



HEALTH ADVISORY

OVERWEIGHT & OBESITY

Excess weight that may impair health

How do I know if my weight is healthy?

Calculate your Body Mass Index



< 18.5
UNDERWEIGHT



18.5 - 24.9
NORMAL



> 25
OVERWEIGHT



> 30
OBESE

OVERWEIGHT AND OBESITY CAUSE

Serious Health Problems such as:



**HEART DISEASE
AND STROKE**



OSTEOARTHRITIS



DIABETES



CANCER

PREVENT WEIGHT GAIN BY:



**Limit fats and sugars, energy
intake and overall portion size**



**Increasing whole grains,
vegetables, legumes, fruits and nuts
Limit fats and sugars, energy intake
and overall portion size**



**Practising regular
physical activity**

Source: WORLD HEALTH ORGANIZATION