BEYOND BMI

A Multidimensional Characterization of Candidates for Incretin-Based Obesity Management Medications

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BACKGROUND & AIM

Formal eigibility for incretin-based obesity management medications (OMMs) relies primarily on BMI and obesity-related complications. We aimed to characterize candidates across multiple domains before treatment initiation and to explore gender differences.

METHODS

A cross-sectional analysis of baseline data from candidates for incretin-based OMMs enrolled in a randomized controlled trial was conducted. Demographic, health status, anthropometric, functional, nutritional, behavioral and health-related quality-of-life data were collected.

CONCLUSION

Candidates for incretin-based OMMs demonstrated heterogeneous clinical, nutritional, and behavioral characteristics that extend beyond BMI and obesity-related complications, with gender differences in several characteristics. These findings support the importance of multidimensional assessment at treatment initiation to identify individual needs and guide supportive care.

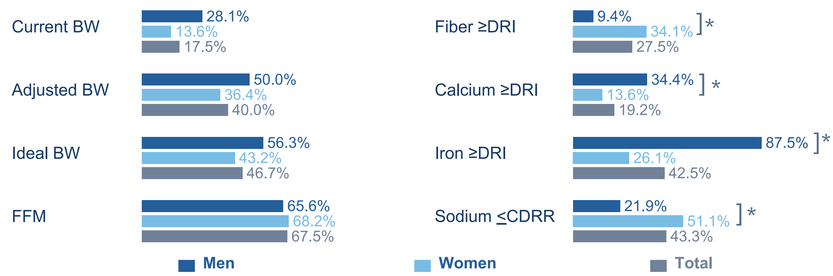
Patients initiating Incretin-Based Obesity Management Medications often present with unmet nutritional and behavioral needs that are not captured by BMI or obesity-related complications, underscoring the need for multidimensional assessment at treatment initiation.

RESULTS

120	73.3%	47.7 ± 14.9	37.2 ± 6.0
Participants	Women	Age, years	BMI, kg/m²

99.2%	98.3%	100%
Body fat ≥25% men / ≥35% women	WC ≥102 cm men / ≥88 cm women	WHtR ≥0.5

FIGURE 1. ACHIEVMENT OF NUTRITIONAL TARGETS BY GENDER



BW, Body Weight; FFM, Fat-Fee Mass; DRI, Dietary Reference Intake; CDRR, Chronic Disease Risk Reduction.

¹ Intake assessed by a 24-hour recall.

² Adjusted BW = ideal BW + 0.25 × (actual − ideal BW); Ideal BW = BMI 25 × height².

³ Fiber, calcium and iron: age- and sex-specific DRIs; Sodium: CDRR <2,300 mg/day.

* p<0.05

EATING BEHAVIORS

Reported most of the time / always (% of all participants)

45%	Eat 3–6 meals throughout the day	47%	End meals at comfortable fullness
55%	Eat breakfast daily*	67%	Eat protein in most meals
43%	Grazing between meals	23%	Prefer soft/crispy over solid foods
33%	Chewing food well	46%	Drink water ≥2 L/day*

*Breakfast was more frequent in women; water ≥2 L/day was more frequent in men (both p<0.05).

TABLE 1. FUNCTION, HEALTH BEHAVIORS AND QUALITY OF LIFE

Characteristic	Total	Men	Women	p-value
Handgrip strength under the norm level¹, %	13.6	16.1	12.6	0.415
30-second STS test below average values²,%	84.4	82.1	85.7	0.426
Reported performing physical activity, %	50.0	50.0	50.0	1.000
Reported performing resistance exercise >2 sessions/week, %	16.7	31.3	11.4	0.010*
Sleeping 7–9 hours/night, %	50.0	56.3	47.7	0.409
EQ-VAS (0–100), mean± SD	64.9 ± 18.4	70.9 ± 17.4	62.8 ± 18.3	0.031*

STS, Sit To Stand; VAS, Visual Analogue Scale

¹Calculated as below the 20th percentile of sex- and age-specific reference values; ²Calculated as below age- and sex-specific mean values * p<0.05.