



Obesity

How to lose weight

The facts!

Talk to your health care worker if you need help to loose weight.

- Eat less
- Walk more

NSW Chronic Care for Aboriginal People Program

For more information

Contact your local **Aboriginal Medical Service** or **Health worker**. Aboriginal Chronic Care workers are located in NSW Health Services and some Aboriginal Medical Services.

Chronic Care for Aboriginal People Program:
www.health.nsw.gov.au/initiatives/chronic_care/aboriginal/index.asp

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For further copies of this document contact:
Better Health Centre – Publications Warehouse
PO Box 672, North Ryde BC 2113
Tel. (02) 9887 5450
Fax. (02) 9887 5879



*Chronic Care
for Aboriginal People*





What is Obesity?

Obesity is when a person has too much body fat and is very overweight.

Obesity risks

People who are obese are at risk of serious health problems including:

- heart disease
- bone disease
- high blood pressure
- stroke
- cancer
- diabetes
- high cholesterol.

Why is having a 'fat belly' BAD?

People come in many shapes and sizes. People who have a 'pot belly' even if their arms and legs are skinny are at a greater risk of health problems.

The measurement of your waist shows how much extra fat you are carrying around your belly.

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What should my waist measurement be?

- Men less than 94cm
- Women less than 80cm.

Eating tips

- Include variety in your food
- Have low-fat food
- Eat at least five vegetables a day
- Eat more light meals a day
- Eat smaller portions of food.

DO NOT SKIP BREAKFAST

Hints to combat obesity

- Take the stairs
- Walk to work
- Exercise daily – join a walking group
- Eat more nutritious low-fat food
- Recognise cues or emotions that may make you want to eat when you are not hungry.