

Body Mass Index

$$BMI = \frac{\text{Weight in Kilograms (kg)}}{\text{Height(m) x Height(m) in meters } (m^2)}$$

$$(kg / m^2)$$



KNOW YOUR (BMI) BODY MASS INDEX

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march 2017

#Hands On Obesity

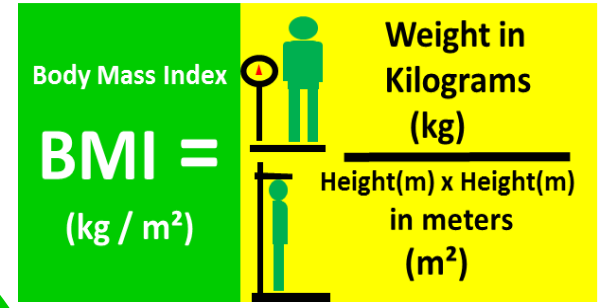
#GLOBALACTIONAGAINSTOBESITY

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#YesWeCanStopObesity



BMI > 25

Overweight

BMI > 30

Obesity

Hands On Obesity

We calculated total biomass as the product of population size and average body mass. We estimated the percentage of the population that is overweight (BMI > 25) and obese (BMI > 30) and the biomass due to overweight and obesity. In 2005, global adult human biomass was approximately 287 million tonnes, of which **15 million tonnes** were due to overweight (BMI > 25), a mass equivalent to that of 242 million people of average body mass (5% of global human biomass). Biomass due to obesity was **3.5 million tonnes**, the mass equivalent of 56 million people of average body mass (1.2% of human biomass)

https://www.researchgate.net/publication/227341112_The_weight_of_nations_An_estimation_of_adult_human_biomass

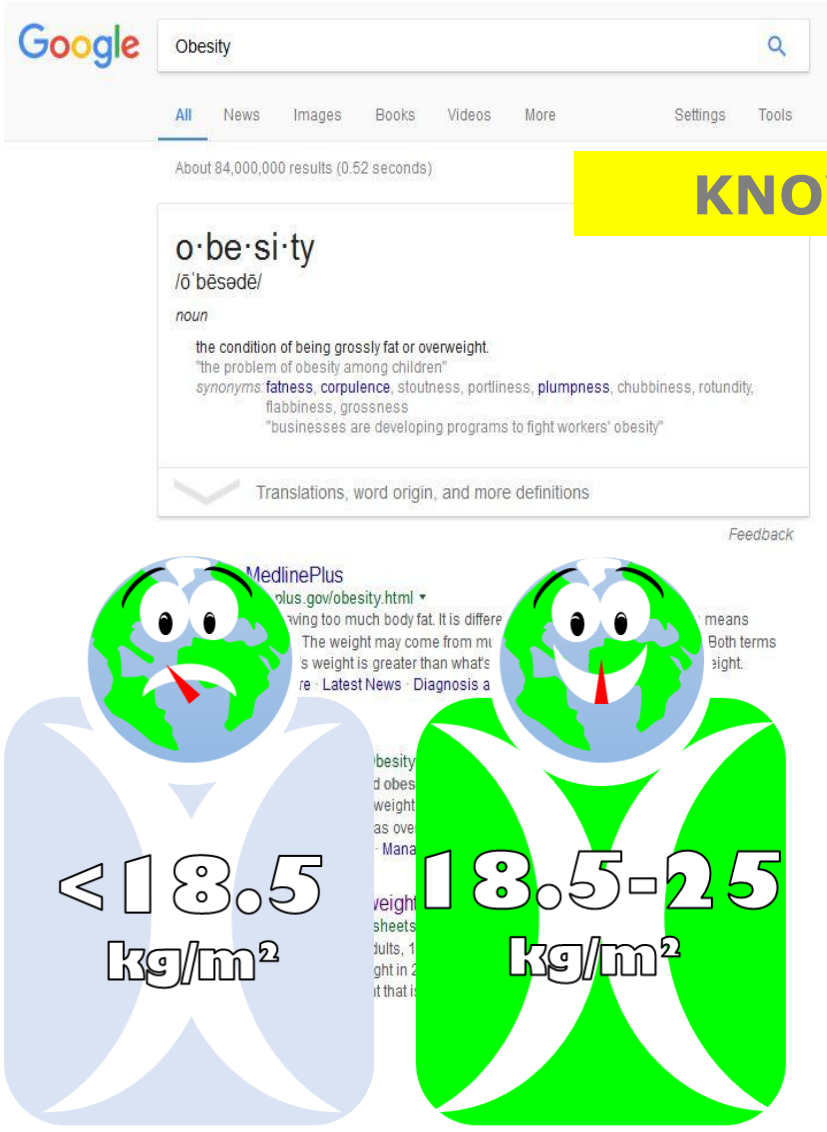
Source: PubMed

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Overcoming

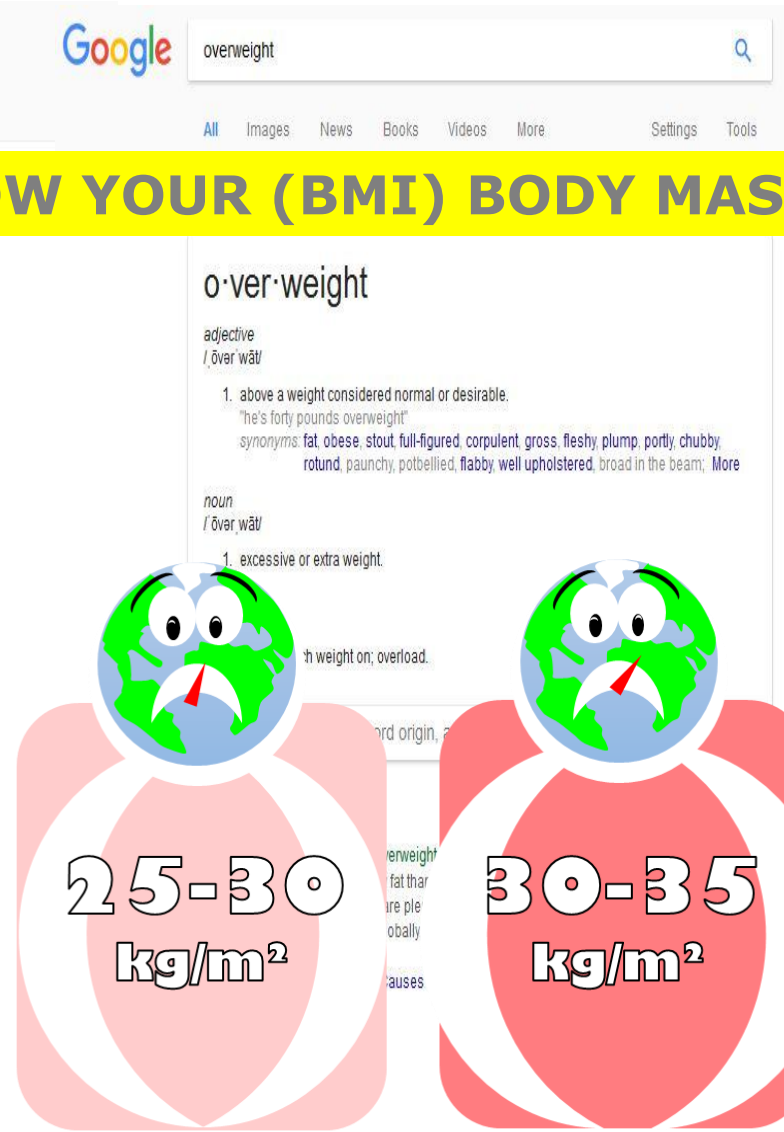
Overcoming Overweight And Obesity

KNOW YOUR (BMI) BODY MASS INDEX



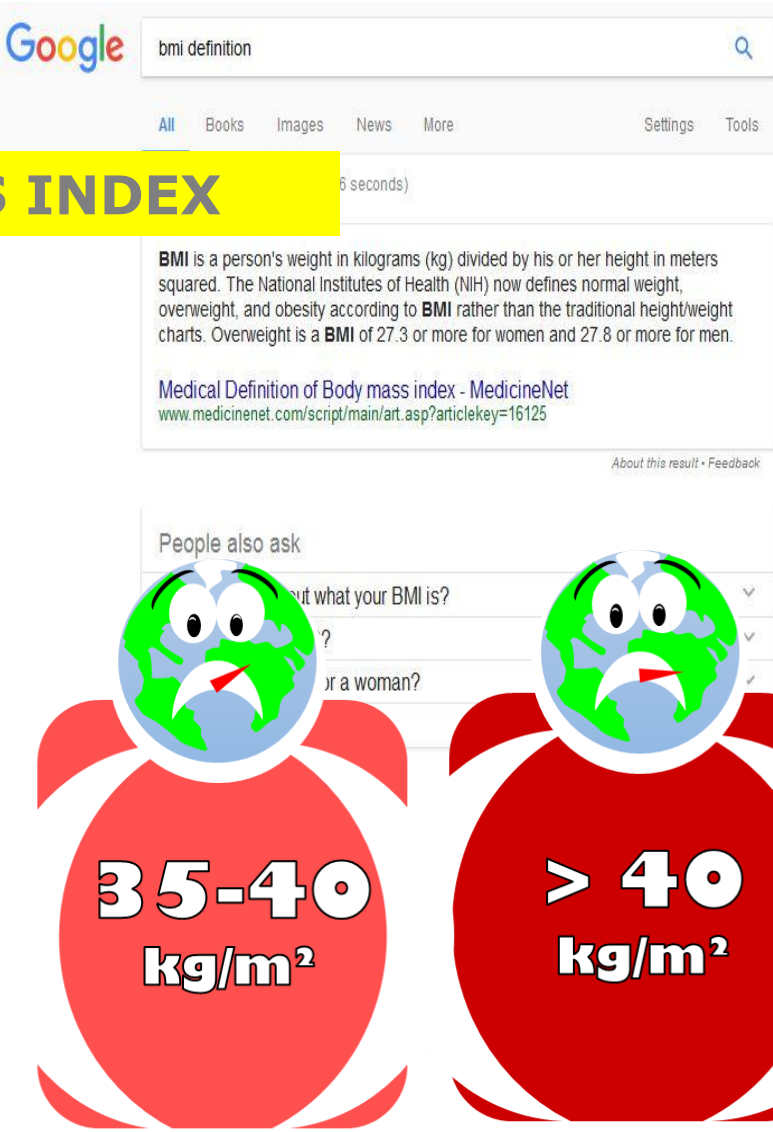
underweight

normal weight



overweight

class I obesity



class II obesity

class III obesity

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#GET FIT THERE IS NO BODY B



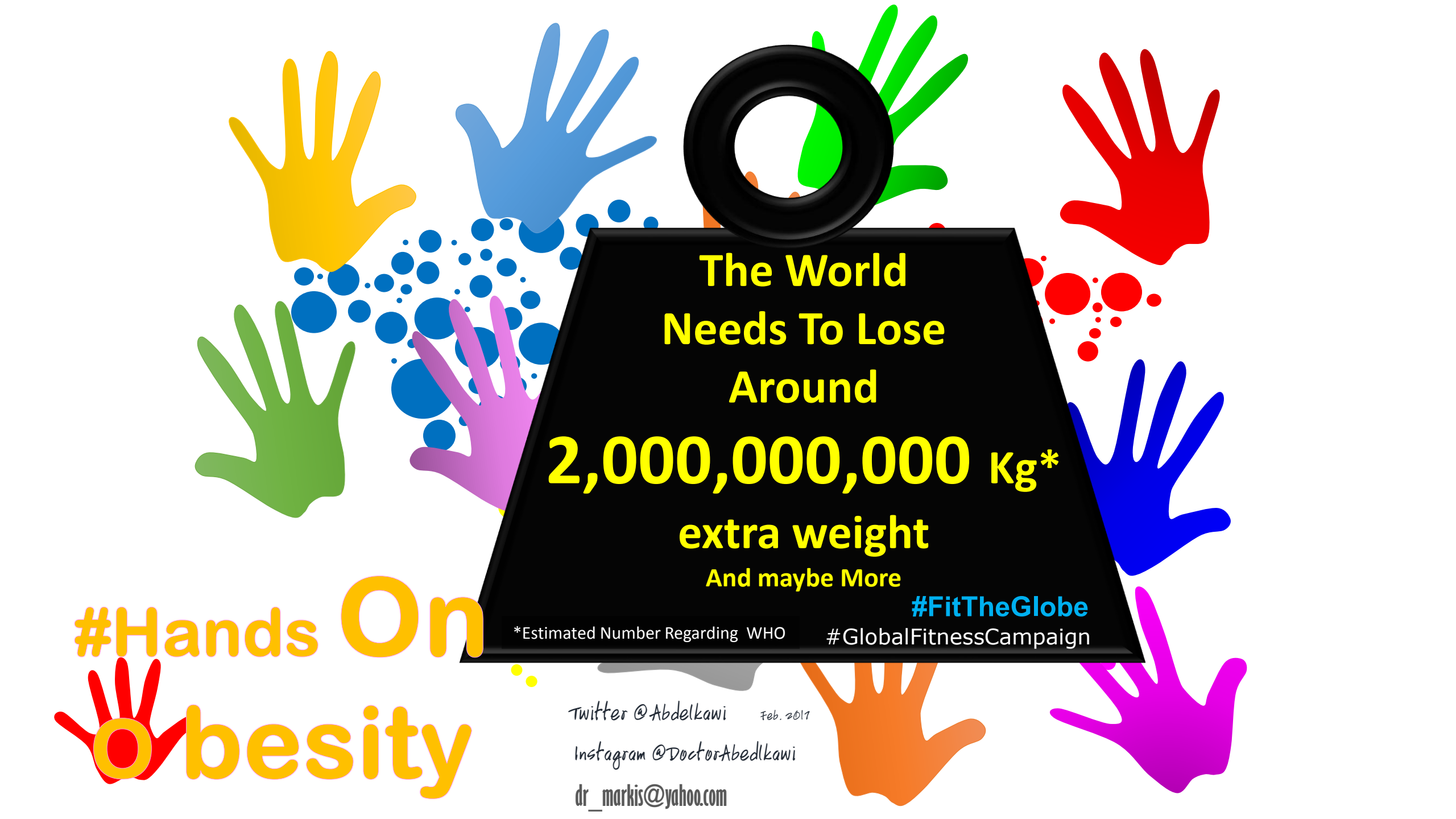
By

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April 2017

#FitTheGlobe


The World
Needs To Lose
Around
2,000,000,000 Kg*
extra weight
And maybe More
*Estimated Number Regarding WHO
#FitTheGlobe
#GlobalFitnessCampaign
#Hands On
Obesity
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Feb. 2017
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