

# Doctors are told to get serious about obesity

November 13 2013, by Mike Stobbe

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Next time you go for a checkup, don't be surprised if your doctor gets on your case about your weight.

The medical profession has issued new guidelines for fighting the nation's obesity epidemic, and they urge physicians to be a lot more aggressive about helping patients drop those extra pounds.

Doctors should calculate your [body mass index](#), a weight-to-height ratio. And if you need to lose weight, they should come up with a plan and send you for counseling.

The guidelines were released this week by a group of medical organizations that include the American Heart Association, the American College of Cardiology and the Obesity Society.

**More information:** Guidelines: [www.obesity.org](http://www.obesity.org)

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