

weight & health now

Slimming World's quarterly newsletter for health professionals

Slimming
WORLD
because you're amazing

Summer 2010



Welcome to the latest edition of Weight & Health Now.

In this issue I'm delighted to introduce you to some new members of Slimming World's specialist advisor panel, as well as some old friends. You can also read about the 'eat more, lose weight' leaflet that we've worked with the British Nutrition Foundation to produce as well as learn about our research into Slimming World's success in helping new mums to lose their baby weight.

If you'd like any further information please contact us using the address overleaf.

Best wishes

Jacquie Lavin

**Dr Jacquie Lavin, R.Nutr.,
Head of Nutrition & Research**

meet our specialist advisor panel

Slimming World's specialist advisor panel brings together leaders in a range of obesity-related disciplines including nutrition, exercise, psychology and child and adult health. The panel advises our in-house nutrition and research team and keeps Slimming World at the leading edge of weight management. We consult them on developments and policy changes to ensure our programmes around healthy eating, behaviour change and increasing activity levels are all in line with current best practice.



Jane De Ville-Almond
Vice Chair of the National Obesity Forum

A leading voice in obesity and men's health, Jane is Vice Chair of the National Obesity Forum and an independent nurse consultant. With over 35 years of nursing experience Jane is at the cutting edge of innovation and has worked with the Department of Health, Ministry of Defence and many Primary Care Trusts to develop ways of improving health services, with a particular focus on men and weight management. Jane teaches health care professionals in the UK and around the world.



Professor Ken Fox
**Professor of Exercise, Nutrition & Health
Science at Bristol University**

A leading expert in exercise, weight management and obesity, Ken has served as a special advisor to a number of government panels including the current cross governmental obesity strategy, the Health Select Committee Inquiry on Obesity and the Foresight Scientific Advisory Panel for Obesity. His research focuses on the psychology of exercise and he has worked with Slimming World to develop our Body Magic programme, which helps slimmers to discover their own ways of building regular activity into everyday life.



Tam Fry
Honorary Chair of the Child Growth Foundation

As well as his work with the Foundation, Tam has been involved with the National Obesity Forum since 2000 and is well known by health professionals and the media as a regular commentator on obesity-related issues. His particular interest is in the prevention of childhood obesity. Under his guidance, the Foundation introduced paediatric centile charts to the UK which make it possible to identify, refer and track child obesity.



Professor Judith Buttriss
Director General of the British Nutrition Foundation

A highly experienced nutrition scientist and registered Public Health Nutritionist, Judith has contributed extensively to the translation and communication of nutrition science in the context of public health messages and policy, including membership of committees focusing on advertising food to children, setting school meals standards, childhood obesity, front-of-pack signpost labelling of foods, and food sustainability. As Director General of the British Nutrition Foundation, Judith is dedicated to providing the public, teachers and health professionals with clear, accurate and accessible information on nutrition, diet and lifestyle.



Professor Andrew Hill
**Professor of Medical Psychology at the
University of Leeds**

Andrew is a Chartered Psychologist and Professor in the Academic Unit of Psychiatry and Behavioural Sciences at Leeds University School of Medicine. He has conducted research in the field of nutrition, obesity and eating disorders. His current research focuses on body image and the psychology of weight in children and adults, self esteem and self-appraisal with regard to weight and shape, and food cravings, aversions and appetite control.

BNF leaflet on energy density and weight loss



Slimming World has been working with the British Nutrition Foundation to produce a leaflet that communicates the principles of energy density and the benefits of a low energy dense diet for weight loss and maintenance.

The 'eat more, lose weight' leaflet explains how people can eat more food while consuming fewer calories, a concept that underpins Slimming World's Food Optimising eating plan.

With example menus, a table of low energy dense and high energy dense foods and key information on how energy density works, the leaflet provides practical advice on how people can easily satisfy their appetite for fewer calories.

Health professionals who wish to distribute the leaflet to their patients to support their weight loss can order free copies by contacting Slimming World at the address at the bottom of the page.

The leaflet is also downloadable from the British Nutrition Foundation website at www.nutrition.org.uk



Helping mums lose their baby weight

As the only national weight management organisation to support expectant and breastfeeding mums, and with 6,700 groups nationwide, Slimming World is well placed to support women to develop healthier habits for themselves and their families from an early stage.

Our recent survey of women who joined Slimming World post-natally showed that without the encouragement of a group, 72% of the 590 respondents had previously found it difficult to lose their baby weight.

However, following their recent pregnancy, the majority of women who had joined Slimming World (78.5%) reported being happy with their rate of weight loss and more than half (55.3%) who had attended group for six months or more were already lighter than they had been before their pregnancy.

After starting to attend a Slimming World group, mums were more likely to eat a healthy diet; reporting an increase in fruit and vegetables, a greater variety of foods and more cooking from scratch using fresh ingredients, while simultaneously reporting a decrease in takeaways, sugary drinks and unhealthy snacks. They also reported doing more walking and described feeling more energetic. Nine out of 10 respondents (91%) said they felt healthier since joining Slimming World.

It's important to recognise that women who have just had a baby are vulnerable to post-natal depression, so any weight management advice should provide positive and uplifting support and should not place any additional pressures or burdens on women. Indeed, going out to a group and having some time to focus on themselves is a positive benefit for new mums and respondents to this survey reported feeling less downhearted and more peaceful as a result of joining a Slimming World group to lose their post-natal baby weight. In addition, nearly half (42.6%) of respondents were still breastfeeding at six weeks, suggesting that accessing weight management support had not compromised their ability to breastfeed.

Registered dietitian Amanda Avery, who will be presenting the findings at the British Dietetic Association's annual conference, says: "Studies show that without support women's weight can increase progressively with each child, making it more difficult to manage and increasing the risk of complications in future pregnancies.

"Mums find Slimming World's local community presence helpful and 80% said they found it easy to attend a group after they had their baby.

"By guiding new mums towards healthier eating habits and increased activity we can help them to better manage their weight, while empowering them with the knowledge and skills to provide their children and family with a healthy lifestyle right from the very start."

Weight & Health Now is published quarterly. If you'd like to receive future copies, please email your name, job title and address to weightandhealthnow@slimming-world.com. Your details will be used for this purpose only and will not be shared with anyone else.