# Healthy Eating and Living Programme

*"At 6ft 1" in height, I went into prison a reasonably trim 12.5 stone with a healthy BMI. I came out a few years later at around 16 stone. On average I think I gained over 16lbs per year".*
Ex-prisoner

With obesity at an all time high, there has never been a greater urgency to address the detrimental effect poor food choices and lack of exercise can have on an individual.

Recognising this problem, RECOOP developed and has successfully delivered, a 6-week Healthy Eating & Living Programme (**HELP**) for people of any age and ability.

Group-based sessions are delivered weekly using the weight management & exercise programme.

**HELP** introduces safe and structured exercise, whilst encouraging and supporting participants to achieve their goals. Whether it be increased fitness levels, weight loss or physical rehabilitation, all are encouraged to engage at their own pace.

With the objective of helping people change their relationship with exercise and food for good, the 6-week programme offers new ways of thinking about food and exercise, with a focus on group support, sharing ideas and experiences and participants can contribute as much, or as little, as they feel comfortable with.

The **HELP** programme includes:

- A 2-hour staff training session on how to deliver the **HELP** Programme.
- A comprehensive "Facilitator Folder" containing weekly Session Plans and all supporting resources for the 6 weeks.
- Scales that measure not only weight, but BMI and Muscle Mass.
- Stepometers for a group of 10 people to support a daily walking challenge.
- A selection of plastic foods you will need to help make sessions on nutrition tangible.

*"We have had 100% success rate with all participants losing 5% of their total body weight. We have run three courses so far and are now on our fourth".*
HMP Send

**Obesity Statistics:**

There were 11,117 hospital admissions during 2018/19 which were directly attributable to obesity. *(NHS Digital)*

Around 75% of people aged 45 - 74 in England are overweight or obese. (*Health Survey for England 2019)*

In 2019, 29% of all adult women were obese and 31% overweight. *(Health Survey for England 2019)*

In 2019, 27% of all adult men were obese and 41% overweight. *(Health Survey for England 2019)*

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