

## Diabetes *fact sheet*

### Why do we put on weight?

Our body weight is affected by a number of factors:

- The amount of energy we put into our bodies through the food and drinks we consume (i.e. what goes in)
- The amount of energy our body uses through physical activity (i.e. what gets used up).

It is a real balancing act. If we don't get it right we either lose weight or put weight on as seen below:

- Gain - If you eat more than your body uses
- Stay Same - If you eat the same energy as your body uses
- Lose - If you use more than you eat

### How do I know if I am Overweight?

Body Mass Index is a measure of you weight in relation to your height and can tell you if you are a healthy weight.

BMI	Level
< 18.5	Under Weight
18.5 – 24.9	Healthy
25 - 30	Overweight
> 30	Obese

It is important not to put on weight especially around your waist. Having our excess weight around the middle increases our risk of many conditions including cardiovascular disease and Type 2 Diabetes.

### Check out your Tummy

- Don't hold the muscles in relax and measure
- Measure against your skin
- Find the top of your hip and your lowest rib. Measure half way between which is roughly in line with your belly button.
- Tape measure should be snug but not tight and squeezing your skin.
- Remember to breathe normally when you measure.

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	Women	Men
Overweight	80 cm	94 cm
Obese	88 cm	102 cm

### **How much Do I Need to Lose?**

For the prevention of diabetes it is recommended that:

- Decrease energy intake and increase energy expenditure so that you lose at least 5% of your body weight over a year.
- A change in energy balance so that you reduce intake by approximately (2100 – 2800 KJ) per day resulting in moderate weight loss of no more than 0.5 kg/wk.

(COAG Diabetes Management Committee)

### **How do I lose it?**

Need to use more energy than the energy consumed. This can be achieved by:

- Reducing energy intake (change eating patterns)
- Increasing energy output (more physical activity)

**It is more effective if you do both!**

### **Not quick and simple.**

Weight went on over a number of years so will not come off overnight.

### **Need Help**

Local Doctor