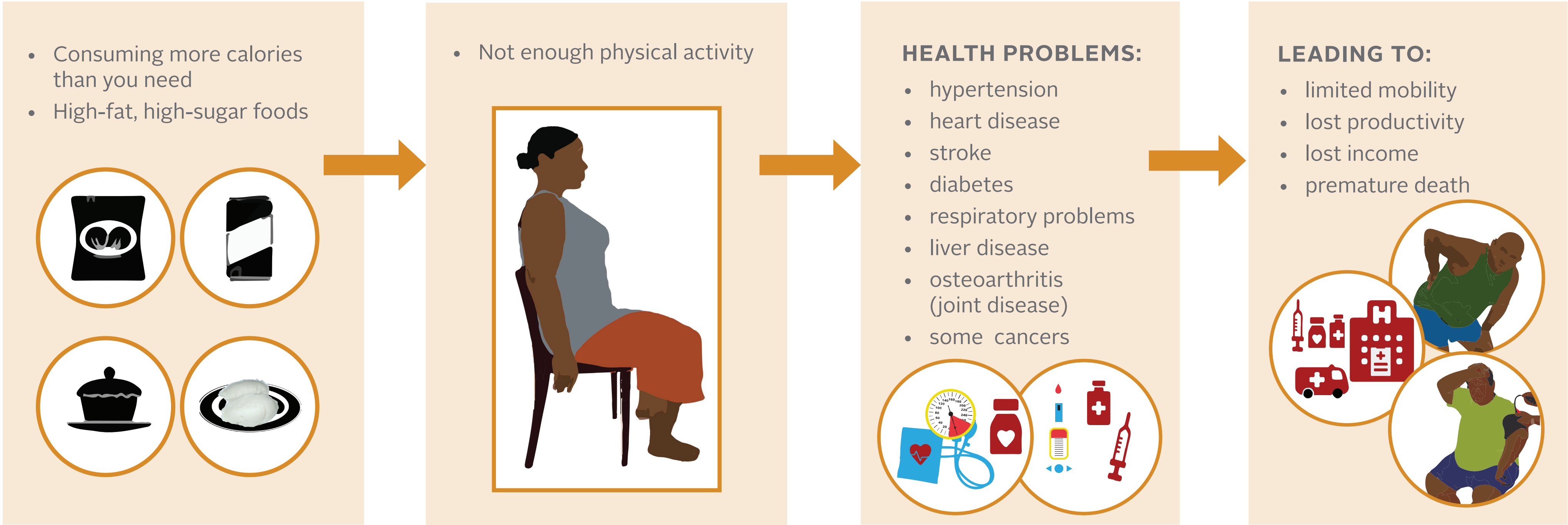
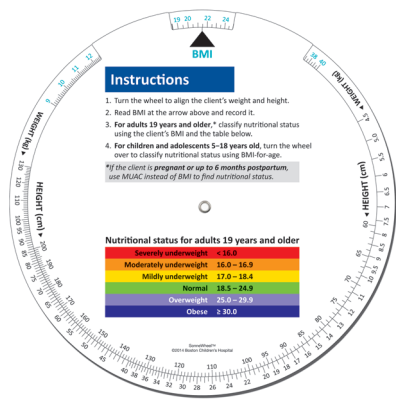


# Causes and Consequences of Overweight



## KNOW YOUR BMI

BMI means “body mass index” and is based on height and weight to reflect a person’s nutritional status. A high BMI indicates the body is carrying extra fat that can cause health problems.



Nutritional status	BMI
Severe underweight	<16.0
Moderate-mild underweight	16.0–18.4
Normal	18.5–24.9
Overweight	25.0–29.9
Obese	≥30.0

## MAKE HEALTHY CHOICES EVERY DAY



EAT MORE VEGETABLES  
AND FRUITS



AVOID JUNK FOODS  
AND DRINKS



GET ACTIVE  
AT ANY AGE