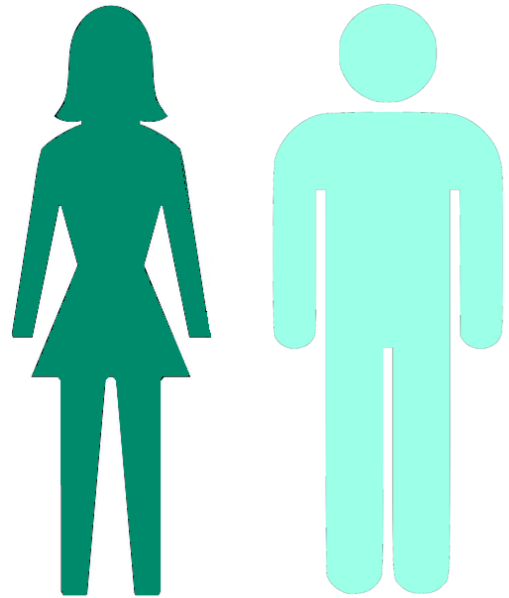


# Am I Overweight?

Obesity is a disease characterised by excessive body fat and can cause severe implications for your health. Many people in the UK do not know that they are obese or overweight and are unaware of the consequences. Use the chart below to calculate your BMI and find out if you are a healthy weight.

BMI is...

$$\frac{\text{Weight in kg}}{(\text{Height in m})^2}$$



26% of men and 24% of women are obese.

41% of men and 33% of women are overweight.

## Risks of being overweight / obese

