

## Easy-read summary



This report is about being too fat.

People who are a bit fat are called overweight.

People who are very fat are called obese.

Obesity is when you weigh far too much for your height.



A person who is obese has a lot of body fat and a big waist.



People who are obese have health problems like diabetes and heart disease.

People who are obese have more difficulty walking and getting around.



People with learning disabilities are more often overweight or obese than other people.



You lose weight by eating good food.

You lose weight by not eating fattening foods.

You lose weight by taking exercise.

Some people with learning disabilities need help.



There are services that help people lose weight. The law says everyone should be able to use public services. People with learning disabilities should be able to use them.



This report says how weight services can help people with learning disabilities.

Staff and families can use the ideas.



It describes some good services.

They use reasonable adjustments.

This helps people with learning disabilities lose weight.

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