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.

Healthy Waist Circumference:
- Women: < 80cm
- Men: < 94cm

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 Fat Percentage Definitions:

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.

REFERENCES

5. WHO Europe. http://www.euro.who.int/en/health-topics/nutrition/a-healthy-lifestyle/body-mass-index#