

## WHAT SUPPORT IS AVAILABLE TO HELP ME LOSE WEIGHT?

There are a number of options available to you:

- treatments within the NHS, such as advice from your practice nurse or seeing a dietitian
- commercial slimming organisations - take care that they are responsible organisations
- Weight Concern's Shape-Up programme

## WHAT IS SHAPE-UP?

This is a self-help workbook which aims to help people manage their weight, improve overall health and enhance quality of life.



You can find out more about the Shape-Up programme by visiting our website or by contacting us for a leaflet.

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# AM I OVERWEIGHT?

YOUR QUESTIONS ANSWERED



## AM I OVERWEIGHT?

It is difficult to accurately calculate how much body fat an individual is carrying. A simple guide has been developed called Body Mass Index (BMI), this is based on your weight and height. On the chart, follow the column from your weight to your height and see which BMI category you fall into.

Weight in pounds (stones/ounces)	Height in feet and inches																				Weight in kilos (kg)
	5ft 1 in	5ft 2 in	5ft 3 in	5ft 4 in	5ft 5 in	5ft 6 in	5ft 7 in	5ft 8 in	5ft 9 in	5ft 10 in	5ft 11 in	6ft 1 in	6ft 2 in	6ft 3 in	6ft 4 in						
	1m 52cm	1m 55cm	1m 57cm	1m 60cm	1m 63cm	1m 65cm	1m 68cm	1m 70cm	1m 73cm	1m 75cm	1m 78cm	1m 80cm	1m 83cm	1m 85cm	1m 88cm	1m 91cm	1m 93cm				
125 (8/13)	24	24	23	22	21	21	20	20	19	18	18	17	17	16	16	16	15	56			
130 (9/4)	25	25	24	23	22	22	21	20	20	19	19	18	18	17	17	16	16	59			
135 (9/9)	26	26	25	24	23	22	22	21	21	20	19	19	18	18	17	17	16	61			
140 (10/0)	27	26	26	25	24	23	23	22	21	21	20	20	19	18	18	17	17	63			
145 (10/5)	28	27	27	26	25	24	23	23	22	21	21	20	20	19	19	18	18	65			
150(10/10)	29	28	27	27	26	25	24	23	23	22	22	21	20	20	19	19	18	67			
155 (11/1)	30	29	28	27	27	26	25	24	24	23	22	22	21	20	20	19	19	70			
160 (11/6)	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	19	72			
165(11/11)	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	20	74			
170 (12/2)	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	21	77			
175 (12/7)	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	21	79			
180 (12/12)	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	22	22	81			
185 (13/3)	36	35	34	33	32	31	30	29	28	27	27	26	25	24	24	23	23	83			
190 (13/8)	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	23	86			
195 (13/13)	38	37	36	35	34	33	32	31	30	29	28	27	26	26	25	24	24	88			
200 (14/4)	39	38	37	36	35	34	33	32	31	30	30	29	28	27	26	26	25	90			
205 (14/9)	40	39	37	36	35	34	33	32	31	30	29	29	28	27	26	26	25	92			
210 (15/0)	41	40	38	37	36	35	34	33	32	31	30	29	28	28	27	26	26	95			
215 (15/5)	42	41	39	38	37	36	35	34	33	32	31	30	29	28	28	27	27	97			
220 (15/10)	43	42	40	39	38	37	36	35	34	33	32	32	31	30	29	28	27	99			
225 (16/1)	44	43	41	40	39	37	36	35	34	33	32	31	31	30	29	28	27	101			
230 (16/6)	45	43	42	41	39	38	37	36	35	34	33	32	31	30	30	29	28	104			
235 (16/11)	46	44	43	42	40	39	38	37	36	35	34	33	32	31	30	29	29	106			
240 (17/2)	47	45	44	43	41	40	39	38	36	35	34	33	33	32	31	30	29	108			
245 (17/7)	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	31	30	110			
250 (17/12)	49	47	46	44	43	42	40	39	38	37	36	35	34	33	32	31	31	113			
255 (18/3)	50	48	47	45	44	42	41	40	39	38	37	36	35	34	33	32	31	115			
260 (18/8)	51	49	48	46	45	43	42	41	40	38	37	36	35	34	33	32	31	117			
265 (18/13)	52	50	48	47	45	44	43	42	40	39	38	37	36	35	34	33	32	119			
270 (19/4)	53	51	49	48	46	45	44	42	41	40	39	38	37	36	35	34	33	122			
275 (19/9)	54	52	50	49	47	46	44	43	42	41	39	38	37	36	35	34	33	124			
280 (20/0)	55	53	51	50	48	47	45	44	43	41	40	39	38	37	36	35	34	126			
285 (20/5)	56	54	52	50	49	47	46	45	43	42	41	40	39	38	37	36	35	128			
290 (20/10)	57	55	53	51	50	48	47	45	44	43	42	40	39	38	37	36	35	131			
295 (21/1)	58	56	54	52	51	49	48	46	45	44	42	41	40	39	38	37	36	133			
300 (21/6)	59	57	55	53	51	50	48	47	46	44	43	42	41	40	39	37	37	135			

The size of your waist is also important, if you have a large waist measurement you are at greater risks of health problems.

- For men a waist measurement above 94cm (37 inches) means raised health risks and above 102cm (40 inches) the risks are greater still
- For women, a waist measurement above 80 cm (32 inches) means raised health risks (and even greater risks above 88cm or 35 inches)

To measure your waist, place a tape measure around your middle just below your belly button.

## WHY AM I OVERWEIGHT?

Why one person should be more overweight than another is a commonly asked question. Unfortunately there is no easy answer.

At its simplest level, obesity occurs when we take in more energy (in the form of calories) than we are expending (by being active).

Many things probably contribute to you being overweight. These include:

- your genes
- medical conditions such as hypothyroidism
- certain drugs
- growing older
- the environment in which you live, such as tempting high calorie foods readily available and labour saving devices

## WHY DOES BEING OVERWEIGHT MATTER?

Being overweight or obese can have effects on your health. Excess body fat produces hormones that can make you more likely to develop a number of serious illnesses.

Being overweight or obese increases the likelihood of suffering from:

- Cancer
- Coronary Heart Disease
- Diabetes
- Hypertension
- Osteoarthritis
- Stroke

Being overweight can also make you feel unhappy about the way you look, and result in low self-esteem, depression and binge eating.

## HOW CAN I LOSE WEIGHT?

In order to lose weight, you need to take in less energy (calories) from food and increase your levels of physical activity.

We have found that changing eating and physical activity habits requires a lot of planning and careful thought. Also people who make gradual changes to their lifestyle may be better able to keep these up than someone who changes everything at once.

The key to successful weight loss is not just about losing weight, but keeping it off afterwards. Too many people go on diets and lose weight, and then put it all back on again.

If you want to lose weight you will need to change the habits that lead you to put on weight in the first place.

Underweight Healthy Weight Overweight Obese