

Obesity

Obesity is a key risk factor for cardiovascular disease.



What is obesity?

Obesity is a health condition characterised by an excessive amount of body fat that increases the risk of health problems. It is defined by having a body mass index (BMI) of 30kg/m² and above.

BMI is calculated using your weight and your height.

What causes overweight and obesity?

Weight gain occurs when you consume more calories than your body uses. The excess energy is then stored as fat.

The most common causes are unhealthy eating habits — like eating too many high calorie, sugary or fatty foods — and not getting enough physical activity.

Health risks

Obesity increases your risk of cardiovascular disease (CVD) and other significant health issues including stroke, type 2 diabetes, and some cancers. It can also increase the risk of sleep apnoea, fatigue, and musculoskeletal injuries.

Weight considerations for safe work

NSW coal mine workers are screened for health risks associated with their work, and any other health conditions that may affect their ability to work safely. This includes monitoring cardiovascular health and risk factors such as weight and Body Mass Index (BMI).

Mining equipment used in underground and surface operations have weight limits for safe use. If you weigh 120 kg or more, your employer will need to ensure that the equipment you use is appropriately weight rated.

Obesity management

If your BMI is ≥ 30 kg/m² you may be referred to your GP for management, including diet and exercise advice. A sleep study may also be required to check for sleep apnoea (a condition when breathing repeatedly stops and starts during sleep).

If your BMI is ≥ 50 kg/m² you may also be referred to a cardiologist for assessment. Depending on your role, you may need to temporarily stop working while further investigations are completed.

How to maintain a healthy weight

- Follow a healthy diet:
 - Eat plenty of fruit and vegetables
 - Choose lower fat food options
 - Drink plenty of water and limit sugary drinks
 - Watch your portion sizes
 - Limit takeaway foods
- Be physically active:
 - Include regular exercise such as walking, bike riding or playing sport
 - Limit sitting and screen time.

Help is available

- Speak to your doctor or GP who can help to determine the best approach
- Contact CS Health to enquire about the Healthy Weight Initiative.

More information

www.coalservices.com.au