



Healthy Eating and Weight Management - November 2024

Employer: Castles & Coasts Housing Association

Area: Healthy Eating and Weight Management

Theme: Healthy Eating and Weight Management



In November 2024 we launched our Health Eating and Weght Management Plan. In prepartion we ordered some digital scales for all our office locations.

Week 1 Nov - We sent out an e-mail to all staff explaining the purpose of the the campaign including a link inviting staff to complete an online BMI check to identify if overweight or underweight (NHS link). It also advised that scales were now available in the offices so they could do weekly weigh in, on a voluntary basis. Staff were encouraged to share success stories of any weight loss.

Week 2: The focus was on promoting weight loss through different types of strength exercises which were sourced from the NHS website. These exercises were communicated through our internal Teams news channel (CCHAT)

Week 3 Nov - During this week a number of healthier food receipes to be promoted to staff. These recipes were printed and displayed in the cummunal kitchen areas in the offices and colleagues were encouraged to use them or to share their own healthier recipies through CCHAT

Week 4 Nov - This week was about raising the awareness of specific health conditions associated with being overweight and positive actions that staff could take to help prevent or mitigate the risk from them.

The BHAW team were encouraged to recieve a couple of really positive feedback stories from members of staff.

"I was always active, played rugby for nearly 20 years and volunteered my time at two frontline emergency services. My health, however took a decline as unknowingly to me, I was suffering from Sleep Apena, being physically and mentally drained I was eating 'crap', sweets, loads of energy drinks etc... to make it through the day and my weight ballooned to 23st. For the past 3 years I have my Sleep Apnea under control, meaning I have buckets of energy and having 2 young kids, allowed me to enjoy more time with them. The weight, however, also affected my fitness, I could





barely climb a flight of stairs without being out of breath, I decided enough was enough. I joined the local gym, "Better", I also get a discount from being a member of Simply Health and save £10/ month on my membership, which is county wide. I can use all Better gym's in Cumbria, including the swimming pools. At first I didn't want to commit, sometimes sitting outside the gym to build up enough confidence to go inside, but I did it. Starting off on a bike, I could only manage 5 minutes before needing to stop, but preserving and pushing myself I started to enjoy going to the gym. In under 12 months, I changed my diet, eating healthier and exercising I have loads more energy. I know commit 3 days a week in the gym, lasting around 1hr 15min a session, I now cycle 15 miles non-stop on a mid-range resistance, and now started running on an elliptical trainer for 45mins, covering 2.5 miles. Now 4 stone lighter, and looking to lose an additional 2 stone before my 39th Birthday in March, I feel great. Steve - from Castles and Coasts Services "

One of our colleagues really shared that they had benefited from the scales in the offices and staff at our Newcastle office brought in food made using the healthy recipes that had been distributed.

"I just wanted to drop you a line to thank you for putting a set of weighing scales in the lobby at Stoneleigh. When I first saw them, and the list to complete to record results, I felt sceptical. However, I duly stepped up and weighed myself and wrote down the results. The result convinced me that I needed to address my weight and fitness issues. I checked my BMI and found I was overweight for my height. Since then, I've invested in a watch to help me track my fitness, started drinking lots of water and taken way more exercise than I had been doing before. I've also dropped from being around 80kg at the outset to 71.3kg this morning. I feel better in myself, more positive, and healthier. Thanks for giving me the impetus to get back on track. Ben - based at our Workington Office"



