



# Overweight and Obesity

## Selected Results from STEPS to a Well Bermuda 2014

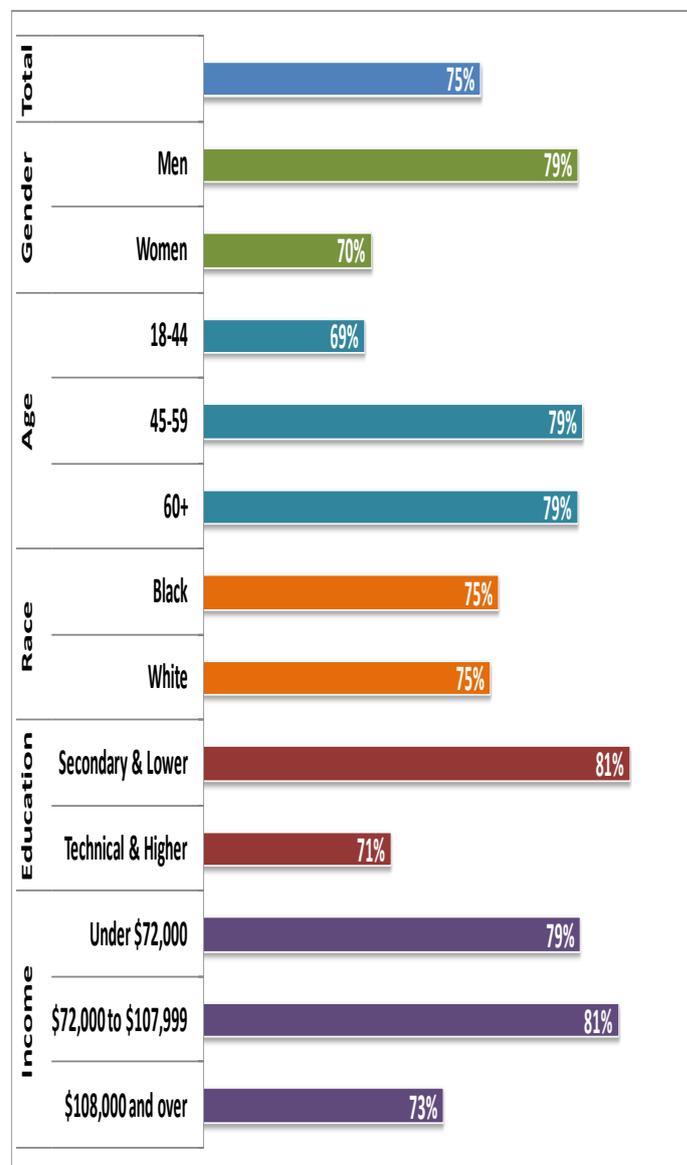
The terms "overweight" and "obesity" refer to body weight that is greater than what is considered healthy for a certain height. The most useful adult population-level measure of overweight and obesity is body mass index (BMI). The World Health Organization classifies overweight as a BMI greater than or equal to 25 and obese as a BMI greater than or equal to 30.

Waist circumference is a measure of the distance around the abdomen. Waist circumference is used to assess abdominal fat for chronic disease risk. Women with a waist circumference of more than 35 inches and men with a waist circumference of more than 40 inches are considered to be at increased risk for developing chronic diseases such as type 2 diabetes, high cholesterol, high blood pressure and heart disease.

### Highlights

- Three out of four adults in Bermuda are overweight or obese.
- One out of three adults are obese.
  - Blacks are most likely to be obese.
- The overall average BMI was 29.
  - For men, the average BMI is 28 (overweight) and for women, the average BMI is 30 (obese).
  - Younger persons had a lower average BMI (28) than persons of middle age (30).
  - Blacks had higher average BMI (30) than Whites (28) and persons of Asian and other races (25).
- The average waist circumference for men was 37 inches.
  - Younger males had the lowest average waist circumference (36 inches) compared to persons of middle age and older adults (both 38 inches).
- The average waist circumference for women was 35 inches.
  - Women with lower education had greater waist circumference (38 inches) than those with higher education (34 inches).

Figure 1. Percentage of adults who are overweight or obese (BMI ≥ 25)



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