

Season's Greetings from the Weight Concern team!

We have had a busy few months in the Weight Concern office and ended September with our first conference, the 'Science of Obesity'. Research into obesity continues to gain pace and we realise how much interest there is from members of the public and health professionals to better understand this complex condition. We hope to be able to convey this to you through information on our website, evidence-based resources and training days. As always, we appreciate any feedback or suggestions you have for the charity and would love to hear from you.

Website Updates

Online booking and payment for training is now available through our website.

The recent CMO UK [Physical Activity Guidance](#) has been summarised and added.

We now have an [events page](#) to keep you up to date with Weight Concern events.

What's missing? Is there something you would like to see on the Weight Concern website? Why not let us know by emailing:

enquiries@weightconcern.org.uk



Weight Concern has joined [twitter](#)! You can follow us and keep up to date with our latest activities and obesity news [@weightconcern](#)

Health Promotion Event at UEL

The University of East London asked Weight Concern to host a stall at their Health Promotion Day in November.



The team gave out advice and resources to students and staff about healthy eating, increasing activity and cutting back on alcohol

intake. It was a fantastic day and we were really impressed by the interest in healthy living.

Science of Obesity Conference

Weight Concern's first conference was attended by over 50 health professionals at University College London on Tuesday 20th September.

Speakers ranged from Dr Nick Finer talking about the science of energy balance and body composition to UCL PhD Student Susanne Meisel talking about the genetics behind obesity.

The feedback from the day was extremely positive and we hope to organise further conferences in the future.



In the breaks, we asked health professionals what they thought about the availability of weight management support and resources for the public. Visit our [website](#) to read the feedback we received.

'Embarrassing Fat Bodies' TV Survey

Weight Concern was interested in how obesity is discussed in the media. We created a short survey on the Channel 4 TV programme 'Embarrassing Fat Bodies' and asked members of [The Big Panel](#) and [Friends of Weight Concern](#) to feed back. Over 200 people replied:

- 81%** found the show informative
- 56%** thought people with obesity might face more discrimination as a result of the programme
- 79%** agreed with the programme being shown

For more information on the results of this survey, please visit our [website](#).

Weight Concern is supporting
[Love Your Liver Campaign](#)

Next Shape-Up Facilitator Training Day Thursday 14th June 2012

Weight Concern regularly delivers a one day facilitator training course for our group-based weight management programme 'Shape-Up'.

We have just set the date for the next training day which will be on 14th June 2012 in London. To book your place, or join our waiting list for future training days, please visit our [website](#).

We can come to you!

If you work for an organisation, trust or GP practice and are interested in a group training day, we offer in-house Shape-Up Training which can be adapted for specific needs. For more information, see our [website](#) or email us.

Winter Warmers

December is a tricky month to stick to exercise regimes and healthy eating plans. Here are a few tips to help you through the cold spell.



Did you know that an average mince pie contains as many as 250 calories (before adding brandy butter!) Opt for mini or open topped pies to cut the calories and save them as treats.



Vegetables are a crucial part of any Christmas dinner. Try steaming, boiling or dry roasting to keep them as healthy as possible.



A 30 minute walk at lunchtime not only saves you exercising in the dark, but it helps with the afternoon fatigue – good for the body and mind.

Cookbook Publication!

We're delighted to have contributed to the Food Junctions cookbook 'Living Recipes for Social Innovation'. To find out more, please visit their [website](#).

Fundraising for Weight Concern

If you're planning a marathon, spin-athon, zumba-thon or anything else in the coming months, why not consider raising money for Weight Concern? As a small charity, donations make a significant difference. If you are interested in hosting an event, please visit our [fundraising page](#) or contact us directly.

Alternatively, if you would like to donate, please visit: <http://www.shape-up.org/donation.asp>

Hannah and Richard both ran for Weight Concern this year and raised over £500. You can read their [individual stories](#) on our website.

What else have we been up to?

In August we provided behaviour change training for the **British Heart Foundation's Heart Health Roadshow** team that took to the streets of Liverpool.

Weight Concern also provided support to the **Active Fat Campaign** – a joint project with Cancer Research UK, Diabetes UK and the British Heart Foundation. Active Fat hoped to raise awareness of the risks of raised waist circumferences, particularly in men.

Our very own Dr Kate Evans ran the **Great North Run** in September – she raised over £250 and crossed the finish line in a very impressive 1 hour and 52 minutes.

Finally, we attended **Trial Steering Committee** meetings for two obesity research projects:

-The randomised controlled trial of **Ten Top Tips** in Primary care.

-The **UBehave** project, which will be looking at the use of digital behaviour change interventions

Weight Concern would like to wish you a very enjoyable festive period and all the best for 2012