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CLINICAL NUTRITION : "THE" TRANSVERSAL SCIENCE



RE-EVALUATING CUT-OFF VALUES FOR MALNUTRITION-RELATED WEIGHT LOSS IN OBESITY

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Background
 Within GLIM, cut-off values for weight loss (WL) are not specifically tailored to the population with obesity. We assessed if the impact of weight loss differed between people with a normal BMI (18.50-24.99 kg/m²) and those with overweight/obesity (≥25 kg/m²).

Results

Hazard ratio on hospitalization

Figure 1, data= Lifelines
 Hazard ratios on hospitalisation for weight loss in normal weight stronger increased compared to hazard ratios for overweight/obese persons

Hazard for Normal Weight and Obesity

Figure 2, data = COLON
 Hazard ratios on mortality for weight loss in normal weight stronger increased compared to hazard ratios for overweight/obese persons

Method

- Two datasets were used: for general population "lifelines" (n=160.000) and a database consisting of colorectal cancer patients "Colon" (n=2.100)
- Cohorts were stratified by BMI: normal weight (BMI 18.5-24.99) vs. overweight/obesity (>25.0)
- Period for weight loss: 1 year for Lifelines and 2 years for Colon
- Outcome measurements were hospitalization in lifelines and mortality in Colon
- Generalized additive models were used to generate dose response curves

Summary/Highlights

Traditional cut-off values for weight loss may not be applicable for patients with overweight/obesity

Weight loss is less critical in those with overweight/obesity compared to normal weight cancer patients



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