



David Fairlamb THE FIT FACTOR

FITNESS TIP

If you are concerned about your child's weight look for a fun exercise class and be strong in making them go. They need to learn that exercise will make them feel and look better at any age.

LIFESTYLE CHANGE

Be bold in helping your children eat healthier. Most food habits are learnt at home, therefore try to get them to be mindful from a young age.

Don't miss David's tips every Saturday in your Journal

THE number of people in England who are obese has almost doubled over the past 20 years to 13 million, which is just under 30% of the population. A report from Diabetes UK found the figure has jumped from 6.9 million people in 1997 to around 13 million in 2017 – the most recent data available.

The spread of obesity has been accompanied by a sharp rise in the number of people diagnosed with diabetes. There are thought to be 3.7 million diabetics in England, with 850,000 who are unaware that they have according to the charity.

Obesity is a major cause of Type 2 diabetes, which can lead to a range of serious health complications including heart and blood vessel disease, nerve and kidney damage, slow healing of wounds and sight loss.

It is thought that 80% to 85% of a person's risk of developing Type 2 diabetes is down to being overweight.

Diabetes UK says more than half of all cases of Type 2 diabetes could be prevented or delayed if the nation's obesity problems were tack-

led. This surge in obesity is adding hugely to the strain on our NHS because it is leading to more patients needing care for related conditions such as cancers, heart attacks and strokes, and a huge rise also knee replacements.

It is known that people with Type 2 are 2.5 times more likely to suffer a heart attack, and four times more likely to experience kidney failure than those without diabetes.

The data for the report was taken from the Health Survey for England, which found that in 2017, the majority of adults (64%) in England were overweight or obese.

Some 40% of men were overweight while a further 27% were obese. Meanwhile, 31% of women were overweight and a further 30% were obese.

Create healthy habits, not restrictions

Motivational quote of the day

The 2017 figures also showed that 30% of children aged two to 15 in England were overweight or obese, including 17% who were obese.

I seem to be writing the same issues year after year – the government is simply not doing enough! I just wonder at what point they are going to step into reality and realise this is potentially the worst health crisis ever, so serious that it could bring our NHS to its knees. In my eyes the action so far has been at best weak and with little impact. This is even more justified by these latest figures.

Food manufacturers need to be hit much harder, health/wellness/nutrition needs to be brought into our national curriculum at an early age – and ASAP. Children need to know what they are eating and the effects both positive and negative it can have. They can then make a more educated choice as to what they are eating.

People are wanting to make healthier choices but long term I can see this country, just like cigarettes, ending up with food wrapped in plain packaging showing the



> Will food packaging one day be treated in the same way as cigarette packaging as we finally wake up to the dangers of obesity?

amount of calories, sugar, fat and salt in simple terms so we all know exactly what we are eating.

The government need to be bold, doctors and mentors need to be honest and straight talking. If someone is overweight or obese, where appropriate, tell them. Too many people are wrapped in cotton wool

or have their heads firmly in the sand.

We need to take more responsibility for our own health and that of our children and stop overweight or obesity becoming the norm, therefore giving our children and the next generation a healthier start in life.