

# Obesity



Obesity is when a person is overweight (carrying too much body fat for their height and gender).



This is not healthy for your body.



Obesity can happen when you keep eating more calories than you burn.

A calorie is the energy given off from food you eat.



If you eat more calories than you burn off through exercise, your body will store it as fat.



Most of us have more food than we need.



Fast foods, high calorie snacks, and large portions all mean it is easy to take in more energy than we need.



Obesity has now become one of the most serious medical problems of the Western world.



Your doctor or nurse will work out if you are obese.



A person is obese if they have a Body Mass Index (BMI) of 30 or more.

The doctor or nurse will work this out for you.



Your doctor or nurse may talk with you about:



- Any other health problems you have



- What you think has caused your extra weight



- What you eat each day



- Cost of food



- How confident and good you feel about yourself



- What exercise (if any) you do



- How you feel about your weight



- What or who could help you lose weight



- The good part of losing weight



- What could happen if you don't lose weight



- If you get or want support from others (family, friends, support worker)

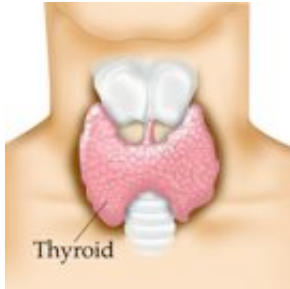


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## Your doctor or nurse may ask about your health in the past:



- Any medical condition you may have that causes you to be obese
- For example, if your thyroid gland in your neck is not working properly, it could make you put on weight



- If your weight causes you any problems like back pain



- If anyone in your family is overweight, obese or has any extra health problems (like diabetes or heart disease)



- If you are taking any medicines that may cause you to become overweight



- The sort of food you have eaten in the past, exercise, alcohol, smoking, work and activities with friends and family



**The doctor and nurses may want to check:**



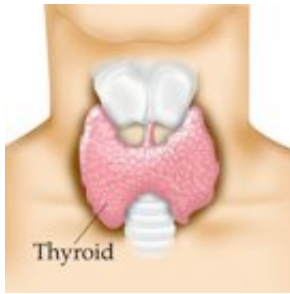
- Your blood pressure using a large arm cuff (that wraps around your arm)



- Your sugar and fat levels by you giving a 'urine' (wee) sample



- Your liver is working properly.



- How your thyroid is working. Your thyroid is a small gland in your neck. It tells the body how to break down your food.
- If it isn't working properly it can cause people to put on weight



Your doctor or nurse may suggest that you see a **specialist**.

This is someone who is trained to explain about obesity and what people eat.



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## What advice might the doctor or nurse give me?



- To eat balanced meals that are rich in fruit, vegetables and starchy foods.



- They will think about the sorts of foods that you like.
- They may suggest foods that you like that are healthier.



## What advice might the doctor or nurse give about exercising?



- This will always depend on how fit you are now.



Depending on this, the doctor or nurse may encourage you to:



- Be more active



- Do more active exercise 2 or 3 times a week



- Do activities that can be included into everyday life. This could be walking faster, gardening, or even walking up and down your stairs at home.



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# Medicines

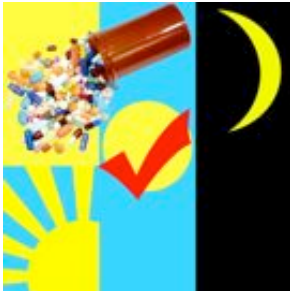


Some people are given medicines to help control their weight.

This will probably be alongside healthy eating and exercising.



Your doctor or nurse will talk to you about what suits you best.



It is important to make sure that you take your medicines at the right time/day.



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