OBESITY FACTS: What is Obesity?¹

Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health when localised in the intra-visceral and abdominal area.²

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).³

Body Mass Index Definitions:⁴

![BMI >25 overweight BMI >30 obesity](image)

**Waist Circumference**
A measurement of your waist to assess abdominal fat tissue and an indicator of health risk associated with excess fat around waist⁵.⁶

Healthy Waist Circumference:⁷

<table>
<thead>
<tr>
<th></th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy</td>
<td>85cm</td>
<td>100cm</td>
</tr>
<tr>
<td>Unhealthy</td>
<td>88cm</td>
<td>102cm</td>
</tr>
</tbody>
</table>

**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 body⁸.

Body Fat Percentage Definitions⁹:

![Men >25% unhealthy BMI >30% obese Women >30% obese BMI >25](image)

OBESITY IN EUROPE

In Europe it is estimated that 23% of women and 20% of men currently have obesity⁰,

By 2030, it is estimated that MORE THAN 50% of European population will have obesity¹¹.

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

337,000 premature deaths caused by obesity each year in Europe¹².

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

€70 billion per year The exceeded cost of obesity in Europe already in healthcare costs and lost productivity*.
REFERENCES

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viii  WHO Europe


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