

Categories of Weight

Normal	Overweight	Obese	Severely Obese	Morbidly Obese
BMI 18.5 – 24.9	BMI 25 – 29.9	BMI 30 – 34.9	BMI 35 – 39.9	BMI \geq 40



With BMI >30

-55% increase in mortality

-70% increase in coronary artery disease

-75% increase in stroke

-400% increase in diabetes