Non-alcoholic fatty liver disease (NAFLD) prevalence is estimated to be around one-third of the total population, NAFLD link to metabolic syndrome; cardiovascular mortality, steatohepatitis (NASH), liver fibrosis, cirrhosis and hepatocellular carcinoma.

The aim of our study to examin how family physicians (FPs) identify and document obesity.

Methods:
352 NAFLD patients from the liver unit of the EMMS Nazareth hospital were include in the study.

The body mass index (BMI) was determined by the study staff and compared with the data retrieved from the family practices database regarding the BMI documentation and obesity diagnosis. Demographic variables, comorbidities, and medication use were also extracted.

Multivariat odds ratios (ORs) and 95% confidence intervals (CIs) were obtained to determine the predictors on BMI and NAFLD/NASH documentation.

Results:
The diagnosis of NAFLD/NASH was documented in 193 of 352 patients (54%).
254 (72%) of NAFLD/NASH meet the diagnostic criteria of metabolic syndrome, the documentation of MS was in only 13 from the 254 (5%) patients.

97 of the 352 NAFLD/NASH patients (27%) were obese (BMI 30), and 144 (41%) were overweight (BMI 25-29.9). BMI was documented in 43 of 97 obese patients (44%) and in 61 of 144 overweight patients (42%).

Older patients (OR, 2.35, 95% CI 1.28-5.31) and obese patients (OR, 2.05, 95% CI 1.78-5.49) were more likely to have BMI calculation and NAFLD/NASH documentation by their FPs.

Patients with comorbid conditions such as diabetes mellitus (OR, 4.48, 95% CI 2.34-8.52) and hypertension (OR, 3.75, 95% CI 1.98-8.67) were also more likely to have their BMI documented as well as NAFLD/NASH and MS diagnosis documentation.

Conclusions:
FPs failed to identify most obese and overweight patients, as well as NAFLD/NASH and MS syndrome patients as seen by lack of BMI documentation and concordant diagnosis in the medical problem list. Determination of BMI and NAFLD/NASH, MS documentation by FPs are of utmost importance, and their incorporation into medical care should be optimized.