

## Definition of weight-related health risk

In the Netherlands, obesity prevention and management is based on weight-related health risk (WRHR). For adults, the WRHR is based on Body Mass Index (BMI), risk assessment for diabetes mellitus type 2 (DM2) and cardiovascular disease (CVD), and the presence of co-morbidities. In the current study, data were used from participants with a mildly, moderately, severely or very severely elevated level of WRHR.

BMI kg/m <sup>2</sup>	No increased risk for DM2 and CVD	Increased risk for DM2 and CVD <sup>a</sup>	Co-morbidities <sup>b</sup>
≥ 25 BMI < 30	Mildly increased	Moderately increased	Moderately increased
≥ 30 BMI < 35	Moderately increased	Moderately increased	Severely increased
≥ 35 BMI < 40	Severely increased	Severely increased	Very severely increased
BMI ≥ 40	Very severely increased	Very severely increased	Very severely increased

<sup>a</sup> In this study, increased risk for DM2 and CVD was defined as having (self-reported) high blood sugar, high blood pressure, or being physical inactive (i.e. 0 days a week at least 30 minutes of physical activity).

<sup>b</sup> In this study, comorbidities included having a (self-reported) (severe) heart disease, a myocardial infarction, diseases of the joints, or DM2. Where self-reported conditions or diseases were unknown (n=24) it was assumed that the respondents did not have the specified condition or disease.

## Recommended treatment

Obesity prevention is indicated for adults with a mildly elevated level of WRHR. This may include individual advice on a healthy lifestyle. Persons with a moderately, severely, or very severely increased WRHR are advised to follow a combined lifestyle intervention, including physical activity, behaviour change and dietary advice.

## Reimbursement of dietary advice

At the time of this study (September 2012), dietary advice was reimbursed by the Dutch primary health care insurance, which covered up to four hours for patients with obesity (BMI ≥ 30), or overweight (BMI 25-29.9) with comorbidities. Therefore, reimbursement was not covered for persons with a mildly elevated level of WRHR or for some persons with a moderately elevated level of WRHR. However, patients can buy extra cover, for additional treatment time.