

The Urgency to Identify Obesity in Older Adults

Obesity in older adults can affect cardiometabolic health, mobility and daily function. Early identification is critical to enable timely intervention and reduce long-term health risks.

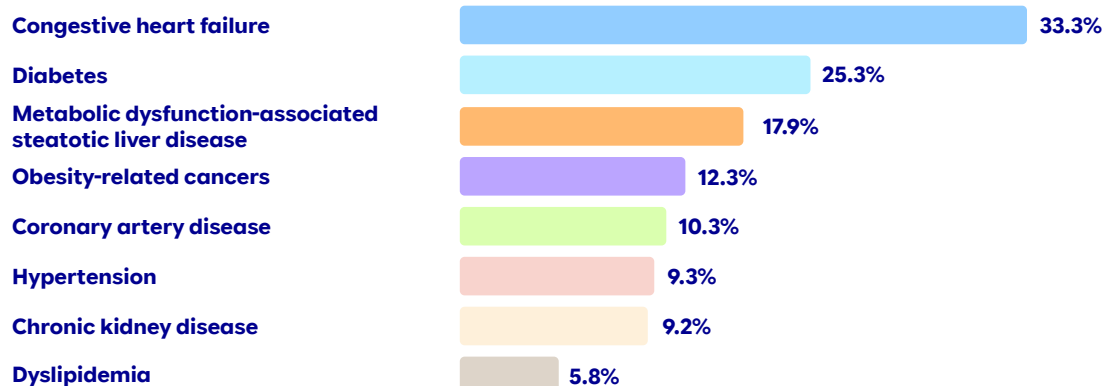
Obesity Can Affect Health and Daily Function

In older adults, obesity's most serious complications stem from its metabolic consequences.¹

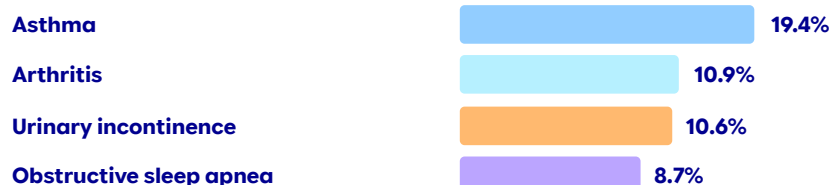
A 2026 analysis among older adults showed some of the most common obesity-related conditions² were:



CARDIOMETABOLIC & SYSTEMIC HEALTH



MOBILITY & DAILY FUNCTION



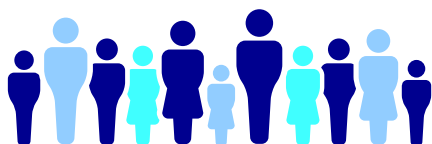
Management May Have Benefits Beyond the Scale

Intentional weight loss, when properly done, may lead to^{1,3}:

- Reduced cardiovascular risk¹
- Reduced risk of prediabetes and type 2 diabetes¹
- Improved functional capacity and activities of daily living¹

Identification enables shared assessment and decision making.

Management should balance potential benefits, risks, and patient goals.



The older adult population is growing: about 5% of the world's population was age 65 or older in 1950, rising to about 10% in 2021, and is projected to increase to about 17% in 2050.³

With more than 4 in 10 U.S. adults aged 60 years and older living with obesity, early and targeted intervention is critical to prevent functional decline and protect long-term quality of life.³

References

1. McKee AM, Morley JE, Feingold KR, et al. Obesity in the Elderly. In: Endotext [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000. September 2021. <https://www.ncbi.nlm.nih.gov/books/NBK532533/>.
2. Chen AS, Chetty AK, Batsis JA, et al. Conditions Attributable to Obesity in Older Adults in the U.S.: A Cross-Sectional Study. *Am J Prev Med*. May 2026;71(4):108419.
3. Sundares S, Saliba S, Ziyadeh F, et al. Managing obesity in older adults. *Cleveland Clinic Journal of Medicine*. November 2025;92(11):686-692.