How Does My Weight Affect My Health?

Being overweight is associated with a higher risk of premature death and many chronic diseases such as heart disease, type 2 diabetes, and some cancers. Notice that the risk dramatically increases with a Body Mass Index greater than 30 kg/m². Being underweight is also associated with a higher risk of premature death. This is typically attributed to smoking, illness, or malnutrition. A Body Mass Index between 18.5-25 kg/m² is considered healthy because it is associated with the lowest risk of premature death and disease.