

# SARCOPENIC OBESITY

ESPEN and EASO consensus statement on definition and diagnostic criteria

**OBESITY + SARCOPENIA = SARCOPENIC OBESITY**

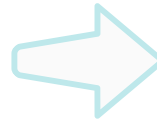


**Abnormal and excessive fat accumulation**

+



**Loss of skeletal muscle mass and function**



**strong negative clinical impact, may lead to disabilities, complications, it negatively affects health and survival.**



## 3 STEPS IDENTIFICATION



1. Screening

**1**

**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**

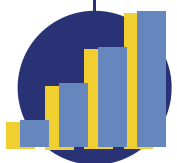


2. Diagnosis

**2**

**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

**3**

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)