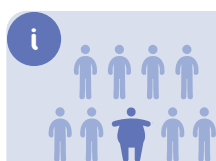# 🖥 OBESITY
UNDERSTANDING OBESITY

Obesity is a chronic condition caused by excessive body fat.

Obesity Measurement

The World Health Organisation (WHO) defines obesity based on Body Mass Index (BMI).

$$BMI = \frac{WEIGHT \text{ (Kilogram)}}{HEIGHT \times HEIGHT \text{ (Metre)}}$$

i Individuals with a BMI of 27.5 and above would be considered obese. According to the National Population Health Survey (2022), about 1 in 9 Singaporeans aged 18 to 74 years, was obese in 2021-2022.

Classification of Obesity

BMI Result	What does my result mean?
23.0 - 27.4	**Overweight** (Moderate Risk)
27.5 – 32.4	**Obese** (High Risk)
32.5 – 37.4	**Severely Obese** (Very High Risk)
37.5 and above	**Morbidly Obese** (Very High Risk)

Note: The above BMI ranges may not be accurate for youths under 18 years of age, pregnant women, athletes and individuals with a muscular build. BMI only provides an estimate and does not measure one's fat and muscle mass.

Complications

Serious health risks
Increases the risk of diabetes, high blood pressure, and shortens your life span.

Joint Damage
Being overweight puts extra strain on the knees, leading to deterioration. Local data from 2015 showed that the risk of knee replacements increased by 27% with an increasing BMI.

STEP 1
Take this Quiz to test your knowledge!
for.sg/quiz-obesity

STEP 2
Visit the Health Library for more tips & resources.
for.sg/ht-health-library