

Have a BMI over 30?

The problem - overweight and obesity

In England, almost 7 out of 10 men and 6 out of 10 women are overweight or obese, and a quarter of adults are obese. Being overweight or obese increases your risk of developing serious diseases such as

- High blood pressure
- Angina (heart condition causing chest pain)
- High blood cholesterol levels
- Diabetes
- Lower back and joint pain
- Fertility problems
- Covid-19

The risks of developing these diseases increases the more overweight you are. Obesity can also affect your quality of life and lead to psychological problems, such as depression and low self-esteem. Ideally it is better to avoid becoming overweight by eating healthily and exercising regularly and maintaining this throughout life.

To help you find out if you have a healthy body weight, measure your body mass index, book an appointment to see the Health Care Assistants.