



# Obesity & COVID-19

As our experience grows, information and guidance about SARS-CoV-2 coronavirus disease (COVID-19) is emerging rapidly. We are likely all aware that the clinical effects of this respiratory disease are particularly severe in certain populations, including seniors, people with pre-existing respiratory and cardiac disease, and those with compromised immune systems.









People with obesity have a higher likelihood of being in each of these categories and should therefore be considered at increased risk for severe disease. This is particularly true for people with moderate to severe obesity, whose compromised physiological state and burden of complications is generally higher.

In addition, for people with severe obesity, management of severe COVID-19 may also be compromised by challenges in diagnosis and treatment caused by the physical effects of their obesity.



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the need for timely information and guidance in this rapidly evolving environment, this resource is divided into multiple sections of relevance to each of our constituents.

- [Obesity and Its Implications for COVID-19 Mortality – Dietz and Burgoa](#) 
- [A New Symptom of COVID-19: Loss of Taste and Smell – Gautier and Ravussin](#) 
- [COVID-19, School Closings and Weight Gain – Joob and Wiwanikit](#) 
- [High Prevalence of Obesity in Severe Acute Respiratory Syndrome Coronavirus-2 \(SARS-CoV-2\) Requiring Invasive Mechanical Ventilation – Simonnet et. al](#) 
- [COVID-19 Related School Closings and Risk of Weight Gain Among Children – Rundle et. al](#) 
- [The Impact of COVID-19 on Bariatric Surgery: Re-Defining Psychosocial Care – Sockalingam et. al](#) 
- [Does COVID-19 Disprove the Obesity Paradox in ARDS? – Jose and Manuel](#)
- [Targeting the Adipose Tissue in COVID-19 – Malavazos et. al](#) 
- [Obesity is Associated with Severe Forms of COVID-19 – Caussy et. al](#) 
- [Is Adipose Tissue a Reservoir for Viral Spread, Immune Activation and Cytokine Amplification in COVID-19 – Ryan and Caplice](#) 
- [Considerations for Obesity, Vitamin D, and Physical Activity amidst the COVID-19 Pandemic – Carter et. al](#) 
- [Measuring Weight with E-Scales in Clinical and Research Settings During the COVID-19 Pandemic – Krukowski and Ross](#) 
- [The Role of Adipocytes and Adipocyte-like Cells in the Severity of COVID-19 Infections – Kruglikov and Scherer](#) 
- [Weight Stigma and the “Quarantine-15” – Pearl](#) 
- [Does High Cardiorespiratory Fitness Confer Some Protection Against Pro-inflammatory Responses After Infection by SARS-CoV-2? – Zbinden-Foncea et. al](#) 
- [Obesity Accompanying COVID-19: The Role of Epicardial Fat – Zhao](#)
- [Obesity and Severe COVID-19 Disease: A Strong Association – Samuels](#) 
- [Zooming Towards a Telehealth Solution for Vulnerable Children with Obesity During COVID-19 – Baidal et. al](#) 



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- [A Primer on COVID-19 Mathematical Models – Thomas et. al](#) 
- [COVID-19 Ventilatory Phenotypes and Obesity: Is there a Relationship? – Costa et. al](#) 
- [Increased Severity of COVID-19 in People with Obesity: Are we Overlooking Plausible Biological Mechanisms – Tibiriçá and Lorenzo](#) 
- [Special Issues for COVID-19 in Children and Adolescents – Brambilla et. al](#) 
- [There is a Relationship Between Obesity and COVID-19 But More Information is Needed – Buscemi et. al](#) 
- [Morbid Obesity as an Independent Risk Factor for COVID-19 Mortality in Hospitalized Patients Younger than 50 – Klang et. al](#) 
- [Body Mass Index, Weight Discrimination, and Psychological, Behavioral and Interpersonal Responses to the Coronavirus Pandemic – Sutin et. al](#) 
- [Good Deeds and Cheap Marketing—The Food Industry in the Times of COVID-19 – White et. al](#) 
- [Increased ACE2 Expression in the Bronchial Epithelium of COPD Patients who are Overweight – Hingham and Singh](#) 
- [COVID-19 Related Home Confinement in Adults: Weight Gain Risks and Opportunities – Bhutani and Cooper](#) 
- [Obesity is Associated with Worst Outcomes in COVID-19: An Analysis of Early Data from New York City – Hajifathalian et. al](#) 
- [Possible Role of Adipose Tissue and Endocannabinoid System in COVID-19 Pathogenesis: Can Rimonabant Return? – Briand-Mésage et. al](#) 
- [Obesity and COVID-19: An Italian Snapshot – Busetto et. al](#) 
- [Screen Time for Children and Adolescents During the COVID-19 Pandemic – Nagata et. al](#) 
- [COVID-19: A Lever for the Recognition of Obesity as a Disease? The French Experience – Clément et. al](#) 
- [Collateral Damage of the COVID-19 Pandemic on Nutritional Quality and Physical Activity: Perspective from South Korea – Lim et. al](#)
- [How Much May COVID-19 School Closures Increase Childhood Obesity – Workman](#)
- [COVID-19, Obesity and Undernutrition: A Major Challenge for Latin American Countries – Cuevas and Barquera](#)



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### Populations with Obesity – Ashby

- Obesity is Associated with Increased Risk for Mortality Among Hospitalized Patients with COVID-19 – Pettit et. al 
- Angiotensin-(1-7) and Obesity: Role of Cardiorespiratory Fitness and COVID-19 Implications – Motta-Santos et. al 
- COVID-19 Rise in Younger Adults with Obesity: Visceral Adiposity Can Predict the Risk – Iacobellis et. al 
- The Association Between Obesity, Type 2 Diabetes and Hypertension with Severe COVID-19 on Admission Among Mexicans – Denova-Gutiérrez et. al 
- Is BMI Higher in Younger Patients with COVID-19? Association Between BMI and COVID-19 Hospitalization by Age – Bhasin et. al 
- How Much May COVID-19 School Closures Increase Childhood Obesity – Workman 
- COVID-19, Obesity and Undernutrition: A Major Challenge for Latin American Countries – Cuevas and Barquera 
- The Potential Benefit of Telmisartan to Protect Overweight COPD Patients from the Acquisition of COVID-19 – Kow and Hasan 
- Visceral Adiposity and High Intramuscular Fat Deposition Independently Predict Critical Illness in Patients with Sars-COV-2 – Yang et. al 
- Food Insecurity, the Home Food Environment, and Parent Feeding Practices in the Era of COVID-19 – Adams et. al 
- What COVID-19 is Teaching Us About Counseling for Weight Management – Kushner 
- Obesity Doubles Mortality in Patients Hospitalized for SARS-CoV-2 in Paris Hospitals, France: A Co-hort Study on 5,795 Patients – Czernichow et. al 
- Non-respiratory Complications and Obesity in Patients Dying with COVID-19 in Italy – Onder et. al 
- Is Growth Hormone Insufficiency the Missing Link Between Obesity, Male Gender, Age and COVID-19 Severity? – Lubrano et. al 

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