

Healthy weight loss advice

For patients with
pulmonary hypertension

height (m)

	1.38	1.42	1.46	1.50	1.54	1.58	1.62	1.66	1.70	1.74	1.78	1.82	1.86	1.90	1.94	1.98	
150	79	74	70	67	63	60	57	54	52	50	47	45	43	42	40	38	23s 8
148	78	73	69	66	62	59	56	54	51	49	47	45	43	41	39	38	23s 3
146	77	72	68	65	62	58	56	53	51	48	46	44	42	40	39	37	22s 13
144	76	71	68	64	61	58	55	52	50	48	45	43	42	40	38	37	22s 9
142	75	70	67	63	60	57	54	52	49	47	45	43	41	39	38	36	22s 4
140	74	69	66	62	59	56	53	51	48	46	44	42	40	39	37	36	22s
138	72	68	65	61	58	55	53	50	48	46	44	42	40	38	37	35	21s 10
136	71	67	64	60	57	54	52	49	47	45	43	41	39	38	36	35	21s 5
134	70	66	63	60	57	54	51	49	46	44	42	40	39	37	36	34	21s 1
132	69	65	62	59	56	53	50	48	46	44	42	40	38	37	35	34	20s 10
130	68	64	61	58	55	52	50	47	45	43	41	39	38	36	35	33	20s 6
128	67	63	60	57	54	51	49	46	44	42	40	39	37	35	34	33	20s 2
126	66	62	59	56	53	50	48	46	44	42	40	38	36	35	33	32	19s 12
124	65	61	58	55	52	50	47	45	43	41	39	37	36	34	33	32	19s 7
122	64	61	57	54	51	49	46	44	42	40	39	37	35	34	32	31	19s 3
120	63	60	56	53	51	48	46	44	42	40	38	36	35	33	32	31	18s 13
118	62	59	55	52	50	47	45	43	41	39	37	36	34	33	31	30	18s 8
116	61	58	54	52	49	46	44	42	40	38	37	35	34	32	31	30	18s 4
114	60	57	53	51	48	46	43	41	39	38	36	34	33	32	30	29	17s 13
112	59	56	53	50	47	45	43	41	39	37	35	34	32	31	30	29	17s 9
110	58	55	52	49	46	44	42	40	38	36	35	33	32	30	29	28	17s 5
108	57	54	51	48	46	43	41	39	37	36	34	33	31	30	29	28	17s
106	56	53	50	47	45	42	40	38	37	35	33	32	31	29	28	27	16s 10
104	55	52	49	46	44	42	40	38	36	34	33	31	30	29	28	27	16s 5
102	54	51	48	45	43	41	39	37	35	34	32	31	29	28	27	26	16s 1
100	53	50	47	44	42	40	38	36	35	33	32	30	29	28	27	26	15s 10
98	51	49	46	44	41	39	37	36	34	32	31	30	28	27	26	25	15s 6
96	50	48	45	43	40	38	37	35	33	32	30	29	28	27	26	24	15s 2
94	49	47	44	42	40	38	36	34	33	31	30	28	27	26	25	24	14s 11
92	48	46	43	41	39	37	35	33	32	30	29	28	27	25	24	23	14s 7
90	47	45	42	40	38	36	34	33	31	30	28	27	26	25	24	23	14s 2
88	46	44	41	39	37	35	34	32	30	29	28	27	25	24	23	22	13s 12
86	45	43	40	38	36	34	33	31	30	28	27	26	25	24	23	22	13s 8
84	44	42	39	37	35	34	32	30	29	28	27	25	24	23	22	21	13s 3
82	43	41	38	36	35	33	31	30	28	27	26	25	24	23	22	21	12s 13
80	42	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	12s 8
78	41	39	37	35	33	31	30	28	27	26	25	24	23	22	21	20	12s 4
76	40	38	36	34	32	30	29	28	26	25	24	23	22	21	20	19	12s
74	39	37	35	33	31	30	28	27	26	24	23	22	21	20	20	19	11s 9
72	38	36	34	32	30	29	27	26	25	24	23	22	21	20	19	18	11s 5
70	37	35	33	31	30	28	27	25	24	23	22	21	20	19	19	18	11s
68	36	34	32	30	29	27	26	25	24	22	21	21	20	19	18	17	10s 10
66	35	33	31	29	28	26	25	24	23	22	21	20	19	18	18	17	10s 6
64	34	32	30	28	27	26	24	23	22	21	20	19	18	18	17	16	10s 1
62	33	31	29	28	26	25	24	22	21	20	20	19	18	17	16	16	9s 11
60	32	30	28	27	25	24	23	22	21	20	19	18	17	17	16	15	9s 6
58	30	29	27	26	24	23	22	21	20	19	18	18	17	16	15	15	9s 2
56	29	28	26	25	24	22	21	20	19	18	18	17	16	16	15	14	8s 11
54	28	27	25	24	23	22	21	20	19	17	17	16	16	15	14	14	8s 7
52	27	26	24	23	22	21	20	19	18	17	16	16	15	14	14	13	8s 3
50	26	25	23	22	21	20	19	18	17	17	16	15	14	14	13	13	7s 12
48	25	24	23	21	20	19	18	17	17	16	15	14	14	13	13	12	7s 8
46	24	23	22	20	19	18	18	17	16	15	15	14	13	13	12	12	7s 3
44	23	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	6s 13
42	22	21	20	19	18	17	16	15	15	14	13	13	12	12	11	11	6s 9
40	21	20	19	18	17	16	15	15	14	13	13	12	12	11	10	10	6s 4
38	20	19	18	17	16	15	14	14	13	13	12	11	11	11	10	10	6s
36	19	18	17	16	15	14	14	13	12	12	11	11	10	10	9	9	5s 9
	4'6" ¹⁰	4'8"	4'9" ²	4'11"	5'1" ²	5'2"	5'4"	5'5" ²	5'7"	5'8" ¹⁰	5'10"	5'11" ¹⁰	6'1"	6'3"	6'4" ¹⁰	6'6"	

height (ft/in)

weight (lb)

weight (st/lbs)

Healthy weight loss advice for patients with pulmonary hypertension

What is a healthy weight?

Body Mass Index (BMI) is a good indicator of whether you are a healthy weight for your height.

- The chart opposite can help you to work out your BMI.
- Height is along the top or bottom in either metres or feet and inches.
- Weight is along the sides in either kilograms (Kg) or stones and pounds.
- Where your weight and height meet on the graph is your BMI.

Weight can be misleading as fluid can be retained in pulmonary hypertension and can give false readings. Weight should be interpreted with caution, particularly if you have visible swelling to your legs, ankles, feet or abdomen.

Weight loss should also not be attempted during times when you are acutely unwell or without discussion with your GP first to ensure it is safe for you to follow a weight loss plan.

A body mass index of 26-30 indicates you may be overweight and some weight loss may be beneficial.

A body mass index of 30 or more indicates you may be very overweight or obese and at higher risk of developing longer-term complications such as coronary heart disease, high blood pressure, high cholesterol and diabetes.

For black African, African-Caribbean and Asian groups, the thresholds are 23 kg/m² for overweight and 27.5 kg/m² for very overweight or obese. (NICE public health guidance 53).

If you are overweight or obese and have pulmonary hypertension, weight loss may be beneficial for your blood pressure, relieving strain on joints and muscles and allowing you to have more energy and to be more active within the limits of your lung function.

Weight loss

- Be ready to change - only you can take the advice forward.
- Be realistic - make simple changes that you can stick to in the long-term.
- Avoid crash or fad diets that promise large weight loss in small time scales - you are likely to regain the weight.
- Plan meals and shopping in advance to allow you to stick to your goals.
- Try to eat regular meals - missing meals may put your body into storage mode and encourage you to snack more later.
- Avoid ambitious weight loss targets. A recommended goal is 0.5-1kg (1-2lb) weight loss per week.
- Use the same scales at the same time of day and weigh yourself no more than once per week for weight loss. This will give a better overall picture of what is happening with weight.
- For patients with pulmonary hypertension who retain fluid, measuring your waist, arms and legs can also give you a better picture of weight loss.
- Increasing your activity will help burn energy - however this may seem like a big task! If this is not possible, be as active as you can.
- Walking to the end of the street can be just as beneficial as running a mile if it is suitable for you.
- Speak to your doctor or physiotherapist about what exercise you can do safely.

General weight loss tips

- Use skimmed or semi-skimmed milk rather than full fat milk or cream.
- Use spreads thinly - consider trying a reduced fat spread instead of butter.
- Avoid batter, suet and pastry which are high in fat.
- Choose lean cuts of meat and cut off visible fat before cooking. Avoid eating the skin on chicken or turkey. Be aware of meats such as mince, burgers and sausages which can contain a lot of fat. Grill, bake or dry fry and discard any fat that comes away in cooking. Avoid adding meat juices to gravy.
- Choose tinned fish in tomato sauce or brine rather than oil (if you are reducing salt in your diet also avoid brine).
- Buy tinned fruit in natural juice rather than syrup.
- Avoid adding sugar. Consider trying a low calorie sweetener instead.
- Look at your alcohol intake - beer, wine and spirits will add calories to your intake.
- Check labels of foods to make sure you are picking healthy options.
- Processed foods and ready meals can vary in their energy contents. Look at the labels of foods you eat regularly and compare the kcal content to ensure you are picking the healthiest and lower energy options.

Labelling

Fat is the most energy dense form of food you can eat, so it makes sense to try and reduce fat to help you lose weight and also to protect your heart.

Look at the labels for fat content to see if foods are a healthy choice.

The use of traffic light labels on foods can be useful. Generally green or low for fat means foods are lower in fat.

A word of warning - some labels only show foods in traffic light form as per portion and can be misleading.

A way to check is to find the nutrition information on the packet. This may be a grid or a list. Most foods are shown as per 100g of food. If the food has 5g of fat or less in 100g it is usually a healthier choice.

Some ready meals can increase salt or sugar to help make up the flavour. If you are on a fluid restriction see our advice sheet on salt to help you keep this to a minimum.

If you require further weight loss advice you should contact your GP.

Further information on general weight loss is also available from:

- www.bhf.org.uk
- www.nhs.uk/livewell
Under the weight loss or healthy eating sections of the website

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