

## Overweight

You are part of it!  
Healthier, fitter, safer.



# Overweight prevention, you are part of it !...

**People who are overweight are at greater risk of dying prematurely from chronic health problems!**

Being OVERWEIGHT can lead to:

hypertension, diabetes, coronary heart disease, stroke, gallbladder disease, osteoarthritis, respiratory problems, sleep apnoea and endometrial, breast, prostate and colon cancer.

These conditions are the second most common cause of premature death. Smoking is the first.

Factors that increase the risk of being OVERWEIGHT onboard:

- Lack of physical activity= daily tasks change and life, in general, is more sedentary
- Over eating = over intake of carbohydrates, for example a high intake of drinks containing added sugars and eating large portion sizes

## Body Mass Index

Using the BMI formula (Quetelet index) a person can find out if his weight is normal in relation to his body length.

BMI = weight (in kg) divided by square length (in meters).

A person weighing 81 kilograms for 1,80 m length has a BMI of  $81/1.80^2 = 81/3.24 = 25$

People with a BMI of between 19 and 22 tend to live longest.

A BMI below 17,5 indicates that a person is “underweight”

A BMI between 17,5 and 24,9 indicates that a person is of normal weight

A BMI of more than 25 indicates that a person is overweight and

If the BMI is above 30 a person is known as obese or pathologically



# Waist Circumference

Total body fat is no longer seen as the key indicator of weight-related health problems. Fat distribution is just as important.

The **apple body shape** (central obesity) is linked with health problems such as coronary heart disease, diabetes, stroke, high blood pressure and gall bladder disease.

Waist circumference provides an independent prediction of risk over and above BMI.

Locate the upper hip bone and place the tape measure around the abdomen (horizontal and snug, not compressing the skin!)

	WOMEN	MAN
Higher risk	>80 cm but <88 cm	>94 cm but <102 cm
Strong risk	> 88 cm	>102 cm

For native South Asian, Chinese, Japanese and South and Central Americans, men are at higher risk starting from > 90 cm

People with **pear body shape** carry their extra weight below the waistline, and do not have as high a risk.

# Diabetes

Diabetes is linked to insulin which regulates the levels of sugar in the blood.

Diabetes can lead to serious complications, such as: blindness, kidney failure, heart disease, and stroke.

The number of cases of diabetes in the world is expected to double by 2025.

Inactive lifestyles and excessive weight gain increase the risk of diabetes.

**Central obesity** (apple body shape) contributes to “insulin resistance”, a condition that underlies most cases of diabetes.

Specific measures to reduce the risk of diabetes include:

- Avoiding weight gain of more than 5 kg in adult life
- Maintaining a Body Mass Index (BMI) in the range of 19-22
- Moderate levels of physical activity (> 1 hour per day)
- Exercising at 80 to 90% of maximum heart rate for, at least 20 minutes 5 days per week
- A low saturated fat intake
- At least 20g of fibre per day (i.e. whole grain cereals, fruit and vegetables)

# Cardiovascular Risk

A third of the world's deaths are due to CVD (Cardiovascular Disease) such as heart attacks and strokes.

A substantial proportion of CVD deaths are attributable to avoidable risk.

Of the global CVD burden, 75% relates to 6 major risk factors:

- High Systolic Blood Pressure
- High Cholesterol
- Smoking
- Physical inactivity
- A BMI  $>21$  kg/m<sup>2</sup>
- Fruit and vegetables  $<600$  g/day

Other factors attributable to the risk of suffering a heart attack or stroke, include.

- Non-modifiable Risk Factors
  - Age
  - Gender
  - Genetic factors / Family history of cardiovascular disease
- Modifiable Risk Factors
  - Elevated heart rate
  - Absence of key nutritional elements, such as omega-3 fatty acids
  - Exposure to high levels of environmental noise
  - Stress
  - Depression
  - Poor tooth hygiene





# Metabolic Syndrome

The metabolic syndrome is a cluster of the most dangerous heart attack and stroke risk factors.

This means a person with:

**Central obesity** (apple body shape) (see waist circumference)

plus any 2 of the following:

- Raised triglyceride level (type of blood fat):  $>150$  mg/dL (1.7 mmol/L), or treatment for this
- Reduced HDL cholesterol:  $< 40$  mg/dL (1.03 mmol/L\*) in males and  $< 50$  mg/dL (1.29 mmol/L\*) in females, or treatment for this
- Raised blood pressure(BP): systolic BP  $>130$  or diastolic BP  $> 85$  mm Hg, or treatment
- Raised fasting plasma glucose (FPG) (blood sugar)  $>100$  mg/dL (5.6 mmol/L), or diagnosed diabetes

The risk of developing diabetes is 5 times more likely in individuals with metabolic syndrome.

The more factors of metabolic syndrome, the higher the risk.

To prevent diabetes and CVD (cardiovascular disease) individuals with metabolic syndrome have to be found early.

# Calorie Counting

An average (sedentary) woman needs 1940 Kcal. per day. An average (sedentary) man needs around 2400 Kcal. per day.

The ideal energy value of a complete hot meal, including soup, drinks and dessert should be around 885 Kcal.

Weight, age, gender and level of physical activity all affect how many calories are needed.

As an example the energy value of some common foods is given in the table below, per portion and per 100g.

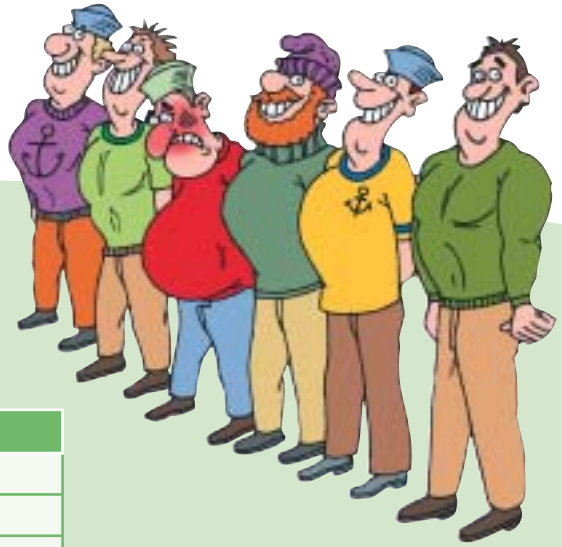
MILK & DAIRY	Portion Size
Cheese average	110 Kcal (25g)
Cottage cheese	49 Kcal (49g)
Cream cheese	200 Kcal (47g)
Eggs (1 average size)	90 Kcal (60g)
Ice cream	200 Kcal (111g)
Milk whole	175 Kcal (250ml/half pint)
Milk semi-skimmed	125 Kcal (250ml/half pint)
Milk skimmed	95 Kcal (250ml/half pint)
Trifle with cream	290 Kcal (1 trifle)
Yogurt natural	90 Kcal (1 small pot)
Yogurt reduced fat	70 Kcal (1 small pot)



	<b>Per 100g (3.5 oz)</b>
	440 Kcal
	98 Kcal
	428 Kcal
	150 Kcal
	180 Kcal
	70 Kcal
	50 Kcal
	38 Kcal
	190 Kcal
	60 Kcal
	45 Kcal

<b>BREADS &amp; CEREALS</b>	<b>Portion Size</b>
Bagel	140 Kcal (45g)
Bread white (thick slice)	96 Kcal (1 slice 40g)
Bread wholemeal (thick slice)	88 Kcal (1 slice 40g)
Noodles (boiled)	175 Kcal (250g)
Pasta (normal boiled)	330 Kcal (300g)
Porridge oats (with water)	193 Kcal (350g)
Potatoes (boiled)	210 Kcal (300g)
Rice (white boiled)	420 Kcal (300g)

<b>MEATS &amp; FISH</b>	<b>Portion Size</b>
Bacon average fried	250 Kcal (2 rashers)
Beef (roast)	300 Kcal (107g)
Chicken	220 Kcal (110g)
Ham	6 Kcal (2.5g)
Lamb (roast)	300 Kcal (100g)
Lunch meat	300 Kcal (75g)
Prawns	180 Kcal (180g)
Pork	320 Kcal (110g)
Salmon fresh	220 Kcal (122g)
Sausage pork fried	250 Kcal (78g)
Trout fresh	200 Kcal (167g)
Turkey	200 Kcal (125g)



	<b>Per 100g (3.5 oz)</b>
	310 Kcal
	240 Kcal
	220 Kcal
	70 Kcal
	110 Kcal
	55 Kcal
	70 Kcal
	140 Kcal

	<b>Per 100g (3.5 oz)</b>
	500 Kcal
	280 Kcal
	200 Kcal
	240 Kcal
	300 Kcal
	400 Kcal
	100 Kcal
	290 Kcal
	180 Kcal
	320 Kcal
	120 Kcal
	160 Kcal

FRUITS & VEGETABLES	Portion Size
Apple	44 Kcal (100g)
Banana	107 Kcal (165g)
Broccoli	27 Kcal (84g)
Cucumber	3 Kcal (30g)
Grapes	55 Kcal (89g)
Lettuce	4 Kcal (27g)
Peas	210 Kcal (142g)
Spinach	8 Kcal (100g)
Strawberries	10 Kcal (33g)

## Prevention and Treatment

When trying to lose weight, a combination of diet and exercise works better than diet or exercise alone.

Good physical fitness protects against death, independent of weight: unfit lean people have a cardiovascular disease risk that is twice that of fit normal weight people!

30 min. physical activity per day has health benefits for those who are not obese and do not need to lose weight.

45 min. / day can prevent you gaining weight.

60 min. / day can stop you gaining weight and help you start to lose weight.

90 min. / day is for people that were obese and are trying to maintain a normal weight.

	Per 100g (3.5 oz)
	44 Kcal
	65 Kcal
	32 Kcal
	10 Kcal
	62 Kcal
	15 Kcal
	148 Kcal
	8 Kcal
	30 Kcal

People with a normal body weight (BMI 17,5-25) should monitor their weight regularly and keep an eye on whether their clothes start to feel tighter.

People with a BMI of 25-30 BMI should reduce their daily intake by 250 Kcal. and increase their physical activity by 250 Kcal.

People with a BMI of over 30 BMI should follow the same program and eventually reduce their intake by more than 250 Kcal.

People with a BMI of >40 may need surgical intervention.

- Build meals around fish or poultry
- Cut out fried foods! Grill, bake, roast, broil or boil food
- Start with a soup or a salad
- Keep portion sizes in check
- Stop drinking Soft Drinks
- Drink an extra 1.5 litres of water a day
- Eat at least 20 g of dietary fibre daily

## Contact SeafarerHelp by SMS / Skype / Live chat

SMS: +44 (0)762 481 8405

Skype: info-seafarerhelp.org

Live chat: [www.seafarerhelp.org](http://www.seafarerhelp.org)

### For countries where there is no freephone:

Call collect on +44 (0) 207 323 2737

Alternatively ask us to call you straight back.

### Email SeafarerHelp:

[help@seafarerhelp.org](mailto:help@seafarerhelp.org)

If you would like more information and materials, go to [www.seafarershealth.org](http://www.seafarershealth.org) where you can download guidelines, posters and leaflets on other health topics for seafarers: Food Safety, Fit on board, Safe Travel, Healthy Food, Malaria, Overweight and HIV/AIDS.

### Find us on:



International Seafarers' Welfare  
and Assistance Network

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