

Losing Weight – Improving Health

Are you overweight or obese?

Body Mass Index (BMI) is a measure of how much of your body is made up of fat. It relates your height to your weight. We can measure this in surgery for you and tell you what your BMI is

Waist Measurement Your increased health risk is greater when extra fat is mainly around your waist (apple shaped) rather than on your hips and thighs (pear shaped)

BMI	Classed as	Health risk
Less than 18.5	Underweight	Some health risk
18.5 – 24.9	Ideal	Normal
25 – 29.9	Overweight	Moderate health risk
30 – 39.5	Obese	High health risk
40 and over	Very obese	Very high health risk
Waist (men)	Waist (female)	Health risk
94cm (37"0	80cm (32")	Moderate health risk
102cm (40")	88cm (35")	High health risk

What causes you to be overweight or obese?

About 2 in 5 adults in the UK are overweight and a further 1 in 5 are obese.

The main causes of obesity are

- Over-eating and / or eating the wrong kinds of food
- Too little exercise
- Some people inherit a tendency to be overweight – but this does not mean that they cannot lose weight

It is **very rare** that being overweight or obese is due to a medical condition

The number of obese people in the UK has been steadily rising. Since 1980 the number of obese adults has tripled – the ‘ Obesity epidemic’. Experts agree that this is like a time bomb ticking as far as the health of many individuals and the nation is concerned.

Why lose weight?

Many serious diseases are more common in people who are overweight or obese, and you are less likely to develop these diseases if you lose weight.

Diseases include **Diabetes, High blood pressure, Stroke, Heart problems, some Cancers (including breast cancer), Arthritis of the back and legs, Gallstones, Incontinence of urine, some complications of pregnancy and Depression**

In most cases, much of the health benefits come from losing the first 5 – 10% of your weight. This is often about 5 – 10 kgs (10 kgs is about one and a half stone)

If you are obese and can lose 10% of your body weight

- You are much less likely to develop the diseases mentioned above
- If you have high blood pressure, diabetes or arthritis, these conditions are likely to improve
- Your chance of dying at any given age is reduced by 20%

This is mainly because you are less likely to die from heart disease, stroke, diabetes or obesity related cancers

Also, it is difficult to measure how much 'quality of life' is improved if you lose weight. Most people feel better in themselves and have more energy

How can I lose weight?

The best chance you have of losing weight and keeping it off is to be committed to a change in lifestyle which includes eating a healthy diet and exercising regularly

The doctors and nurses in our practice will be glad to give you advice and information leaflets as well as giving you support with your lifestyle changes. In some cases we may suggest referral to the local Healthwise scheme. Medication has a very small part to play in a few patients with extra health risks, but they are not wonder drugs and must be used in combination with a healthy diet and exercise. We have strict guidelines on when we can use these drugs

Our leaflet includes some information about the Healthwise scheme, and about local Leisure centres and Weight Watcher groups

We know that these changes are not easy but the potential health benefits are enormous and there is no doubt that most people feel much better when they eat healthily and exercise

Healthwise Scheme getting patients active!

Patients whose health could benefit from becoming fitter and more active could soon be enjoying a new physical activity programme.

Patients throughout the Eastern Board area may be referred by their health professional for a physical activity programme thanks to a new health promotional scheme – known as Healthwise. The scheme, set up through EPAGG (Eastern Physical Activity Coordination Group) has been developed by a range of partner organisations and is funded by the Big Lottery. The partnership scheme is aimed at helping people improve their health through a modest and carefully managed physical activity programme. There has also been input to the scheme from Community Health and Social Services Trust organisations within the Board's area. The Belfast and Castlereagh phase of Healthwise was launched on 1st June 2005, following the lead of Ards, Lisburn and Down Council areas. The scheme has now been launched in the North Down Council area

Healthwise allows healthcare professionals such as a doctor, registered nurse or therapist to refer patients to council leisure centres across the Eastern Health & Social Services Board area for a 12 week programme of physical activity. Through Healthwise, EPACG aim to promote an innovative and proactive approach to health, which will help to tackle many key health issues prevalent in Northern Ireland today. It is not about being competitive but about activities that done regularly can improve general health.

Our practice is registered for this scheme. Some patients are not suitable, but if you feel you could benefit please discuss with one of the Doctors or Sister Megaw.

Some useful address

WeightWatchers Ireland

Bangor	
Hamilton House	Wednesday
Hamilton Road (large pink building	9.15am
With lots of high windows, room 4	10.30am
Down along corridor).	

Good Templar Hall
Hamilton Road
Bangor
Co Down, BT20 4LP

Wednesday
4.45pm
6.00pm
7.15pm
(8.15pm Men Only)

Bangor
Towerview Free Methodist Church
Towerview Crescent
Bangor.

Thursday
4.45pm -6.00pm

Sports & Leisure

North Down Borough Council is committed to providing a wide range of high quality leisure and recreational facilities throughout the Borough.

There are three Centre, Bangor Castle Leisure Centre in Bangor, Queen's Leisure Complex in Holywood and the Sportsplex on the outskirts of Bangor.

Bangor Castle Leisure Centre
Castle Park Avenue
Bangor
BT20 4BN
T: 02891 270271
F: 02891 466608

Bangor Sportsplex
Old Belfast Road
Bangor
BT19 1LU
T: 02891 275622
F: 02891 275630

Email: bangorcastle@northdown.gov.uk

Email: sportsplex@northdown.gov.uk

Sullivan Close
Holywood
Co Down
T: 02890 421234
F: 02890 424450

Email: queens@northdown.gov.uk