

DID YOU KNOW?

✓ **Overweight** and **obesity** are defined as abnormal or excessive fat accumulation that may impair health. They are also forms of malnutrition together with undernutrition (wasting, stunting, underweight) and inadequate vitamins or minerals intake that may lead to diet-related noncommunicable diseases and even cause death.

✓ **Body mass index (BMI)** is a simple index of weight-for-height that is commonly used to classify overweight and obesity in adults. It is defined as a person's weight in kg divided by square of height in metres (kg/m^2).

✓ Based on **BMI** values, the **WHO** defines nutrition status for adults (above 18) as follows:

- Below 18.5: Underweight
- 18.5–24.9: Normal weight
- 25.0–29.9: Pre-obesity
- 30.0–34.9: Obesity class I
- 35.0–39.9: Obesity class II
- Above 40: Obesity class III

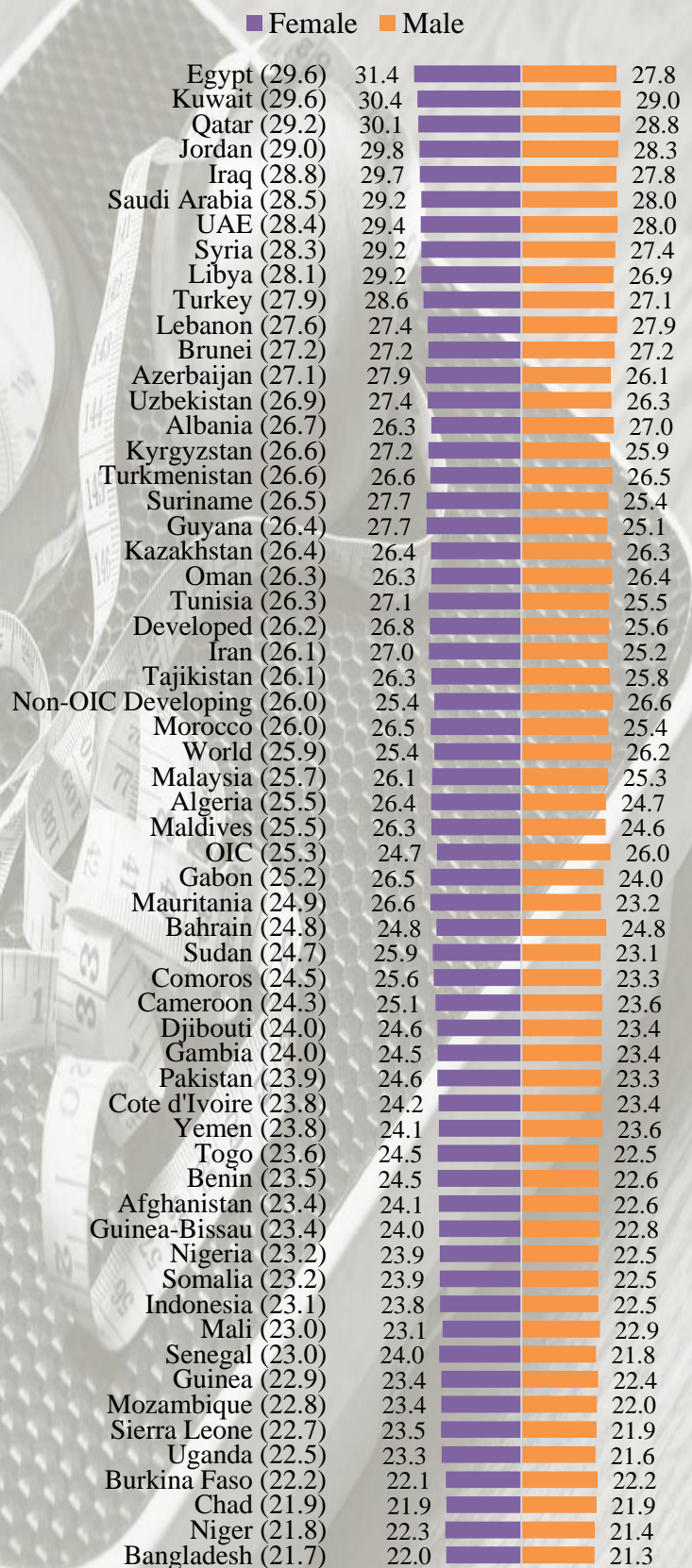
✓ **OIC** mean **BMI** average in 2016 for both sexes (25.3) was closest to the normal weight category, when compared to other country groups; **Developed** (26.2), **Non-OIC Developing** (26) and **the World** (25.9).

✓ At the **OIC** level, the mean values of **BMI** for both sexes in **27** countries have been observed to be falling in the **normal weight** category.

✓ Thus, all other **OIC** countries in 2016 on average was overweight; in the category of **pre-obesity** (29 countries).

✓ Particularly, mean **BMI** for females in **Egypt, Kuwait, and Qatar** were above 29.9, which is considered as **obesity class I**. Furthermore, **BMI** values of females were higher than males in **49 OIC countries**. Difference was more than 2 points in **10 OIC countries** including **Egypt, Mauritania, Sudan, Guyana, Gabon, Libya, Suriname, Comoros, Senegal** and **Togo**. Of that, the highest difference has been observed in **Egypt** (3.6) and in **Mauritania** (3.4). On the other hand, mean **BMI** values of males in **4 OIC countries** were higher than that of females. Equal mean **BMI** value of males and females were recorded in **3 OIC countries**.

Mean Body Mass Index for Adults (kg/m^2 , 2016)



Source: WHO, Global Health Observatory Data Repository
In the brackets are mean BMI for both sexes