

Session 13

Case study 13 – Losing weight, and maintaining a healthy weight

Name: Amrik
Age: 48
Gender: Male
Ethnicity: South Asian
Waist measurement: 120cm (about 47 inches)



Amrik knows his waist measurement puts him in the 'health is at high risk' category for a South Asian man. He tries not to overeat and to eat the right things to manage his weight, but finds it hard, as he loves his food. His doctor told him last year that he should lose weight, as his blood pressure is higher than it should be.

Amrik tries to exercise, but this tends to be only on Saturday when he goes for a walk in the park with his family. He is a non-smoker and feels reasonably healthy, but his shift work, at a local factory, means he finds it hard to eat well and exercise as much as he would like.

If Amrik is working a day shift he often has a large breakfast to set him up for the day ahead. He has lunch in the canteen at work and often eats something filling, like meat pie, peas, chips and gravy. He's been told eating fruit is healthy and so finishes off his lunch with an apple or banana and a can of fizzy orange drink.

1. What are Amrik's key risks and problems?

2. What steps can Amrik take to help him lose weight?

3. What healthier food alternatives would you suggest Amrik tries?
