

Risk factors



Complications

- Cholesterol
- Type 2 diabetes
- High blood pressure
- Heart disease
- Stroke
- Cancer
- Breathing disorders
- Gallbladder disease

Obesity has more than doubled since 1980.

Obesity is a complex disorder involving an excessive amount of body fat.

13% of overweight adults were obese in 2014

OBESITY KILLS

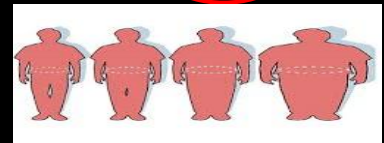
Obesity increases your risk of diseases and health problems, such as heart disease, diabetes and high blood pressure.

Obesity is diagnosed when your body mass index (BMI) is 30 or higher. BMI is calculated by dividing your weight in kilograms by your height in meters squared.
e.g: $110\text{kg} / (1.75\text{m} \times 1.75\text{m})$

What you can do:

- ✓ Make some healthy dietary changes
- ✓ Do moderate exercise (ask your GP if you are not sure if you can)
- ✓ Make changes to your behaviour that is causing unnecessary weight gain.

In 2014, more than 600 million adults were obese



42 million children under the age of 5 were overweight or obese in 2013.

BMI	Weight status
Below 18.5	Underweight
18.5 – 24.9	Normal
25.0 – 29.9	Overweight
30.0 – 34.9	Obese (Class I)
35.0 – 39.9	Obese (Class II)
40.0 and higher	Extreme obesity (Class III)