

Does weight affect likelihood of experiencing severe flu-like symptoms?

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A new *Influenza and Other Respiratory Viruses* study found that adults who are underweight or morbidly obese have an elevated risk of being hospitalized with influenza-like illness due to the flu virus or other respiratory viruses.

The observational study included 4778 hospitalized and outpatient patients with influenza-like illness in six hospitals in Mexico.

The [risk](#) followed a "U" shaped curve, where individuals at both extremes were more likely to develop severe influenza-like illness when compared with individuals with normal weight. The findings indicate that clinicians should keep a patient's body mass index in mind when evaluating risk of developing severe influenza-like illness and deciding on a course of treatment.

More information: Joe-Ann S. Moser et al, Underweight, overweight, and obesity as independent risk factors for hospitalization in adults and children from influenza and other respiratory viruses, *Influenza and Other Respiratory Viruses* (2018). [DOI: 10.1111/irv.12618](https://doi.org/10.1111/irv.12618)

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