

# Bariatrics and Addiction

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# Body Mass Index (BMI) of Adults Ages 20 and Older

<u>BMI</u>	<u>Classification</u>
18.5 to 24.9	Normal Weight
25 to 29.9	Overweight
30+	Obesity (including extreme obesity)
40+	Extreme Obesity

# Prevalence:<sup>1-2</sup>

- 1 in 3 adults are considered overweight
- 1 in 3 are considered obese
- 1 in 13 are considered extremely obese

# CAUSES OF OBESITY:

- ▶ Heredity
- ▶ Computer
- ▶ Television
- ▶ Telephone
- ▶ Sedentary Lifestyle
- ▶ Medications
- ▶ Access to Healthy Food
- ▶ SES
- ▶ Sleep Habits
- ▶ Safety

# Comorbid Conditions of Obesity:

- Gallstones
- Cardiac Issues
- Mental Health Issues
- High Blood Pressure
- Joint Problems and Pain
- Diabetes Type 2

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Metabolic Surgery  
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# Lifestyle Post-Surgically<sup>3</sup>

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**FOOD INTAKE**

**DRINK LIMITATIONS**

**NO NSAID'S**

**MENTAL HEALTH CONCERNS**

**VITAMIN SUPPLEMENTS**

**ALCOHOL AVOIDANCE**

**PREGNANCY**

# HIGHER RATES OF SUICIDE<sup>4</sup>



# HIGHER RATES OF ALCOHOLISM<sup>5</sup>

# Addiction & Bariatric Population<sup>6-7</sup>

Food Addiction

Coping Strategies

Social Reinforcement

- Food and fellowship
- Wine and respect

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