

Level of severity of obesity

There are three levels of obesity, based on the degree of weight gain

1. Overweight –Body weight increase by 20% over the ideal body weight
2. Obesity –Body weight increase by 50% over the ideal body weight
3. Morbid obesity –Body weight increase to twice the ideal body weight

A simple formula for ideal body weight calculation in Kilogram: Males = Height in centimeters – 100 Females = Height in centimeters – 105

Measure Waist At Narrowest Point



Ideal waistline

**Half the Height in inches
minus 2 inches**

OR

**Half the Height in
Centimeters (cm)
minus 5 Cm**

For example, if a male is 170 centimeters tall, his ideal body weight would be $170 - 100 = 70$ kilogram. The risk for diabetes and heart disease increases with weight and waistline gain. The waistline is more important than the weight gain when it comes to the risk of food and lifestyle diseases