

Glossary

Adipose tissue: Fat tissue or body fat that can be found throughout a person's body including under the skin (subcutaneous adipose tissue) or between internal organs (visceral fat)

Bariatrics: The field of medicine that focuses on the causes, prevention, and treatment of obesity

Body Mass Index (BMI): A measure of body fat based on height and weight, this number is calculated by dividing a person's body weight in kilograms (kg) by the square of their height in meters (m²)

Chronic disease: A condition that lasts for one year or more and requires ongoing medical attention or impacts daily life or both

Comorbidity/Comorbidities: A disease or medical condition that occurs at the same time as one or more other conditions in a patient

Dyslipidemia: A condition when a person has abnormal levels of lipids (fats) in their blood, impacting the gastrointestinal system. High cholesterol is a type of dyslipidemia

Glucagon-like peptide-1 (GLP-1): A hormone naturally produced by the body primarily in response to food intake that plays an important role in regulating blood sugar, slowing stomach emptying, and regulating appetite. The medication, GLP-1 receptor agonist, mimics this hormone

Medicare: A federal health insurance program for people 65 and older, and some individuals under 65 with certain disabilities and conditions. Individuals entering Medicare choose between Original/traditional Medicare (**Part A and Part B**) or Medicare Advantage (**Part C**). Individuals can also choose extra coverage including **Medicare Part D** (drug coverage) or **Medicare Supplement Insurance** (Medigap)

Medicaid: A joint federal and state insurance program that provides free or low-cost health coverage to certain low-income individuals, families and children, pregnant people, the elderly, and individuals with disabilities; program qualifications, benefits, and names differ by state

Obesity: A disease defined by having excessive body fat. Obesity is measured by BMI, with obesity defined as a BMI ≥ 30 kg/m² with three classifications:

Class I obesity: BMI = 30 to 34.9 kg/m²

Class II obesity: BMI = 35 to 39.9 kg/m²

Class III obesity: BMI = 40 kg/m² or greater

Overweight: A condition defined by having too much body fat. Overweight is measured as a BMI ≥ 25 to 30 kg/m²

Prior authorization: A process used by some health insurance companies that requires the review and approval of a specific procedure, drug, or treatment before it is paid for, even if it has been recommended or prescribed by a provider

Step therapy: A health insurance strategy that requires patients to try and "fail" on one or more lower cost medications before a more expensive option

Weight misperception: A mismatch between a person's actual weight and their believed weight (higher or lower)

Weight stigma: Negative attitudes, beliefs, stereotypes, and misconceptions associated with a person's weight and size

Additional Resources

For more resources and information, check out these organizations:

- ▶ **American Society for Metabolic and Bariatric Surgery,** www.asmb.org
- ▶ **Obesity Action Coalition,** www.obesityaction.org
- ▶ **Obesity Association,** www.obesityassociation.org
- ▶ **Obesity Care Advocacy Network,** www.obesitycareadvocacynetwork.com
- ▶ **Obesity Medicine Association,** www.obesitymedicine.org
- ▶ **National Institute of Diabetes and Digestive and Kidney Diseases,** www.niddk.nih.gov
- ▶ **Society for Women's Health Research,** www.swhr.org/health_focus_area/obesity/
- ▶ **Stop Obesity Alliance,** stop.publichealth.gwu.edu