BMI

The term obese describes a person who's very overweight, with a lot of body fat.

It's a common problem in the UK that's estimated to affect around 1 in every 4 adults and around 1 in every 5 children aged 10 to 11.

How to tell if you're obese

The most widely used method to check if you're a healthy weight is body mass index (BMI).

BMI is a measure of whether you're a healthy weight for your height. You can use the NHS BMI healthy weight calculator to work out your score.

BMI is not used to diagnose obesity because people who are very muscular can have a high BMI without much fat.

But for most people, BMI is a useful indication of whether they're a healthy weight.

Risks of obesity

It's very important to take steps to tackle obesity because, as well as causing obvious physical changes, it can lead to a number of serious and potentially life-threatening conditions.

These include:

type 2 diabetes

coronary heart disease

some types of cancer, such as breast cancer and bowel cancer

stroke

<https://digital.nhs.uk/data-and-information/publications/statistical/statistics-on-obesity-physical-activity-and-diet/england-2020>

<https://www.google.com/search?q=area+chart+bmi&rlz=1C1CHBF_en-GBGB975GB975&sxsrf=AOaemvLH-IXp4lOxP4fTkBBf_yWTAO5xhg:1640705806298&tbm=isch&source=iu&ictx=1&fir=Rb5ZxggHnQSIeM%252CEqvGnoc4fYkvhM%252C_%253BvJSskI0VDUCRUM%252C-u14gVxYoZ5-qM%252C_%253B7yNHrSHrO6azwM%252ClUEqcA42OSGJJM%252C_%253BahrBsAgqdt3UXM%252Cn3RBfOZozx72fM%252C_%253BMkfJNcssLkYfGM%252CB_Z1LVq_j0mmLM%252C_%253B-Pya2wzoiC3n4M%252CHpwYe1rDPAVhIM%252C_%253BwqWXjrJOnc17qM%252CEqvGnoc4fYkvhM%252C_%253Bngie65RYQ5TWLM%252Cl5o0jEzHSMCmEM%252C_%253BkdK8DkICbZ4DQM%252C-odtohNwNQmwXM%252C_%253BB5q0s5MLIfUA1M%252CWjGFg7VrEtd5DM%252C_&vet=1&usg=AI4_-kT3Jx3WXrQXeqZBDBQgvu60uvayTA&sa=X&ved=2ahUKEwiDkI-26Yb1AhXMEcAKHbGkC9UQ9QF6BAgHEAE#imgrc=7yNHrSHrO6azwM>