

Screening for Obesity

Key Takeaways

- ▶ PCPs should be screening for obesity-related conditions
- ▶ BMI is often taken at office visits, but consider also taking waist circumference just above the iliac crest: this is a risk factor for cardiometabolic disease
 - ▶ Women: should be less than 35 inches
 - ▶ Men: should be less than 40 inches
- ▶ Look at cardiometabolic risk factors in annual screenings, including HbA1c, fasting glucose, lipids, blood pressure
 - ▶ Putting this information together will help decide whether obesity is a driver for that risk

BMI, body mass index; PCP, primary-care physician

Source: Ryan D. Interview: Screening for Obesity. [The Best of Obesity Week. November, 2024.](#)