Causes and Consequences of Overweight

- Consuming more calories than you need
- High-fat, high-sugar foods
- Not enough physical activity

Health Problems:
- Hypertension
- Heart disease
- Stroke
- Diabetes
- Respiratory problems
- Liver disease
- Osteoarthritis (joint disease)
- Some cancers

Leading To:
- Limited mobility
- Lost productivity
- Lost income
- Premature death

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.

<table>
<thead>
<tr>
<th>Nutritional status</th>
<th>BMI</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe underweight</td>
<td>&lt;16.0</td>
</tr>
<tr>
<td>Moderate-mild underweight</td>
<td>16.0–18.4</td>
</tr>
<tr>
<td>Normal</td>
<td>18.5–24.9</td>
</tr>
<tr>
<td>Overweight</td>
<td>25.0–29.9</td>
</tr>
<tr>
<td>Obese</td>
<td>≥30.0</td>
</tr>
</tbody>
</table>

Make Healthy Choices Every Day

- Eat more vegetables and fruits
- Avoid junk foods and drinks
- Get active at any age