

OBESITY AND WEIGHT LOSS

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Evaluation of Nutritional Status of Vitamin D and Anthropometric/Metabolic Parameters in Individuals with Obesity according to *Edmonton Obesity Staging System*

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Worldwide, obesity is considered a major public health problem (1). In the last four decades, its prevalence has tripled, currently affecting more than 650 million individuals, about 13% of the world population (2). Considered one of the major risk factors for chronic non communicable diseases. In addition to comorbidities, obesity is also related to nutritional deficiencies, which contributes to worsening the individual's health status (3). In this context, Vitamin D stands out because it has an inverse correlation with body adiposity and this relationship can be explained by several factors (4).

Currently, the most widely used parameter in clinical practice to classify obesity is the Body Mass Index (BMI), often combined with other anthropometric measurements (5). However, attention should be paid to its limitations, once information on the presence or severity of comorbidities, functional limitations, mental health and quality of life of the individual with obesity are not considered (6).

Given these limitations of the obesity classification parameters used so far, the Edmonton Obesity Staging System (EOSS), an ordinal five-stage staging system based on simple clinical analysis was developed. This tool takes into account the presence and severity of risk factors, comorbidities, functional limitations and quality of life of the individual as a whole, proposing a deeper and more detailed assessment of obesity and the impact of excess body fat on health and individual's well being (6).

The purpose of this lecture is to demonstrate the evaluation of vitamin D nutritional status with anthropometric and metabolic parameters in individuals with obesity classified according to the EOSS.

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Biography:

Adryana Cordeiro is a Nutritionist, completed her PhD/MSc in Medical Science/Faculty of Medicine/University Federal of Rio de Janeiro (UFRJ), Scientific Researcher/Unit of Biochemistry/Biomedicine Department/Faculty of Medicine/University of Porto – Portugal, Researcher of Micronutrients Research Center/Institute of Nutrition/UFRJ, Scientific Researcher of Pos-doctorate/ Institute of Nutrition/UFRJ and she had written many chapters books and manuscripts about obesity, Vitamin D nutritional status, nutritional deficiencies and metabolic diseases (cardiovascular disease, Syndrome metabolic, nonalcoholic fatty liver disease).