



## Our position on weight management

Improving the health and wellbeing of our customers is an absolute priority for Boots. We are fully committed to supporting our customers with their personal weight management goals.

Our ambition is to offer an appealing, affordable, high quality and accessible range of Boots brand products and services that support our customers with their weight management goals. This includes a wide range to help our customers lose weight and maintain a healthy weight.

Dick Metcalfe  
Head of Quality and CSR

## Position support document

### On weight management

#### Background

We believe that Boots has a role to play in helping to address concerns over unhealthy diets and rising levels of obesity.

Obesity is a growing problem for both adults and children. In 2008, 24% of men and 25% of women, 15% of girls and 17% of boys aged 2 to 15 were classed as obese (Health Survey for England, 2008)<sup>1</sup>. The Government Foresight report warns that by 2050, 60% of men, 50% of women and 25% of all children under 16 could be obese<sup>2</sup>. Alongside obesity, the risks of chronic diseases such as type 2 diabetes, stroke, coronary heart disease, cancer and arthritis will also increase<sup>2</sup>.

BMI is widely accepted as a means of assessing overweight and obesity as interpreted by the table below:

BMI (kg/m <sup>2</sup> )	Classed as	Level of health risk
Less than 18.5	Underweight	Some health risk
18.5 to 24.9	Ideal	Normal
25 to 29.9	Overweight	Moderate health risk
30 to 39.9	Obese	High health risk
40 and over	Very obese	Very high health risk

Note: BMI does not take body composition into account. Someone who is very muscular may appear to be overweight if BMI is used in isolation from other weight assessment tools.

A BMI of 18.5 to 24.9 is considered to be the healthy range when trying to lose or gain weight. Being underweight with a low BMI isn't healthy as it may be associated with nutritional deficiencies. Young women may miss their periods as a result of being underweight and have an increased risk of developing osteoporosis in later life.

#### References

<sup>1</sup> Health Survey for England, 2008

Data on obesity for adults and children

[http://www.ic.nhs.uk/webfiles/publications/HSE/HSE08trends/Health\\_Survey\\_for\\_english\\_trend\\_tables\\_2008.pdf](http://www.ic.nhs.uk/webfiles/publications/HSE/HSE08trends/Health_Survey_for_english_trend_tables_2008.pdf)

<sup>2</sup> Foresight. Tackling Obesities: Future Choices – Summary of key messages. Government Office for Science, October 2007