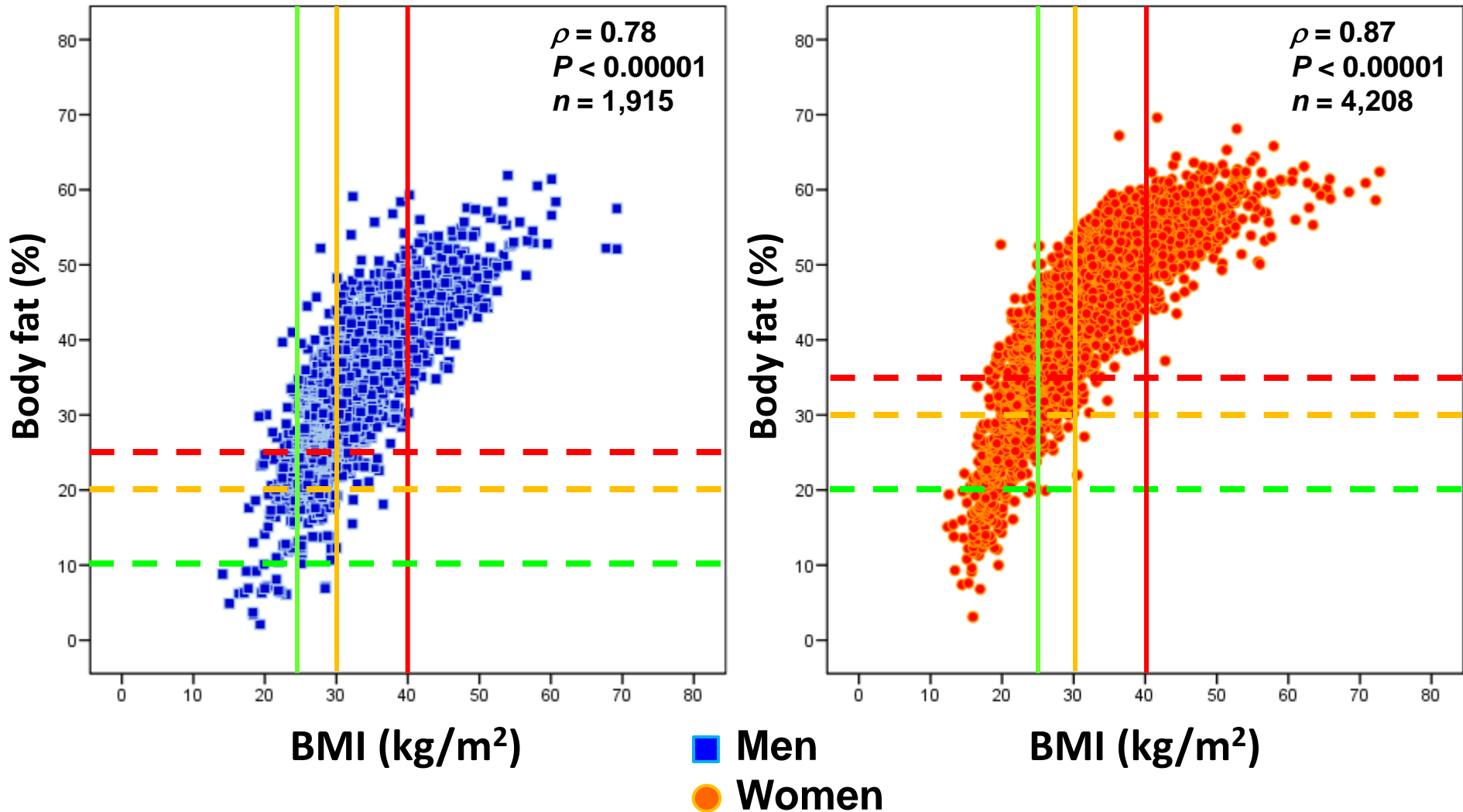
Waist Circumference Risk Threshold: Euroid: ♂ ≥ 94 cm; ♀ ≥ 80 cm; Asian and Hispanic: ♂ ≥ 90 cm; ♀ ≥ 80 cm

Correlation between BMI & body fat percentage

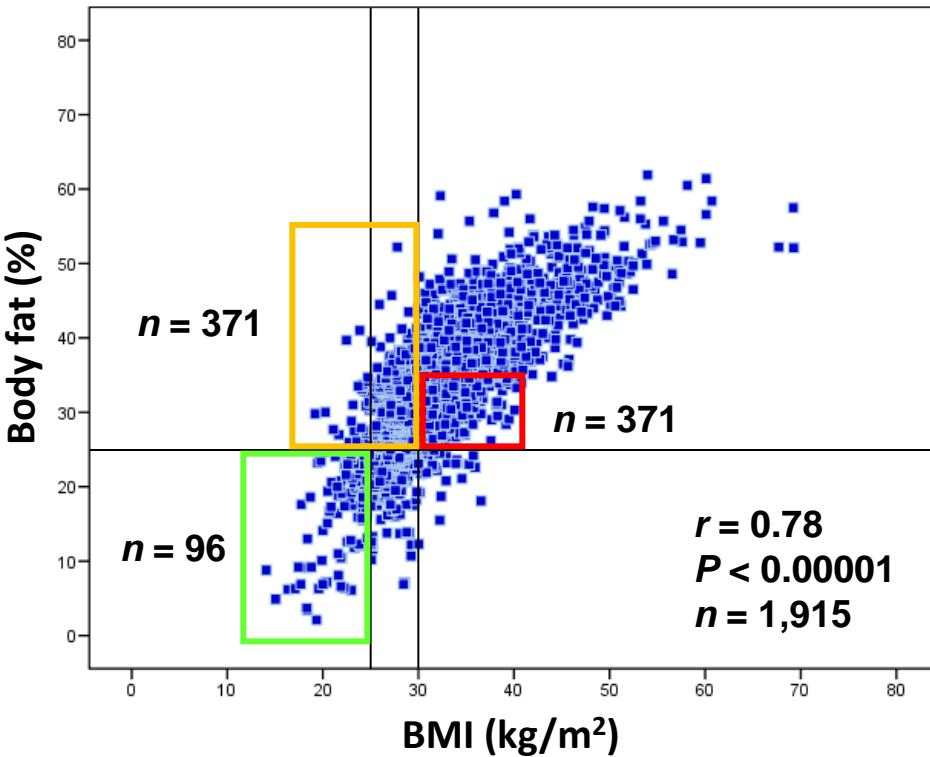
Gómez-Ambrosi et al. Int J Obesity 2012



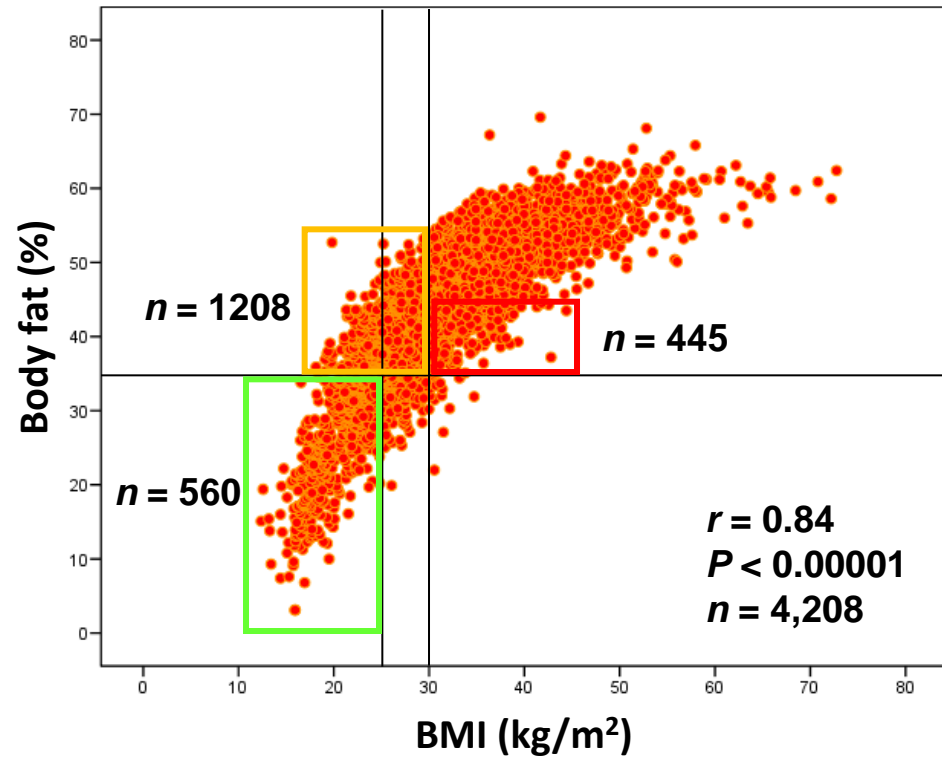
Correlation between BMI & body fat percentage



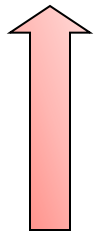
MEN



WOMEN



Non-obese subjects by the BMI criterion but obese by BF% exhibit:



- Waist circumference
- Blood pressure
- Glucose, insulin, triglycerides
- Total cholesterol and LDL-chol. concentrations



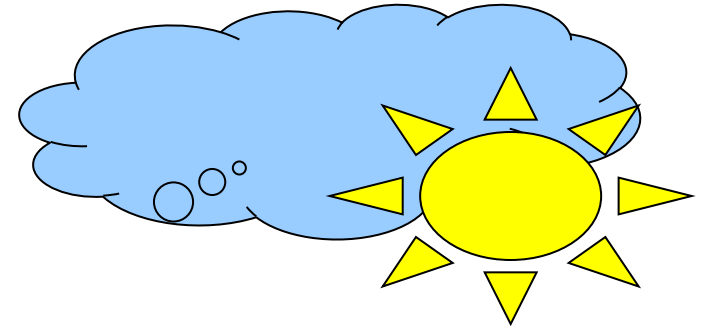
- HDL-cholesterol levels

**Riesgo
aumentado**

Dislipidemia

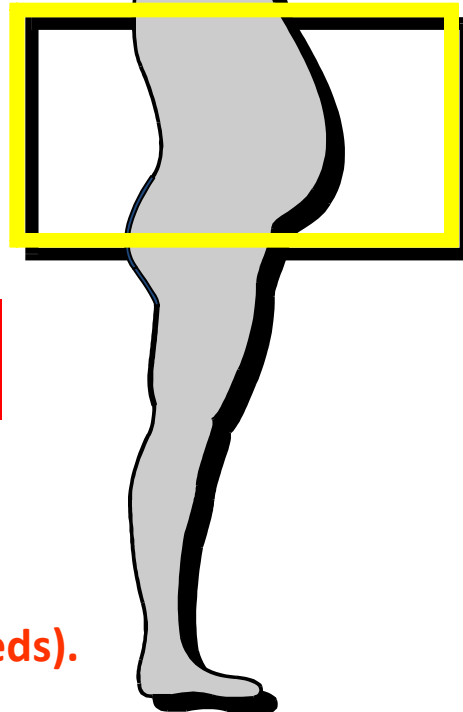
HTA

T2DM



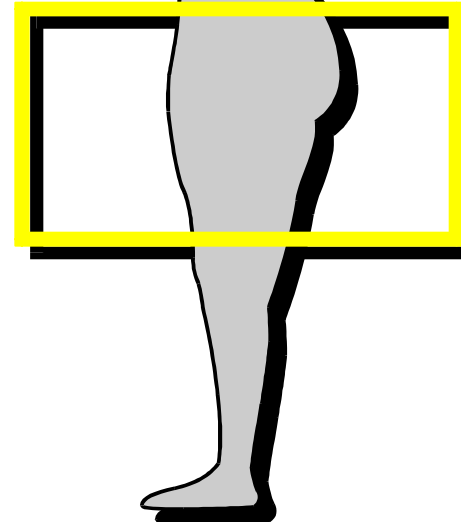
**Obesidad
Androide**

**Abdomino-visceral
acumulación**



**Depósito
subcutáneo
glúteo-femoral**

**Obesidad
Ginoide**



Acumulación de grasa ectópica

Normal adiposity



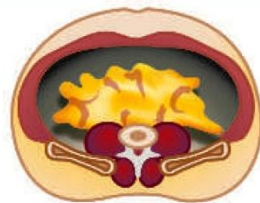
Overnutrition
Lack of physical activity

Positive
energy balance

- Smoking
- 'Unfavourable' genotype
- Maladaptive response to stress

ALLOSTATIC
THEORY

Subcutaneous obesity
'Healthy' adipose tissue



Visceral obesity
Dysfunctional adipose tissue



• Altered FFA
metabolism

• Altered release
of adipokines

NO ECTOPIC FAT



Low muscle fat



Low epicardial fat



Low liver fat and
normal function

LIPID OVERFLOW-ECTOPIC FAT



↑ Muscle fat
(↑ intracellular lipid)



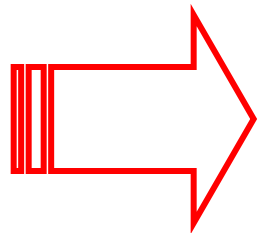
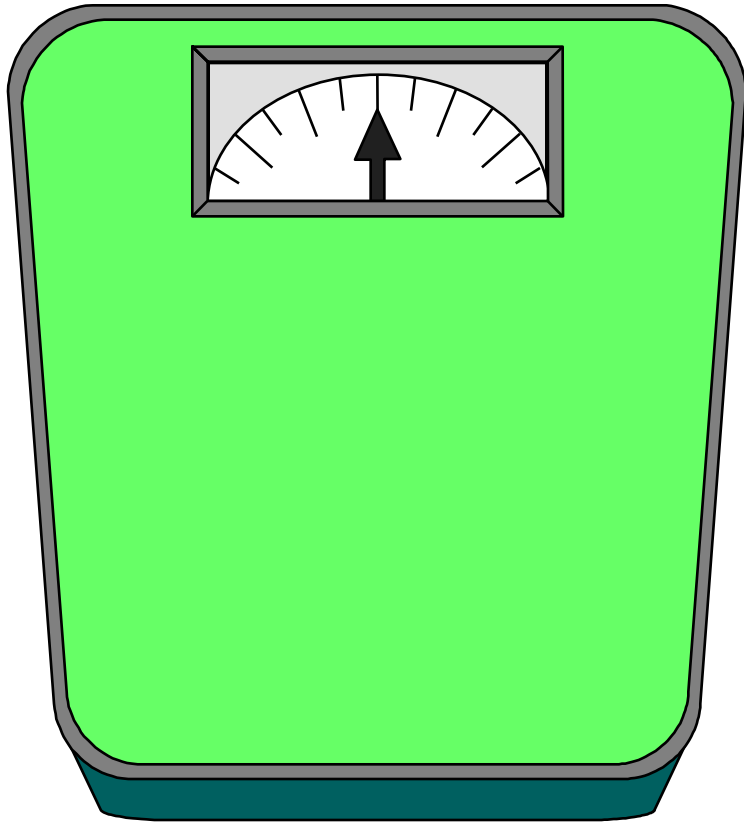
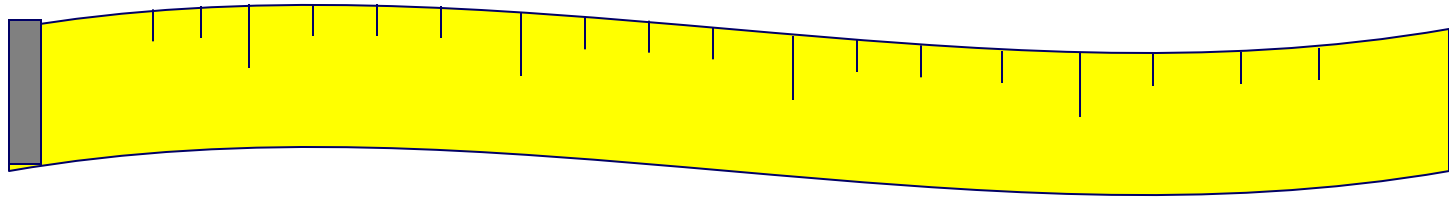
↑ Epicardial fat



↑ Liver fat and
altered function

NORMAL
METABOLIC
PROFILE

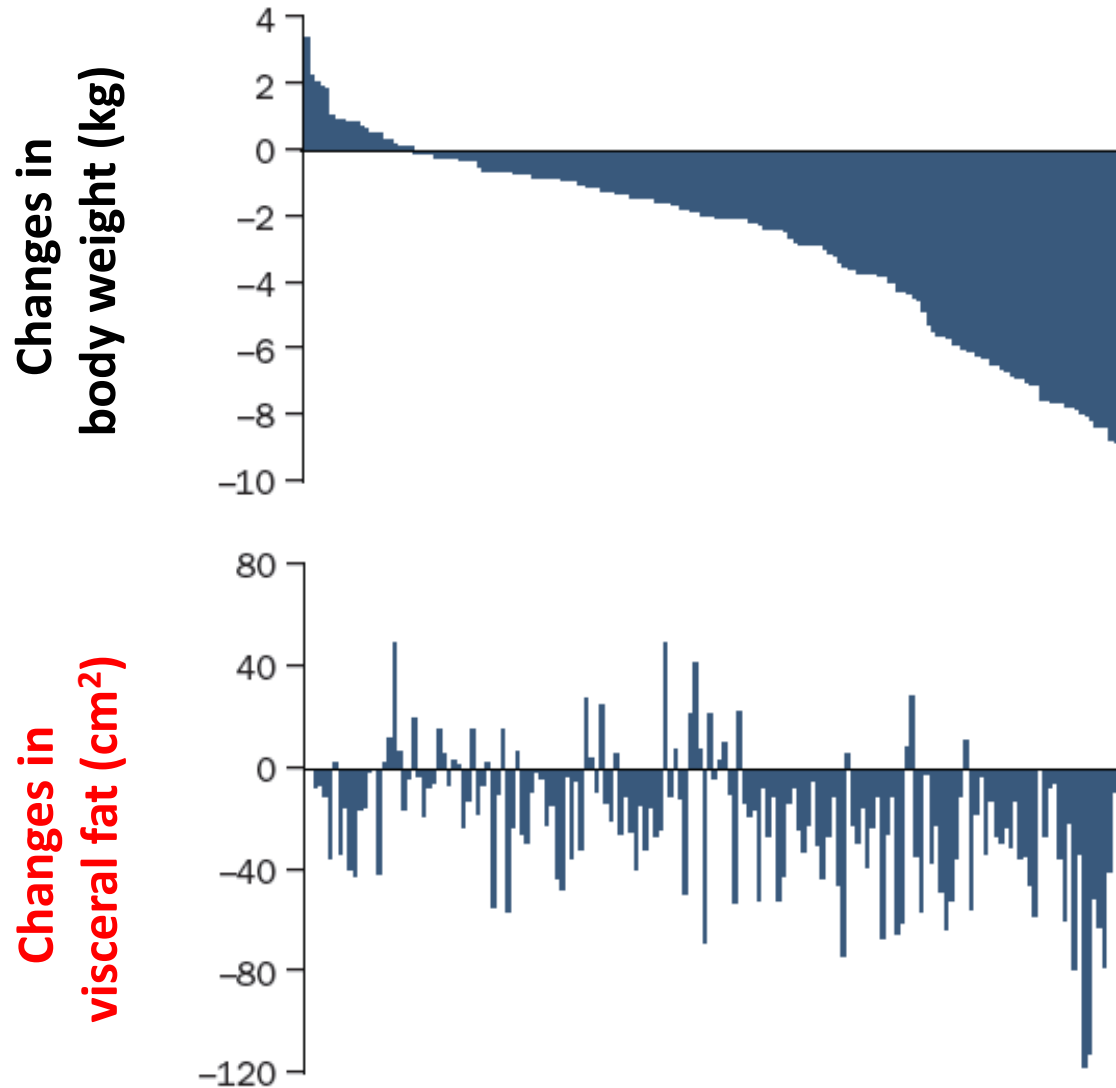
INSULIN
RESISTANCE



**Necesidad de ir más allá del peso y el IMC
Tanto en el diagnóstico como seguimiento**

Pérdida peso \neq pérdida grasa visceral!

3-year changes





Retos

Tiempo de acción *frente* a complacencia

Social



- Cambio de paradigma
“problema global frente a individual”
- Estrategias comprehensivas a largo plazo
con iniciativas multidimensionales
“convertir enemigos en aliados”

Profesionales sanitarios

- Educación
- Enfermedad crónica vs “problema estético”
- Objetivos realistas
- Acciones a corto plazo
Diagnóstico
Tratamiento
- Cambios a largo plazo
Más Unidades de Obesidad
Entorno urbano facilitador



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Clinical Information

Need for a Paradigm Shift in Adult Overweight and Obesity Management – an EASO Position Statement on a Pressing public Health, Clinical and Scientific Challenge in Europe

Gema Frühbeck^{a, b} Hermann Toplak^{a, c} Euan Woodward^a
Jason C.G. Halford^{a, d} Volkan Yumuk^{a, e}



EASO

European Association for the Study of Obesity



2015 Milan Declaration: A Call to Action on Obesity

A Statement of the members of the European Association for the Study of Obesity to EXPO 2015

MILANO 2015
1 MAGGIO • 31 OTTOBRE

NUTRIRE IL PIANETA
ENERGIA PER LA VITA



Gema Frühbeck, on behalf of EASO

2015 Milan Declaration: A Call to Action on Obesity

A Statement of the members of the European Association for the Study of Obesity to EXPO 2015

Signatories:

EASO National Associations:

Austria	Austrian Obesity Association <i>President Prof. Bernhard Ludvik</i>
Belgium	Belgium Association for the Study of Obesity <i>President Prof. Dr. Jean-Paul Thissen</i>
Bulgaria	Bulgarian Association for Study of Obesity and Related Diseases <i>President Prof. Svetoslav Handjiev</i>
Croatia	Croatian Obesity Association <i>President Prof. Davor Stimac</i>
Czech Republic	Czech Society for the Study of Obesity <i>President Prof. Martin Haluzik</i>
Denmark	Dansk Selskab for Adipositasforskning <i>President Prof. Jens Bruun</i>
Finland	Finnish Association for the Study of Obesity <i>President Dr. Kirsi Virtanen</i>
France	Association Francaise d'Etudes et de Recherches sur l'Obesite <i>President Prof. Olivier Ziegler</i>
Georgia	Georgian Association for the Study of Obesity <i>President Dr. Ketevan Asatiani</i>
Germany	Deutsche Adipositas Gesellschaft <i>President Prof. Dr. Martin Wabitsch</i>
Greece	Hellenic Medical Association for Obesity <i>President Prof. Anthony Alaveras</i>
Hungary	Hungarian Society for the Study of Obesity <i>President Dr. Eszter Halmay</i>
Iceland	Icelandic Association for the Study of Obesity <i>President Dr. Erla Gerdur Sveinsdóttir</i>
Ireland	Association for the Study of Obesity on the Island of Ireland (ASOI) <i>President Dr. Grace O'Malley</i>
Israel	Israeli Society for the Study and Prevention of Obesity <i>President Prof. Yishai Levy</i>
Italy	Societa Italiana dell'Obesita <i>President Prof. Paolo Sbraccia</i>
Macedonia	Macedonian Association for Obesity <i>President Prof. Dr. Slavika Subeska</i>
Montenegro	Montenegro Society for Obesity <i>President Dr. Igor Bjeladinovic</i>
Netherlands	Netherlands Association for the Study of Obesity <i>President Dr. Gijts Goossens</i>

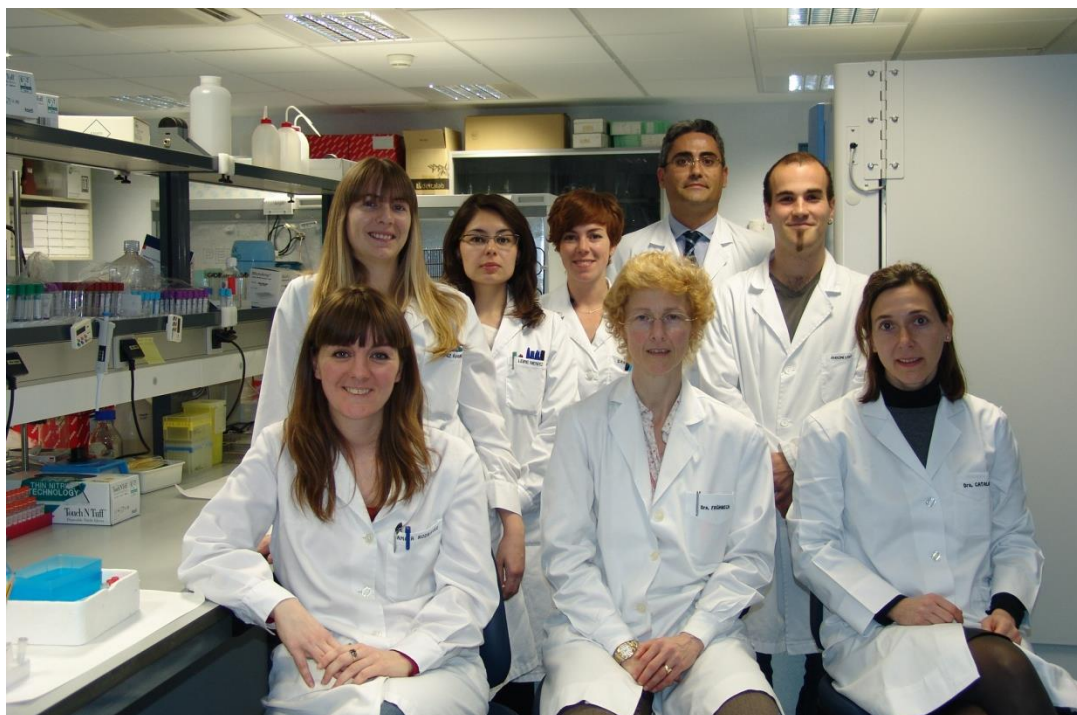
Norway	Norwegian Association for the Study of Obesity <i>President Prof. Gunnar Mellgren</i>
Poland	Polish Association for the Study of Obesity <i>President Associate Prof. Magdalena Olszanecka-Glinianowicz</i>
Portugal	Sociedade Portuguesa para o Estudo da Obesidade <i>President Prof. Davide Carvalho</i>
Romania	Romanian Association for the Study of Obesity <i>President Associate Prof. Gabriela Roman</i>
Russia	Russian National Association of Dietitians and Nutritionists, Working Group for the Study of Obesity <i>President Prof. Gennadii Ivanovich Storozhakov</i>
Serbia	Serbian Association for the Study of Obesity <i>President Prof. Dr. Dragan Micić</i>
Slovakia	Slovak Obesitology Section of Slovak diabetology Society <i>President Dr. Lubomira Fabryova</i>
Slovenia	Professional Section of the Slovenian Association for Obesity <i>President Prof. Tina Sentocnik</i>
Spain	Sociedad Espanola para el Estudio de la Obesidad <i>President Prof. Felipe Casanueva</i>
Sweden	Swedish Association for the Study of Obesity <i>President Prof. Car-Erik Flodmark</i>
Switzerland	Swiss Association for the Study of Metabolism and Obesity <i>President Prof. Kurt Laederach</i>
Turkey	Turkish Association for the Study of Obesity <i>President Prof. Nazif Bagciaci</i>
UK	Association for the Study of Obesity <i>President Prof. Pinki Sahota</i>

World Obesity Federation *President Prof. Walmir Coutinho* (Brazil)
The International Federation for the Surgery of Obesity and Metabolic Disorders European Chapter *President Prof. Alberic Fiennes* (UK)
EASO Executive Committee
EASO Network of Collaborating Centres for Obesity Management (COMs)

Agradecimientos

Clínica Universidad de Navarra - CIBERobn

**Javier Salvador, Camilo Silva, María J. Gil,
Víctor Valentí, Rafael Moncada**



**Clínica
Universidad
de Navarra**





TIME FOR ACTION



Milan Declaration



A STATEMENT ON BEHALF OF MEMBERS OF THE EUROPEAN ASSOCIATION FOR THE STUDY OF OBESITY
MADE AT THE 9TH EUROPEAN CONGRESS ON OBESITY, MILAN, ITALY. JUNE 3-6 1999

CALL FOR ACTION ON OBESITY

PREAMBLE

There is great concern about the serious health, social and economic impact of overweight and obesity on individuals and communities within Europe and the rest of the world.

Current estimates indicate that among European adults the prevalence of obesity is on average 15% and in many countries it is rising. In addition a substantial proportion of Europeans are already overweight when judged against WHO criteria. The effect is uneven across Europe. There are very high rates of obesity of 40-50%

in some areas, with national rates ranging from 5-22%. No country has been able to avoid the impact of this widespread disease.

Despite this health burden, few European countries have a comprehensive national strategy for the prevention of weight-related disease or the management of individuals who suffer an existing weight problem. Of particular concern is the proportion of children within Europe who are classified as overweight. Their future health and well being is being put at risk through inaction on this issue.

The current high prevalence and trends in obesity reflect changing lifestyles in a changing environment throughout Europe. The comprehensive management and prevention of obesity can only be achieved by promoting healthier lifestyles, with improved activity levels, a reduction in sedentary lifestyles and improved dietary habits.

STATEMENT

In view of the urgent need for action to deal with the epidemic of obesity and weight-related health issues, we members of the European Association for the Study of Obesity, with the support of others, call on governments and health agencies in Europe to:

- recognize that overweight and obesity are major causes of ill health which present a huge social and economic burden to communities within Europe
- immediately begin the process of developing comprehensive national and European strategies for action on obesity which take into account the needs of each country, build upon existing initiatives and are based on sound evidence of benefit

- support continued research and analysis of the problem of overweight and obesity that will inform the development of improved obesity prevention and management strategies
- increase the provision of health services with professional staff qualified to treat obesity

We also resolve to:

- provide leadership, support and guidance to governments and agencies towards the development of coherent national and Europe-wide strategies for the prevention and management of overweight and obesity

SIGNATORIES

Austria

Austrian Obesity Association (Österreichische Adipositasgesellschaft)
President Prof. Dr. Herman Toplak

Belgium

Belgian Association for the Study of Obesity
President-elect Prof. Dr. Luc Van Gaal

Bulgaria

Bulgarian Association for the Study of Obesity
President Prof. Svetoslav Handjiev

Czech Republic

Czech Society for the Study of Obesity (CSSO) Česká obezitologická společnost
President Prof. Doctor Vojtech Hainer

Denmark

Danish Association for the Study of Obesity (Dansk Selskab For Adipositasforskning DSAF)
President Prof. Berit L. Heitmann

Finland

Finnish Association for the Study of Obesity
President Prof. Aila Rissanen

France

Association Française d'Etudes et de Recherches sur l'Obésité (AFERO)
President Prof. Max Lafontan

Germany

Deutsche Adipositas-Gesellschaft
President Prof. J.G. Wechsler

Greece

Hellenic Society for the Study of Obesity
President Prof. George Panotopoulos

Hungary

Hungarian Foundation for the Study of Obesity
President Prof. László Halmay

Israel

Israel Society for the Study and Prevention of Obesity
President Prof. Elliott Berry

Italy

Association of Italian Societies for the Study of Obesity (AISSO)
President Prof. Maria Rosa Bollea

Netherlands

Netherlands Association for the Study of Obesity (NASO)
President Dr. Marleen van Baak

Norway

Norwegian Association for the Study of Obesity
President Dr. Serena Tonstad

Poland

Polish Society for Pathogenesis and Therapy of Obesity
President Prof. Dr. Andrzej Milewicz
Polish Scientific Association of Obesity and Metabolism
President Prof. Wiktor B. Szostak

Portugal

Portuguese Society for the Study of Obesity (Sociedade Portuguesa para o estudo da obesidade)
President Dr. José Luis Medina

Romania

Roumanian Association for the Study of Obesity, RASO
President Prof. Dr. Nicolae Hancu

Slovakia

Obesity Section of the Slovak Society of Diabetology
President Prof. Dr. Igor Beňo

Spain

Spanish Society for the Study of Obesity (SEEDO)
President Prof. Dr. Mártin Fax

Sweden

Swedish Association for the Study of Obesity (Svensk Förening för Obesitasforskning)
President Dr. Lauren Lissner

Switzerland

Swiss Association for the Study of Obesity
President Dr. Yves Schutz

Turkey

Turkish Association for the Study of Obesity
Prof. Dr. Nazif Bagriacik

United Kingdom

Association for the Study of Obesity
President Prof. Ian Macdonald

Yugoslavia

Yugoslav Association for the Study of Obesity
President Prof. Dr. Dragan Micic

Prepared in collaboration with

Jaap Seidell (European Association for the Study of Obesity) - Stephan Rössner (International Association for the Study of Obesity) - Philip James (International Obesity TaskForce) and Michele O.Carruba (9th European Congress on Obesity)

2015 Milan Declaration: A Call to Action on Obesity

A Statement of the members of the European Association for the Study of Obesity to EXPO 2015

Statement:

It is clear that weight management must now play a major role in reducing morbidity and mortality of populations in Europe and world-wide. EASO resolves to provide leadership, guidance and support to governments, as part of its mission of facilitating and engaging in actions that reduce the burden of unhealthy excess weight in Europe through prevention and management, but a wider effort is needed. EASO therefore calls on governments, health agencies and all relevant stakeholders to:

- Recognise that individuals and communities who are obese require understanding, respect and support.

2015 Milan Declaration: A Call to Action on Obesity

A Statement of the members of the European Association for the Study of Obesity to EXPO 2015

Statement:

Cont.

- Recognise that overweight and obesity are major causes of ill health which present huge social and economic burdens to European states.
- Recognise that obesity, beyond being in some cases a highly disabling and fatal disease per se, represents a major contributor to NCDs.
- Recognise that by prioritising the prevention and management of obesity, health agencies can cost effectively reduce the burden of NCDs (particularly if management is commenced early in life)
- Adopt and promote a multi-stakeholder approach to identifying and implementing practical solutions for tackling obesity.

2015 Milan Declaration: A Call to Action on Obesity

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Statement:

Cont.

- Prioritise obesity as a national health action, by developing, supporting and implementing national strategies for action on obesity. These strategies must prioritise medical education (undergraduate and HCPs) and public information campaigns.
- Prioritise the identification of critical unmet needs in obesity research, clinical care, education and training and other areas that have yet to be adequately addressed.
- Support national and European research that will inform and develop new and effective prevention and management strategies, thus delivering real societal benefit

CUN-BAE

Body Adiposity Estimator

Fill in the marked boxes

Age (years)

Gender (male = 0
female = 1)

Height (m)

Weight (kg)

BMI (kg/m²)

Predicted Body Fat %

%