

Proinflamatuvar kronik multisistemik bir hastalık olan obezite, adipoz dokuda (yağ depo hücreleri) hipertrofi (boyut artışı) ve/veya hiperplazi (sayıca artış) olarak tanımlanır. Endokrin bozukluklar, genetik özellikler, nörolojik, psikolojik, çevresel ve davranışsal faktörler obezite gelişiminde etkilidir. Vücut kitle indeksi (VKİ) obezite teşhisinde kullanılmaktadır. Vücut kitle indeksi (VKİ); vücut ağırlığının kilogram (kg) olarak miktarının boyun metre (m) cinsinden değerinin karesine oranı olarak tanımlanmaktadır. Vücut kitle indeksi (kg/m^2) yöntemi ucuz ve kullanım kolaylığı nedeniyle en sık başvurulan yöntemdir¹⁻⁸.

Tablo 1: Yetişkinlerde VKİ'ye göre Andropometrik Değerlendirme ²

Gruplar	Yetişkinler (VKİ, kg/m^2)
Zayıf	<18,50
Normal	18,5 – 24,99
Fazla Kilolu	25,00 – 29,99
Obez	$\geq 30,00$
Hafif Obez	30,00 – 34,99
Orta derecede Obez	35,00 – 39,99
Morbid Obez	40,00 – 49,99
Süper Obez	$\geq 50,00$

Kaynaklar

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