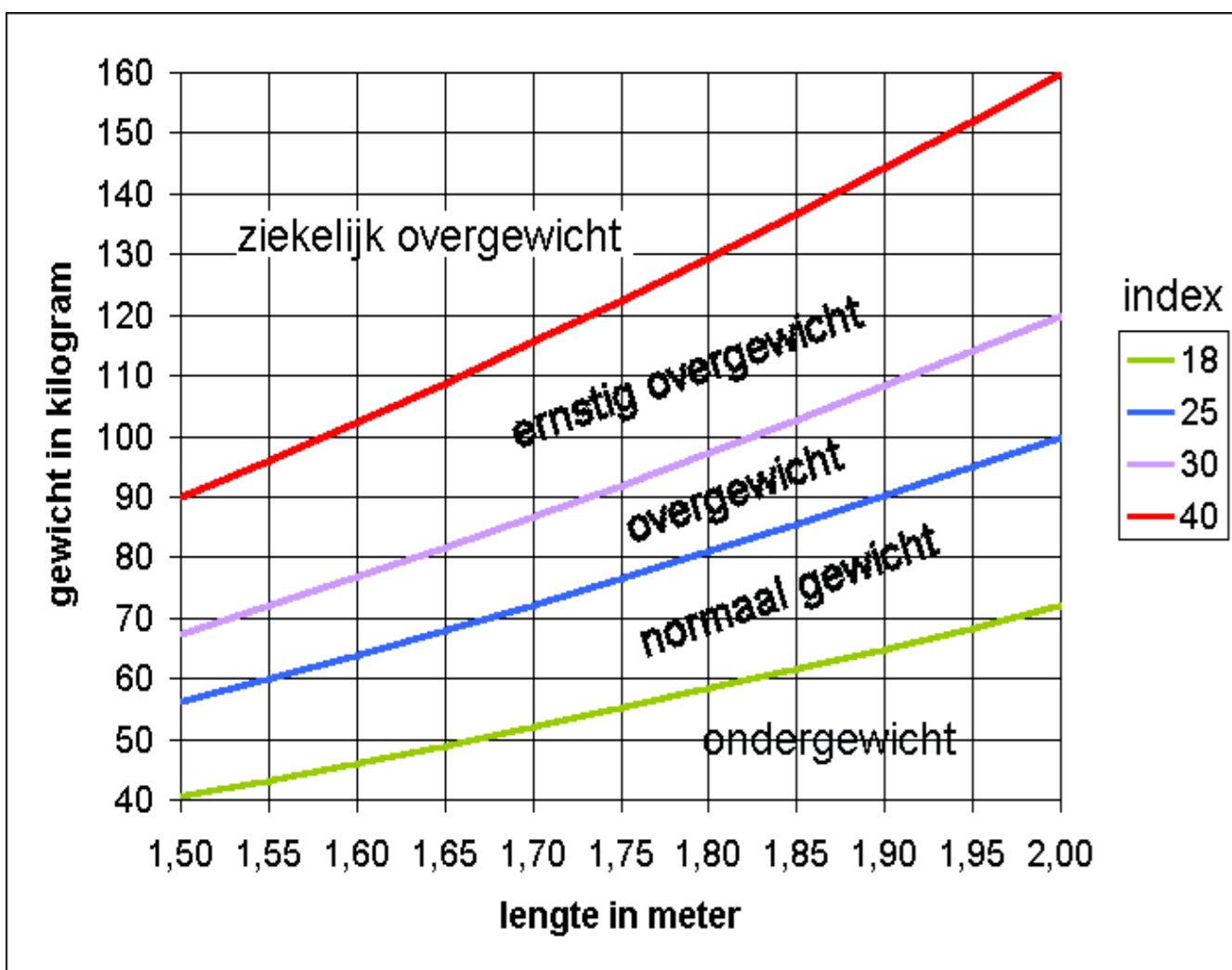
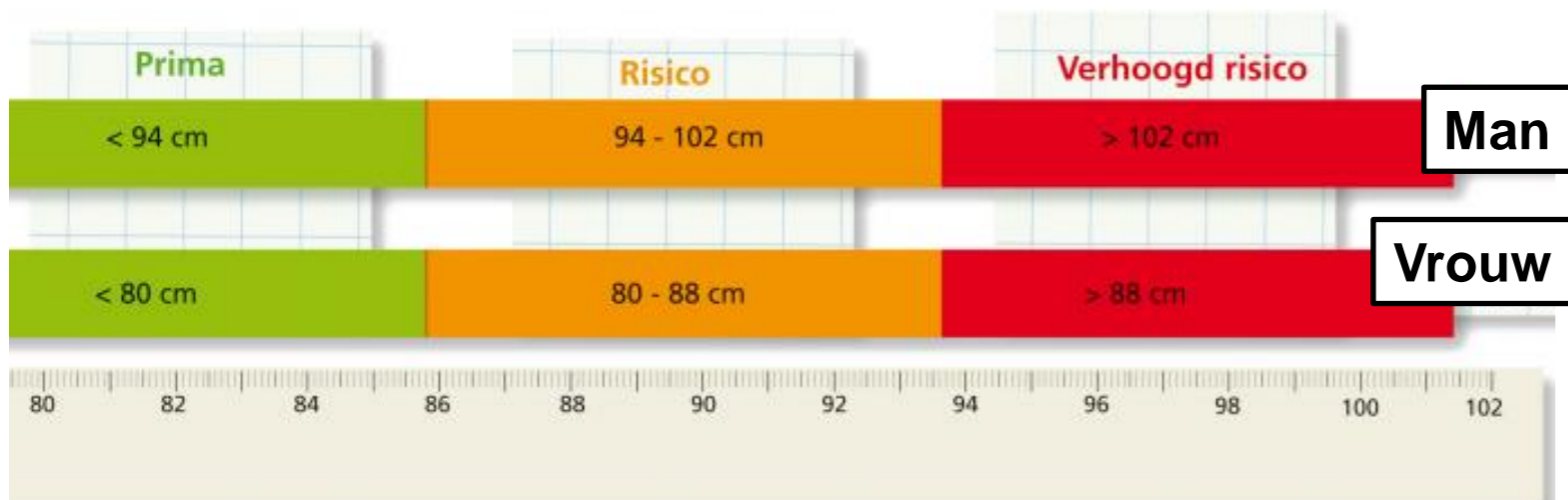


BMI, *body mass index*, *Quetelet index*

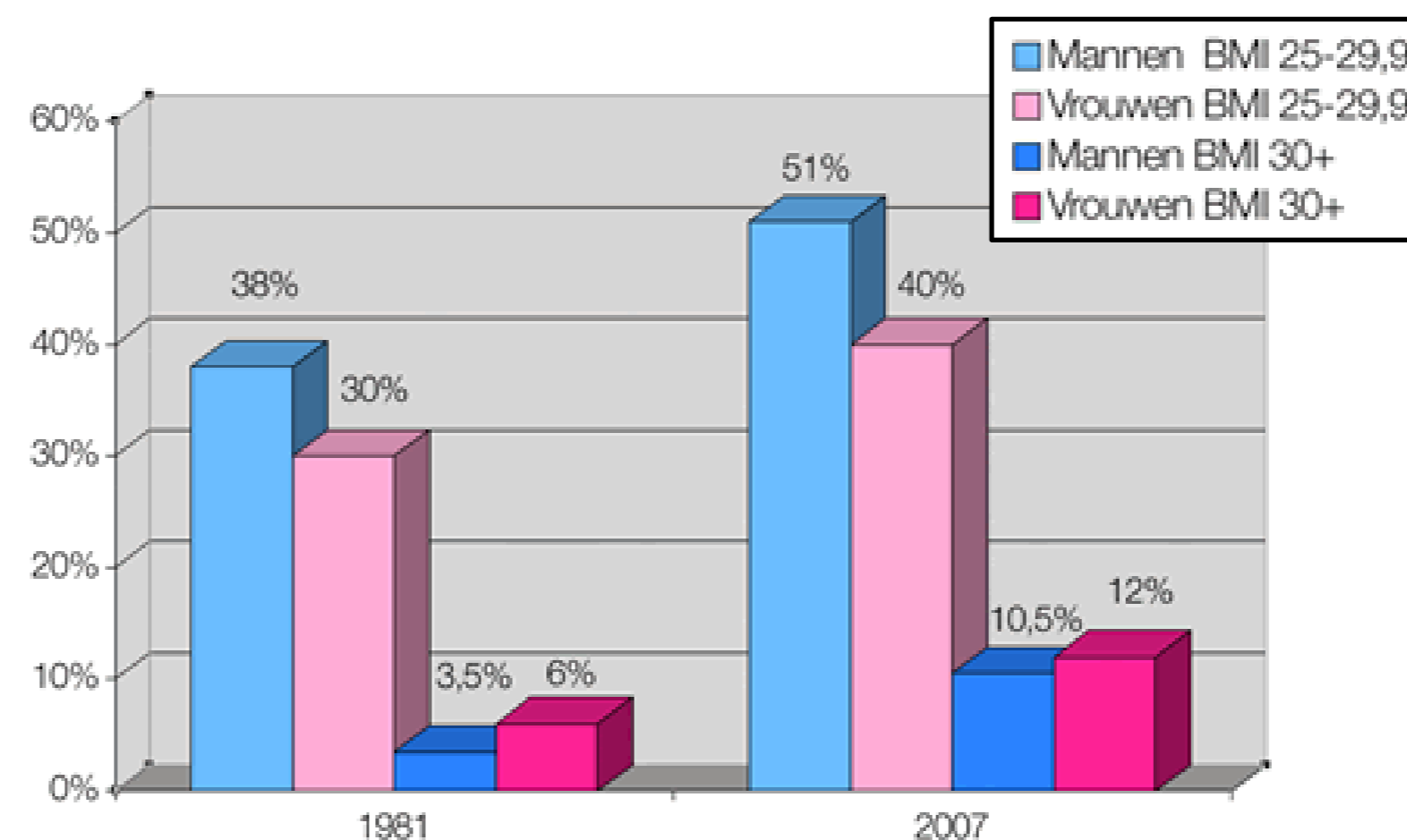
$$BMI = \frac{\text{Gewicht (kg)}}{\text{Lengte (m)} \times \text{lengte (m)}}$$



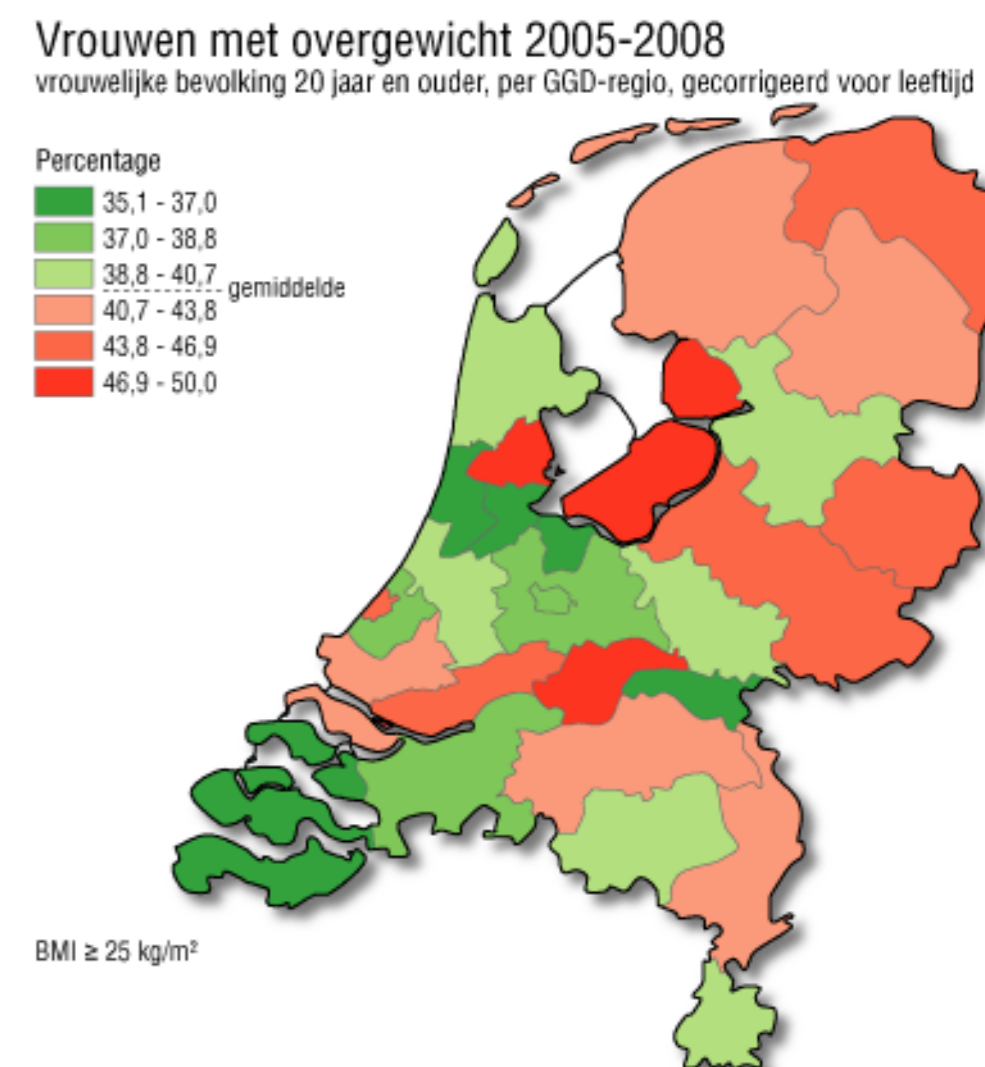
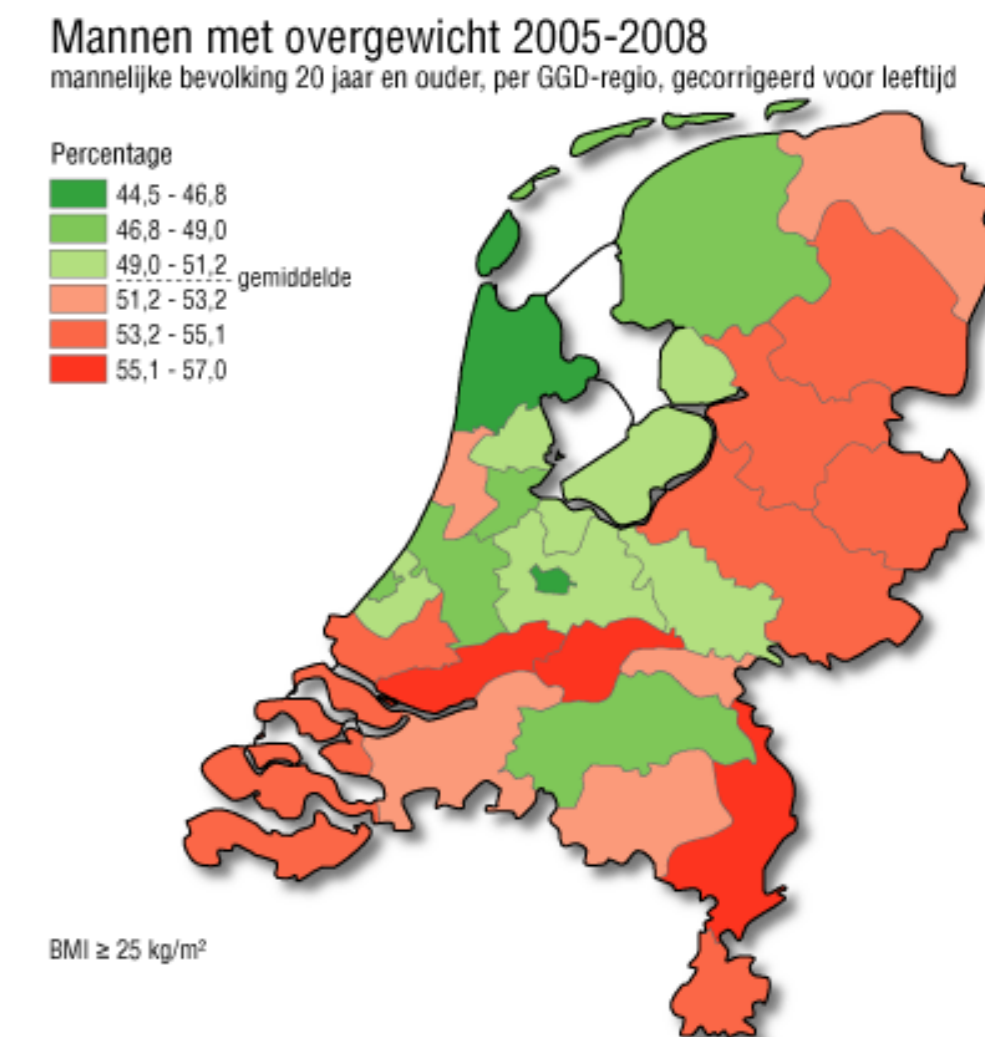
Figuur 1: De grenswaarden van de BMI, deze gelden uitsluitend voor volwassenen



Figuur 2: De grenswaarden van de buikomtrek



Figuur 3: Toename overgewicht en obesitas in Nederland



Figuur 4: Verdeling overgewicht in Nederland