

PRESS RELEASE



FOR IMMEDIATE RELEASE

iCARDIO Alliance Publishes Landmark Global Implementation Guidelines on Obesity Therapy in Patients with Cardiovascular Disease

BASEL, SWITZERLAND, October 1, 2025 – The International CARDIO Alliance to Improve Disease Outcomes (iCARDIO Alliance), a global collaboration of leading cardiovascular societies, proudly announces the release of the iCARDIO Alliance Global Implementation Guidelines on Obesity Management 2025. These comprehensive, evidence-based recommendations mark a transformative step in the global fight against cardio-metabolic disease, addressing the urgent need for practical, implementable guidance across diverse healthcare systems.

Obesity has emerged as a central driver of cardiovascular and metabolic disease. Recent data from the Global Burden of Disease Study 2023 estimate that over 1 billion individuals globally are now living with obesity (504 million adult women, 374 million adult men, and 159 million children and adolescents), reflecting a dramatic rise over the past three decades. These iCARDIO guidelines are the first to offer globally representative, economically sensitive, and culturally adaptable clinical practice recommendations to address this escalating health crisis.

“Obesity, and the impact it has on cardiovascular health, is a worldwide epidemic in need of a global solution,” said Professor Fausto Pinto, Cardiologist and Co-Chair of the iCARDIO Alliance, “These guidelines are tailored to the real-world challenges faced by clinicians in every corner of the globe – from resource-rich institutions to under-resourced rural clinics.”

Key Highlights of the iCARDIO Alliance Global Implementation Guidelines on Obesity Therapy in Patients with Cardiovascular Disease:

- **Global Perspective:** Developed by a balanced task force with a minimum of 50% representation from outside Europe and North America, ensuring relevance across continents.
- **Three-Tiered Economic Framework:** Offers distinct recommendations based on local resource availability – where there are no economic considerations; where resources are somewhat limited; and where resources are severely limited.
- **Equity-Driven Methodology:** Includes perspectives of individuals living with obesity and incorporates non-stigmatizing, patient-centered language to improve provider-patient communication and adherence.
- **Updated Diagnostic Criteria:** Emphasizes limitations of BMI and advocates for combined anthropometric and metabolic assessments, with region-specific adaptations such as lower BMI thresholds for Asian populations.
- **Modern, Multi-Pronged Approach:** Covers the full spectrum of management – lifestyle, pharmacologic, and surgical options, incorporating the latest clinical trial data and technological advancements.
- **Focus on Cardio-Metabolic Outcomes:** Highlights the impact of obesity treatment on heart failure, atherosclerotic cardiovascular disease (ASCVD), and chronic inflammation.

The guidelines were developed through a rigorous, multi-phase process including a systematic literature review, including the most recently released data, international consensus, and peer and public review.

Recommendations are classified using a four-level strength-of-evidence model (Strongly Recommend, Recommend, Suggest, Do Not Do), with added economic context to support clinicians practicing in resource constrained environments. The recommended treatment options range from culturally appropriate counseling, dietary interventions, and physical activity to pharmacological approaches such as GLP-1RAs and bariatric surgery.

Despite the availability of numerous national and regional obesity guidelines, global implementation remains hampered by lack of relevance to lower-income and resource-limited settings. The iCARDIO Alliance Guidelines fill this gap by providing a single, cohesive framework applicable worldwide. Use of these Guidelines is designed to reduce hospitalizations, improve cardiovascular outcomes, and ultimately reverse the rising tide of obesity-related cardiovascular disease.

“These guidelines are not just a document, they’re a movement towards equitable cardiovascular care,” said Professor Shelley Zieroth, Cardiologist and Co-Chair of the iCARDIO Alliance. “We invite health ministries, health system managers, and practitioners around the world to use this resource to improve outcomes for individuals with obesity-related cardiovascular disease everywhere.”

The iCARDIO Alliance’s unique model ensures transparency, diversity, and inclusivity. All the iCARDIO Guidelines authors work on a voluntary basis and they have all published online Declarations of Interest. The development and publication costs of the Guidelines are covered through independent educational initiatives, with no direct funding from the pharmaceutical or medical device industries.

The iCARDIO Guidelines are accessible by open access through the website of the journal [Global Cardiology](#) and will be re-published in several other journals. The Guidelines will be reviewed and updated regularly. The iCARDIO Alliance is also developing a mobile app, enabling clinicians to easily reference the Guidelines on their devices.

Upcoming iCARDIO Alliance Guidelines will include publications on Ischemic Heart Disease and on the Diagnosis and Management of Atrial Fibrillation.

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For more information or to access the full guidelines visit: <https://icardioalliance.org>

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About the iCARDIO Alliance

The [iCARDIO Alliance](#) is a global collaborative initiative that brings together leading cardiovascular societies and experts from every region of the world. Guided by an advisory board of internationally recognized [specialists](#), its mission is to improve patient outcomes through international cooperation, equitable practices, and the development of practical clinical guidelines that are applicable and implementable across diverse healthcare and economic settings.

To join the iCARDIO Alliance, or for more information about partnerships, please contact:

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