OBESITY FACTS: What is Obesity?

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health when localised in the intra-visceral and abdominal area.

WAYS TO DEFINE OBESITY

Body Mass Index

A simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person’s weight in kilograms divided by the square of person’s height in meters (kg/m²).

Body Mass Index Definitions:

- **BMI > 25** overweight
- **BMI > 30** obesity

Waist Circumference

A measurement of your waist to assess abdominal fat tissue and an indicator of health risk associated with excess fat around waist⁴.

Healthy Waist Circumference⁴:

- **Women**: Healthy 85cm - 87cm, Unhealthy 89cm - 90cm
- **Men**: Healthy 100cm - 101cm, Unhealthy 103cm - 104cm

Bio-Impedancemetry

A more accurate way to analyse body composition. Bioelectrical impedance analysis (BIA) determines the electrical impedance and allows to measure the fat mass and fat free mass of the body⁷.

Body Fat Percentage Definitions⁷:

OBESITY IN EUROPE

In Europe it is estimated that 23% of women and 20% of men currently have obesity⁸.

By 2030, it is estimated that more than 50% of European population will have obesity⁹.

In some European countries the number of people overweight or having obesity may be as high as 90% of the population⁸.

337,000 premature deaths caused by obesity each year in Europe⁹.

Overweight & obesity are responsible for up to 80% of cases of type 2 diabetes¹⁰.

€70 billion per year in healthcare costs and lost productivity¹⁰.
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