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).

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

**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.

Body Mass Index Definitions:
- **BMI >25** overweight
- **BMI >30** obesity

Waist Circumference Definitions:
- Healthy Waist Circumference:
  - **Women**:
    - <85 cm
    - <87 cm
  - **Men**:
    - <100 cm
    - <105 cm

Body Fat Percentage Definitions:
- Healthy Waist Circumference:
  - **Women**:
    - <88 cm
  - **Men**:
    - <89 cm

OBESITY IN EUROPE

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

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

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 Europe.

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

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

[i] European Association for the Study of Obesity
[ii] Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health when localised in the intra-visceral and abdominal area.
[iii] Body Mass Index Definitions:
[iv] Biologically Impeccable Body Fat Percentage Definitions:
[v] Ways to Define Obesity
[vi] More Accurate Way to Analyse Body Composition
[vii] Healthy Waist Circumference Definitions
[viii] European Obesity Facts
[ix] BMI >25 overweight
[x] BMI >30 obesity
[xi] Healthy Waist Circumference
[xii] Bio-Impedancemetry
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