Screening for Obesity

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En Español (Spanish Version)

The purpose of screening is early diagnosis and treatment. Screening tests are usually administered to people without current symptoms, but who may be at high risk for certain diseases or conditions. The US Preventive Services Task Force (USPTF) recommends that all children (aged 6 years and older) and adults be screened for obesity using the body mass index (BMI). The National Heart, Lung, and Blood Institute recommends that even people without a history of weight problem should be screened every two years.

In addition to the BMI, your waist circumference, waist to hip ratio, or skinfold thickness measurement can also help determine if you have more body fat than is recommended.

REFERENCES:

American Dietetic Association website. Available at: http://www.eatright.org .


