

SO WHERE DOES WEIGHT CONCERN FIT IN?

In 2002, Weight Concern was voted Best New Charity at the UK Charity awards. We are the only charity committed to providing impartial information, advice, treatment and practical support for people who are overweight or obese. Our work is supported by funding from the Department of Health, from 'Friends' subscriptions and from our training courses.

WEIGHT CONCERN'S AIMS ARE TO:

- create a strong and positive voice to speak out on behalf of overweight people
- promote a more positive attitude and less discrimination against the obese
- increase public understanding of the causes and consequences of obesity
- to enable individuals to recognize if they or their family members are overweight
- support research into the social and health problems of obesity, and its treatment and prevention
- improve health professionals knowledge and awareness of obesity

OUR CURRENT AREA OF WORK INCLUDE:

- evaluation of a new childhood obesity treatment
- development of an advice and information pack for parents of overweight or obese children
- providing up to date information on obesity via our website and leaflets
- acting as a voice for overweight and obese people at Government meetings and responding to media queries
- running training courses for health professionals on effective treatments for childhood obesity and adult weight management
- training health professionals to feel more confident and to be more sensitive in dealing with weight issues
- establishing weight management groups nationwide, run by health professionals and lay volunteers

CONTACT US

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OBESITY IS EVERYBODY'S CONCERN

Two-thirds of the UK population is overweight or obese...



OBESITY IS A SERIOUS MATTER

HERE'S WHY...

Obesity is a real and serious threat to health; approximately two-thirds of the UK population are overweight or obese. Based on 2002 figures, one in five boys and one in four girls are overweight or obese.

Obesity increases the risk of developing many serious illnesses such as cancer, heart disease, diabetes, osteoarthritis and stroke.

WHAT CAN BE DONE?

Dealing with the obesity epidemic is no easy task. Alarming many adults do not recognize their weight problems, and some health professionals have inadequate training in issues related to the prevention and management of obesity.

To add to this, a huge commercial weight loss sector has evolved, which bombard the public with information about diet foods, miracle pills and quick fix diets.

BECOME A FRIEND OF WEIGHT CONCERN

As a Friend of Weight Concern, you will support the charity and receive the following benefits:

- regular newsletters containing updates on research and treatment of weight problems and progress of the charity's work
- opportunities to participate in our research into new treatments
- access to our on-line message forum to express your views and share information with other Friends
- free (on-line) personalised report, providing an evaluation of your current food intake and how active you are, and highlighting other factors which influence your chances of successful weight management
- discounts on Weight Concern publications
- discounts on fees for Weight Concern training courses

To become a Friend, complete the form opposite or visit our website.



'FRIENDS OF WEIGHT CONCERN'

Please complete this application form and return it to the address on the back of the leaflet.

- I enclose a cheque for £15, made payable to Weight Concern, to register as a Friend for one year.

Title: _____

First Name: _____

Surname: _____

Address: _____

_____ Postcode: _____

Daytime tel no: _____

E-mail address: _____

- I would like to receive my newsletters via e-mail

If you would also like to make a donation towards the work of Weight Concern, we would be grateful for any amount you give. If you are a taxpayer please indicate below, so that we can reclaim the tax you have paid, it costs you nothing, but allows us to reclaim 28p of every £1 you donate.

- I would like to make a donation of £ _____

- I am a taxpayer; please treat my donation as gift aid.

Signed _____