Overweight, obesity and malnutrition rates among oncology patients undergoing active systemic anticancer therapy in Israel: A cross-sectional study

Limor Ben Haim[1] • Mariana Perelmuter[1] • Danielle Zecharia[1] • Gilli Borovick[1] • Efrat Haruch[1] • Assaf Buch[2,3] • Ronit Anbar[1]

1. Nutrition and Dietetics Department, Tel Aviv Sourasky University Medical Center , Tel Aviv, Israel.
2. Institute of Endocrinology, Metabolism and Hypertension, Tel Aviv-Sourasky University Medical Center, , Tel Aviv, Israel.
3. Department of Nutritional Sciences, School of Health Sciences, Ariel University, Ariel, Israel.

The burden of cancer, obesity and malnutrition

4 in 10 patients on active cancer therapy present with overweight or obesity, yet 6 in 10 of them are malnourished

Background

- Overweight and obesity affect cancer risk and prognosis.
- Approximately 49% of Israeli adults have overweight or obesity (BMI ≥ 25 kg/m²).
- Data regarding the prevalence of overweight and obesity among Israeli oncology patients undergoing active therapy remain scarce.

Aim

- To assess the prevalence of overweight and obesity among patients with solid tumors undergoing active systemic anticancer therapy in Israel.
- To examine the association between BMI category and malnutrition, as defined by SGA and GLIM criteria.

Methods

- A single center, cross-sectional study including 216 oncology patients.
- BMI (Kg/m2) was measured by a dietitian.
- Malnutrition was assessed using Subjective Global Assessment (SGA) and GLIM criteria.
- Statistical analysis was preformed using Chi-square and ANOVA, Fisher's exact test with Bonferroni Correction. Statistical significance was set at $p<0.05$.

Recommendations

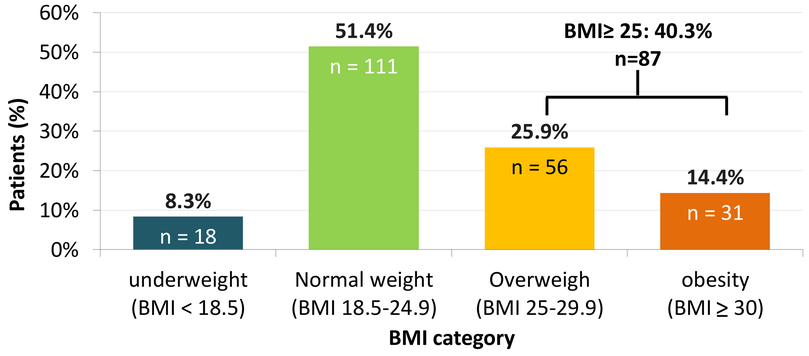
- **Next: track weight trends, assess treatment effects, develop BMI targeted nutritional assessment and treatment strategies.**

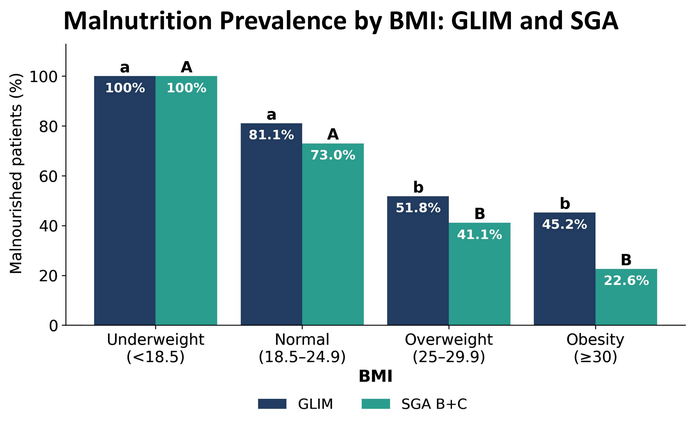
Study Population

Table 1. Patient Characteristics by BMI category

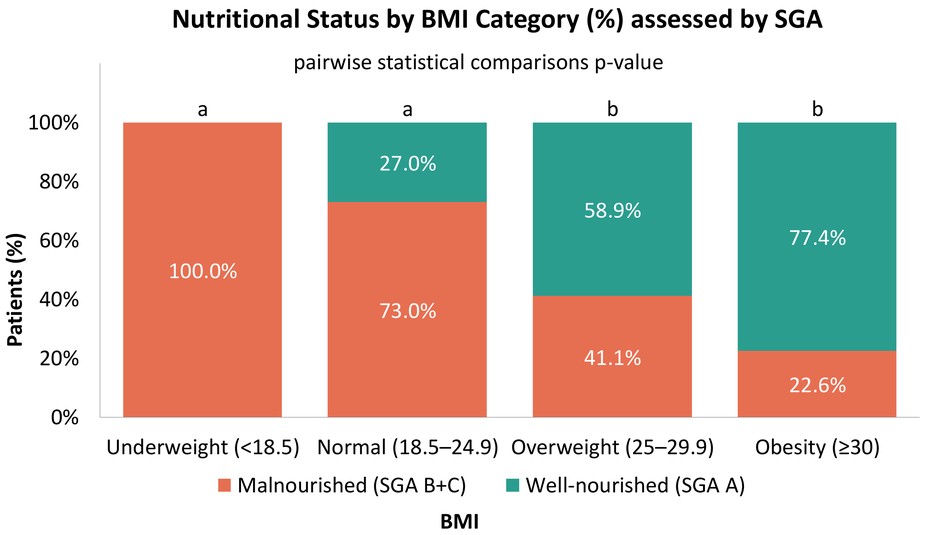
BMI Category	n (%)	Age, mean ± SD	Gender (M/F)	Cancer type (GI / Non-GI)
Underweight (<18.5)	18 (8.3%)	51.3 ± 18.98	9/9	18/0
Normal (18.5-24.9)	111 (51.4%)	65.1 ± 12.55	65/46	81/30
Overweight (25-29.9)	56 (25.9%)	60.2 ± 18.84	26/30	23/33
Obesity (≥30)	31 (14.4%)	60.9 ± 14.21	21/10	7/24
Total	216 (100%)	62.1 ± 14.46	121/95	129/87

Results





Different letters indicate significant differences between BMI categories within each tool (lowercase: GLIM; uppercase: SGA; p<0.001; Fisher exact test, Bonferroni-corrected). Overall p<0.001 for both tools.



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Conclusion

- Prevalence of overweight and obesity among oncology patients (40.3%) was lower than in the general Israeli population (49%), yet substantial.
- Malnutrition was highly prevalent at all BMI levels, most of all in GI cancers.

Correspondence: Limor Ben-Haim. Email: limorbh@tlvmc.gov.il

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