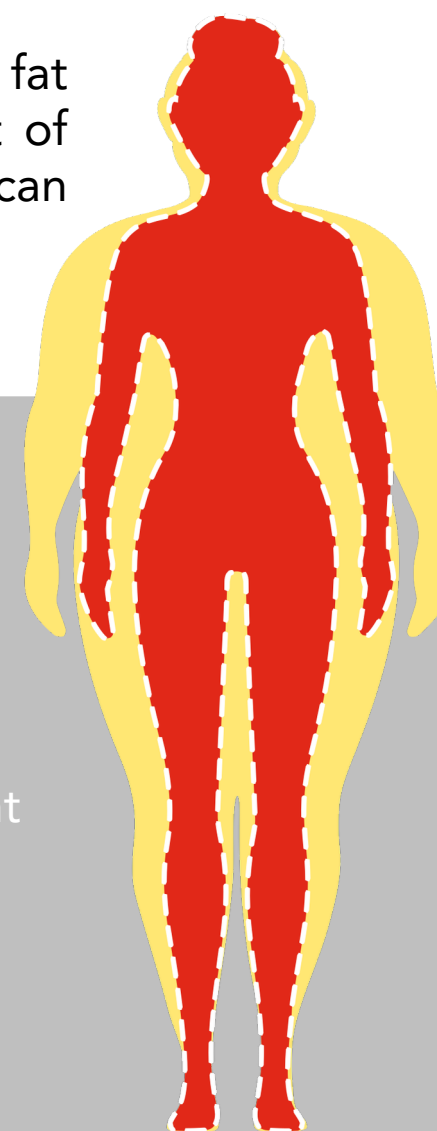




HOW DO I KNOW IF I AM OBESE?

Overweight and obesity are defined as “abnormal or excessive fat accumulation that may impair health”. While we may all carry a little bit of extra weight from time to time, persistent weight gain to the extent that it can impact our health, is a major cause for concern.

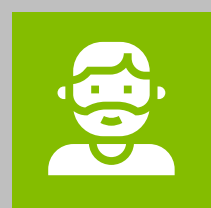


HOW DO WE MEASURE?

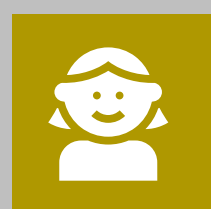
There are many ways of doing so but the most common and recognised is Body mass index (BMI) – an index of weight-for-height.

This is a person’s weight in kilograms divided by the square of her/his height in meters (kg/m²).

WHO defines overweight and obesity as follows:



ADULTS: Overweight is a BMI greater than or equal to 25; and obesity is a BMI greater than or equal to 30 in both male and female. This is a rough guide as the degree of fat in individuals can differ.



CHILDREN UNDER 5 YEARS OF AGE: Age needs to be considered when defining overweight and obesity. Overweight is weight-for-height greater than 2 standard deviations above WHO Child Growth Standards median; and obesity is weight-for-height greater than 3 standard deviations above the WHO Child Growth Standards median (see <https://www.who.int/tools/child-growth-standards>).



CHILDREN AGED BETWEEN 5–19 YEARS: According to the WHO, overweight is BMI-for-age greater than 1 standard deviation above the WHO Growth Reference median; and obesity is greater than 2 standard deviations above the WHO Growth Reference median.

If you think you or your child is obese or overweight to the extent that it can impact your health, contact your doctor, clinic or a dietician.



For more information, support and advice feel free to reach out to us on transneteap@mhg.co.za

Scan this QR code to see the video content.



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