



香港紅十字會
HONG KONG RED CROSS

Obesity and Health

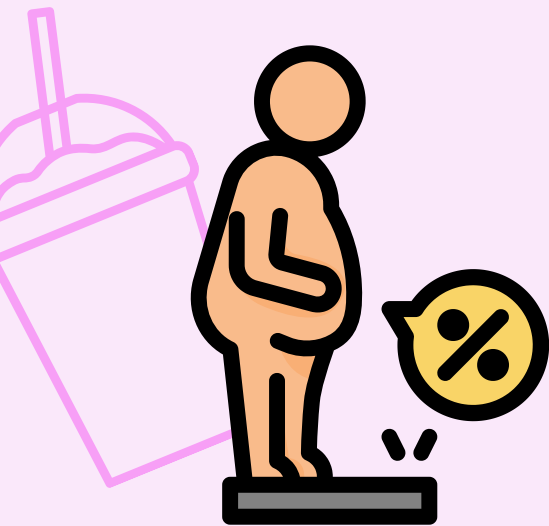


Obesity is defined as abnormal or excessive fat accumulation that presents a risk to health. According to the Population Health Survey (PHS) 2014/15 conducted by the Department of Health, nearly 50% of persons aged 15-84 were obese or overweight.



Are you obese?

We can use Body mass index (BMI) and Waist circumference as a measure of obesity.



Body mass index (BMI)

= Weight (kg) / Height (m) x Height (m)

Obese	BMI 25 or above
Overweight	BMI 23 - 24.9
Normal	BMI 18.5 - 22.9
Underweight	BMI below 18.5

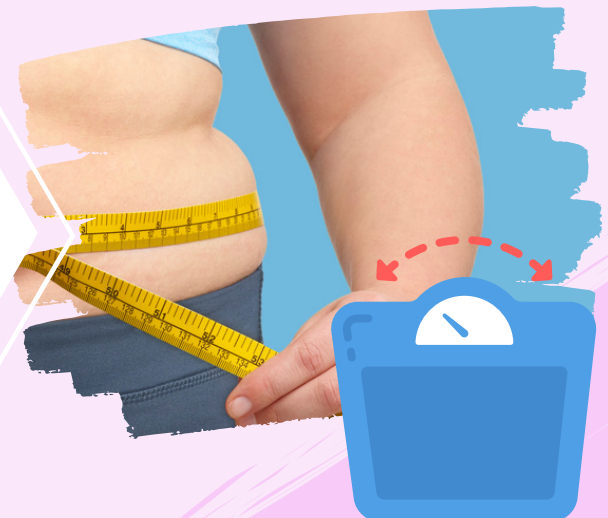
*For reference by Asian adults

Central Obesity

If you have a waist measurement of over the following limits, you are central obesity and have high abdominal fat accumulation.

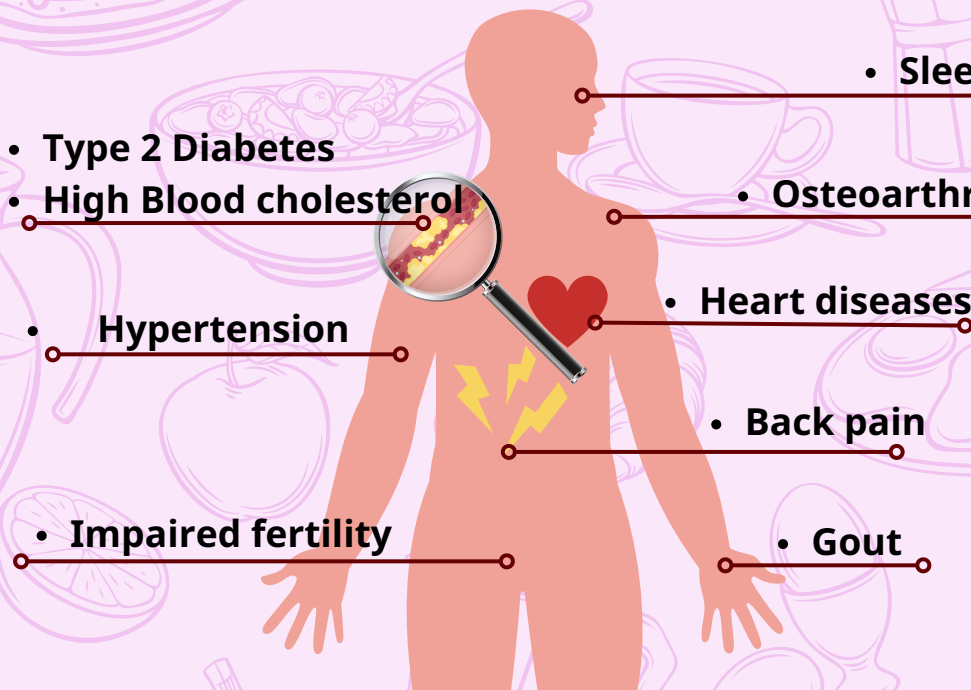
Gender	Waist Circumference (cm)	Waist Circumference (inch)
Male	90 or above	~36
Female	80 or above	~32

*For reference by Asian adults



Obesity and health problems

Obesity increases the risk of many chronic diseases.



Factors leading to obesity

Energy intake that exceeds energy expenditure is the main driver of weight gain.



Tips for maintaining desirable body weight

Reduce intake of calories

Smart choice

- ✓ Choosing food with “Low fat”, “low-salt”, “low sugar” and “High fiber”

- ✗ Avoid eating high sugar food
- ✗ Avoid eating high fat food
- ✗ Avoid adding condiments

When eating out, request food with ...



Less oil	No animal skin and fatty meat
No condiments	Less sugar

Increase the burning of calories

Healthy lifestyle

- ✓ Walk 10 000 steps a day
- ✓ Exercise Daily
- ✓ Keep moving
 - Use the stairs instead of elevators or escalators
 - Get off the transportation at least one stop early
 - Walk instead of drive
 - Assist in the housework



References :

Hospital Authority
Department of Health

The above information is
for reference only.

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