







# BMI and obesity: Where are you on the UK fat scale?

24 April

The majority of adults in the UK are overweight or obese according to national health surveys, yet research suggests we are a country in denial about our weight.

Use this calculator to find out your own body mass index (BMI) and see how you compare with the rest of the nation. You will also get tips from health experts and useful links to information on how to improve your health.



**Tap to find out where you fit on the UK fat scale >**

If you can't see the calculator [tap or click here](#).

- [Hugh Fearnley-Whittingstall on why Britain is losing the fat fight](#)
- [Can we trust BMI to measure obesity?](#)
- [The Truth About Obesity](#)



Waist size (optional) ⓘ

13

cm in



See how you compare ➤

The BBC will not store any of your data

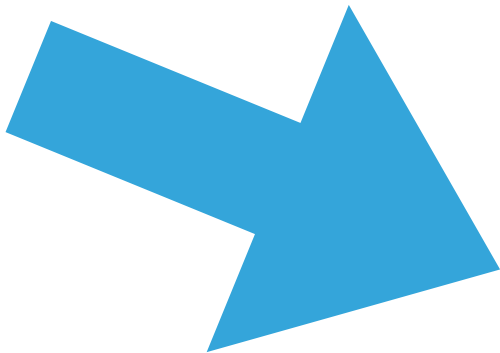
## Your BMI

Your BMI is **37.3** which is in the **obese** category



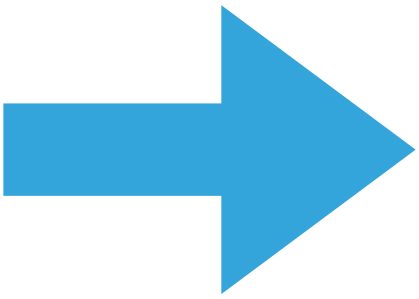












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Healthy Overweight Obese

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Healthy

Overweight

Obese

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