

WORLD OBESITY DAY – 4TH MARCH 2022

Theme: “Everybody Needs to Act”

Obesity : Is known as abnormal or excessive fat accumulation that presents a risk to health.

A body mass index (BMI) over 30 is considered Obese.

How to identify that you are OBESE?

STEP 1



Measure your weight in kilograms (Kg)



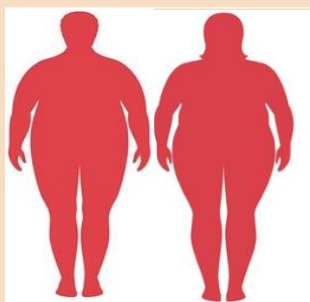
Measure your height in meters (m)

STEP 2

Calculate your BMI using this formula:

$$\text{BMI} = \frac{\text{Weight (Kg)}}{\text{Height(m)} \times \text{Height (m)}}$$

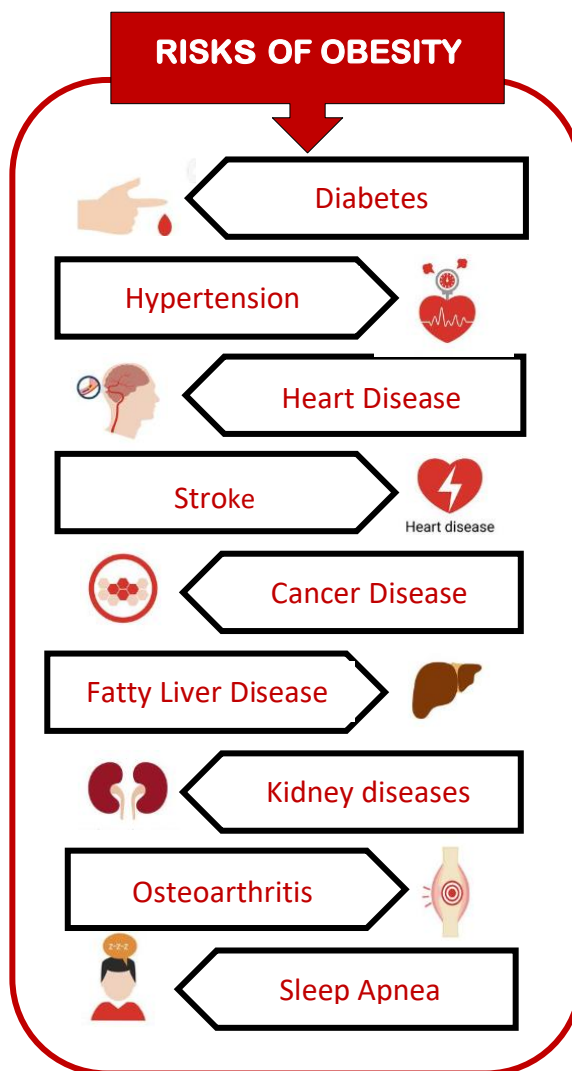
STEP 3



If your BMI is 30 kg/m² or more You are **OBESE**

- Need immediate action on an appropriate diet and more physical activity.
- You are more prone to develop risks of obesity (Non communicable diseases).
- Check with your doctor if you have any underlying conditions causing obesity.

RISKS OF OBESITY



Directorate of Non Communicable Diseases
Ministry of Health