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Obesity: defining ethnic specific thresholds and changing practice

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Sustainable Coventry & Warwickshire Symposium
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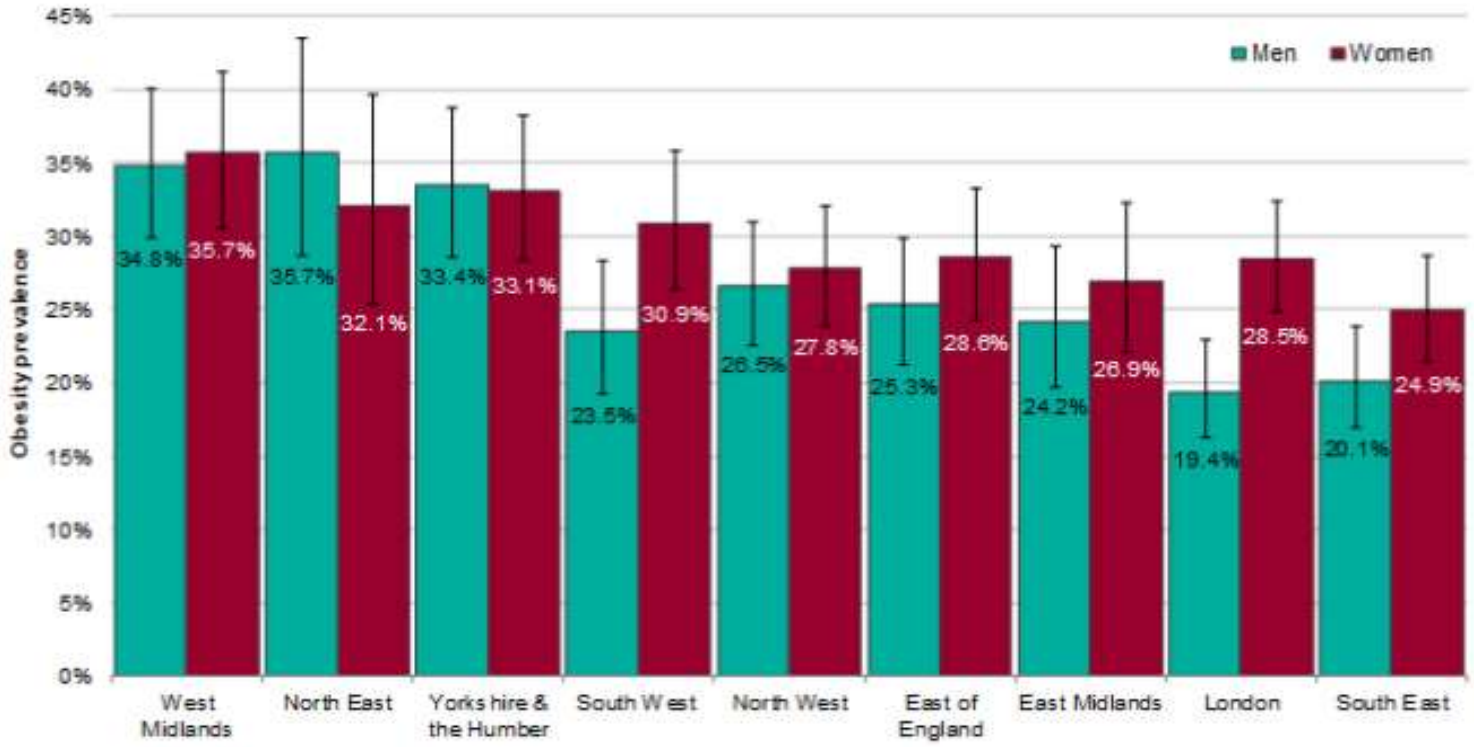
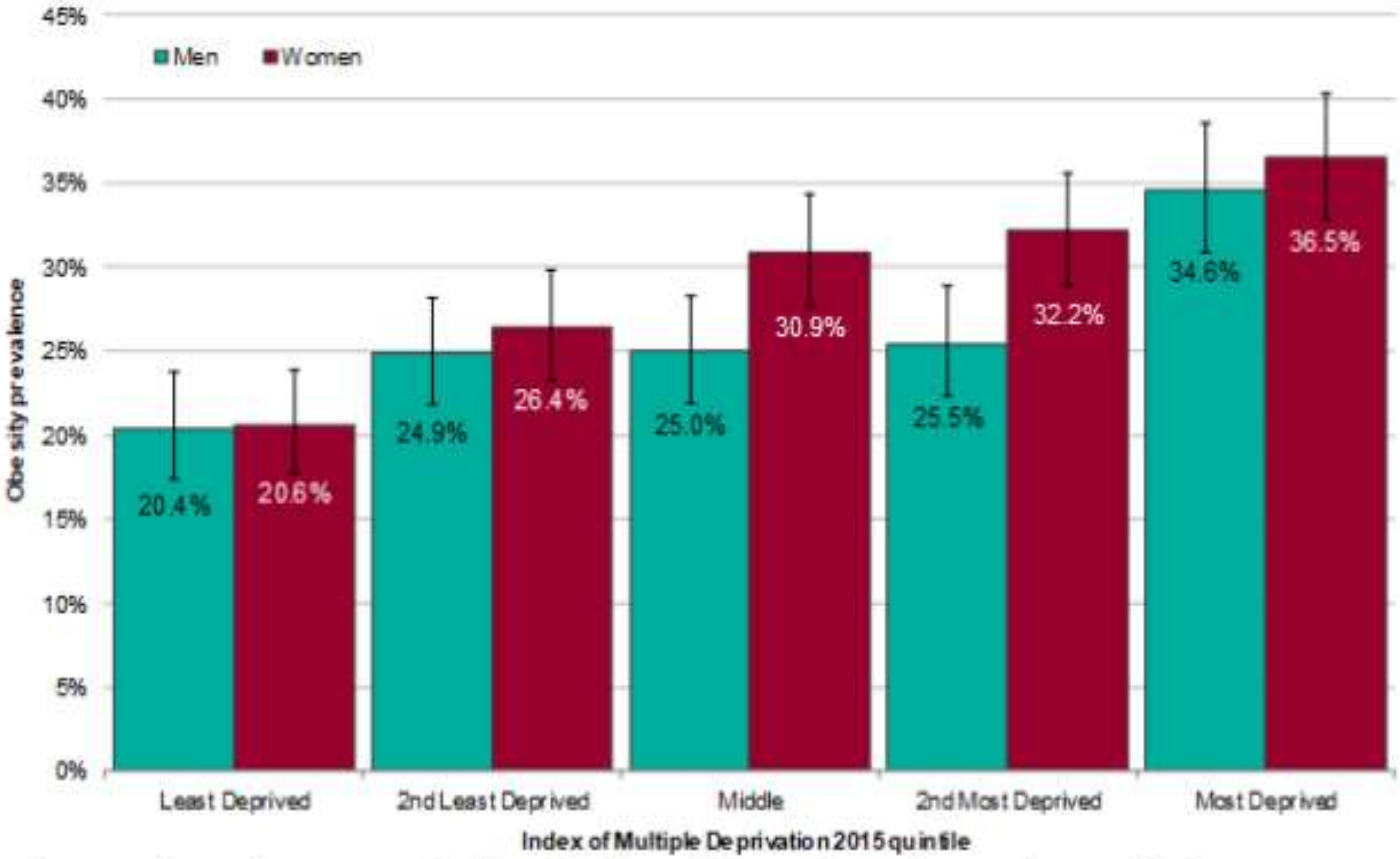
Figure 5: Prevalence of men and women living with obesity by England region (HSE, 2018)



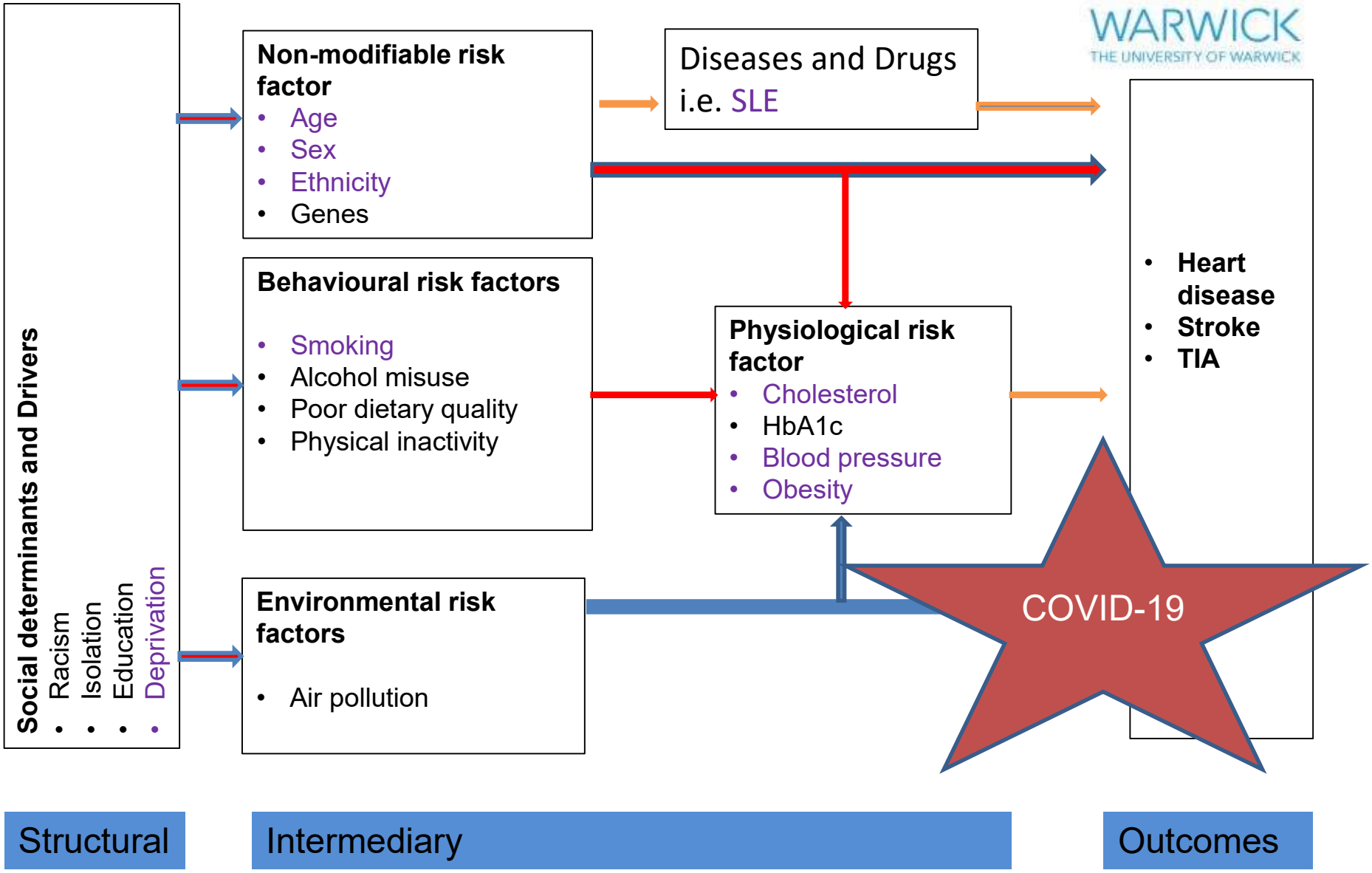
Obesity prevalence is age standardised. 95% confidence intervals are shown: Adult (aged 16+) obesity: BMI ≥30kg/m^2

Figure 9: Prevalence of adults living with obesity by deprivation, HSE, 2018



Obesity prevalence is age standardised. 95% confidence intervals are shown: Adult (aged 16+) obesity: BMI ≥30kg/m^2.

Conceptual Framework on Determinants of CVD



Classification of body mass index (BMI)

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Classification	BMI (kg/m^2)
Underweight	< 18.5
Normal weight	18.5–24.9
Overweight	25.0–29.9
Obesity class I	30.0–34.9
Obesity class II	35.0–39.9
Obesity class III	Above 40

27·5 kg/m^2 to define obesity in south Asian,[1,2] Black[3] and Chinese,[1,2] populations to trigger lifestyle interventions

1. WHO expert consultation. Appropriate body-mass index for Asian populations and its implications for policy and intervention strategies. *Lancet*. 2004; **363**: 157-163
2. National Institute for Health and Care Excellence BMI: preventing ill health and premature death in black, Asian and other minority ethnic groups. Public health guideline [PH46].https://www.nice.org.uk/guidance/ph46
3. National Institute for Health and Care Excellence.Obesity: identification, assessment and management. Clinical guideline [CG189].https://www.nice.org.uk/guidance/cg189

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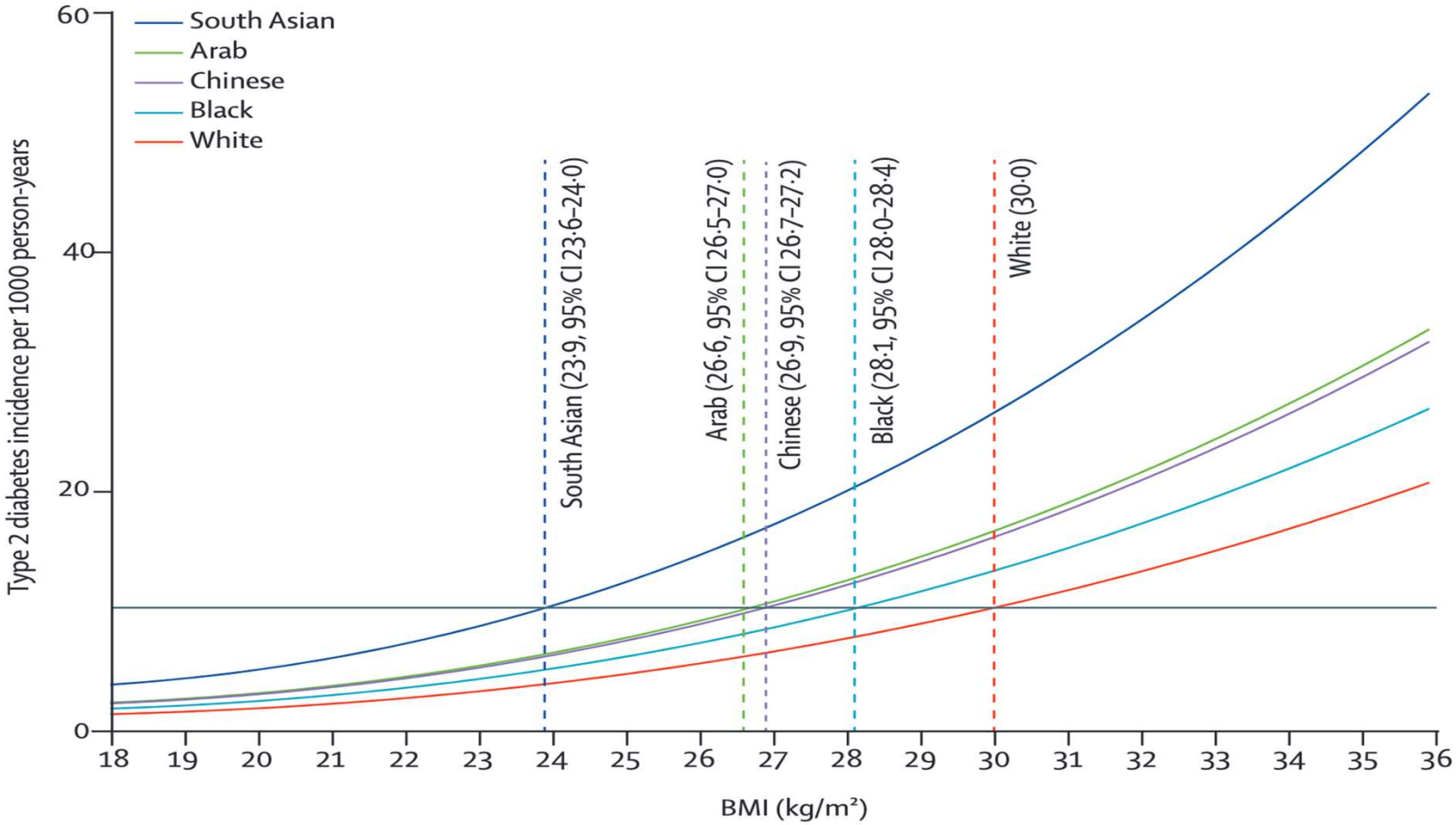
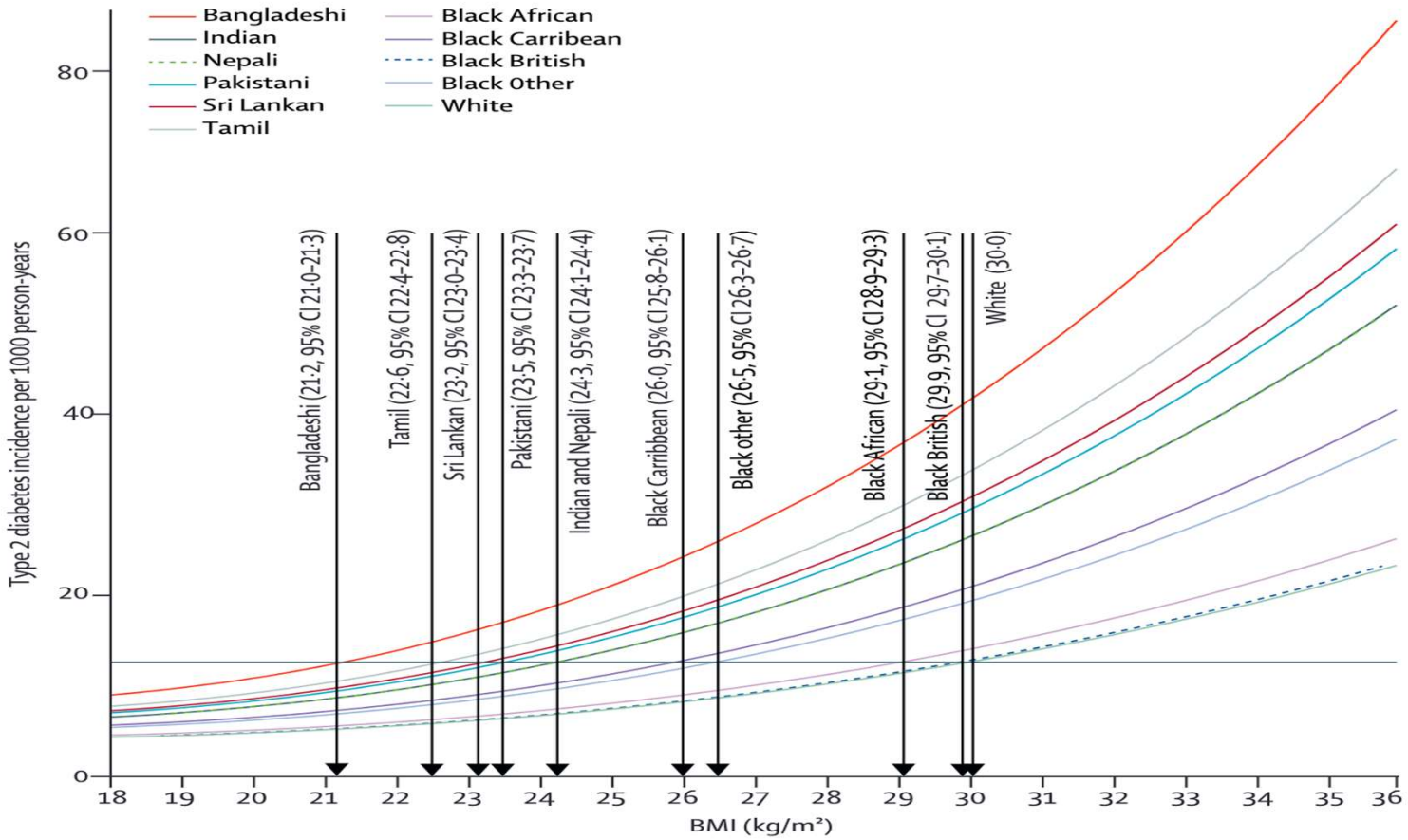
- To identify BMI cutoffs for overweight & obesity based on the risk of developing type 2 diabetes among adults from Black, south Asian, Chinese, and Arab populations in England equivalent to the standard overweight and obese BMI cutoffs established in White populations

- Population-based cohort study
- Electronic health records across primary care (CPRD)
- Linked to secondary care records (Hospital Episodes Statistics) from a network of general practitioner practices in England.



Age-adjusted and sex-adjusted BMI cutoffs in minority ethnic populations in England equivalent to a BMI cutoff of 30·0 kg/m² in White populations in relation to type 2 diabetes incidence



Age-adjusted and sex-adjusted BMI cutoffs in minority ethnic subgroups in England equivalent to a BMI cutoff of 30·0 kg/m² in White populations in relation to type 2 diabetes incidence

Figure 8.1: The full obesity system map with thematic clusters (see Section 4 for discussion). Figure highlights broader determinants of health such as drivers of food production and components of the physical activity environment.

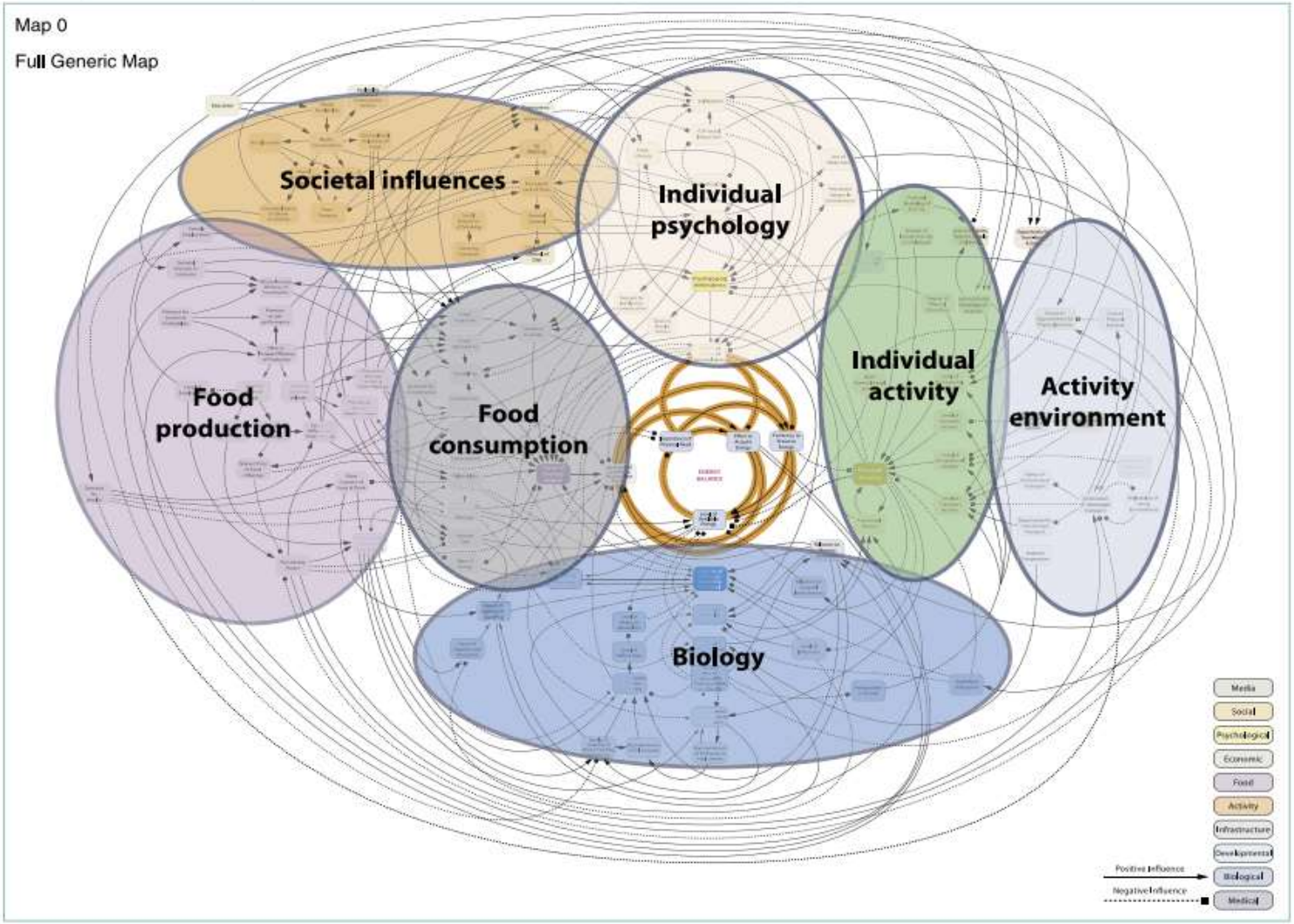


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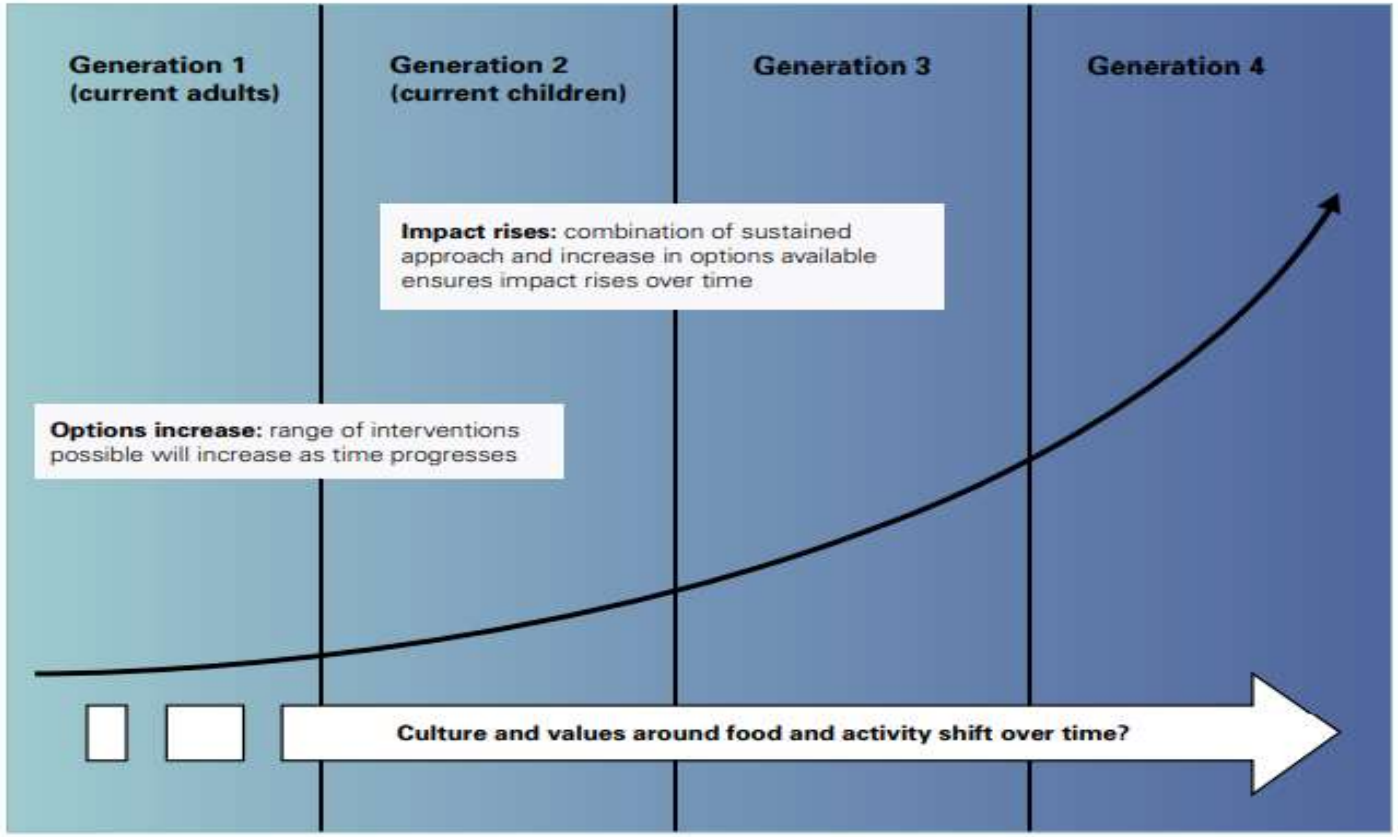
Figure 8.5: Intervention options and impact will increase over generations.



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FUTURE IS A SYSTEMS APPROACH

- Research not possible without having good data (Big Data) such as from General Practice, Hospitals, ONS, LA…
- Integrated Care System
- Others? Alternative?

THANK YOU

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