

Abstract

Perception of body proportion during human evolution has changed. At the beginning of human history was overweight seen as an advantage, especially in times of food shortages and was put on display. This time comes from the statue Venus of Willendorf. After the agricultural revolution began to change the perception of body porportion and began to be viewed positively for thinness. Perception of body proportions changes depends on the culture in which is evaluated. This is due to different cultural habits, determining which curves are considered attractive and which are not. Body perception is different among individuals with normal body weight, overweight or with obesity. Obese usually have a tendency to underestimate their body weight. We can observe differences in perception among children, adolescents and adults. None of them is often satisfied with their body proportions. Children as well as adults underestimate their weight, while adolescents overestimate it. The biggest problem associated with the underestimation of body weight is obesity. Prevalence of obesity has rapidly increased over the last three decades in both developing and developed countries.