

A Guide to Healthy Weight

Key Messages

- The most reliable way to lose weight is to eat less high calorie foods and to move more.
- Healthy weight loss is between 1-2 lbs or 0.5-1 kg a week. Losing weight more quickly than this can lead to a loss of muscle mass.
- Encourage making realistic long-term changes rather than dieting. Drastic fad diets or exercise regimes are unlikely to work for long. This is because these types of lifestyle changes can't be maintained.
- People are more likely to be successful in losing weight, and keeping it off, if they make realistic changes to their diet and move more as part of a daily routine. Walking is an easy way of increasing levels of physical activity.

Why is having a healthy weight important?

Maintaining a healthy weight is essential to good health. Excess weight is associated with many illnesses and shortens life expectancy. Carrying excess weight can lead to higher risks of:

- Diabetes, Some types of Cancer, High blood pressure, Coronary Heart Disease
- Breathlessness
- Osteoarthritis in the knees
- Complications in pregnancy
- Depression

Key facts

Excess weight is defined as having any Body Mass Index (BMI) of more than 25. A BMI of over 30 is classified as obesity. 64% (2016/17) of the Leeds adult population have a BMI over 25, approximately 1 in 3 adults. Leeds is getting worse more quickly than the England average as it was 60.9% in 2015/16. England has remained at 61.3%. There is a clear gap in equality for excess weight as the most deprived 10% nationally is 67.3% whilst the least is 56.7%.

You can find out more about BMI on the NHS Choices website:

www.nhs.uk/tools/pages/healthyweightcalculator.aspx

Top tips for healthy weight loss

- **Snack Swap:** Try making small snack swaps. Many common snacks such as sweets, chocolate, biscuits and crisps are high in fat and sugar. Swap to a toasted tea cake, low fat yoghurt, or fruit.
- **Plate Swap:** Swap bigger plates for smaller plates and you'll have a smaller portion.
- **Drink swap:** Swap sugary fizzy drinks for sparkling water with a slice of lemon or a dash of fruit juice.
- **Sugar swap:** swap your cereal for plain porridge or shredded whole grain.
- **Travel Swap:** Could you fit an extra walk into your day? Getting off the bus one stop earlier or using the stairs at work can make a big difference.
- **Hobby Swap:** Why not get an active hobby – something that will give you some more 'me-time'

Key tools and resources

Change4Life - This site has loads of information on ways for families and individuals to eat healthier, be more active and lose weight. You can register on the site to receive all sorts of promotion and support materials. www.nhs.uk/change4life

Public Health Resource Centre - Visit the PHRC for: Change4Life leaflets, eat well leaflets, pull up banners, fat and sugar model, posters, games and much more. To get in contact Tel: 0113 22 43174 or Email: phrc@leeds.gov.uk

NHS Choices – lose weight, live well. This site has lots of information on developing healthier eating habits and getting more active with the NHS Choices 12 week weight loss guide. <https://www.nhs.uk/live-well/healthy-weight/12-tips-to-help-you-lose-weight/>

For additional information on healthy eating and physical activity, see the individual 'A Health Professional's Guide to...' sheets.

Where to go/who to contact?

For weight management support:

'One You Leeds' provide an adult weight management service called 'Manage Your Weight'

Website - <https://oneyouleeds.co.uk> (online enquiry form) Or call on 0800 169 4219

Visit your GP

-Aged between 40-74? Receive your free NHS Healthcheck with the possibility of being referred onto One You Leeds or alternative support to live healthier

Public Health Resource Centre

The Public Health Resource Centre (PHRC) is a specialist knowledge and resource hub, offering support to anyone in Leeds with a responsibility or professional interest in public health or promoting health and wellbeing. The PHRC holds a large selection of books, DVDs, report, games, teaching packs, interactive and visual models on a wide variety of public health topics, all of which are available to loan free-of-charge. In addition, we have a variety of leaflets and posters which you can order free-of-charge.

To register with the PHRC, or for more information, please visit www.leeds.gov.uk/phrc or visit the PHRC anytime during opening hours. You can also follow the PHRC on Twitter and Facebook.

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