



BC Forest Safety

Safety is **good** business

OVER ►

HEALTH AWARENESS: OBESITY



HEALTH AWARENESS: OBESITY



DATE: _____ FILE NUMBER: _____ DISCUSSION FACILITATED BY: _____
(IF APPLICABLE)

Use this **Crew Talk** to lead and document a worksite conversation on obesity in forestry workers, and how lifestyle factors are only one part of this complex disease.

KEY POINTS:

- Obesity is a very common disease that has serious health implications.
- Diabetes, high blood pressure, heart, liver and digestive problems, cancer, arthritis and depression are all increased in people who are obese.
- Sedentary jobs like equipment operators and log haulers have increased rates of obesity, but genetics also plays a large part in retaining excess weight.
- Effective weight management must address the underlying causes of the disease, the barriers against behavioral change, and include social and psychological support along with nutritional strategies and physical activity.

DISCUSSION LEADS:

- Obesity treatments that focus only on weight loss rarely work. Have you tried a diet? Did you lose weight and then regain it and more?
 - Our bodies are programmed to prevent weight loss because there was an evolutionary advantage to retaining weight in the face of starvation.
 - Most diets are too restrictive to stick with them. You can't live a normal life counting every calorie.
 - There is a multi-billion dollar industry that thrives on trying to sell weight loss remedies. Beware of false marketing claims and advertisements
- What is your current level of physical activity and what barriers are there to you being able to get 30-60 minutes of moderately intense activity at least 4 days per week?
 - The most common reason given is time, but even when we have time, exercising can be difficult.
 - Review the Fit to Work resources on the BCFSC website to help you find ways to exercise that you enjoy, that fit into your day and which you can sustain.
 - Even if you don't lose weight there are many health benefits of physical activity
- Obesity is a complex disease with many factors. The most successful treatments focus on achieving better health and quality of life. Name one other factor besides diet and exercise that contributes to your current weight.
 - There is a large genetic component to obesity, and other influences like whether your mother gained a lot of weight while she was pregnant with you.

- Appetite and satiation are driven by different factors including chemical messengers from the digestive system, from fat cells and from other parts of the brain
- Boredom, depression and other emotions can also affect the way we eat
- When you spend very long hours at a job where you sit all day, it's hard to get enough physical activity
- The social stigma against obesity exists in the workplace and in the health care system. Have you experienced a situation where you were treated disrespectfully because of your weight?
 - The stigma against obesity makes it harder to obtain effective treatment. In 2020 the Canadian Medical Association released new guidelines for physicians to help them avoid these biases and provide more effective treatments.

RESOURCES:

Obesity Resource Package

<https://www.bcforestsafes.org/node/3435>

Videos and Infographic

<https://obesitycanada.ca/understanding-obesity/>

Health Impacts of Obesity

<https://obesitycanada.ca/understanding-obesity/health-impacts-obesity/>

Fit to Work Programs

<https://www.bcforestsafes.org/node/3013>

Exercise is Medicine

https://www.exerciseismedicine.org/support_page.php/rx-for-health-series

DOCUMENTATION: I CONFIRM THAT I TOOK PART IN THIS DISCUSSION AND COMMIT TO FOLLOWING BEST PRACTICES FOR REDUCING THE RISK OF OBESITY:

PRINT NAME:

SIGNATURE:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____