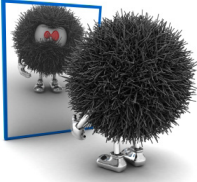


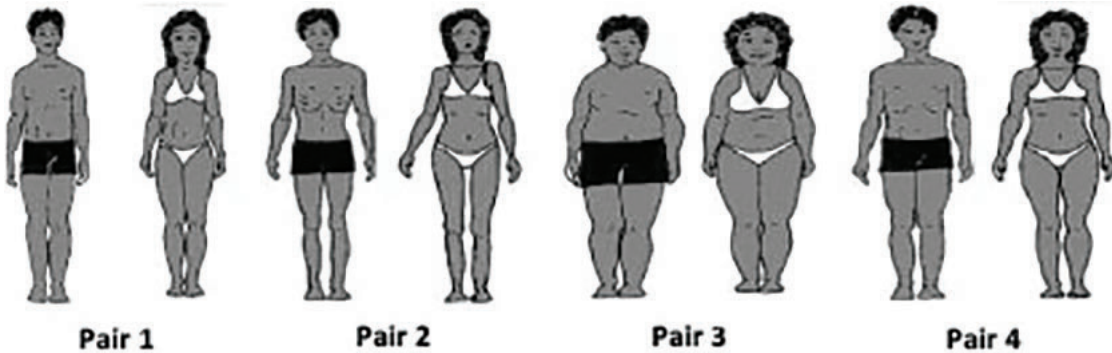
Maintaining a **HEALTHY WEIGHT** is not about how thin you look. A healthy weight is the weight that gives you the lowest health risk. Storage of too much body fat results in a person being overweight or obese, increasing their risk of serious health problems.



Recognising obesity

For each of the pairs below, do you think they are:

- Underweight
- Healthy weight
- Overweight
- Obese?

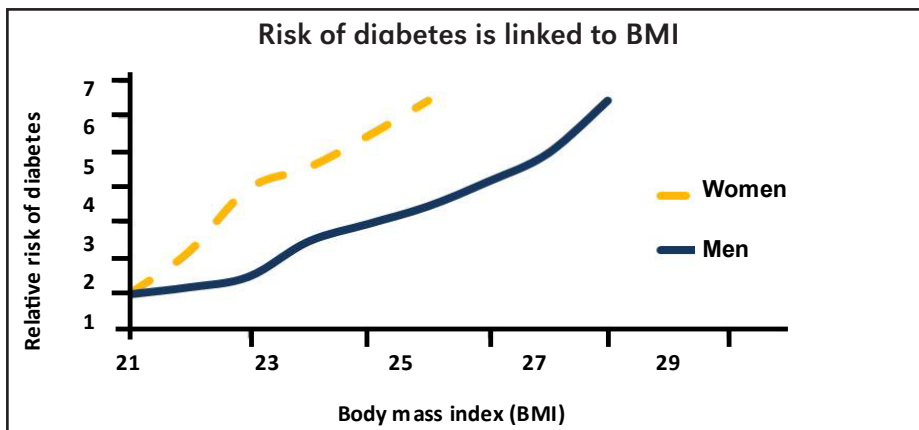


Mitola AL, Papas MA, Le K, Fusillo L, Black MM. Agreement with satisfaction in adolescent body size between female caregivers and teens from a low-income African-American community. *J Pediatr Psychol.* 2007;32(1):42-51. *Used with permission.*

How did you go?

Many people, including doctors, underestimate actual body size. Research has shown that most people in the healthy weight range select their correct body size, but about half of overweight people incorrectly describe themselves as having a healthy weight. Only 10% of those that were obese accurately described their body size.

Calculate your BMI $BMI = \frac{\text{your mass (kg)}}{\text{the square of your height (m}^2\text{)}}$



Kopelman PG. Obesity as a medical problem. *Nature* 2000; 404 (6778): 635-43. *Modified with permission.*



- Using the information from the graph, estimate your risk of type 2 diabetes.
- Adult BMI charts are not appropriate for young people under age 14 years. Why do you think that might be?