OBESITY FACTS: What is Obesity?\(^i\)
Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health when localised in the intra-visceral and abdominal area.\(^i\)

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/m\(^2\)).

Body Mass Index Definitions:\(^v\):
- **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 waist\(^iv\).

Healthy Waist Circumference\(^iv\):
- **Women**
  - Healthy: 86cm - 88cm
  - Unhealthy: 89cm - 90cm
- **Men**
  - Healthy: 100cm - 102cm
  - 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 body\(^iv\).

Body Fat Percentage Definitions\(^vii\):

WAYS TO DEFINE OBESITY IN EUROPE

In Europe it is estimated that **23% of women** and **20% of men** currently have obesity\(^ix\).

By 2030, it is estimated that **MORE THAN 50%** of European population will have obesity\(^ix\).

In some European countries the number of people overweight or having obesity may be as high as **90% of the population**\(^vii\).

**337,000 premature deaths**
caused by obesity each year in Europe\(^x\).

Overweight & obesity are responsible for up to **80% of cases of type 2 diabetes**\(^xii\).

**€70 billion per year**
The exceeded cost of obesity in Europe already in healthcare costs and lost productivity\(^x\).
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