

The Health Effects of Overweight and Obesity

Research has shown that as weight increases to reach the levels referred to as "overweight" and "obesity,"* the risks for the following conditions also increases: [National Institute of Health Evidence Report](#)

- Coronary heart disease
- Type 2 diabetes
- Cancers (endometrial, breast, and colon)
- Hypertension (high blood pressure)
- Dyslipidemia (for example, high total cholesterol or high levels of triglycerides)
- Stroke
- Liver and Gallbladder disease
- Sleep apnea and respiratory problems
- Osteoarthritis (a degeneration of cartilage and its underlying bone within a joint)
- Gynecological problems (abnormal menses, infertility)

BMI to Describe Various Levels of Body Fat

NORMAL
BMI 18.5 – 24.9



OVERWEIGHT
BMI 25 – 29.9



OBESE
BMI 30 – 34.9



SEVERE OBESE
BMI 35 – 39.9



MORBIDLY OBESE
BMI ≥ 40

