

Obesity or obesity is defined by increased body fat. share  
fat in the body depends on the age, sex and ethnic group. For women  
a greater proportion of fat than men. For women, therefore, represents 28-30% of body fat  
weight, while in men, it is only 23-25%. The proportion of body fat increases also  
with age. To assess the degree of overweight tables are used to indicate the  
given height and sex permissible weight range. The most commonly used are  
Table Metropolitan Insurance Company of America. Much more important  
the evaluation of overweight and obesity, however the body mass index BMI (body  
mass index). BMI is calculated by dividing weight in kilograms is divided by the second  
square of height in meters.