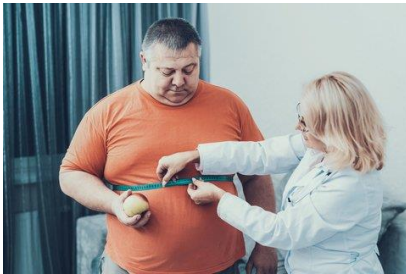


Obesity Health Risks



This is easy read information for people with learning disabilities explaining obesity and the health problems that it can cause.



The words '**overweight**' and '**obesity**' mean that a person has extra body fat they do not need.



You may have seen or heard about the letters **BMI**.

This means Body Mass Index.

Health professionals use the **BMI Scale** to find out when a person is a healthy weight for their height.

WEIGHT	Age	90	100	110	120	130	140	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290
4'8"	142.2	20	22	25	27	29	31	34	36	38	41	43	47	50	54	58	61	65	71	77	83	90
4'9"	144.7	19	22	24	26	28	30	32	35	37	39	41	45	48	52	56	60	65	71	77	83	90
4'10"	147.3	19	21	23	25	27	29	31	33	35	38	40	43	46	50	54	59	65	71	77	83	90
4'11"	149.8	18	20	22	24	26	28	30	32	34	36	38	41	44	48	53	59	65	71	77	83	90
4'12"	152.4	18	20	21	23	25	27	29	31	33	35	37	39	41	44	48	53	59	65	71	77	83
5'1"	154.9	17	19	21	23	25	26	28	30	32	34	36	38	40	43	47	52	58	64	70	76	83
5'2"	157.4	16	18	20	22	24	26	27	29	31	33	35	37	39	42	46	51	57	63	69	75	82
5'3"	160.0	16	18	19	21	23	25	27	28	30	32	34	35	37	39	42	46	51	57	63	69	75
5'4"	162.5	15	17	19	21	22	24	26	27	29	31	33	34	36	38	39	41	45	50	56	62	68
5'5"	165.1	15	17	18	20	22	23	25	27	28	30	32	33	35	37	38	40	44	49	55	61	67
5'6"	167.5	15	16	18	19	21	23	24	26	27	29	31	32	34	36	37	39	43	48	54	60	66
5'7"	170.1	14	16	17	19	20	22	24	25	27	28	30	31	33	34	36	38	42	47	53	59	65
5'8"	172.7	14	15	17	18	20	21	23	24	26	27	29	30	32	33	35	37	40	45	51	57	63
5'9"	175.2	13	15	16	18	19	21	22	24	25	27	28	30	31	33	34	36	39	44	50	56	62
5'10"	177.8	13	14	16	17	19	20	22	23	24	26	27	29	30	32	33	34	36	39	44	50	56
5'11"	180.3	13	14	15	17	18	20	21	22	24	25	27	28	29	31	32	33	35	38	43	49	55
5'12"	182.8	12	14	15	16	18	19	20	22	23	24	26	27	28	30	31	33	34	36	39	44	50
6'1"	185.4	12	13	15	16	17	18	20	21	22	24	25	26	28	29	30	32	33	34	36	39	44
6'2"	187.9	12	13	14	15	17	18	19	21	22	23	24	26	27	28	30	31	32	33	35	38	43
6'3"	190.5	11	13	14	15	16	18	19	20	21	23	24	25	26	28	29	30	31	33	34	35	36
6'4"	193.0	11	12	13	15	16	17	18	19	21	22	23	24	25	27	28	29	30	32	33	34	35
6'5"	195.5	11	12	13	14	15	17	18	19	20	21	23	24	25	26	27	28	30	31	32	33	34
6'6"	198.1	10	12	13	14	15	16	17	18	20	21	22	23	24	25	27	28	29	30	31	32	34
6'7"	200.6	10	11	12	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	32	33
6'8"	203.2	10	11	12	13	14	15	16	18	19	20	21	22	23	24	25	26	27	29	30	31	32
6'9"	205.7	10	11	12	13	14	15	16	17	18	19	20	21	23	24	25	26	27	28	29	30	31
6'10"	208.2	9	10	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
6'11"	210.8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	25	26	27	28	29	30

The **BMI Scale** uses numbers which show your weight and height.

It might look like this picture.



You use your weight and your height to work out where you are in this list:



- Healthy weight — BMI of 18 - 25



- Overweight — BMI of 25 - 30



- Obesity I — BMI of 30 - 35



- Obesity II — BMI of 35- 40

- Extreme Obesity — BMI of 40 or more



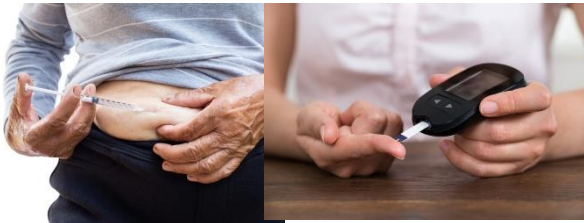
A person who knows you best or a health professional can help you to work out your **BMI**.



If you know your height and weight you can do this yourself on the [NHS website](#)



If you are in the obesity or extreme obesity part of the scale, you are more at risk of having health problems.



- Type 2 Diabetes



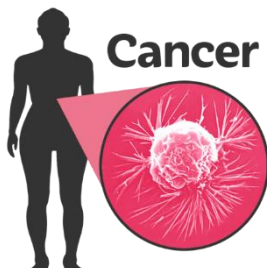
Heart problems like:

- Coronary heart disease
- High blood pressure
- Stroke



Breathing problems like:

- Breathlessness
- Obstructive sleep apnoea



Cancer

- Some cancers



- Depression
- Psychological distress



If you are obese it can mean that you may die sooner than other people.



Most of the health problems caused by obesity and extreme obesity can be stopped or made better by losing weight.

You can lose weight through a healthy diet and exercise.