

Healthy body weight – fewer allergies?

Overweight and obesity can increase the risk of suffering from allergies, asthma and neurodermatitis. Movement and the pursuit of sports activities on a regular basis generally have a positive effect on body weight and the sense of well-being.



Does a healthy body weight help allergy sufferers

The risk of suffering severe asthma and neurodermatitis attacks and allergic responses is generally reduced for persons with a healthy body weight.

Weight loss in overweight persons will reduce asthma symptoms and improve lung function.



The avoidance of excess weight in children suffering from asthma results in the need for less-frequent medication, fewer visits to the hospital and, consequently, fewer days missed from school.

A healthy body weight can prevent the onset or worsening of asthma.



What is a healthy body weight?

The body mass index (BMI) is a simplified index that allows a person's body weight to be assessed. In calculating the index, body weight is divided by the square of a person's height. $\text{Body weight [kg]} / \text{Height [m]}^2$ For adults, the results are classified as follows:

Under 18.5	Underweight
18.5–24.9	Normal weight
25–29.9	Slightly to moderately overweight
30–39.9	Severely overweight (obesity)
Above 40	Overweight highly dangerous to health (severe obesity)