**Abstract**

**Background:** Obesity has become a problem of public health magnitude with substantial economic burden both in the developed as well as the developing countries.

**Aim:** the aim of this study is to estimate the prevalence of over weight, obesity, abdominal obesity and metabolic syndrome among the patient attending the family medicine out patient clinic at kasr Al-ainy.

**Subject and Methods**: A cross-sectional study including 300 adult above 18 years who attend the family medicine out patient clinic. The participants were interviewed about their socio-demographic, life style and health diseases status. This was done using the modified WHO stepwise approach to surveillance of non communicable diseases steps, after its translation to Arabic. The diagnosis of Metswas based on NCEP-ATP III revised criteria.

**Results:** in the current study it was found that only 14.3% of the studied population were normal weight, 28% were over weight while 57.5% were obese. The mean of WC in the studied females was 114cm while in males it was 111cm; the mean WC in the people having Mets was 116 cm.

In the current study it was found that nearly half of the participants had metabolic syndrome and it was significantly commoner in men than women.

**Recommendation:** doctors in family health units and in primary care settings should be aware about the importance of screening obesity and should be aware about the five risk factors related to metabolic syndrome with a view to offering appropriate treatment.

**Key words:** prevalence, obesity, abdominal obesity, waist circumference, metabolic syndrome.