

What are Predictors of Obesity?

Key Takeaways

- ▶ BMI is the standard-of-care and is used in many obesity guidelines as it is easy to use and understand
- ▶ But there are other tools that can be used in clinical practice to measure obesity
- ▶ Fat location is important; one way to quantify this is the waist-to-height ratio
- ▶ Waist-to-height is more effective than BMI at predicting the risk of certain diseases, especially CVD
 - ▶ A ratio of 0.40–0.49 is normal, 0.50–0.59 is increased risk, and the highest risk is ≥ 0.60
- ▶ Even at normal BMI, people with a larger waist-to-height are at greater risk of CVD and complications
- ▶ Knowing this may help to identify at-risk individuals in clinical practice

BMI, body mass index; CVD, cardiovascular disease

Source: Aronne L. Interview: What are Predictors of Obesity? [The Best of Obesity Week. November, 2024.](#)