

The Eat 4 Health (E4H) team are excited to welcome you to the third edition of their monthly newsletter.

The National Obesity Crisis

In 2013 Public Health England found that nationally:

- More than 6 out of 10 **men** are overweight or obese (66.2%)



- More than 5 out of 10 **women** are overweight or obese (57.6%)



Higher numbers than you thought?

This suggests that the **majority** of patients registered with your practice have a BMI ≥ 25 kg.m². Meaning that they are at an increased risk of:

- Heart Disease
- Stroke
- Type 2 Diabetes
- Some cancers

Every single one of these people is eligible to access the E4H programme for **FREE!**

E4H Programme

E4H will support your patients to lose weight AND keep it off! Through well tested, evidence based programme

What does it involve?

The programme consists of 10 weeks of 1.5 hour sessions, including:

⇒ **45 minutes of nutrition**

Each weekly session covers a different topic; including portion sizes, snacking, label reading and emotional eating. Followed by:

⇒ **45 minutes physical activity**

Suitable for all abilities, from aerobics circuits to chair based exercises our qualified instructors can help anyone and everyone move more!

Success of the Programme

- **64%** clients **complete the E4H programme.**

In 10 weeks:

- **43%** completers **achieve $\geq 3\%$ weight loss**
- **25%** completers **achieve $\geq 5\%$ weight loss**
- Clients do not only lose weight. We also see **reductions in Blood Pressure, Waist Circumference**, as well as an **increase in healthy eating, physical activity level & self esteem!**

Ongoing Support

E4H invite clients to follow up sessions, 6 and 12 months after the completion of their course to offer support and track their progress. Clients can also contact the team at anytime:



0118 449 2036 or Fax 0118 9007497



info@eat-4-health.co.uk



www.eat-4-health.co.uk

E4H  Primary Care Partners

✓ Lambourn Surgery

Following a team meeting within the surgery in April the E4H team have been working in partnership with staff to promote the service within the village. As a result of this a NEW E4H course will be starting in the area on a Friday starting 5th June.

✓ Western Elms Surgery

After inviting E4H to deliver TIPs training in March, Western Elms surgery now has the **highest rate of referrals** from GP's and practice nurses, out of all surgeries in Reading, Wokingham and West Berkshire!

✓ Swallowfield Surgery

The first surgery within Wokingham CCG to invite E4H to deliver staff TIPS training. We look forward to meeting the team in July!

✓ Grovelands, Wargrave and Loddon Vale

These surgeries have invited an E4H advisor to promote the programme within their waiting room!



✓ Tilehurst, Mortimer and Park Side surgery

These practices have invited a member of E4H in to a surgery staff training meeting to hear more about the programme in their area.

Want to arrange for E4H to come into your surgery?

Please contact emma.taylor@solutions4health.co.uk

Upcoming Eat 4 Health Courses

For more information see our website www.eat-4-health.co.uk

West Berkshire	Course details
Herongate Lesiure Centre, Hungerford, Charnham Park	Thursday 7:00-8:30 pm 21.05.15
Lambourn Centre, Lamboun	Friday 6:30-8:00 pm 05.06.15
Newbury Race Course , Nuffield Health	Thursday 6.30 - 7.30pm 11.06.15
Newbury Daytime & Thatcham / Theale Evening	Starting soon!

Wokingham	Course details
Woodley, Oak wood Centre, Headley Rd	Tuesday 6:30-8:00 pm 02.06.15
Loddon Valley Leisure centre, Lower Earley	Thursday 7.00 8.30 pm 04.06.15
Gorse Ride Junior School, Finchampstead	Starting soon!
St Crispins Leisure Centre, London Rd	Starting soon!

Reading	Course details
Coley Park Community Centre, 140 Wensley Road	Tuesday 7:00– 8:30 pm 26.05.15
Tilehurst Youth and Community Centre, 23 The Triangle, Tilehurst	Tuesday 7:00-8:30 pm 26.05.15
Rivermead Leisure Centre, Richfield Avenue	Thursday 7:00– 8:30 pm 28.05.15
Warehouse, Nepalese group	Monday 12:30-2:00 pm 01.06.15
Mortimer Area	Starting soon!
Tilehurst Youth and Community Centre	Daytime course starting soon!
Rivermead Leisure Centre, Richfield Avenue	Daytime course starting soon!

In partnership with

