

## 2.3 million Aussies are on a diet...but nutrition fads not the answer

According to Australia's latest National Nutrition Survey, more than 2.3 million Australians (13%) aged 15 years and older say they are on a diet to lose weight or to improve their health. The Dietitians Association of Australia (DAA) is encouraging Australians to ditch fad diets this year, and focus on achieving healthy eating habits and a healthy weight by making changes they can keep up long term. The large 'National Weight Control Registry' study, which began in 1994, has been tracking the success of more than 10,000 people who have lost at least 13kg and kept it off for more than five years. 'This study gives us valuable insights into the changes that people make to shift the kilos and keep weight off, which for many people is the hardest part of the process,' said Professor Clare Collins, spokesperson for Australia's Healthy Weight Week (AHWW) and DAA. Professor Collins warns against fad or 'quick fix' diets as these often ban entire food groups, making it difficult to get the nutrients needed for

health, and meaning people are more likely to drop out as soon as weight loss stalls. 'Be realistic about weight loss, aiming to drop around half to one kilogram a week, be as active as you can every day, and take on eating habits you can live with,' said Professor Collins, an Accredited Practising Dietitian.

### Weight loss tips:

Proven strategies from the National Weight Control Registry to help take weight off and keep it off:

- Eat a healthy breakfast every day.
- Pay attention to the portion sizes and the total kilojoules you eat each day.
- Enjoy a healthy diet that includes foods like vegetables and fruits that are low in kilojoules but high in fibre and nutrients. They'll fill you up and keep you from over-eating.
- Be aware of your eating and activity habits. Track your food choices and your activity level in a journal, an app or on-line tracker.
- Weigh yourself weekly.
- A healthy weight loss is ½ - 1kg a week.
- Expect challenges – Weight loss is a process – it takes time, patience and effort. 'There is no one magic bullet or 'ideal' weight loss diet. Instead, when

the going gets tough, call an Accredited Practising Dietitian and book an appointment for expert, tailored advice and support to give you the best chance of achieving your weight and health goals,' recommends Professor Collins.

## FREE Training Opportunities for Volunteers

### Doorway to Dementia – Practice and Strategies

**When: 3 session dates available:**  
 Tuesday 10<sup>th</sup> February  
 Wednesday 25<sup>th</sup> February  
 Wednesday 4<sup>th</sup> March  
**For details contact**  
[pcalwell@cdch.com.au](mailto:pcalwell@cdch.com.au)

### Professional Boundaries Workshop

**When: Friday 20<sup>th</sup> Feb**  
**Time: 10.00am – 1.00pm**  
**Where: Maldon Hospital**

### Active People Active Choices – A day in the life of Social Support

**When: Monday 20<sup>th</sup> Apr**  
**Time: 10.00am – 1.00pm**  
**Where: Ray Bradfield Room, (off Forest Street next to Victory Park) Castlemaine.**

**RSVP: All courses please contact Philippa Calwell on 5471 1735 or email**  
[pcalwell@cdch.com.au](mailto:pcalwell@cdch.com.au)

By visiting the Australia's Healthy Weight Week website, you can 'Make a Pledge' to ditch a fad diet and take up healthier approaches to weight loss - [www.healthyweightweek.com.au/make-a-pledge/](http://www.healthyweightweek.com.au/make-a-pledge/) Share your pledge on social media and go into the draw to win some great prizes.



# Health Promotion Newsletter



**Castlemaine District Community Health**  
*Facilitating Better Health*

## Healthy Weight edition

### Healthy Weight Week 2015, By Liza Shaw, Health Promotion

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Almost six out of every ten men in Mt Alexander are either Overweight or Obese. Mt Alexander also has a higher percentage of women who are obese than Victoria in general. In fact, overweight and obesity is increasing nationally, and is now a bigger cause of death than smoking. We as a community need to lose weight. One of the big benefits will be a reduced risk of developing a variety of chronic conditions such as heart disease.

February 16—22nd is Australia's Healthy

Weight Week. Staff from Castlemaine District Community Health and dietitians from Castlemaine Health are together organising this years events in Castlemaine.

"Castlemaine is really lucky to have so many dietitians for such a small town, yet many are unaware of our availability", says Dietitian Lorna Reynolds. "Many are also unaware that a dietitian can help with a range of conditions including diabetes and high blood cholesterol".

Dietitians will be available in Castlemaine pharmacies on February 17th, 18th and 19th during healthy weight week. Drop into a pharmacy during one of the following times:

Amcal: 12—1pm  
 Chemmart: 1—2pm.

Find out about who dietitians in Castlemaine are and what they can do for you.



**Lorna Reynolds is the Dietitian at Castlemaine District Community Health**



“Aim for at least 60 minutes of moderate intensity exercise on most days of the week”

**How we can help you to achieve and maintain a healthy lifestyle**

**By Sam Peavey**

According to the Dietitians Association of Australia, successful weight and fitness management requires a long-term commitment to a healthy lifestyle that is focused on eating healthy foods and keeping physically active in a way that is sustainable and enjoyable.

To maintain a healthy lifestyle, try to include lots of fruit, vegetables, wholegrain breads and cereals. Low-fat dairy, lean meats and other protein such as eggs, dried beans, lentils & nuts are also important.

Include small amounts of healthy fats such as olive and canola oils, nuts and avocado. Eat a variety of foods, aim for at least 20 different ingredients/foods a day and try to make your plate colourful.

DRINK plenty of water every day, and aim for 60 minutes of moderate

intensity exercise on most days of the week. Castlemaine District Community Health can help you to achieve your goals. We offer many programs in Castlemaine and the surrounding townships.

Individual Dietetics appointments are available for a wide range of conditions including diabetes and pre diabetes, people with food allergies or food intolerances, coeliac disease, irritable bowel symptoms, renal disease, high blood cholesterol and managing weight and blood pressure. The CDCH Dietitian also runs the ‘Make A Change’ weight management program once a year.

Exercise groups include walking groups (Maldon, Harcourt & Castlemaine), Historical Walking Tours (monthly), Heartmoves (Castlemaine, Campbells Creek & Maldon), the Community Gym, Strength Training and Tai Chi (Castlemaine, Barfold, Fryerstown, Guildford, Maldon,

Newstead & Taradale).

To find out more information, visit our website: [www.cdchcastlemaine.com.au](http://www.cdchcastlemaine.com.au) or call 5479 1000.

**Volunteer Update**

Many volunteers contribute to CDCH’s physical activity programs. Our programs target a large group of people and without our volunteers we wouldn’t be able to help you to achieve half of your health and fitness goals.

**Thank you** to our wonderful volunteers: Avis Lea, Barbara Hayes, Barry Lacey, Bev Gray, Denise Woods, Dot Henshall, Elle Pedersen, Gordon Donaldson, Jackie Pickering, Jenny Parker, Joan Lienhop, Joan White, Kerrin Nancarrow, Kerry Calcraft, Lyn Hall, Margaret Dimsey, Margarey Dodd, Pam Collins, Shauna Hobson, Su Mitton, Team Henderson, Teresa Limm and Wendy Barron.



**Sam Peavey is the Allied Health Promotion Team Leader, and Volunteer Coordinator**

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**Get Up & Go: Exercise is the key to healthy weight management**

**By Erin McInerney, Exercise Physiologist**

The number of people who are overweight and obese is increasing every year. This is predominantly because we have become much more inactive. For most people, physical activity is no longer a natural part of daily life, so it is something that must be fitted into our regular routine.

Getting motivated to exercise can be difficult. A lot of people feel too busy or too tired to exercise regularly, but exercise can actually increase your energy levels and help you to feel less tired. Exercise does not have to be overly strenuous, even moderate amounts of physical activity (30mins 5-7 days a week) can help to

speed up your metabolism and help with weight loss. A great way to get motivated and stay on track is to join an exercise group or exercise with a friend.

The best approach to increasing the level of physical activity in your life is to take it slowly. You can increase your activity levels by simply increasing movement throughout the day. The human body is designed for movement and any physical activity brings benefits.

30 minutes of moderate intensity exercise – walking, gardening, swimming, cycling, vacuuming and mowing the lawn has been shown to help reduce body fat and decrease the risk of chronic disease such as high blood pressure, high cholesterol, diabetes, obesity and many more.

Increasing your daily

physical activity is easy. Some suggestions for a more active lifestyle include:

- Play a sport you enjoy
- Walk instead of taking the car on short trips
- Park the car a short distance away and walk or get off public transport one stop early
- Play outdoor games with your children/grandchildren or pets
- Walk the dog
- Take the stairs instead of the lift
- Choose exercise activities that you think are fun rather than those you think are good for you. You could try dancing or bowling or anything you enjoy. Just get up and move more.

“Exercise, the Key to Healthy Weight Management”



**Erin McInerney is the Exercise Physiologist at Castlemaine District Community Health**