

(Inq into Obesity)

JE 30/2/08

From: Barry Butler**Sent:** Friday, 23 May 2008**Subject:** The Health & Ageing Committee

Barry Butler

I would like to make a submission to the committee as I have suffered extreme obesity most of my life.

Although obese I was pretty active & productive through my life but as I was warned my weight wore out my knees & sleep apnea, diabetes, higher tension & the other probs such as ulcers followed. I tried everything to control my weight & had some success but it never lasted.

I was 57 when I read about compulsive overeating & discovered I had an eating disorder. You hear about bulimia & anorexia but in all my years did anyone, doctor or other mention the possibility of me having this.

I have joined overeaters anonymous which has helped me get on top of my overeating but it is too late for me to be able to exercise & lose the weight.

I think this disorder should be given more publicity & the medical profession educated in the diagnosis of it.

I see the kids of today & shudder knowing what lies ahead if they don't get control of their weight. It seems parents don't have time. You look at their trollies at the checkout & they are full of frozen convenience foods & junk food.

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I watch my own grandkids as they are given chips, biscuits or other junk to quite them down. We seem to have raised a generation that wants to eat nothing but fatty foods. You go into a restaurant, whether it is Mac Donalds or a more classy one & the kids are having chicken nuggets & chips.

The kids are brain washed as a trip to Macdonalds or similar is given as a reward & giving the kids toys with food should be banned.

Trying to change what has become ingrained in our society is going to be hard but I think there needs to be more education for parents & kids as to what lies ahead & this can only come from people that have been through it. Maybe a group like overeaters anonymous could help.

The medical profession needs to be able to intervene when the signs are there that people are heading for trouble.

Schools should introduce more exercise programs because kids are becoming couch potatoes & it suits parents because less running around for them.

Weight is big business so the corporate sector has no incentive to help.

Putting together a book of quick easy & healthy meals might help parents realise you can cook a meal as quick as it takes to drive to the takeaway.

Good luck . Barry Butler