

Date of application

In case of emergency who should we contact?

Name and Surname

Mobile No.  Telephone No.

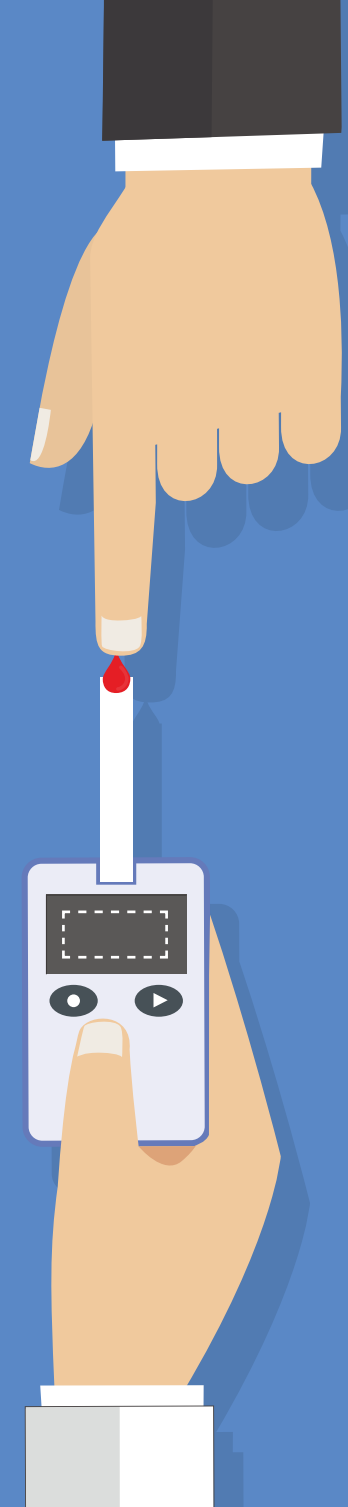
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As soon as you fill this application, place it in an envelope and post it to the address below:

### Healthy Weight for Life for people living with Type 2 Diabetes

Health Promotion and Disease Prevention Directorate,  
St. Luke's Square  
Gwardamanga PTA1010

For more information please contact the Health Promotion and Disease Prevention Directorate on 2326 6000



# Healthy Weight for Life

for people living with Type 2 Diabetes



# Healthy Weight for Life

for people living with type 2 diabetes

## Weight loss and Diabetes

Obesity is an independent risk factor for high cholesterol, high blood pressure, heart and circulatory diseases. It increases the risk of cardiovascular complications in individuals with Type 2 Diabetes. However, it has been found that just 5 to 10% weight loss improves health, leading to better control of blood sugar level, blood pressure and cholesterol!

'Healthy Weight for Life - for people living with Type 2 Diabetes' is an educational weight management programme for overweight and obese individuals with Type 2 Diabetes. This programme helps participants to improve their health, by preventing or postponing diabetic complications through weight loss and physical activity.

Example A

$$\text{5\% weight loss} : \frac{\text{Your weight (eg. 80kg)} \times 5}{100} = \text{4kg less than initial weight}$$

Example B

$$\text{10\% weight loss} : \frac{\text{Your weight (eg. 80kg)} \times 10}{100} = \text{8kg less than initial weight}$$

## What to expect?

'Healthy Weight for Life - for people living with Type 2 Diabetes' is a 7-week programme held at Mater Dei Hospital. The role of the professionals running the programme will be to educate, motivate, and support you in the process of empowerment and self-management.

### Expect to learn more about:

- ◆ Meal planning
- ◆ The effects of carbohydrates on blood sugar control
- ◆ Food labels
- ◆ Barriers to a healthy lifestyle
- ◆ Eating out and managing slips
- ◆ Food myths
- ◆ The benefits of physical activity - by learning and by practicing different exercises!

## Some important points:

1. This programme is offered in groups of about 10 - 15 participants who have already attended the 'Diabetes Education Sessions'. Your family doctor's permission for physical activity is highly recommended for participation.
2. Sessions are held in a private area - weight, height and waist circumference measurements are taken discreetly.
3. You should attend wearing comfortable, light clothes and trainers (for engaging in physical activity).
4. For a physical activity session, you should take a light snack at around 10:00am (this can be taken during the session). Do not forget to bring bottled water and a towel or mat.
5. Circumstances might result in the programme being offered online.

## Apply now!

You can attain better health benefits by achieving a healthy weight and being active. We encourage you to take this opportunity and apply now! Fill in the application below and send it to:

### Healthy Weight for Life - for people living with Type 2 Diabetes

Health Promotion and Disease Prevention Directorate  
St Luke's Square  
Gwardamanġa PTA 1010

You will be contacted by post with the exact dates and times of the upcoming programme.

**For more information please call on 2326 6000.**



Healthy Weight for Life  
for people living with type 2 diabetes

## Details

Name and Surname

I.D. card number

Address

Email

Telephone/Mobile number

Gender - Male/Female/Other

Age  Height (m)  Weight (kg)

Body Mass Index (BMI)

$$\text{BMI} = \frac{\text{Weight (kg)}}{\text{Height} \times \text{Height (m}^2\text{)}}$$

Please turn over