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*:

**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**:

WAYS TO DEFINE OBESITY

**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** The exceeded cost of obesity in Europe already in healthcare costs and lost productivity.
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