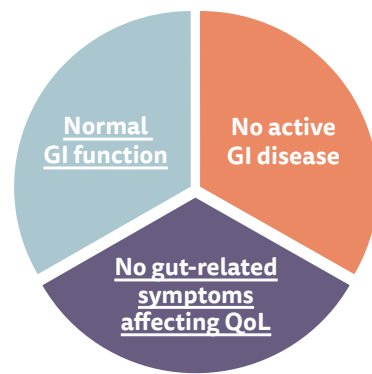


The ISAPP Consensus Statement on gut health

What is gut health?

A state of normal gastrointestinal function without active gastrointestinal disease and gut-related symptoms that affect quality of life.

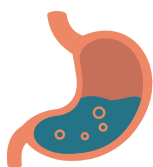
Marco ML et al. Nat Rev Gastroenterol Hepatol 23, 432–448 (2026).



Functional domains and measures of gut health

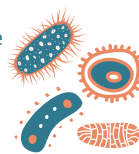
1. Digestive physiology

Encompassing core functions of secretion, digestion, absorption, motility and elimination. Measures of nutrition, absorption and stool characteristics may be most widely applicable.



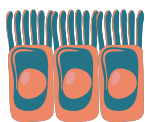
2. Gut microbiome

The microbial community within the gut influences gut motility, immune, endocrine, barrier and gut-brain axis functions. Clinically relevant metrics are limited, however new methods are in development.



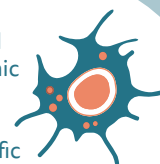
3. Intestinal epithelium

The intestinal barrier acts as a key interface between nutrients, antigens, microbes and the host immune and endocrine responses. Measures of permeability exist but relevance to outcomes is limited.



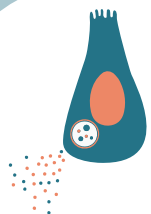
4. Immune system

The gut associated lymphoid tissue coordinates tolerogenic and defense responses to maintain local gut homeostasis. Non-specific markers of local and systemic inflammation are available.



5. Endocrine function

Endocrine responses in the gut coordinate digestive and metabolic responses to nutrient ingestion. Clinically relevant measures are lacking.



6. Gut-brain axis

The gut-brain axis integrates signals between the gut and brain and influences all other domains of gastrointestinal function. Stress response measures are accessible but non-specific to gut-brain axis function.



Patient-reported outcomes



- A patient's subjective experience provides important metrics for gut health.
- Patient-reported outcomes that measure impact should be prioritized, along with other validated assessments of signs and symptoms.
- Consider that symptom reporting thresholds vary between individuals. Metrics should emphasize quality of life.

Gut health is not yet easy to assess in clinical practice

- Poor gut health can exist in the absence of symptoms or other measurable abnormalities
- Many metrics currently lack validation and correlation with patient outcomes



Determinants of gut health

While genetics and underlying medical conditions can influence gut health, modifiable determinants include diet, exercise and stress management