OBESITY
AND HOW IT CAN AFFECT YOU

肥胖
以及它对您的健康会有什么影响

Your Tools to Good Health
助您保持身体健康的工具

Polyclinics
SingHealth

WHAT IS OBESITY?

Obesity is on the upward trend in Singapore. It is a condition where excess body fat is accumulated in the body, to the extent that it can shorten your lifespan and lead to increased health problems.

BODY MASS INDEX

The **Body Mass Index (BMI)** is a method of calculating body fat. It measures the relationship between your height and weight.

A **BMI of 23** or more puts you at greater risk of obesity-related diseases.

The Body Mass Index (BMI) is calculated by dividing your weight (in kilograms) by the square of your height (in metres).

$$BMI = \frac{WEIGHT\ (kg)}{HEIGHT\ X\ HEIGHT\ (metre)}$$

WHAT IS MY RISK?

CATEGORIES OF WEIGHT				
Weight Category	Underweight	Healthy Weight	Overweight	Obese
BMI	**18.5 and below**	**18.6 - 22.9**	**23.0 - 27.4**	**27.5 and above**
Health Risk	Risks of Nutritional Deficiency and Osteoporosis	Low Risk	Moderate Risk	High Risk

HOW DOES OBESITY AFFECT ME?

Being overweight puts you at increased risk for many health problems, such as:

- High Blood Pressure
- Diabetes
- Heart Attacks
- Certain Cancers
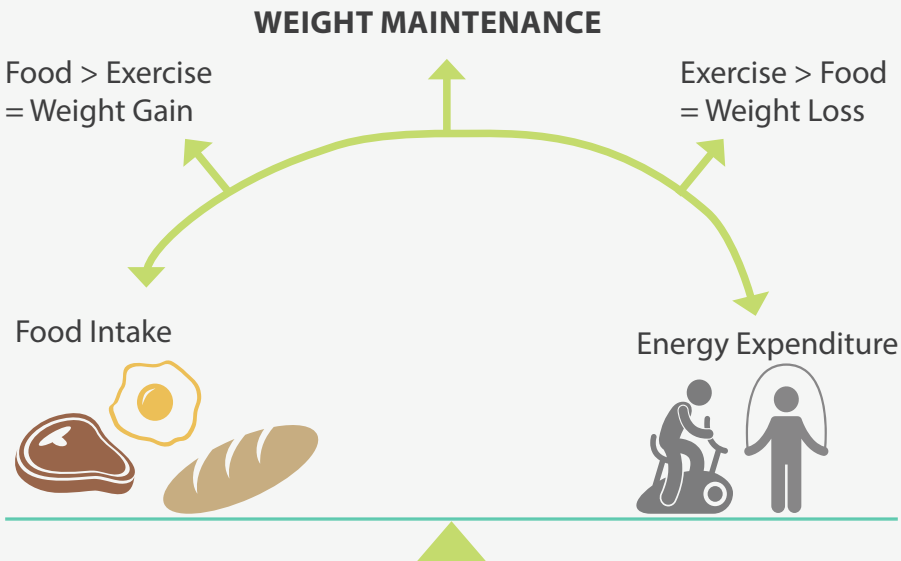- Painful Bones and Joints

Losing weight can also make you feel better about yourself and give you more confidence in other aspects of life.

HOW CAN I LOSE WEIGHT?

Energy Balance is the key to successful weight management.

Food you eat becomes energy (calories) for your body to do physical activities.

The more exercise you do, the more energy you use up. If you eat more than you exercise, the extra energy becomes fat in your body.

WEIGHT MAINTENANCE

Food > Exercise = Weight Gain

Exercise > Food = Weight Loss

Food Intake

Energy Expenditure

TIPS FOR HEALTHY WEIGHT LOSS

1. Eat Smaller Portions

- Take smaller food servings and budget your calories.
- If you take a heavy meal for lunch, eat a smaller portion for dinner.
- Do not eat more than what your body needs.

LUNCH

DINNER

2. Choose Healthier Foods and Drinks

- Choose plain rice over flavoured rice.
- Remove the fat and skin from your meats.
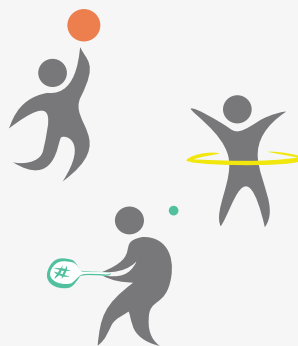- Choose plain water over sweetened drinks.

PLAIN WATER   **SWEETENED DRINK**

3. Increase Physical Activity

- Find an exercise you enjoy and make it part of your daily lifestyle.
- Increasing incidental activities such as:
  - Taking the stairs instead of the lift or escalators
  - Alighting one bus station earlier and walking

For further information on effective weight management, please talk to your doctor/nurse.

Alternatively, you may email us at SingHealthPolyclinics@singhealth.com.sg

肥胖的定义

在新加坡，肥胖现象日益增多。肥胖是指由于体内脂肪集聚过多而导致寿命缩短、健康问题增多的一种状态。

身体质量指数 BMI

身体质量指数（简称BMI指数）是一种计算体内脂肪的方法。它用来衡量身高和体重的关系。BMI指数达23以上者患肥胖相关疾病的风险会比一般人高。

身体质量指数（BMI指数）的计算方法是体重（千克）除以身高平方（米）。

$$BMI = \frac{体重 （千克）}{身高 \times 身高 （米）}$$

我将会面对什么样的风险?

体重分类				
体重分类	偏瘦	正常	超重	肥胖
BMI指数	低于 18.5	18.6 - 22.9	23.0 - 27.4	高于 27.5
健康风险	存在营养不良和骨质疏松症的风险	低风险	中度风险	高风险

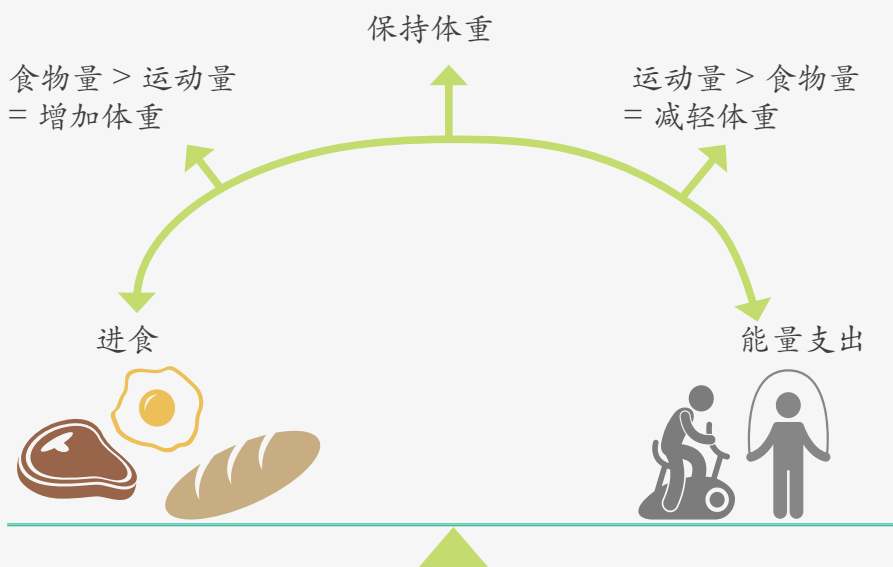## 肥胖会如何影响我的健康？

超重会增加您出现以下健康问题的风险，例如：

- 高血压
- 糖尿病
- 冠心病
- 癌症
- 骨关节疼痛

减肥还能让人自我感觉更好，并对生活的其他方面更有信心。

我该如何减轻体重？

能量平衡是实现良好的体重管理的秘诀。
您所摄取的食物会转变成能量，以供身体需要（卡路里）。

做的运动越多，消耗的能量就越多。如果摄取的食物量超过运动量，体内多余的能量就会变成脂肪。

保持体重

食物量 > 运动量
＝ 增加体重

运动量 > 食物量
＝ 减轻体重

进食

能量支出

减轻体重的健康小贴士

1. 减少饭量
- 减少食量，计算自己的卡路里。
- 如果午饭份量多，晚饭就要相应减少。
- 不要摄取多过身体所需

2. 选择更加健康的食物和饮料
- 多吃白饭，少吃调味饭。
- 去除肉里的脂肪和肉皮。
- 多喝白开水，少喝含糖饮料。

3. 增加身体活动量
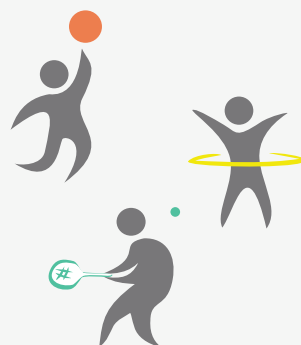- 找一项自己喜欢的运动，把它融入日常生活中。
- 增加偶然的活动例如：
  - 多走楼梯，少乘电梯
  - 乘坐公共交通工具时，提前一个站下车，然后步行到达目的地

午餐

晚餐

☑ 白开水　　　❌ 含糖饮料

➡ 想要了解更多有效的体重管理方法，请咨询您的医生／护士。

✉ 另外，您也能电邮至 **SingHealthPolyclinics@singhealth.com.sg** 与我们联系。

A member of SingHealth

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