

BMI = ratio of weight in kilograms to height in meters squared.

Example: $70 \text{ kg} / 1,73 \text{ m} = 23.41$ ($1,73 \times 1,73 = 2.99$. $70 : 2.99 = 23.41$)

A BMI of 25 or more is considered overweight, and a BMI of 30 Or more is considered obese. It is associated with many chronic Diseases , such as heart attack, diabetes, and some types of cancer. In 2021, 1.6 million from non-communicable diseases such as Diabetes, cancer, heart disease and stroke caused by overweight And obesity annually – a number that outstrips road traffic fatalities. In comparison, 1,2 million people died in road traffic incidents in the same year.