

# OBESITY FACTS: What is Obesity?<sup>i</sup>

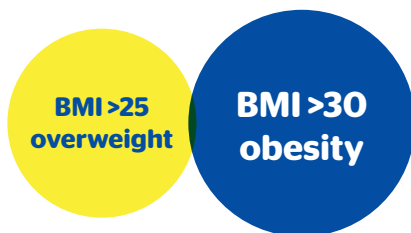
Overweight and obesity are defined as abnormal or excessive fat accumulation that may impair health when localised in the intra-visceral and abdominal area.<sup>ii</sup>

## 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<sup>2</sup>)<sup>v</sup>.

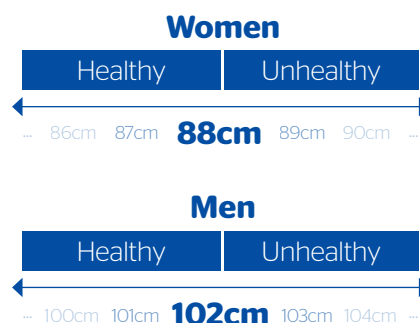
Body Mass Index Definitions<sup>v</sup>:



### Waist Circumference

A measurement of your waist to assess abdominal fat tissue and an indicator of health risk associated with excess fat around waist<sup>iii</sup>.

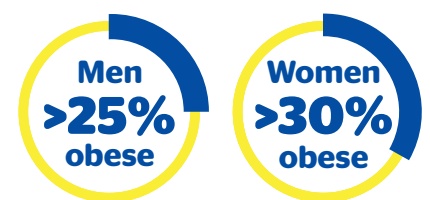
Healthy Waist Circumference<sup>vi</sup>:



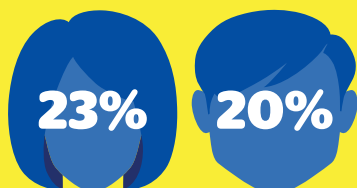
### Bio-Impedancemetry

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<sup>iv</sup>.

Body Fat Percentage Definitions<sup>vii</sup>:



## OBESITY IN EUROPE



In Europe it is estimated that **23% of women** and **20% of men** currently have obesity<sup>viii</sup>

**337,000** premature deaths

caused by obesity each year in Europe<sup>x</sup>



By 2030, it is estimated that **MORE THAN 50%** of European population will have obesity<sup>ix</sup>



Overweight & obesity are responsible for up to **80% of cases of type 2 diabetes**<sup>xii</sup>



In some European countries the number of people overweight or having obesity may be as high as **90% of the population**<sup>ix</sup>

**€70 billion per year**

The exceeded cost of obesity in Europe already in healthcare costs and lost productivity<sup>xi</sup>

### REFERENCES

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- ii Circulation Journal, American Heart Association, <http://circ.ahajournals.org/content/126/10/1301.full>
- iii Canadian Diabetes Association <http://www.diabetes.ca/diabetes-and-you/healthy-living-resources/weight-management/waist-circumference>
- iv National Institutes of Health, US Department of Health & Human Services <https://consensus.nih.gov/1994/1994bioelectricimpedancebodya015html.htm>
- v WHO Europe <http://www.euro.who.int/en/health-topics/disease-prevention/nutrition/a-healthy-lifestyle/body-mass-index-bmi#>
- vi Grundy SM, Cleeman JI, Daniels SR, et al. Diagnosis and management of the metabolic syndrome: an American Heart Association/National Heart, Lung, and Blood Institute Scientific Statement. Circulation. 2005;112:2735-52
- vii Okorodudu, et al. (2010). "Diagnostic performance of body mass index to identify obesity as defined by body adiposity: a systematic review and meta-analysis". International Journal of Obesity 34: 791-799. doi:10.1038/ijo.2010.5.
- viii WHO Europe <http://www.euro.who.int/en/health-topics/noncommunicable-diseases/obesity/data-and-statistics>
- ix L. Webber, D. Divajeva, T. Marsh et al. "The future burden of obesity-related diseases in the 53 WHO European-Region countries and the impact of effective interventions: a modelling study". BMJ Open (2014) 4(7): <http://bmjopen.bmj.com/content/4/7/e004787.full>
- x University of Cambridge (UK) <http://www.cam.ac.uk/research/news/lack-of-exercise-responsible-for-twice-as-many-deaths-as-obesity>
- xi The University of Reading (UK), Research and Enterprise Services; European Commission Eatwell Report: [http://cordis.europa.eu/result/rcn/53206\\_en.html](http://cordis.europa.eu/result/rcn/53206_en.html)
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