SARCOPENIC OBESITY

ESPEN and EASO consensus statement on definition and diagnostic criteria

OBESITY + SARCOPENIA = SARCOPENIC OBESITY

3 STEPS IDENTIFICATION

1. Screening
   a. HIGH BMI or WC (based on ethnic cut-points)
   b. SURROGATE PARAMETERS FOR SARCOPENIA (clinical symptoms, clinical suspicion or questionnaires (e.g. SARC-F in older subjects)

   Both conditions (a+b) must be present to proceed with diagnosis

2. Diagnosis
   c. ALTERED SKELETAL MUSCLE FUNCTIONAL PARAMETERS (Hand grip strength, chair stand test). If yes, go to d.
   d. ALTERED BODY COMPOSITION: ↑%fat mass (FM) and ↓ muscle mass (MM: ALM/W by DXA or SMM/W by BIA)

   Both conditions (c+d) must be present to assess the presence of sarcopenic obesity (SO).

3. Staging
   A two-level STAGING based on complications from ↑ FM and ↓ MM
   - STAGE I: NO complications
   - STAGE II: at least one complication attributable to SO (e.g. metabolic diseases, functional disabilities, cardiovascular and respiratory diseases)