



A presentation about being a healthy weight by...



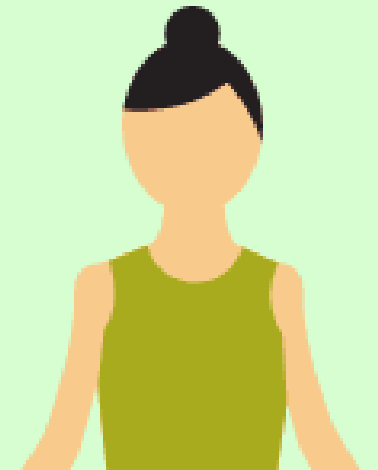
Kayleigh



Cody

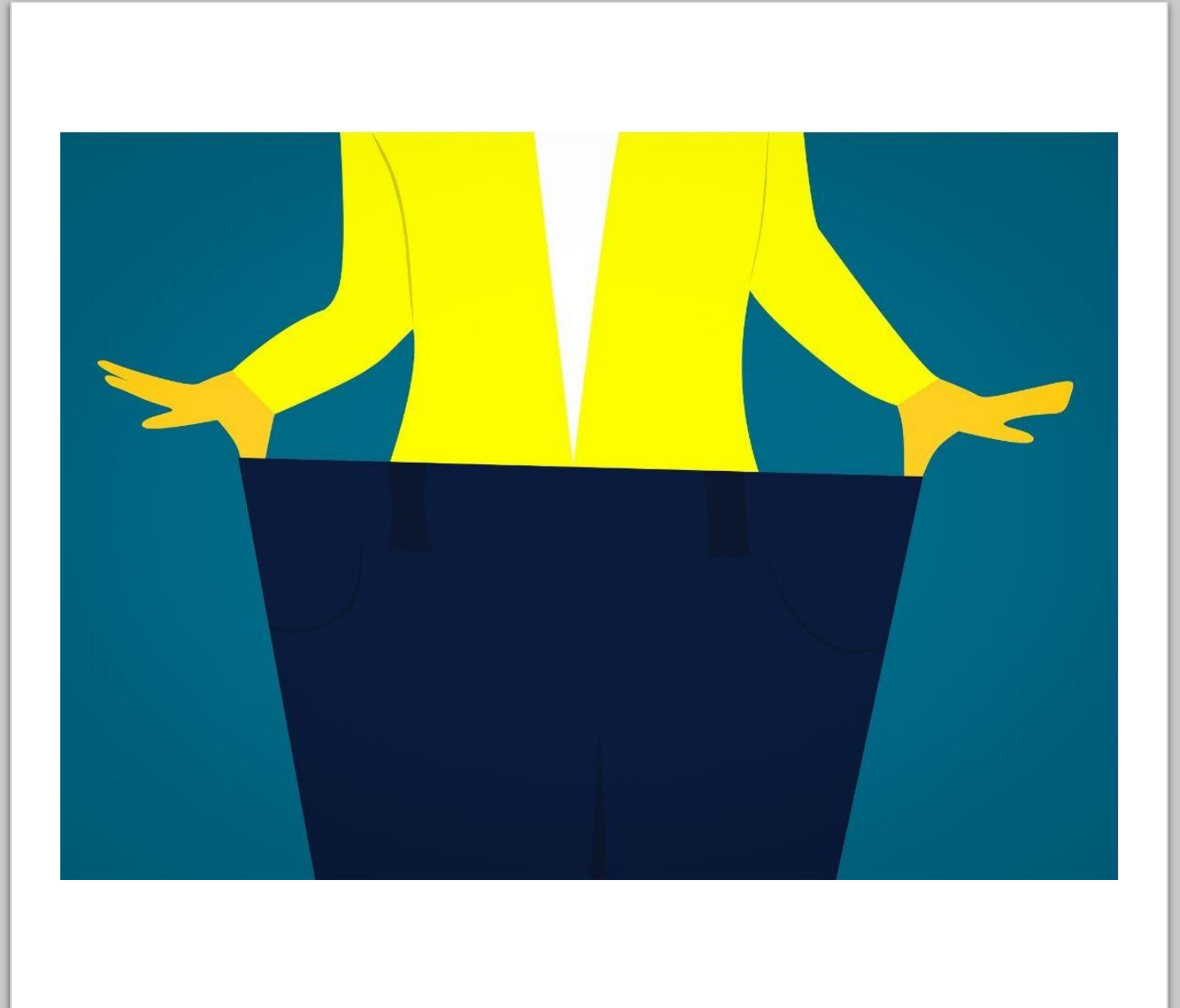


# Being a healthy weight



# Why it important to be a healthy weight?

- Because people who have learning disabilities are more likely to be over weight and have weight related health problems
- Being over weight could cause another condition like diabetes
- Being underweight is also bad for you
- More people with a learning disability are underweight than other people
- Being under weight can mean you might get more illnesses, have fragile bones and feel tired. If you have periods they can stop.



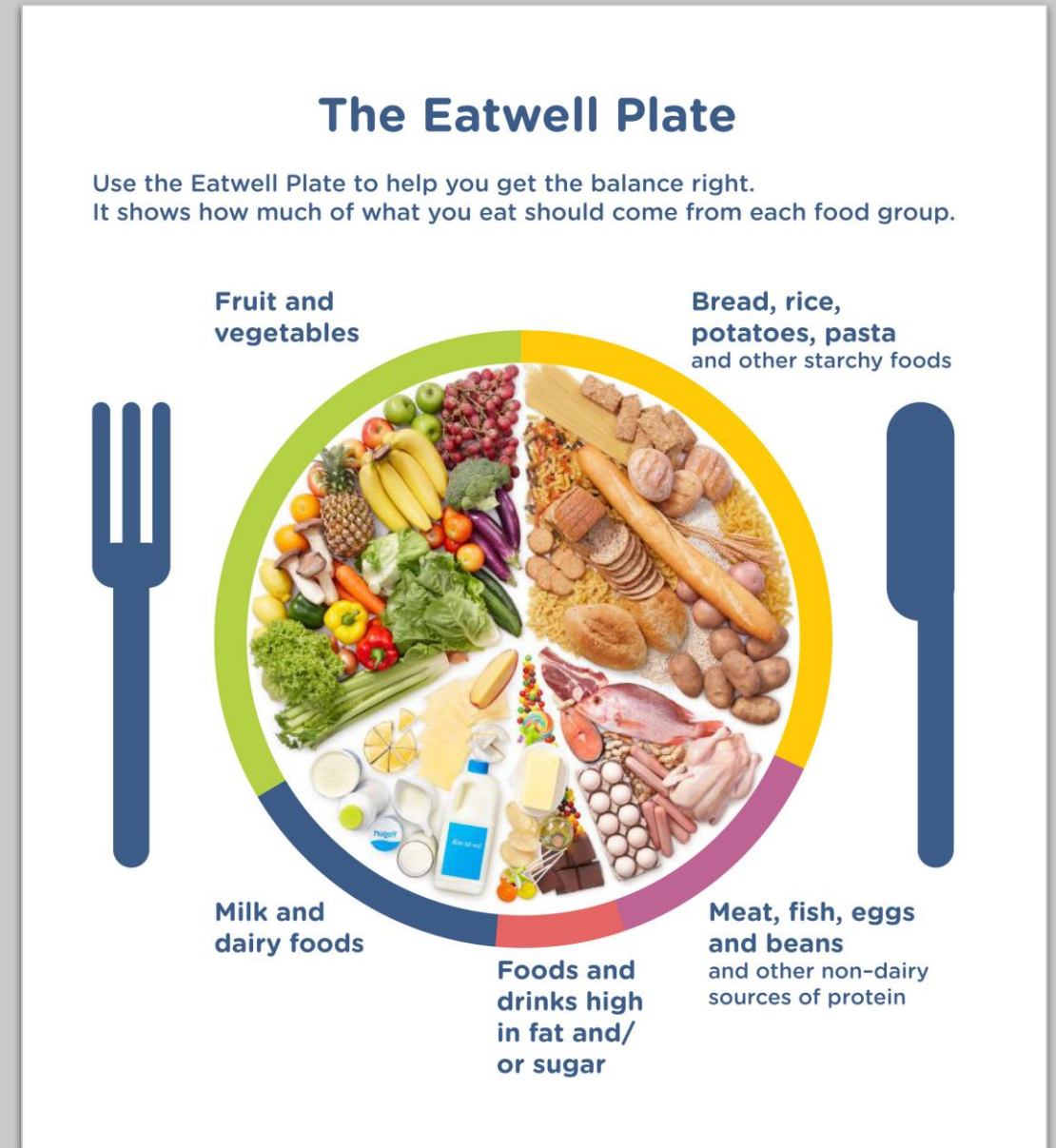
# Managing your weight can be hard

- It is hard for some people with learning disability because we do not always get a choice of what to eat
- Sometimes people don't understand what is good for them and what is not good for them to eat or drink.
- Treats taste good but are not healthy and doctors will say its good to have a balanced diet
- Some people might not eat well because they have sensory needs. Some foods might have a taste or texture they cannot eat
- There are conditions like Prader Willi syndrome where they are always hungry
- Medicines can affect your weight or appetite
- People might find eating enough difficult or they might eat too much because of trauma



# Keeping well & eating healthy

- This shows you a balanced meal on the Eatwell plate
- Vegetables and fruit in the green section & bread, rice, potatoes and pasta in the yellow section are the same size on the plate
- Brown bread rice potatoes pasta can be good for you because they have more fibre
- Meat and fish in the purple section and milk and dairy in the blue section are just about the same size on the plate
- The small red section is high fat and high sugar foods like butter oil sweets fizzy drinks sugar and chocolate





# What is a healthy weight?

When you go to your annual health check at your doctors they will work out if your weight is ok for you.

They will do this by working out your body mass index or BMI.

They will weigh you and see how tall you are to work out your BMI.



This shows what BMI numbers mean

- Blue is underweight
- Green is normal
- Orange is overweight
- Red is very overweight
- Purple is extremely overweight

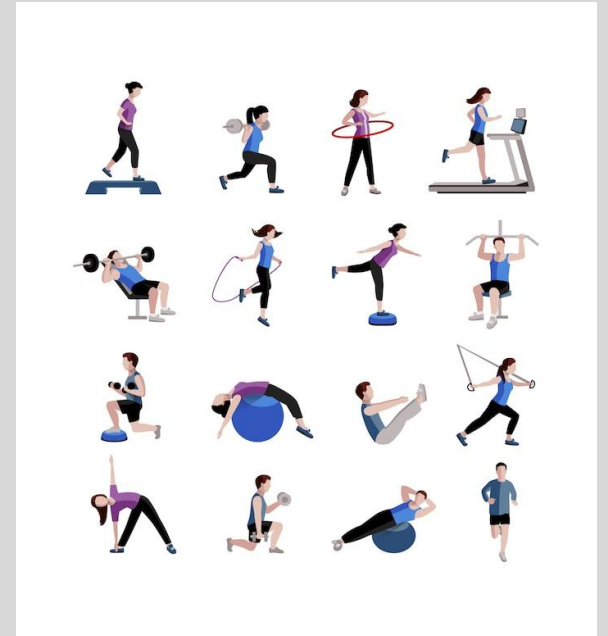
# Eating disorders

- Someone might be overweight or underweight because they have an eating disorder
- Anorexia is when someone does not eat very much and they get very underweight
- Bulimia is when someone eats a lot and then makes themselves sick. It might make people underweight. Princess Diana had bulimia for a while.
- Binge eating is when someone eats a lot of food until they feel uncomfortable. It can make people overweight.
- If someone has a eating disorder they may need special help from their doctor or a mental health worker



# Exercise

- Exercise is important whatever weight you are as it is very good for your body
- People with a learning disability do less exercise than other people. Some reasons for this might be because some people might not like going to gym or exercise classes because they feel embarrassed
- But exercise can be fun it does not have to be really hard work
- Exercise can make you feel happy especially if you make a goal
- Exercise is good for your mental health and can help you feel less worried or depressed
- Going for a walk with a dog makes you happy
- Exercising reduces stress
- Helps you with your weight
- But remember to drink plenty of water





# How can support workers or carers help someone to be a healthy weight?

## Things that will support you

- Being supportive when you struggle
- Doing exercise with you
- Help make sure your food is healthy
- Food shopping and meal planning with you
- Learning about healthy food
- Weigh people to keep track of their weight
- Keep an eye on health problems or medications that might affect your weight
- Going with you to a slimming group
- Making exercise fun like playing on a Wii or dancing in a nightclub together

## Things that will not help

- Nagging – “only have one biscuit!”, “that’s not healthy is it?”
- Criticising – “You’re too skinny you look like a skeleton” or “You’re so fat”
- Talking about it all the time
- Eating unhealthy food around people
- Taking diet pills or diet shakes like Slimfast
- Locking the kitchen or cupboards

# Questions to talk about as a group:



How can support workers or carers help people to be a healthy weight?



Do you exercise? If not what would encourage you to exercise?



Do you worry about being a healthy weight?

# Being Healthy Quiz



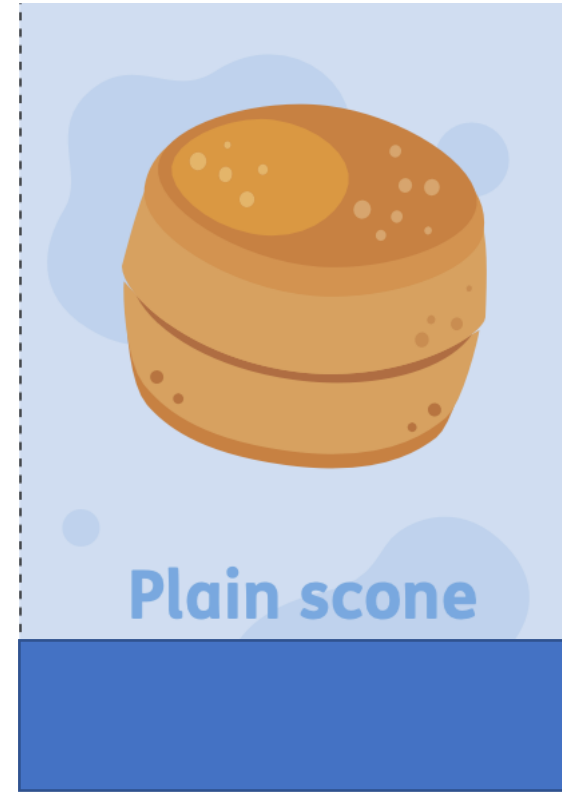
This quiz is a bit like  
'Play Your Cards Right'

You have to shout out  
'higher' or 'lower' to  
answer the questions.





Does a scone have a higher number of sugar cubes in it than a banana or a lower number?



Do 4 oreos have a higher number of sugar cubes in them than a banana or a lower number?



Do 7 strawberries have a higher number of sugar cubes in them than plain natural yoghurt or a lower number?



Does a packet of Skittles have a higher number of sugar cubes in them than a Mars Bar or a lower number?





Does a bowl of porridge have a higher number of sugar cubes in it than a small scoop of ice cream or a lower number?



What should you eat if you need to put on weight healthily?

A Eat whatever you like



B Eat more cake, chocolate and sugary drinks



C Have starchy foods like bread, rice, pasta and potatoes at every meal



D Eat big meals and have lots of snacks



How many glasses of water should you drink a day?



3



5



8

If we drink 8 glasses of water a day what illnesses can it help stop us having?

A Constipation



B Heart disease



C Urine infections



D Kidney stones (very painful!!)