

Obesity Pandemic & Weight Loss Drugs

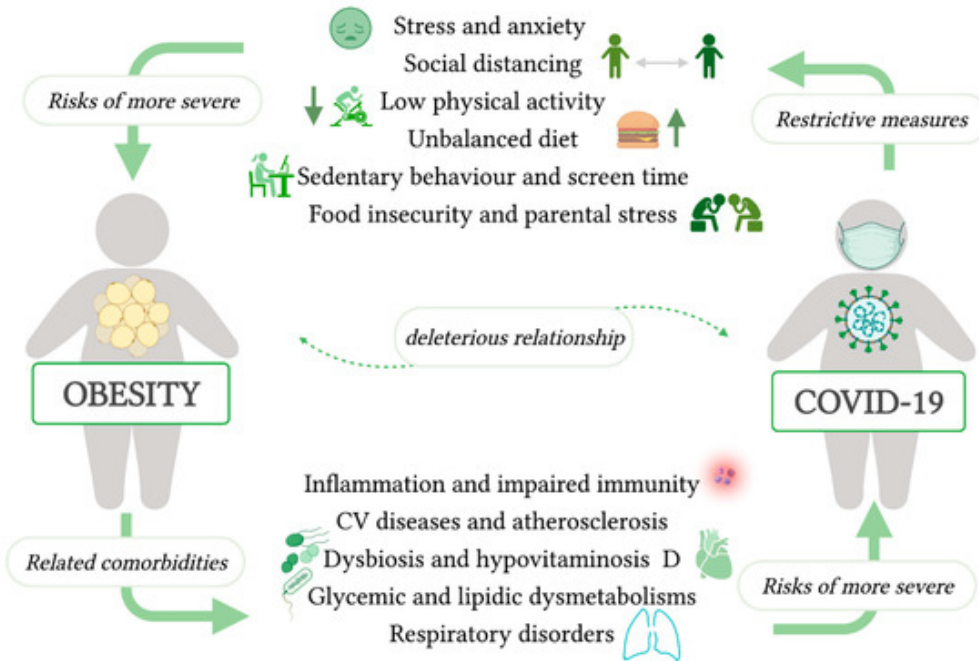
Why in News?

Recently, the World Health Organisation (WHO) scientists have endorsed a weight loss drugs for controlling obesity.

- **Obesity** - It is a chronic complex disease defined by ***excessive fat deposits*** that can impair health.
- **Diagnosis** - It is made by measuring people's weight and height by *calculating the Body Mass Index (BMI)*.
- **BMI categories** - For defining obesity vary by age and gender,

Gender and Age	BMI categories
Infants (under 5 years of age)	Weight-for-height greater than 3 standard deviations above the WHO Child Growth Standards median.
Children (aged between 5-19 years)	Greater than 2 standard deviations above the WHO Growth Reference median.
Adults	Greater than or equal to 30.

- Globally, *1 in 8 people* were living with obesity in 2022.
- In India, there were *44 million women and 26 million men* living with obesity in 2022.
- **Impacts** - It *increase the risk of type 2 diabetes and heart disease*.
- It affects bone health and reproduction and it increases the risk of certain cancers.
- **Globesity** - An escalating *global epidemic of overweight and obesity* called as "globesity" is taking over many parts of the world.
- It elevated to greater levels during the times of COVID Pandemic.



Glucagon-like peptide-1 (GLP-1) receptor agonists

World Health Organization (WHO) have endorsed a new class of medicines known as GLP-1 receptor agonists.

- **Role** - A class of medications **utilized to treat type 2 diabetes mellitus (T2DM) and obesity.**
- **Composition** - It includes drugs such as *Semaglutide and Tirzepatide*, which have the potential to be transformative.
- **Working** - It mimics a hormone that regulates appetite and blood sugar levels. It lowers serum glucose levels and thereby manage metabolism in affected patients.
- **Objectives** - Identify the mechanism of action of GLP-1 receptor agonists. Assess the potential adverse effects of GLP-1 receptor agonists. Differentiate the proper administration techniques for GLP-1 analogs and the clinical monitoring necessary for patients prescribed GLP-1 receptor agonists.

WHO is currently in the process of drafting guidelines for the use of GLP-1 receptor agonists in adults with obesity, likely to be published in July 2025.

References

1. [The Indian Express| Obesity Pandemic & Weight Loss Drugs](#)
2. [World Health Organization \(WHO\)| Obesity and its Symptoms](#)
3. [National Library of Medicine| GLP-1 receptor agonists](#)