

## Healthy Weight Range HRA

### Client Review Document

#### Overview

The Healthy Weight-Range HRA uses height to determine a “healthy” weight range. It also calculates weight-loss recommendations based on current guidelines. Users of the HRA are asked how weight impacts the quality of their lives and to identify their weight-related health conditions.

#### Main Scientific Basis

This HRA uses body mass index (BMI) to determine a healthy weight range. Users of the HRA are told that BMI does not represent a personalized recommendation of their ideal weight. Users are also told that their *ideal* weight may not fall within the calculated *healthy* weight range. Only a health care professional can determine ideal weight after taking into account waist measurement, age, sex, mobility level, activity level, body shape, muscularity, ethnicity, health history, and other important health concerns.

The weight-loss recommendation is from the 2013 AHA/ACC/TOS clinical practice guidelines.<sup>1</sup> The guidelines recommend weight loss for people with a BMI of 30.0 or greater. Weight loss is also recommended for people with a BMI of 25.0 to 29.9 and at least one weight-related health condition. These conditions include:

- High or unknown blood pressure (or taking medication to control)
- Abnormal or unknown cholesterol (or taking medication to control)
- Type 2 diabetes, prediabetes, high or unknown blood sugar (or taking medication to control)
- Other obesity-related health conditions
- A larger waist circumference<sup>2</sup>

#### Primary Result

The primary result is “**Your Weight Profile.**” The primary result shows the user’s current weight category (obesity, overweight, healthy weight, or underweight) or a prompt for the user to see a doctor regarding unexplained weight loss. Users for whom weight loss is recommended will also be shown the upper-bound of the “healthy” weight range for their height.

Primary results are organized into the following categories:

##### **See a Doctor About Your Unexplained Weight Loss**

People in this category report a 5% or greater decrease in total body weight within the past six months, and they don’t know why they’ve lost weight. These people are told that unexplained weight loss is not typically a medical emergency, but a medical evaluation to determine the cause is very important.

**Current: Obesity**

**Healthy: Under ### lbs.**

Individuals in this category are in the obesity BMI category. They are shown the upper bound of the healthy weight range for a person of their height.

**Current: Overweight**

**Healthy: Below ### lbs.**

People in this category are in the overweight BMI category and have at least one weight-related health condition, so weight loss is recommended. They are shown the upper bound of the healthy weight range for a person of their height.

**Currently in the Overweight Range**

People in this category are in the overweight BMI category but have not reported any weight-related health conditions, so their recommendation is to not gain additional weight.

**Currently in the Healthy Weight Range**

People in this category are in the healthy (i.e. “normal”) BMI category.

**Currently in the Underweight Range**

People in this category are in the underweight BMI category.

## Other Results

Accompanying “Your Weight Profile” is a summary of users’ answers regarding the impact of weight on their quality of life, relevant health history, and risk factors that users may be able to improve via lifestyle changes.

## References

1. Jensen MD, Ryan DH, Apovian CM, Ard JD, Comuzzie AG, Donato KA, et. al. 2013 AHA/ACC/TOS Guideline for the Management of Overweight and Obesity in Adults: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and The Obesity Society. *Circulation*. 2013;00.000-000. DOI: <http://dx.doi.org/10.1161/01.cir.0000437739.71477.ee>
2. Grundy SM, Cleeman JI, Daniels SR, et al. Diagnosis and management of the metabolic syndrome: an American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. *Circulation*. 2005;112:2735-2752.