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Better habits for healthy weight

If the silly season and the summer holidays have gotten the better of your eating habits, Healthy Weight Week is a reminder to take action.

With more than 60 per cent of Australians classed as overweight and 44 per cent who undertake little to no physical activity, Healthy Weight Week is a reminder to eat better and feel better.

The District's nutrition and dietetics teams is holding information stalls at Concord and Canterbury hospitals this week to discuss healthy eating and exercise, find out your Body Mass Index, learn about serving size and the chance to win a Concord gym membership.

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"Carrying too much weight, especially around your waist, puts you at a higher risk of lifestyle-related conditions, such as type 2 diabetes and heart disease," Ms Kennewell said.

The [Get Healthy Information and Coaching Service](#) is a free and confidential telephone-based service, providing expert advice for those over 16 years needing support to change lifestyle habits.

"Many people don't eat enough fruit and vegetables and struggle to diet. The Get Healthy coaching line is a great friendly motivator," she said.

"Losing just five to 10 per cent of your starting weight, or dropping a few centimetres from your waist, will reduce the risk of disease and helps you feel healthy in the long term."

And it's not just patients and the community who are being encouraged to consider healthy living.

Sydney Local Health District has a range of initiatives promoting healthy and active lifestyles for staff.

The Get Healthy @ Work program offers staff an online brief health check to get personalised feedback about the risk of developing type 2 diabetes and heart disease and staff are also encouraged to access to the free Get Healthy service.





Parents seeking help with healthy choices for their primary school aged children can enroll in local [Go4Fun programs](#). Anyone seeking more information or assistance about healthy weights should contact their GP.

Healthy Weight Week (13-19 February) is a national initiative by Dietitians Association of Australia in its 10th year.