

Understanding excess body weight



3 out of 10 adults are obese, and a further 3 overweight

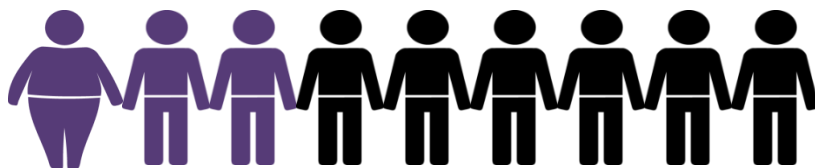


6%
of females and
3%
of males are
extremely obese

Extreme obesity affects
21% of Pacific women
and
11% of Pacific men

Adults living in the most
deprived areas are
4 X
more likely to be extremely
obese

Extreme obesity affects
12% of Māori women
and
7% of Māori men



1 out of 9
children are obese,
and a further 2
overweight



35,000
children are
morbidly obese

Over half of
parents of obese
children do not
perceive their child to
be overweight

