

## Press Release

### The Lancet Publishes Landmark ICHOM Obesity Outcome Set

The International Consortium for Health Outcomes Measurement (ICHOM) is proud to announce the publication of the first globally endorsed core outcome Set for Adults living with Obesity, appearing in *The Lancet eClinical Medicine*. This landmark framework establishes a new global standard for measuring outcomes in obesity care, moving far beyond weight and BMI to capture a holistic picture of health and well-being.

Developed by an international team of 29 experts and individuals living with obesity from 21 countries, and led by Arya M. Sharma, MD, emeritus professor and former Director of Obesity Research at the University of Alberta, the ICHOM Obesity Set defines 20 standardized outcome measures, including 17 core metrics and 3 population-specific indicators. These outcomes span physical health, psychosocial well-being, health behaviors, body functioning, and adverse events. In addition, specialized measures address bariatric surgery and women's reproductive health.

"In obesity care, we often track only BMI and weight loss," said Dr. Sharma, Set Working Group Chair and globally recognized obesity thought leader. "This standardized outcome set moves beyond narrow metrics to capture quality of life, psychological well-being, and real-world treatment impacts. It will help clinicians, patients, and policymakers speak the same language, and drive better, more personalized care."

The Obesity Set was developed through a rigorous process between May 2023 and July 2024. This included a comprehensive literature review, eight expert meetings to refine scope and methodology, and a three-round Delphi survey achieving at least 80% consensus on every measure. To ensure global applicability, validation surveys were conducted with 95 patients and 106 healthcare professionals spanning dietetics, obesity medicine, and general practice. The final framework also defines case-mix factors and follow-up intervals, enabling consistent measurement worldwide.

Until now, obesity treatment outcomes have been fragmented, typically focused on weight reduction and BMI. By establishing this first-of-its-kind global standard, ICHOM has created a foundation for consistent evaluation of patient health, a way to highlight care gaps that demand attention, and laid the groundwork for a global data repository to inform future research, policy, and clinical guidelines.

“This achievement underscores ICHOM’s mission to transform healthcare by standardizing outcomes that truly matter to patients,” said Jennifer Bright, President and CEO at ICHOM. “The Obesity Set is not just a tool for measurement, it is a catalyst for advancing care and improving lives on a global scale.”

“This Set is a major milestone in shaping obesity care as it offers a comprehensive, globalized standard to measure the things that matter most to people living with obesity,” added Spencer Connell, Project Manager at ICHOM. “It will serve as a catalyst for advancing clinical guidelines and routine care worldwide. The next step is for stakeholders to start using these measures to move the needle forward.”

We invite healthcare organizations, researchers, and policymakers to engage with this landmark framework and join ICHOM in shaping a new era of obesity care worldwide. [Read the full manuscript here](#).

---

### **About ICHOM**

The International Consortium for Health Outcomes Measurement (ICHOM) is dedicated to transforming healthcare systems worldwide by standardizing the measurement of health outcomes that matter most to patients. Through our comprehensive sets and collaborative projects, we aim to drive improvements in healthcare quality and patient well-being.

### **Contact**

Ben Cordle  
ICHOM Chief Marketing Officer  
b.cordle@ichom.org  
[www.ichom.org](http://www.ichom.org)