



Prevention and health guidelines for **safe driving**

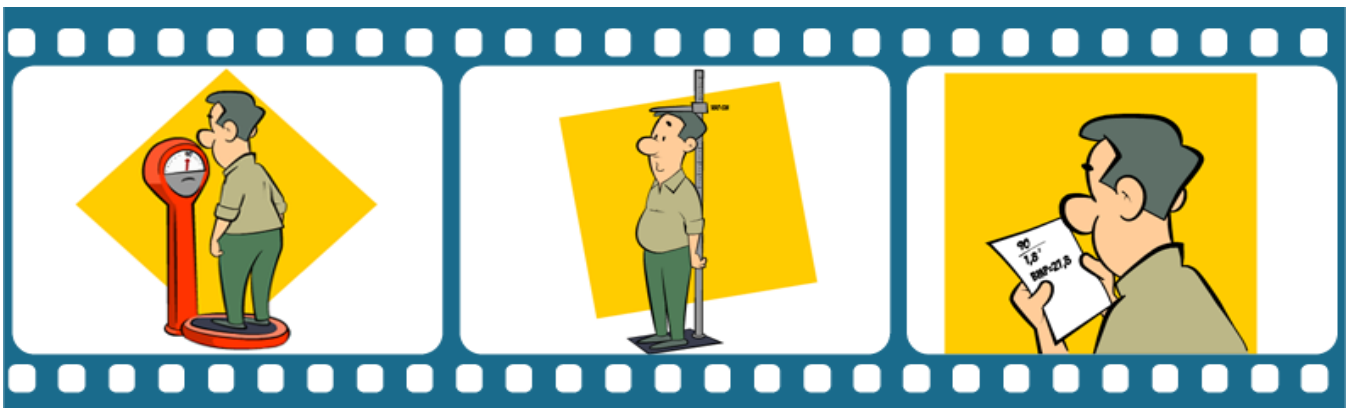
Are you overweight?

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Being overweight is often linked to serious changes in your health, above all involving the cardiovascular system. The body mass index (BMI) is today the most frequently used indicator in clinical evaluation and classification of overweight status and obesity. Let's see how it's calculated.

$$\text{BMI} = \frac{\text{Weight (KG)}}{\text{Height (m)}^2}$$

How to find out if you're overweight or if you have too much fat



Will a BMI equivalent to 27.8 show that Mark is overweight?

Let's have a look at the reference table.

Reference values

Underweight

Less than 18.5

Normal

from 18.5 to 24.9

Overweight

from 25.0 to 29.9

Class I obesity(moderate)

from 30.0 to 34.9

Class II obesity

from 35.0 to 39.9

Class III obesity

BMI higher than 40

According to the table values, Mark is overweight. His BMI should have a "normal" value between 18.5 and 24.9.

Now it's your turn:

- Calculate your BMI to find out if you're overweight;
- Take your waist measurement.



A waist measurement greater than 102 cm for a man and greater than 88 cm for a woman shows the presence of too much visceral fat.

Excessive visceral fat is, almost always, linked to a higher **cardiovascular risk** and the "**metabolic syndrome**".

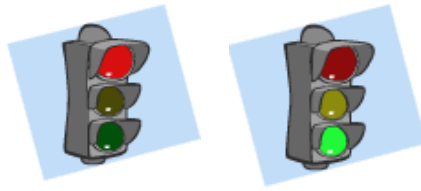
What is "the metabolic syndrome"?

The "**metabolic syndrome**" indicates a multiplicity of disease conditions which increase risks to the cardiovascular system. In the table below we can see some of the WHO (World Health Organization) classifications.

Disease	WHO Classification
Hypertension	Anti-hypertension therapy and/or PAO greater than 140/90
Dyslipidemia	Triglycerides higher than 1.7 mmol/L (150mg/dl) and/or HDL less than 0.9 mmol/L for men and greater than 1.0 mmol/L and/or HDL less than 0.8 (40mg/dl) for women.
Obesity	BMI greater than 30 and/or waist-upper thigh ratio greater than 0.9 for men and greater than 0.85 for women
Diabetes	Type 2 diabetes or altered glucose tolerance
Others	Microalbuminuria = fraction of night-cycle urine with albumen greater than 20 mcg/min (30 mg/gCr)

When should we suspect that we have a condition that could compromise our safe driving?

Answer these questions.



Is your BMI greater than 25?

Yes

No

Is your waist measurement, if you're a man, greater than 102 cm, or if you're a woman greater than 88 cm?

Yes

No

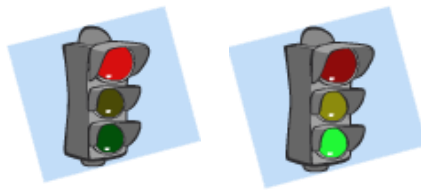
If you're a man, is your neck measurement greater than 43 cm and if you're a woman greater than 41?

Yes

No

If many of your answers come under a **red or amber traffic light** you should consult your GP and change your habits.

Answer these questions.



Do you have any of the conditions that fall under the metabolic syndrome category?

Yes

No

If the answer is yes, be more careful when you drive.