



Healthy Body
Healthy Mind



Eat for Health Fact Sheet

Face the Facts

Nutritional deficiencies, obesity and diabetes are major problems for people who live with mental illness. (Duty to Care Report, 2001)

Eating unhealthy food will lead to weight gain, and serious diseases such as Diabetes, Cancer and Heart Disease.

Act Now

Eat for Health

Eating more fruit and veg and less junk food, chips, cakes and cool drinks will help you feel better, keep the weight down and reduce the risk of getting sick with diabetes, heart disease or cancer.

Weight gain and obesity is a huge problem for many Australians, and the risks of being overweight are underestimated. There are a number of myths about nutrition and mental illness that lead to misinformation about the problem.

Dispel the Myths

Do you **agree** or **disagree** with the following statements?

Putting on a bit of weight never hurt anyone, besides everybodys putting on weight these days.

Disagree, being over weight can lead to serious illness, such as diabetes. Diabetes is a serious disease, and if left undiagnosed or poorly managed it can cause heart attack, stroke, kidney failure, blindness, amputation and impotency.

I can't help it if I am putting on weight ... it's the medication that makes me do it.

Disagree, you can choose to eat for health. Some medications prescribed for mental illness do increase appetite and create weight gain, but you control what you eat and you can choose to eat smaller portions and healthy foods.

Eating healthy is too expensive and too much hard work.

Disagree, there are ways to eat healthy on a budget. Healthy eating may take more effort, but ask for help and changing your eating habits will be easier.

Ask for Help

You can choose to eat for health, many people who live with mental illness have proven that with the right support and information they can eat better and control their weight.



Healthy Body Healthy Mind
2007 Art Project winner
Pauline Miles



*Healthy Body
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5 Top Tips to Eat for Health

- 1. Plan your meals** Write down what you will eat and when, for a 2-3 day period.
- 2. Think before you eat** Do I really feel hungry? Is this food choice good for me?
- 3. Keep Busy** Avoid snacking, go for a walk or do something active or interesting.
- 4. Drink Water** Before and during meals, it helps to fill you up.
- 5. Ask for help** See your GP and ask for help to manage your weight. Or go to www.gofor2and5.com.au

You Can Do It

Others have done it , you can do it.

Go to HealthRight Success Stories: www.healthright.org.au/go/success-stories

Quick Links

How do you Measure Up? www.measureup.gov.au

Healthy Weight Website www.healthyactive.gov.au/internet/healthyactive/publishing.nsf/Content/healthyweight

Go for 2 and 5: www.gofor2and5.com.au/default.aspx?c=0

Diabetes WA: www.diabeteswa.com.au

Medicines & Diabetes

www.nps.org.au/site.php?page=2&content=/resources/medicines_talk/MT_18/winter2006_diabetes.html

Food and Mental Health: <http://www.sustainweb.org/page.php?id=127>

Find a GP: www.adgp.com.au/site/index.cfm?module=DIVISION&state_code=WA

Lifescrpts: SNAP into Health Resources: www.adgp.com.au/site/index.cfm?display=5376

Department of Health : www.health.wa.gov.au/health_topics/index.cfm

Eat for health and feel better in the mind and body!