



Assessing Obesity Beyond BMI

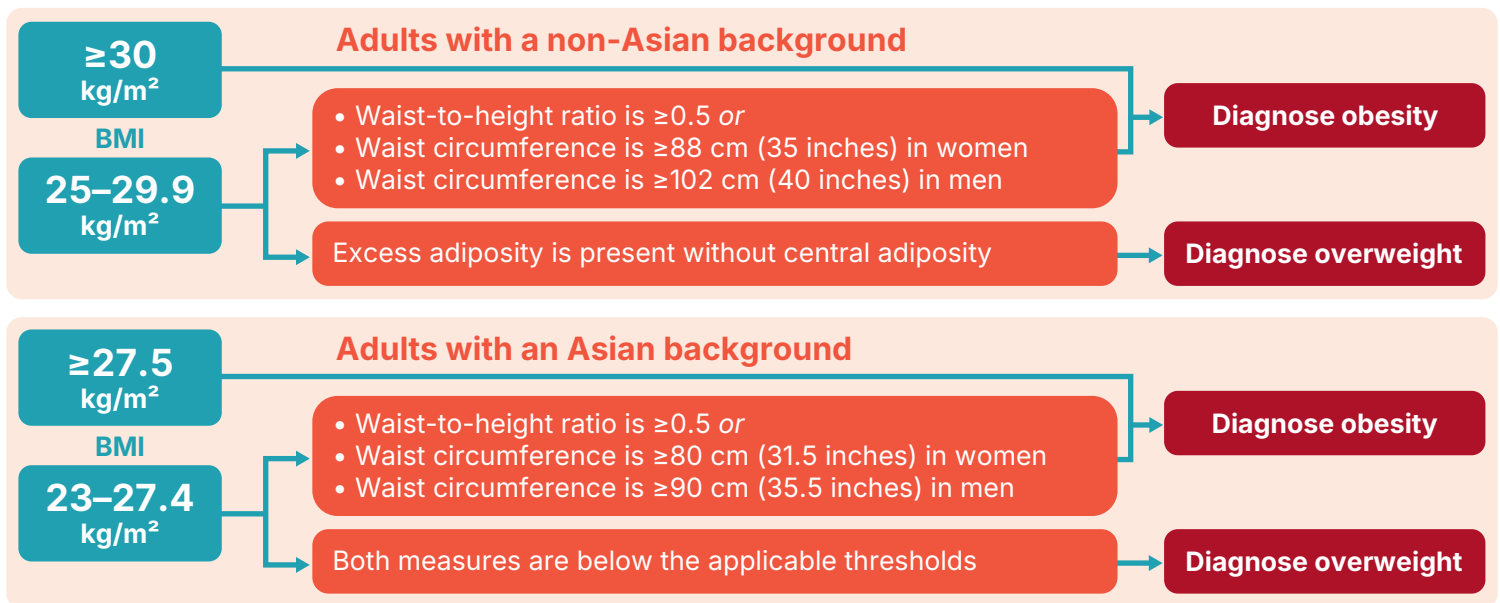
Body mass index (BMI) is a starting point, not the whole story.



Use BMI as the initial screening measure for excess adiposity.



When indicated, use waist-to-height ratio or waist circumference* to assess central adiposity and help distinguish weight status.



*Use waist-to-height ratio or waist circumference to assess central adiposity when higher muscle mass may elevate BMI. Consider a validated body composition assessment when measures are also affected by increased abdominal musculature.

Use Shared Decision-Making to Provide Personalized Evidence-based Care

Obesity requires continuous individualized support after diagnosis. Collaborate with the individual to develop a treatment plan based on obesity severity, related diseases and complications, treatment response, healthcare access, and the person's goals and preferences.

Consider using the 6As counseling framework to evaluate and manage overweight and obesity.

ASK permission to discuss and assess weight status

ASSESS health risks and obesity stage in a comprehensive evaluation

ADVISE on increasing morbidity and greater mortality risk as obesity stage increases

AGREE on person-centered goals

ASSIST with person-centered care planning and management

ARRANGE follow-up for support, monitoring, reassessment, and adjustment of care

Look beyond BMI.

Assess adiposity, health status, and individual circumstances to provide person-centered care rooted in respect, listening, and support.

Learn more at obesityassociation.org/Professional | 1-800-DIABETES (800-342-2383)

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