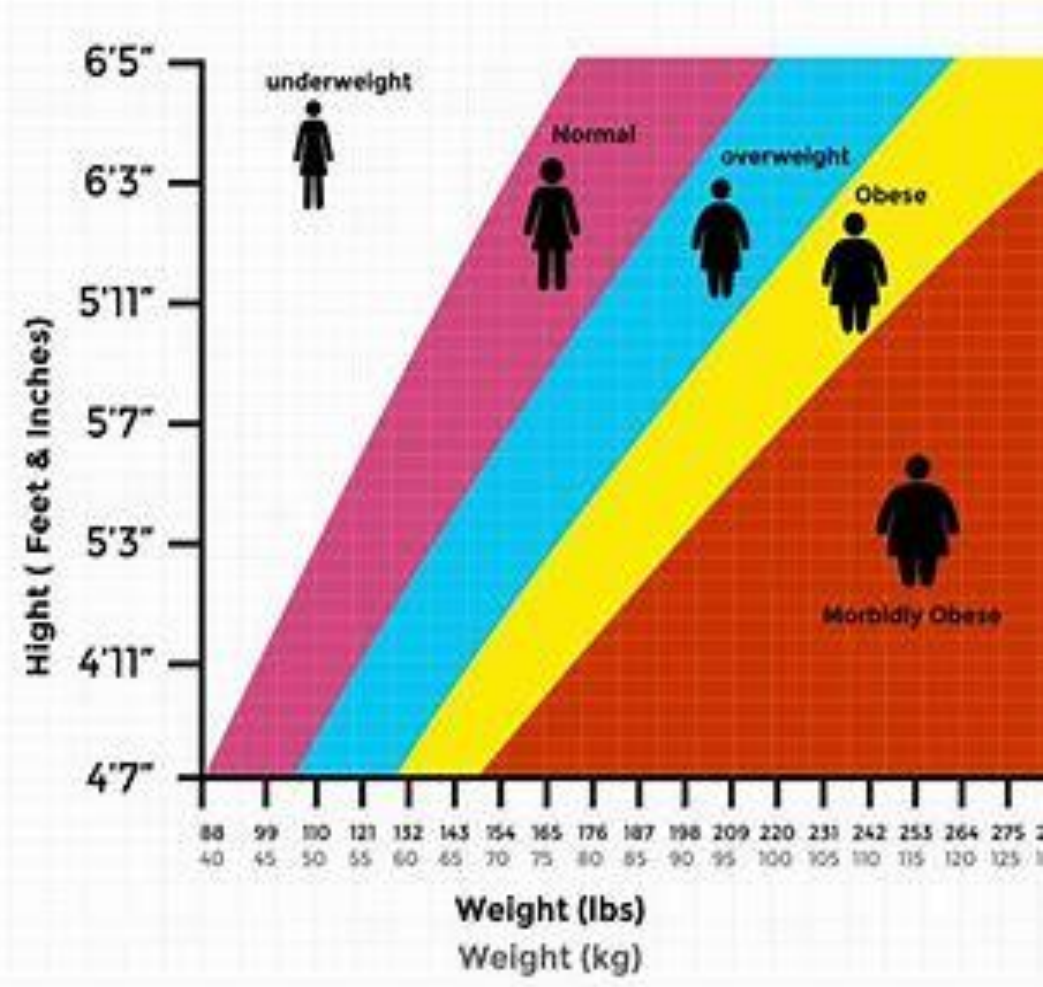# Obesity

What is Obesity?

- Obesity is when a person is overweight

- Overweight means that you are carrying too much body fat for your height and gender

- Being overweight is not healthy for your body

Body Mass Index

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

- To work out your BMI you need to know how much you weigh and how tall you are

- Your GP can help you with this

How do we become obese?

- When we keep eating more calories than you burn

- A calorie is the energy we get from the food we eat

- If we eat more calories than we 'burn off' then the body stores it as fat
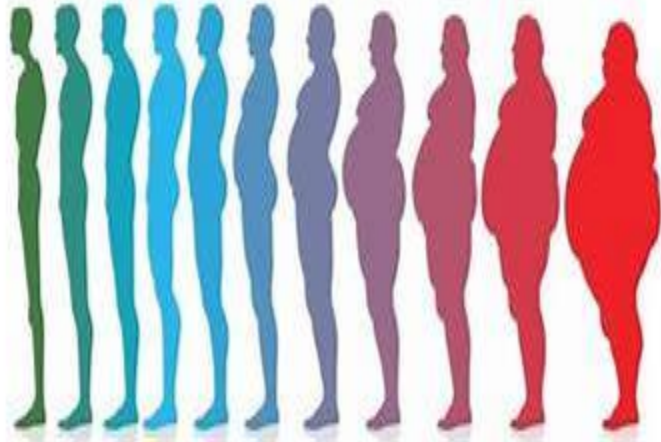
How do you become obese?

- By eating lots of fast foods, snacks with a lot of calories and big portions mean it is easy to eat more calories than we need

- Not moving and exercising enough

- We can burn off calories by being active, moving and exercising

Is it a problem?


OBESITY IS NOW A GLOBAL EPIDEMIC!

- Obesity has become one of the most serious medical problems of the Western World.

Health problems

- type 2 diabetes,
- high blood pressure
- high cholesterol, which can lead to heart disease and stroke,
- poor asthma control
- cancer, including bowel cancer, breast cancer and womb cancer.
- gastro-oesophageal reflux disease (GORD)

Obesity-Related Diseases

- Stroke
- Heart disease
- High blood pressure
- Fatty liver
- Osteoarthritis
- Varicose veins
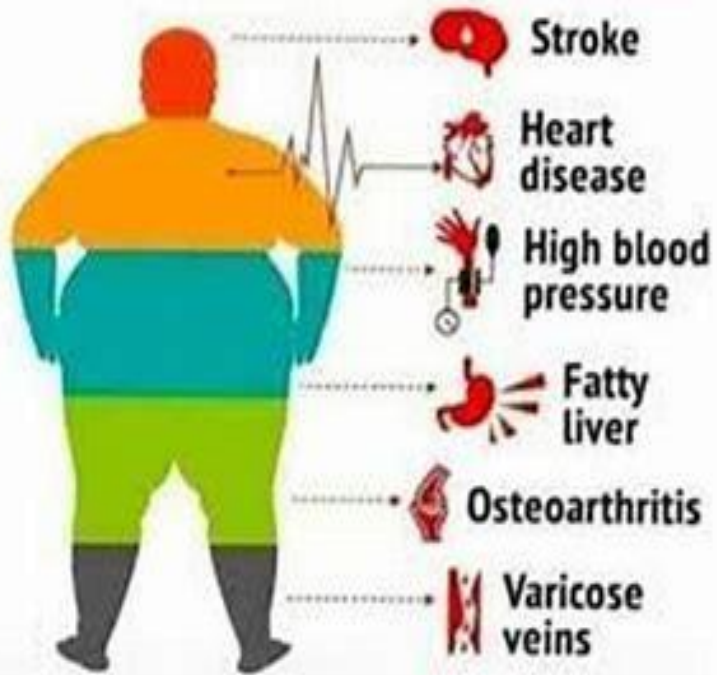
- Gallstones
- reduced fertility and increased pregnancy related morbidity
- Osteoarthritis
- sleep apnoea
- liver disease
- kidney disease

How many people are obese in the UK?

- NHS Digital (2017-2018 to 2021-2022) Health and Care of People with Learning Disabilities:

Age range	People without a learning disability experiencing obesity (%)	People with a learning disability experiencing obesity (%)
0-9		0.3
10-17	0.9	5.2
18-24	3.9	17.1
25-34	5.8	24.7
35-44	7.8	29.3
45-54	11.8	31.5
55-64	15.3	30.2
65-74	17.2	24.2
>75	12.1	17.7

Obesity in Camden for people who do not have LD

- People put on weight as they get older

- Black people and Asian people are more likely to be overweight or obese

- People who lived in social deprived areas are more likely to be obese

- To be deprived of something means not having something that is seen as very important

Obesity in Camden for People with Learning Disability

- people with a learning disability are 3 times more likely to be obese then people who do not have learning disabilities

- 67% of women with a learning disability are overweight or obese

LeDeR

- In the years before COVID-19 the leading cause of death for people with learning disabilities was pneumonia

- In 2020 and 2021 COVID-19 was the leading cause.

- The second leading cause of death in 2021 was diseases that affect your heart and blood vessels. (Cardio-Vascular Diseases)

- These deaths could be stopped by eating a better diet, losing weight, exercising and stopping smoking

LeDeR

- This is the first report where these diseases have been more common than respiratory disease.

- Obesity plays a key role in determining health outcomes and is experienced significantly more often by people with a learning disability

WHAT TO EXPECT

ANNUAL HEALTH CHECK

FOR SOMEONE WITH A LEARNING DIABILITY

Health Action Plan

What can we do if we are obese

- Book to have your annual health check
- Eat a balanced diet with fruit, vegetables
- Move more, be more active

- Speak to your GP if you would like help
  - Help to understand what to eat
  - Help to be more active

If you can't fly, then **RUN**.
If you can't run, then **WALK**.
If you can't walk, then **CRAWL**.
But whatever you do,
YOU HAVE TO KEEP MOVING.

Martin Luther King, Jr. – Civil Rights Activist and Pastor