



## Maintaining a **HEALTHY WEIGHT**

## will help you live longer and better

Did you know that...?

If you are **OBESE** and lose weight you can add **years to your life**:



ВМІ	YEARS OF LIFE LOST		
BODY MASS INDEX	WOMEN	MEN	
Less than 18.5	4.5	4.3	
18.5-24.9	0	0	
25-29	8.0	1	
30-34.9	2.4	3.4	
35-39.9	4.7	5.9	
More than 40	7.7	9.1	
Average of 30-40	3.5	4.2	

Source: Krishnan Bhaskaran, et al. Association of BMI with overall and cause-specific mortality: a population-based cohort study of 3-6 million adults in the UK. Lancet Diabetes Endocrinol 2018; 6:944-53