- High blood pressure – Hypertension.

- High blood sugar – Diabetes.

- Sleep disorder.

- Cancer – cancer of breast, cervix, ovary, liver, gallbladder, kidney, colon, rectum and prostrate.

- Diseases of the joints.

- Lung disorders.

Diagnosing "Overweight" in Individuals

In this section, you will learn how to diagnose an overweight individual through measuring waist circumference. Waist Circumference is a commonly used method to identify individuals at risk of being overweight at the community level and in the clinics.

Waist Circumference (WC)

People who develop excess body fat especially around the waist are more likely to develop Non-Communicable Diseases even if they have no other risk factors. It can be measured by taking waist circumference in centimetres (cm).

Less than or equal to 90 cm in men

Less than or equal to 80 cm in women
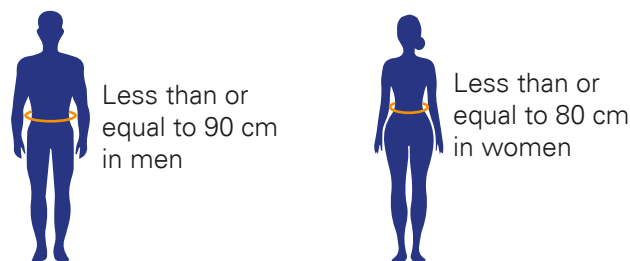
The steps are:

Tool

- Non-stretchable flexible measuring tape.

Important point to keep in mind

- Waist circumference should be taken on standing posture.

Process steps

- Remove any layers of clothing blocking the waist. If the individual is unwilling to remove clothing the measurement can be taken over the thinnest layer of clothing.

- The individual stands straight looking in front with abdomen (stomach) relaxed, arms at side and their feet fairly close together.

- You will stand in front, facing the subject. Find the midpoint between the lowest rib/bony point in front and top of hip bone in back. Waist circumferences can also be measured across the umbilical line.

- The person should be asked to breathe normally. At the time of the reading of the measurement she/he asked to breathe out gently.