

2015/10/3

<The 8th Asia-Oceania Conference on Obesity (AOCO 2015)>

名古屋宣言 2015

英文に対応する和訳

[本文]

肥満症(obesity disease)について、国際的な概念を提唱する。肥満症とは、肥満に起因ないしは関連する健康障害を合併し、医学的に減量を必要とする病態をいい、疾患として取り扱う。すなわち、肥満の中から肥満症を取り出すことにより、健康障害を伴わない肥満と、健康障害を伴う肥満症とを区別する。健康障害を伴う肥満症は、減量によって合併している健康障害の改善が期待できることから、治療医学の適応となる。健康障害を伴わない肥満も、将来起こり得る様々な疾病のリスクファクターとなるため、予防医学の対象となる。

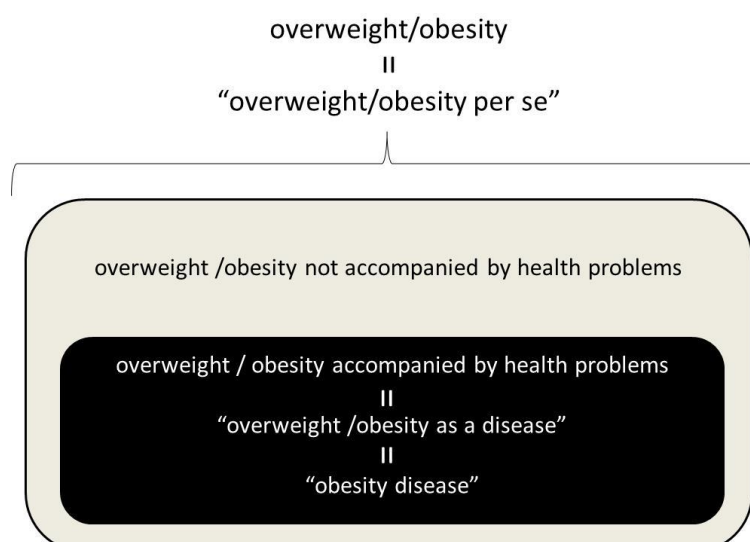
[解説]

肥満の判定は BMI で行われる。これまで、肥満はリスクファクターか疾患かという議論があったが、全ての肥満を一律に論じることは科学的に妥当ではないことが明らかとなってきた。世界各国・各地域で実施されている様々な研究の発展により、肥満と肥満症を区別することの有用性を示す知見が集積しつつある。肥満と肥満症はともに増加している。食事療法・運動療法を含む生活習慣の改善による減量を基本として、医療経済的な視点から予防医学的な介入を行う群と、医学的に治療すべき群とを区別することは重要である。

今後、アジア・オセアニア肥満学会は、肥満症の概念を国際的に普及させることで、肥満症を有する個人個人に対して適切な治療が行われるように活動するとともに、新たな治療法の開発を推進する。また、現時点では健康障害を伴わない肥満は、その後の肥満の進行や過剰な内臓脂肪蓄積、加齢などにより、肥満症に移行する可能性があることを社会に向けて積極的に発信する。特に、予防医学的な介入を促進するために、内臓脂肪の蓄積の簡便な指標としてウエスト周囲長の測定が重要であることが一般住民に広く認知されるよう啓発活動を進める。

このような活動により、健康寿命の延伸と医療資源の有効な活用、肥満と肥満症の蔓延がもたらす国際社会への負担の軽減が期待される。

<参考：肥満症(obesity disease)に関する概念図>



October 3, 2015

< The 8th Asia-Oceania Conference on Obesity (AOCO 2015)>
Nagoya Declaration 2015

[Body text]

We hereby propose a concept for international recognition of a pathological state (obesity disease) in which a person suffers health problems caused by or related to obesity thus making weight loss clinically desirable and requiring treatment as a disease entity. Under this concept/definition, treating obesity accompanied by health problems represents a target for therapeutic medicine, where weight loss may lead to improvements in such health problems. This is differentiated from obesity not accompanied by health problems which represents a risk factor for a variety of diseases that may occur in the future and therefore remains a target for preventive medicine.

[Rationale]

Body mass index (BMI) is used to assess the presence of obesity. Debate has so far centered on whether obesity should be classified as a risk factor or as a disease. It has become clear, however, that placing all obesity cases in the same category is not scientifically justifiable. As a result of progress in diverse studies being implemented in various countries and regions worldwide, a body of knowledge is accumulating to demonstrate the clinical usefulness of differentiating between “obesity disease” (obesity as a disease) and obesity per se. The prevalence of both obesity and “obesity disease” is on the rise. However, it is important, from a clinical management and health economics perspective, to differentiate between those individuals who are candidates for preventive medical interventions and those who require medical treatments, while weight loss through lifestyle modification including diet/exercise therapy represents the cornerstone in either population.

Going forward, the Asia Oceania Association for the Study of Obesity intends to disseminate the concept of “obesity disease” worldwide thereby ensuring that all individuals with “obesity disease” are appropriately treated as well as to promote the development of new treatment modalities and approaches. The Association will also actively deliver the message to society that individuals with obesity, currently not accompanied by health problems, may subsequently be placed at risk of acquiring “obesity disease” due to progression of obesity, excessive visceral fat accumulation, aging, and other factors. In this regard, the Association will focus particular attention on awareness-raising campaigns to promote wide recognition of the clinical usefulness of measuring waist circumference as a simple indicator of visceral fat accumulation among the general population, thus preparing the society for preventive medical interventions.

It is expected that the campaigns outlined above will contribute to increased healthy lifespan, more effective medical resource utilization, and alleviation of the increasing burden of obesity and “obesity disease” on the international community.

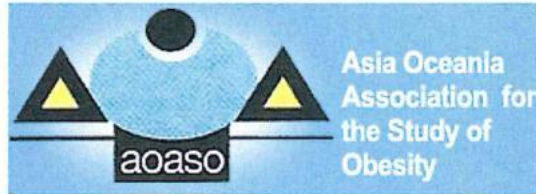
The 8th Asia-Oceania Conference on Obesity

Obesity and Metabolic Syndrome -from Science to Clinical Practice-

Date October 2 (Fri.) - 4 (Sun.), 2015

Venue Nagoya Congress Center
1-1 Atsuta-nishimachi, Atsuta-ku, Nagoya 456-0036, JAPAN
TEL : +81-52-683-7711

Chair Masato Kasuga
(National Center for Global Health and Medicine)



3rd day of October, 2015, at Nagoya Congress Center, Nagoya, Japan

Signed:

*Malaysian Association for the Study of
Obesity (MASO)*

*Australian and New Zealand Obesity
Society (ANZOS)*

*Korean Society for the Study of Obesity
(KSSO)*

*Singapore Association for the Study of
Obesity (SASO)*

*All India Association for Advancing
Research in Obesity (AIAARO)*

*Japan Society for The Study Of Obesity
(JASSO)*

*Taiwan Medical Association for the Study
of Obesity (TMASO)*

*Philippine Association for the Study of
Overweight and Obesity (PASOO)*

*Hong Kong Association for the Study of
Obesity (HKASO)*

