



Obesity

The number of overweight and obese adults in Australia has doubled over the past twenty years, with Australia now being ranked as one of the fattest developed nations in the world.

In 2004-05, 7.4 million Australian adults were classified as overweight or obese. If you are one of these 7.4 million Australians it could mean you are at increased risk

of developing a chronic disease such as heart disease, type 2 diabetes, and some cancers.

How overweight and obesity are defined

A simple, yet effective way of measuring obesity and the associated risk of chronic disease is waist girth.

Measuring your waistline is a simple check:

- Measure directly against your skin.
- Breathe out normally.
- Make sure the tape is snug, without compressing the skin.
- Measure halfway between your lowest rib and the top of your

hipbone (roughly in line with your belly button).

A waist measurement of greater than 94cm for men or 80cm for women is an indicator of intra-abdominal fat which can coat the heart, kidneys, liver and pancreas. This type of fat increases the risk of developing serious chronic health problems.

Obesity can also be measured using the Body Mass Index (BMI).

BMI is calculated by dividing weight in kilograms by height in metres squared. A BMI higher than 25 is classed as overweight and higher than 30 is classed as obese. Both waist measurements and the BMI are only guidelines. The best way to find out if you are a healthy weight is to undergo a full body composition assessment with a health professional who should take a combination of measures including body fat percentage, waist girth and BMI.

Gender	Increased Risk	Substantially Increased Risk
Male	94cm	102cm
Female	80cm	88cm

Source: National Heart Foundation for Australia (2007)

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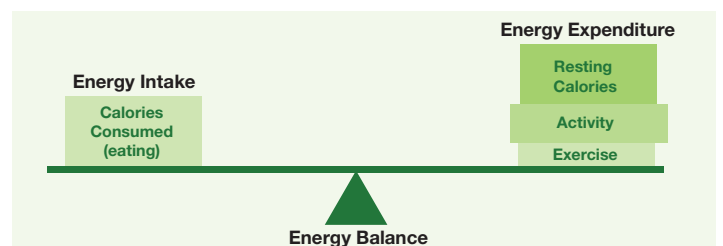
M	T	W	T	F	SA	S
31				1	2	
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Statistics

- More than 75% of obese people believe they are at a low risk of heart disease, type two diabetes and cancer.
- In Australia in 1995, 19.5% of boys and 21.1% of girls aged between 2-18 years were overweight or obese.
- 54% (7.27 million) of 18-75 year old Australians in 2000 did not undertake sufficient physical activity for health benefits. Around 15% were sedentary and around 39% reported some activity, but not enough to be categorized as 'sufficient'.

What causes obesity?

Obesity is a complex chronic condition and although in many cases lifestyle factors (i.e. physical inactivity and poor diet) are responsible for the condition, there may be other contributing factors. These include environmental factors (i.e. habits), psychological factors (i.e. the relationship between emotions and overeating) and genetic factors (i.e. hormones which can increase the risk of being overweight).



People may become overweight or obese when energy intake exceeds energy expenditure over a considerable length of time. Healthy eating and regular physical activity

are vital in the prevention of unhealthy weight gain. This energy imbalance in many individuals is often linked to changes in the modern environment that we now live in.

Calendar Dates

August 2nd– 9th
Health Bones Week

August 28th
Daffodil Day

August 30th
City to Surf

Important Websites

www.drawthelinewa.com.au
www.measureup.gov.au
www.betterhealth.vic.gov.au
www.annecollins.com
www.calorielab.com
www.medicalmoment.org
www.heartfoundation.org.au
www.health.gov.au

weight loss
exercise
overweight
prevent

Avoid obesity with a few healthy lifestyle choices

Lifestyle habits need to be the major focus in either maintaining a healthy weight or helping you to lose weight.

- Participating in regular physical activity has been proven to provide huge health benefits. Combining regular physical activity with healthy eating is the best way to reduce your waist measurement and lower your risk of chronic disease. Before starting an exercise program ensure that you consult a qualified health professional.
- Eat plenty of fruit and vegetables (at least two servings of fruit and five servings of vegetables every day).
- Eat regular meals – and don't forget breakfast. If you skip meals, you'll be more likely to eat high fat, high sugar foods when you're hungry.
- Drink plenty of water. Water provides the hydration that we need without the added kilojoules or caffeine found in many other drinks.
- Limit your portion sizes.
- Eat less processed food.
- Limit your alcohol intake. Alcohol is full of calories and can contribute to weight gain.
- Limit your intake of snack foods particularly unhealthy snacks and take-away foods. Plan meals ahead to avoid unhealthy snacking.

Something to think about



1 Mars Bar
= 242 calories - 1 hour of walking



1 Apple
= 57 calories - 13 minutes of walking



McDonalds Large Quarter Pounder Meal
= 1224 calories - 5 hours of walking



1 Subway 6inch Chicken Teriyaki with Sweet Onion Dressing
= 390 calories - 1 hour 30 minutes walking

Diseases Associated with Obesity

Relative Risk	Associated with Metabolic Consequences	Associated with Weight
Greatly increased	Type 2 diabetes Gall bladder disease Hypertension Dyslipidaemia Insulin resistance Atherosclerosis	Sleep apnoea Breathlessness Asthma Social isolation/depression Daytime sleepiness/fatigue
Moderately increased	Coronary heart disease Stroke Gout/hyperuricaemia	Osteoarthritis Respiratory disease Hernia Psychological problems
Slightly increased	Cancer (breast, endometrial colon) Reproductive abnormalities Impaired fertility Polycystic ovaries Skin complications	Varicose veins Musculo-skeletal problems Bad back Stress incontinence Oedema/cellulite

Source: Department of Health and Ageing (2009)

Carepoint Health Promotion & Training have services to assist individuals in adopting healthy lifestyle changes:

Scale Down – weight loss program • Alcohol education sessions • Nutrition education sessions

If you would like further information on these services please do not hesitate to contact us on (08) 9321 7460.