



THE RISKS OF BEING OVERWEIGHT – COVID-19

THE FACTS

- Obesity is proving to be a serious risk in Covid-19 cases
- The WHO reports that 53.8% of South African are obese or overweight
- South Africa's Medical Research Council confirms that obesity is a common health challenge in South Africa where 68% of women and 31% of men over the age of 15 are overweight
- Our BMI is higher than the world average

THE RISKS

- There is growing evidence that once infected, extremely obese people tend to develop a more severe form of COvid-19
- Being overweight increases your chances of developing Type 2 Diabetes, heart problems, breathing problems, high blood pressure and certain forms of cancers
- It is important to stress that most people are unaware if they have Type 2 Diabetes or hypertension

THE PLAN OF ACTION

- Check your glucose levels
- Check your blood pressure
- Check your BMI
- Increase your intake of healthy food
- Exercise at least 3-4 times a week for 30 minutes

