Figure 1. Proposed algorithm to diagnose obesity.

*The U.S. prevalence of central obesity in men with a normal BMI is less than 2% and less than 15% in women. Therefore, an alternative path for individuals with a normal BMI is to directly measure body fat percentage instead of waist circumference.

†Normal waist circumference cutoffs are described in Table 1.

‡Normal body fat percentage cutoffs have not been clearly defined—recommended values are less than 35% for women and less than 25% for men.