



**Dr Sanjay Kalra**  
Treasurer,  
International Society of  
Endocrinology (ISE);  
Vice President, South  
Asian Obesity Forum  
(SOF); Bharti Hospital,  
Karnal, Haryana, India



**Dr Nitin Kapoor**  
Dept. of Endocrinology,  
Diabetes and  
Metabolism, Christian  
Medical College, Vellore,  
Tamil Nadu, India; Non-  
Communicable Disease  
Unit, Baker Heart and  
Diabetes Institute,  
Melbourne, Victoria,  
Australia



**Dr AG  
Unnikrishnan**  
CEO, Chellaram  
Hospital, Pune,  
Maharashtra, India

## Obesitas

The state of having excess fat, or having obesity, is termed, in Latin, as *obesitas*<sup>1</sup>. *Obesitas* is used as a noun, as a state of being, and can also be utilized as an adjective to explain the qualities of a person, community, or nation as a non-judgmental, non-sarcastic method of explanation. We use *obesitas* to describe today's state of affairs, in which obesity has become a pandemic.

The word 'obesity' is used to define a chronic metabolic disorder associated with stigma and ostracization<sup>2</sup>. Various other terms and phrases, such as adiposity and chronic weight management, have been proposed to reduce the negativity linked with obesity and its care. Indeed, there has been a growing concern about body shaming and stigmatization, which, to an extent, has centered around the word "obesity". At the same time, we must not ignore the prevention and treatment of obesity at both a clinical and public health level<sup>3</sup>.

Obesity seems to have become endemic. Hot spots exist in the Pacific Islands, the Middle East, North America, and the Caribbean<sup>4</sup>. Obesity rates seem to be plateauing in these areas, as is evidenced by recent data from USA. Results from the National Health and Nutritional Epidemiological Survey suggest that the prevalence of obesity has not grown for the past 4 years<sup>5</sup>. This can also be understood from obesity endemicity indices, which use the prevalence of overweight and obesity or of childhood and adult obesity to predict the future burden of obesity. Thus, there is a probable need for a better term that encompasses the national, regional, and

global scale of the epidemic of weight gain, rather than referring to it simply as "obesity".

The word "obesitas" gives an 'Old World' feeling of nostalgia. At the same time, it encourages a proactive approach in fighting the obesity pandemic. Thus, it allows attention and action to address the illness, without encouraging sarcasm or stigmatization of the syndrome. *Obesitas* can be used as a noun, as in "She lives with *obesitas*", or "His *barophenotype* is that of *generalized obesitas*", and as an adjective, as follows: "*Obesitas is the flavor of the modern world*".

The word may be rearranged and modified to read *obesitat*, which can refer to a weight tracking device, or clinical evaluation tool; *obesistat*, referring to the hypothalamic set point that prevents change in weight, *obestasis*, which describes the mild venous and lymphatic edema that may accompany obesity, and *obesitus*, a word that may signify a person living with overweight or obesity. *Obesitas* can be used to issue a clarion call for action at a micro (individual), meso (group), or macro (national) level: "*Let's overcome obesitas*".

*Obesitas* is similar to *Maturitas*<sup>6</sup>, a respected journal that deals with menopause. It may perhaps be an apt title for a future journal or newsletter on obesity. Until that happens, this editorial's title should suffice to spearhead its use in clinical communication, as well as lay language.

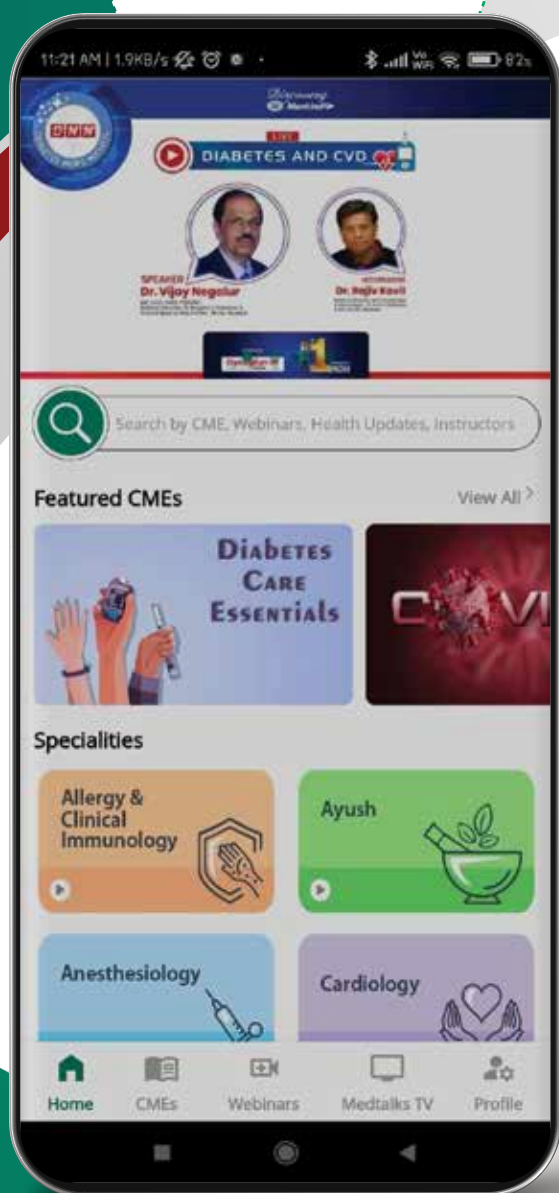
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