

OBESITY & HEALTHY WEIGHT

How do we become overweight?

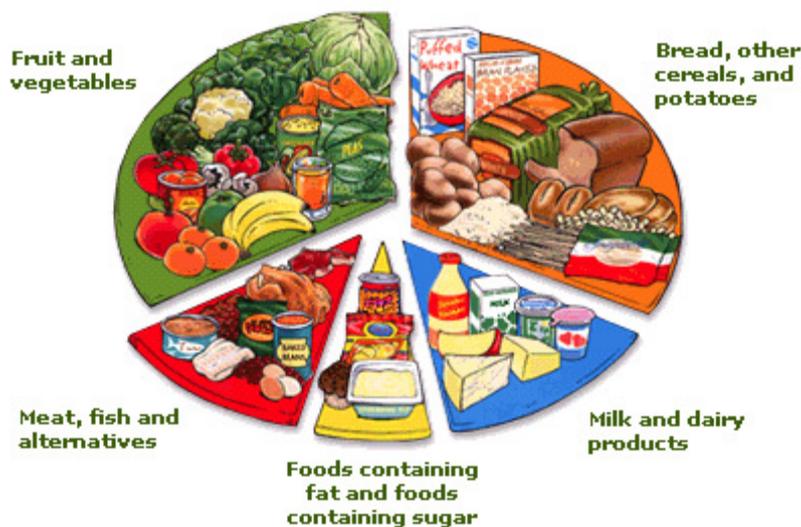
Obesity is when a person is carrying too much body fat for their height and gender. It is caused by an inactive lifestyle & unhealthy eating habits. Excess body fat occurs when we take in more calories than we can burn off. The World Health Organization predicts there will be 2.3 billion overweight adults in the world by 2015 and more than 700 million of them will be obese.

Effects of Being Overweight

- Your blood pressure could go up
- Your cholesterol may be increased
- In Asians the risk of developing diabetes and heart problems is higher if you are obese
- You may suffer joint problems or arthritis
- You may suffer back problems & pain

The Balance of Good Health

The balance of good health plate shown below can help you achieve a balanced and varied diet.



It is made up of 5 food groups showing the correct proportions in which food should be eaten. Enjoy a variety of different foods from each food group.

- *Fruit and vegetables should make up one third of the food you eat (aim for 5 A Day).*
- ***Chapattis**, cereals, pasta, rice and potatoes should also make up about a third of your intake - choose wholemeal varieties and use **less oil/ghee** with chapattis.*
- *Choose lower fat cuts of meat. Use lean meat and try to **grill kebabs** instead of frying. Eating fish (not in batter) twice a week is recommended.*
- *Use lower fat options of dairy foods eg. Semi-skimmed milk or low fat yoghurt*

• *Limit your intake of foods in the fat and sugar group. Eat Indian sweets on special occasions only e.g. **Burfi, jullebi or gulab jaman.***

If you have tried to lose weight in the past and have recently slipped back into your old eating habits, don't worry too much. Try to adopt the following solutions to help you with some of the more common issues:

Practical Tips on losing weight:

1. A safe weight loss is 1-2 lb per week.
2. Eat a correct balance of foods by increasing fruit and vegetables and reducing high fat, high calorie foods.
3. Remember physical activity burns calories too. Walk or cycle to work if possible.
4. Eat regular meals. Beginning the day with breakfast helps to control high calorie snacking.
5. Aim to eat 5 portions of fruit & vegetables every day – *the 5 A DAY way.*
6. Serve sensible portion sizes
7. Drink plenty of fluids, aim to drink 6 –8 glasses of water per day.
8. Choose lower fat and lower sugar foods & read food labels.
9. Occasional lapses are normal & to be expected so don't give up.
10. Weigh yourself once a week to monitor your weight.

Contacts for further help:

- **Kirklees Health Trainers:** For people with long term conditions such as Blood Pressure Diabetes or Heart Disease etc: They can provide you with one to one help & support. Many trainers are fluent in Gujarati, Urdu and Punjabi languages and can see you for 3 or more sessions. Why not contact them on 01924 816176
- **Your GP or Practice Nurse:** You can consult your practice for further tips and advice. If you do not suffer from any of the chronic illnesses, then your GP can refer you to a health trainer.
- **Website:** www.nhs.uk/Change4life - A website set up by the NHS to help families lead a healthier lifestyle.