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Regional Perspectives: China

Announcer:

Welcome to CME on ReachMD. This episode is part of our MinuteCE curriculum.

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English Transcript -

Dr. Linong:

This is CME on ReachMD.

I am Dr. Ji Linong from Peking University People's Hospital. Today, I will discuss the state of obesity in China, including its diagnosis, treatment, and management. China has now become one of the nations most severely affected by obesity. Recent epidemiological surveys show overweight or obese Chinese adults already make up 50% of the total population. We all know that in China, obesity is defined as a BMI over 28, and being overweight as a BMI over 24. Based on previous epidemiological data, by 2030, the prevalence of obesity and being overweight among Chinese adults will be 65%. Even more troubling is the predicted prevalence in younger groups, with 32% of preschool, school-aged, and adolescent children likely to be overweight or obese. Among preschoolers specifically, the prevalence of obesity and being overweight will approach 16%. Given these figures, combined with China's incredibly large population, the country is poised to maintain the world's highest number of obesity cases.

Public awareness and understanding of obesity remain sorely lacking. Many people, even when their BMI or waist circumference surpasses the thresholds for obesity or central obesity, do not perceive themselves as obese. Similarly, recognition of obesity as a chronic disease is also lacking. We surveyed 8,000 people with a BMI above 28, who were classified as obese. We found that only 76% agreed that obesity is a chronic disease, whereas, among doctors, nearly 95% identified it as a chronic disease. In addition, even among those classified as obese, when asked if they considered themselves obese, surprisingly, 30% identified their weight as underweight, normal, fat, or overweight, rather than obese. Furthermore, only 15% of those classified as obese acknowledged that their health was suboptimal, while 85% believed they were in good health. Moreover, 50% of obese adults reported being unconcerned that their obesity could lead to long-term health consequences.

We also surveyed individuals with obesity about how they manage their condition, with 30% responding that it was their personal responsibility, despite currently having no methods to achieve satisfactory weight control. Many also expressed the belief that even if they successfully reduced their weight, it would inevitably rebound, meaning their previous effort is unsustainable in the long term.

But there is hopeful news. In China, we now can access new medications that can help obese patients manage their weight, like tripeptide and semaglutide. They have undergone stringent clinical testing in Chinese obese populations and are proving highly effective in improving weight management outcomes.

As a result, healthcare providers at medical institutions increasingly offer these treatments to patients who struggle with weight control, especially those suffering from obesity-related health complications. These interventions aim to help patients better manage their

weight, improve their overall health, and mitigate the long-term adverse effects of obesity.

There is an increasing consensus among the medical community and society that reducing obesity rates requires addressing societal factors that lead to unhealthy behaviors. By fostering a healthier social environment, we can raise awareness about obesity, promote overall health education, and develop healthier habits to lower obesity rates and control its progression. Additionally, for those who genuinely need medical intervention, we will use effective medications that not only support weight management but also improve long-term clinical outcomes to help these patients better manage their weight and improve their health.

Thank you.

Chinese Transcript-

立农医生：

欢迎收看 ReachMD 的 CME 节目。

我是来自北京大学人民医院的纪立农医生。今天我将和大家一起讨论，有关中国的肥胖的现状、肥胖的诊断的情况、治疗情况以及管理情况。我们知道，中国现在已经变成世界上的一个肥胖的大国。那么根据最近的流行病学的调查，在中国的成人中，肥胖和超重的患病率已经高达50%。我们知道，在中国肥胖的诊断标准是BMI超过28，超重的标准是BMI超过24。那么根据既往的流行病学的统计数据所预测，到2030年，在中国成人中肥胖和超重的患病率将高达65%。另外，令人担忧的是学龄儿童和青少年肥胖和超重患病率将高达32%，还有在学龄前儿童肥胖和超重患病率，也将高达接近16%，那么根据这样一些数字，特别是考虑到中国是一个人口基数非常大的这样一个人群，中国将继续在世界上保持一个最高的患病人数这样的一个国家。

当前呢，民众对肥胖的认识还是非常欠缺的。很多人，虽然他的体重指数或者他的腰围已经超过了肥胖或中心性肥胖的真正标准，但是他们并不认为自己是肥胖。另外，对肥胖是一种慢性病的认识也非常欠缺。我们曾经在8,000位体重指数超过28的肥胖人群中做过一个调查，只有76%的人同意肥胖是一种慢性疾病，而在医生中，接近95%的人都认为肥胖是一种慢性疾病。那么，此外，即使在那些已经属于肥胖的人，我们问他们，他们是属于肥胖还是其他的体重情况，居然有30%的已经属于肥胖的人，他认为自己的体重是偏轻的或正常的或者肥胖的或者是超重的，而非肥胖症。另外，只有15%的人，虽然他们的体重是属于肥胖的范围，但仍然认为他们的健康状况是不佳的。而85%的人仍然认为，他们的健康是没有问题的。那么还有50%的肥胖的成人，他们并不担心今后肥胖会给他们的健康带来不良影响。

那么我们也曾经问过这个肥胖的人群，肥胖是如何去进行管理的。有30%的人认为肥胖是自己的责任，虽然他们现在没有办法使自己的体重得到满意的控制。或者还有很多人认为，即使他们使体重得到满意的控制之后，体重也会反弹，使他们之前的努力不能够长期的得到维持。

令人感到欣慰的是，目前在中国，我们也有了新型的帮助肥胖的患者改善体重的药物，比如说替西帕肽或者是司美格鲁肽，这些药物在中国的肥胖人群中进行了严格的临床的验证，确实证实这些药物是非常有效的改善体重的药物。

因此，在医疗机构医务人员，也对那些经过自己反复的尝试对体重控制不满意，特别是已经有了一些肥胖相关的并发症的患者，实施这些药物的治疗，以图使他们的体重得到控制来改善他们的健康状况，特别是防止肥胖带来的，远期的不良的对身体的影响。

现在医学界和社会上，越来越多的达成共识，为了减少肥胖的患病率，我们需要改善形成不良的健康方式的社会环境。那么通过改善社会环境提高人们对肥胖的认识，提高人们总体的健康认识，形成良好的生活习惯来减少肥胖的发生，控制肥胖。另外，对那些确实需要从医学医学上进行帮助的人，我们将采用有效的，不但能够改善体重也能够改善他们远期的临床结局的药物，来帮助他们控制体重，改善他们的健康。

谢谢。

Announcer:

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