



## Hangzhou Comtrue- Defining Overweight and Obese

Vegetables and Fruits Supplier, Bean products Distributor, Canned and Fresh foods Wholesaler or OEM Service factory-Hangzhou Comtrue Trading Co.,Ltd.

Overweight and obese are labels for weight ranges. According to the Centers for Disease Control and Prevention, weights in these ranges are higher than what is generally considered healthy for a given height. Having a weight in one of these categories may increase your risk for certain diseases and health problems. The definitions of overweight and obese are different for adults than children.

### Definitions for Adults

Weight ranges for adults are defined using body mass index. BMI is a number, usually between 15 and 40, calculated from a person's height and weight. The easiest way to determine your BMI is to use the Academy online calculator. A calculator will give you both your BMI and the weight category your BMI falls within.

Weight ranges for adults are:

BMI	Weight Category
Below 18.5	Underweight
18.5 to 24.9	Normal
25.0 to 29.9	Overweight
30.0 and above	Obese

While most people associate BMI with body fat, it is not a direct measurement of body fat. This means some people can have a BMI in the overweight range even though they do not have excess body fat. This is especially true for athletes.

### Definitions for Children and Teens

For people ages 2 to 19, BMI is referred to as BMI-for-age and is determined using height, weight, age and gender. Body fat varies at different ages; boys and girls tend to have different amounts of body fat.

BMI-for-age is given as a percentile that shows where a child's or teen's BMI falls in comparison to others of the same age and gender. (See CDC's BMI Calculator for Child and Teen.)

Weight ranges for children and teens are:

BMI	Weight Category
Less than 5th percentile	Underweight
5th to 85th percentile	Normal
85th to 95th percentile	Overweight



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More than 95th

Obese

As with adults, BMI-for-age should be used as a screening tool, not as a diagnostic test. A health-care provider needs more information to determine if excess fat is a health problem. In addition to calculating BMI-for-age, a health-care provider may ask about your family health history, eating habits and the amount of physical activity your child gets. Additional assessments may include skin fold thickness measurements and lab tests for cholesterol and blood glucose (blood sugar) levels.

Overweight and Obese as Stereotypes

While the terms overweight and obese have precise definitions as noted above, these labels take on other meanings in our weight-obsessed society. Often, overweight and obese people are stereotyped. They may endure unfair treatment because of their weight. Larger children are often the target of weight-related teasing and bullying by other children and adults.

Overweight and obese are terms that refer only to a general estimate of an individual's body weight. They do not in any way reflect on a person's competence, self-discipline, drive or ability to lead a healthy lifestyle.