

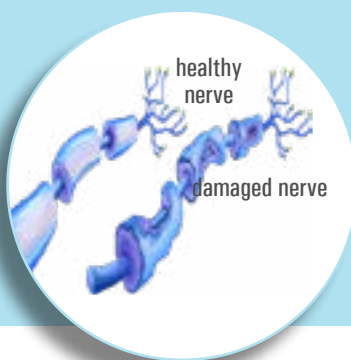
# OBESITY

BODY MASS INDEX (BMI)

A simple index of weight-for-height that is commonly used to classify overweight and obesity in adults.

$$\frac{\text{WEIGHT (KG)}}{\text{HEIGHT (M)}^2}$$

18.5-24.9	Normal/Healthy
25-29.9	Overweight
30+	Obese
40+	Severe obese



**Obesity is a driver of peripheral neuropathy...**  
 ...independent of diabetes.

EFFECTS ON NERVES

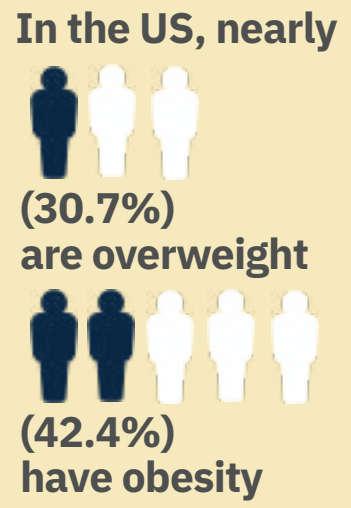


**BLOOD PRESSURE, BMI & FAT AROUND THE WAIST** are all linked to cognitive decline.

**Where fat collects is more important than overall obesity.**  
 For example, fat concentrated around the waist is linked to neuropathy & cognitive decline

BY THE NUMBERS

**1.9 B** adults worldwide are overweight  
**650 M** of these are obese



Medical costs for obesity are almost **\$150 B** per year in the US

COMPLICATIONS

- Hypertension
- Dyslipidemia
- Heart disease
- Stroke
- Osteoarthritis
- Breathing problems
- Many types of cancer
- Mental illness
- Chronic pain
- Death

World Health Organization  
 Centers for Disease Control and Prevention