



"I weighed 33 stone at age 15"



Georgia Davis talks to 5Live's Victoria Derbyshire

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At 15 years old and weighing 33 stone (210kg), Georgia Davis was dubbed Britain's fattest teen.

After winning a scholarship to an American weight loss camp last year, Georgia has lost 14 stone (89kg), almost half her body weight.

Georgia, now 16, tells BBC Radio 5 Live's Victoria Derbyshire show about how she achieved her dramatic weight loss - and why she thinks the NHS should now fund her weight loss programme.

Georgia, from south Wales, says she began overeating at a very young age:

"It all started when I was five when my dad died and I was letting my emotions control me.

"I was always upset, so every time I got upset I would comfort eat."

As well as family pressures, Georgia started to experience problems at school - where she says she was bullied - and her comfort eating continued.

"I would eat pretty much all day.

"I would eat everything, any kind of food."

Bread - up to three-quarters of a loaf a day - milk, cola, crisps, chocolate biscuits and cakes were particular favourites.

"It made me feel better for a minute or two, but then I'd feel down again, so I'd eat again, and it would just continue on and on."

Morbidly obese

Her mother, Lesley, found Georgia's eating habits impossible to control: "You know what teenagers are.

"They don't want to be doing what they're supposed to be doing.

"They'd rather do the complete opposite."

By the time she was 15, Georgia's weight had reached 33 stone (210kg), and she was a UK size 38.

At 5'6, she was morbidly obese.

But after nine months at the Wellspring Academy, an American fitness school which awarded her a scholarship, Georgia weighs under 19 stone (121kg) and is now a size 20.

She says her calorie consumption has gone down from around 13,000 a day to around 1,200.

Funding

She told BBC Radio 5 Live's Victoria Derbyshire show about her new routine: "It's a structured day.

"It helps you control your life accordingly.

"Basically, you wake up around 6.30 and you go to morning activity for about an hour.

"Once you've done that, you go to breakfast and then you have school and basic classes."

"Then you have lunch in between classes, and then more activity and then dinner, free time and then more activity before you go to bed."

She credits CBT, cognitive behavioural therapy, with helping her understand the reasons for her overeating and learning how to control it.

The school says she needs to complete another year to lose weight and keep it off, but that it can only fund her until Christmas.

Mike Davidson of the Wellspring Academy said: "Georgia is still about 8 stone (51kg) from her healthy weight and has not dealt with all of her emotional needs or unlocked the habits around her eating yet that could cause her to relapse.

"She needs more time."

The NHS, after initially refusing to provide the estimated £23,000 needed for this, is now reviewing its decision.

Georgia says that she's pleased to be seen as a kind of test case:

"I want to help as many people as I can, because during this time I've been doing this academy, I've realised that there are so many people out there with the same problem that I have.

"And I think that if I can do this with the NHS, if they fund me, then the NHS will help fund others... so that other people will be happy and normal too."



Georgia before she lost the weight