



Interpreting data

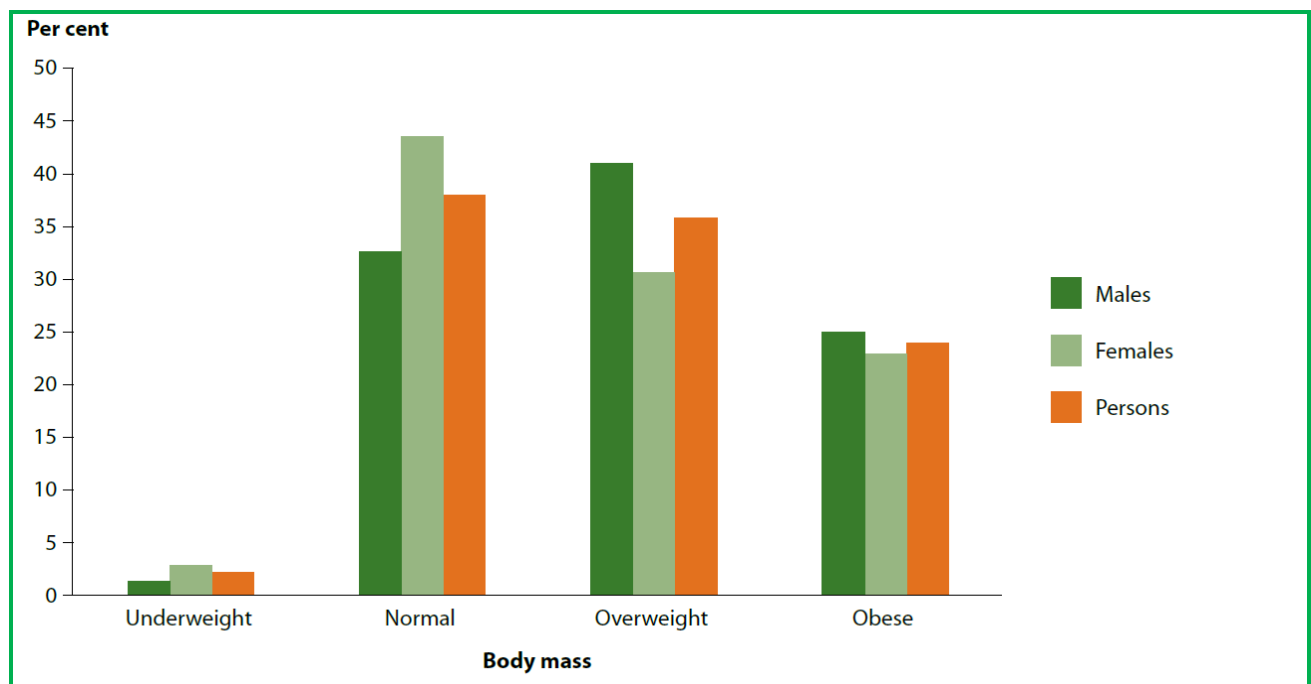
Figure from *Risk factors contributing to chronic disease report*

Page 37

Released March 2012

What percentage of Australians are overweight?

Figure 2.10: Distribution of the population by body mass index (BMI), 2007–08



Note: Body mass is classified according to body mass index (BMI) standards, see below

Source: AIHW analysis of the 2007–08 National Health Survey (Australian Bureau of Statistics)

Body Mass Index

A body mass index (BMI) is calculated by dividing a person's weight in kilograms by the square of their height in metres (kg/m^2).

The standard recommended by the World Health Organisation to measure BMI for adults aged 18 and over is:

- underweight BMI <18.5
- healthy weight BMI ≥ 18.5 and BMI <25
- overweight but not obese BMI ≥ 25 and BMI <30
- obese BMI ≥ 30

Analysing the graph

1. Approximately what percentage of males and females (combined) were obese?
2. Approximately what percentage of people were of normal weight?
3. Approximately what percentage of people were classified as overweight or obese?

Possible questions for discussion

4. Name some chronic diseases and conditions that could occur from being obese?
5. Name some chronic diseases and conditions that could occur from being underweight?
6. What risk factors can contribute to becoming overweight and obese?
7. From examining this data, what conclusions can you draw about the Australian population and body weight?