

# ICHOM

# Adult Obesity

Conditions: Pharmacological treatment | Non-Pharmacological treatment | Surgical treatment

Populations: Adults aged 18 years and above



## Details

- 1 Cardiometabolic Risk including blood pressure, glycemic control, lipids, hepatic parameters, and renal function
- 2 Anthropometrics including height, weight, and waist circumference
- 3 Nutritional Status including Vitamin D, Vitamin B12, Ferritin, and Folic Acid
- 4 Sarcopenia measured with grip strength via a hand dynamometer
- 5 Quality of life reported with the EQ-5D-5L
- 6 Mental Health reported with EQ-5D-5L and Psychological Function Module of the BODY-Q
- 7 Social Function reported with Social Function Module of the BODY-Q
- 8 Dietary Behaviors reported with the Dietary Behavior Module of the BODY-Q
- 9 Sexual function reported with the Sexual Function Module of the BODY-Q
- 10 Physical Function reported with the Physical Function Module of the BODY-Q
- 11 Sleep reported with the STOP-BANG Questionnaire
- 12 Pain reported with the EQ-5D-5L
- 13 Energy Levels reported with the EQ-5D-5L
- 14 Daily Function reported with the EQ-5D-5L
- 15 Surgical Complications reported with the Clavien-Dindo Classification System
- 16 Obstetric & Gynecological Outcomes including fertility, menstruation irregularities, and pregnancy-related outcomes

Photo attributed to Marcus CF Tinnerholm from the ECPO Image Bank (<https://ecpomedia.org/image/sweden-friends/>)

For a complete overview of this Set, including definitions for each measure, time points for collection, and associated risk factors, visit <https://ichom.org/patient-centered-outcome-measure/obesity>

# ICHOM

# Contributors

For more information about the process of developing a Set of Patient-Centered Outcome Measures, visit [ichom.org/how-we-work/](http://ichom.org/how-we-work/)

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