

OBESITY SCREENING AND TREATMENT

- You may not look forward to it, but your UHS doctor should monitor your weight at every visit. Obesity can increase your risk for developing certain diseases and health problems. Obesity screening can be done by calculating the Body Mass Index (BMI), a measure of weight to height, or by measuring waist circumference. BMIs of 30 or above are termed obese. A BMI of 25 to 29.9 is overweight.
- Obesity treatment may include group or individual nutrition counseling. Our physicians, with support from the UHS nutrition staff, are able to provide this type of intervention.
- Effective treatments for people with BMI >30 include intensive counseling and behavioral interventions for lifestyle change, and pharmacotherapy. Surgery is effective in reducing weight for people with BMI of 40 or greater. Talk to your UHS physicians about the options available.

