

Welcome to the

COVID-19 & BAME Communities Friday Focus Webinar

10 July 2020

**A focus on Diabetes/Obesity
and working towards
a healthier lifestyle**



Zoom etiquette

- Please ensure your device reflects **your name** (First name and/or last name)
- Please ensure that your **video remains off and your audio muted** at all times unless you are asked to speak
- Please use the '**chat**' facility to put forward any questions
- The content of this webinar is accurate at the time of presentation
- Always refer to updated online versions of guidance

Webinar video recordings and slide presentations
are available after each session at
www.cornerstone.cogop.org.uk/friday-focus-webinars



Group facilitators

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Cornerstone Community Church

Anne Horder
Dudley Council

James Henderson
Transforming Communities Together



Living well with Diabetes

Dudley Covid19 and BAME Communities

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Lead Diabetes Specialist Nurse

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Diabetes Specialist Dietician

Dudley Group NHS Foundation Trust



What we will discuss....

- What is diabetes?
- Diabetes, ethnicity and Covid-19
- What foods affect blood glucose (sugar) levels
- Possible dietary changes
- Physical activity
- Managing illness with diabetes
- Who is there to help and support you
- Opportunity for questions



What is diabetes?

- Diabetes is a condition where your body cannot control the level of glucose (sugar) in the blood
- Insulin is a hormone that helps blood glucose, produced from the digestion of carbohydrates in your food, move into the body where it is used for energy.
- When insulin is not present or it is ineffective, glucose will build up in your blood.

DIABETES



Type 2 Diabetes and ethnicity

- **6 times more likely** in individuals of South Asian descent
- **3 times more likely** in individuals of African and African-Caribbean descent
- Diabetes does not make you any more likely to catch Covid-19 BUT it appears that Diabetes can reduce people's ability to recover from Covid-19
- Therefore we as clinicians need to do more to help people of these ethnicities to access education on preventing and managing Diabetes



Carbohydrates

- Diabetes is a condition where there is too much glucose (sugar) in the blood
- The food group which has a direct effect on blood glucose levels is CARBOHYDRATES
- All carbohydrates break down into GLUCOSE (sugar)
- Reducing portions of carbohydrates is one way you can reduce the amount of glucose in your blood



Carbohydrates



Starch



- Potatoes
- Crisps
- Chips
- Breads
- Pasta
- Rice
- Cereals
- Chapatti
- Naan
- Flour – cakes, biscuits
- Pastry – pies
- Bread/batter coating

Simple sugars



- Table sugar
- Sweets
- Fruit juice
- Sugary drinks
- Chocolate
- Cakes/Biscuits
- Processed food
- Jam/marmalade
- Honey
- Puddings – custards, ice cream
- Sauces

Natural sugars



Milk/Yogurt



Fruit

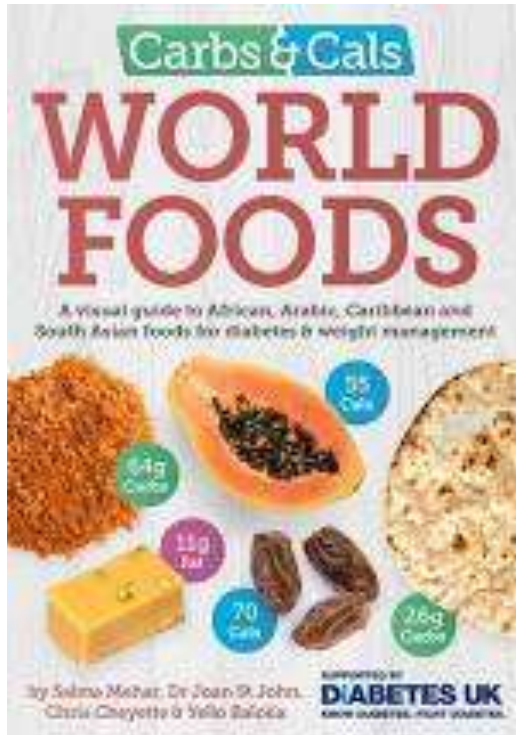


Carbohydrates - Portions and types

- The **portion** size of carbohydrates will have the greatest effect on blood glucose levels
- It is also important to select **wholegrain**/brown carbohydrates e.g. wholegrain flours and breads, brown rice
- But these wholegrain/brown carbohydrates still affect blood glucose levels so portions of these is still important



World Foods Carbs & Cals



A visual guide to:

- African
- Arabic
- Caribbean
- South Asian

foods for diabetes and weight management



South Asian Carbohydrates



Starch

- | | |
|-------------------|----------------|
| Aloo paratha | Mutton roll |
| Bhajia/pakora | Naan bread |
| Chakri | Pakora |
| Chapati/roti | Papadum/papad |
| Chilli Mogo Chips | Paratha |
| Dhokla | Pol roti |
| Dosa | Potatoes/aloo |
| Gulub Jamun | Puri |
| Idli | Rice |
| Jalebi | Rusk |
| Kheer | Samosa |
| Khichdi | Shakarpara |
| Kribath | String hoppers |
| Ladoo | Thelpa |
| Masala dosa | |

Simple sugars

- Barfi
- Gaja ka Halwa
- Gulub Jamun
- Halwa
- Jaggery
- Jalebi
- Kheer
- Ladoo
- Mango juice drink
- Rasmalai
- Rusk
- Shakarpara
- Mango lassi
- Rooh Afza

Natural sugars

Milk/Yogurt

- Kheer
- Shakarpara
- Mango lassi

Fruit

- Mango juice
- Mango lassi



Arabic Carbohydrates



Starch

Baklawa
Couscous
Fatira
Kahi
Khubz/Samoon
Maamoul
Ouzi
Rice
Sambousek
Thareed
Daheen
Katayef
Kunafa
Zalabia



Simple sugars

Katayef
Kunafa
Mint drink
Zalabia
Sugar
Honey
Syrup
Carrot juice
Daheen
Baklawa
Maamoul



Milk/Yogurt



Fruit



Caribbean Carbohydrates



Starch

- Patties
- Bun
- Cassava/plantain crisps
- Coconut tart
- Cornmeal pudding
- Cornmeal slice/Cou cou
- Cornmeal/oatmeal porridge
- Dumplings
- Hard dough bread
- Macaroni
- Plain cake
- Rice
- Ritz crackers
- Roti (dhalpuri)
- Sweet potato
- Yam

Simple sugars

- Black cake
- Bulla cake
- Carrot punch
- Cocoa tea
- Coconut tart
- Condensed/evaporated milk
- Cornmeal pudding
- Ginger beer
- Guava juice drink
- Guinness punch
- KA black grape
- Mauby
- Nurishment
- Plain cake
- Rum punch
- Soursop drink
- Supermalt
- Sorrel

Natural sugars

Milk/Yogurt

Fruit

- Banana
- Breadfruit
- Guava juice drink



African Carbohydrates



Starch

Amala
Anjero /Canjeero
Banku
Cassava fries
Chin chin
Fufu
Mandazi
Mufo
Gari/eba
Okra
Pap
Potatoes

Plantain
Puff puff
Rice
Sabaayad
Sambuus/samosa
Soor
Spaghetti
Yam



Simple sugars

Sugar
Honey
Timir cake
Tropical juice
drink
Carrot cake
Zobo drink
Mushadanya
(payapa
banana, sugar)
Palm wine



Natural sugars

Milk/Yogurt



Fruit

e.g. Mushadanya
(payapa, banana,
sugar)



1/2 plate
Vegetables / Salad
Fill up on these at meals
and snacks



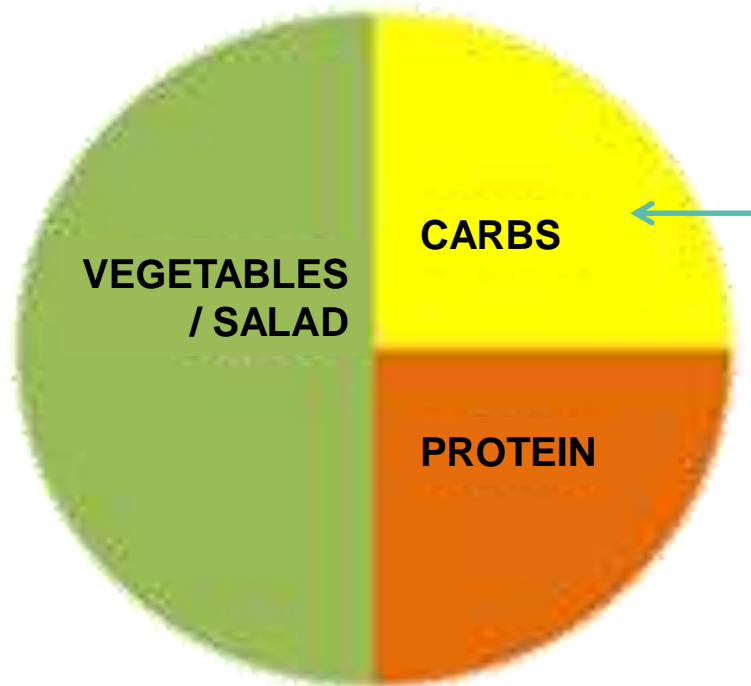
1/4 plate
STARCHY CARBOHYDRATES
4 tablespoons cooked rice/cous cous
1 small/medium wrap/chapatti/pitta
1/2 fist-size portion fufu/plantain
2 slices boiled yam

1/4 plate
PROTEIN
chicken, eggs, goat, beans, beef,
lamb, pork, fish, lentils, tofu, Quorn

Include at each meal – most filling
foods!



Starchy carbohydrates ¼ plate



- Rice or cous cous (4 cooked tablespoons)
- OR**
- 1 medium flatbread or chapatti or paratha or pitta
- OR**
- Fufu or plantain or yam or cassava (½ fist-size portion)
- OR**
- Bread (2 medium slices)
- OR**
- Potatoes (4 egg-sized)

Avoid double portions e.g. have rice
OR chapatti, flatbread OR potato



OR



Simple sugars

- Minimise these foods first to help control blood glucose as they provide little nutrition
- Honey, syrup and brown sugar are just the same as sugar and should be minimised
- Replace sugar/honey in drinks and on food with artificial sweeteners
- Choose diet drinks or sugar-free versions
- It is better to eat your fruit than drink it as juice or smoothies



Natural Sugars

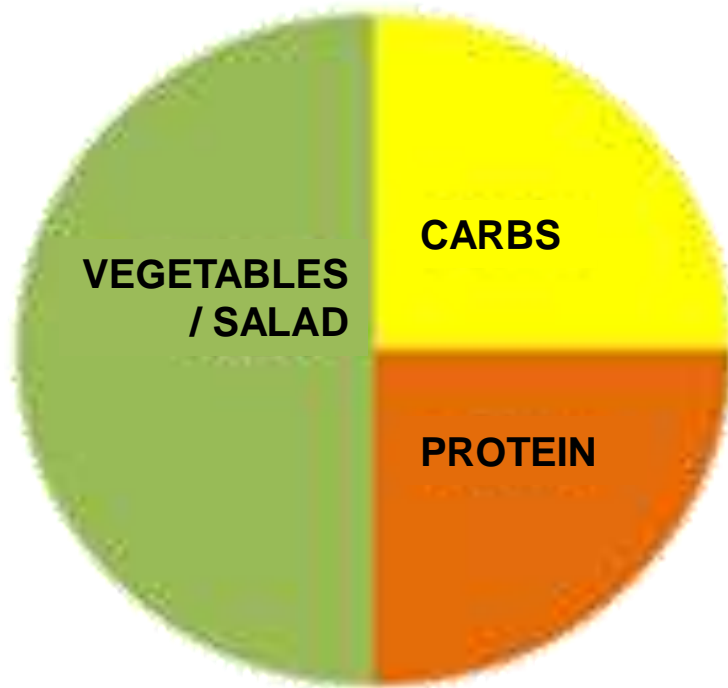
Milk, yogurt and fruit

- Milk and yogurt are a good source of calcium eaten in moderation and they provide calcium.
- We should aim for 2-3 portions per day.



- Fruit does affect blood glucose levels but also contains vitamins, minerals and fibre
- 5-a-day should include fruit AND vegetables e.g. 2-3 portions fruit and 2-3 portions of vegetables/salad
- One portion of fruit is 80g e.g. fun-size banana, medium apple, $\frac{1}{4}$ mango, a handful of grapes/berries

Balanced meal plate



- One you have filled only $\frac{1}{4}$ plate with carbohydrates....
- Add **protein** to fill $\frac{1}{4}$ plate at each meal. These foods are the most filling. Protein includes: chicken, eggs, goat, beans, beef, lamb, pork, fish, lentils, vegetarian alternatives
- Add vegetables/salad to fill $\frac{1}{2}$ plate at each meal – fill up on these!

FROM THIS...

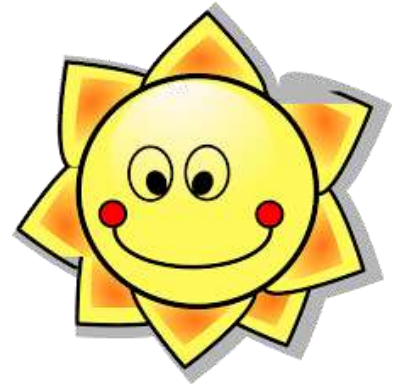


TO THIS...



Vitamin D

- Vitamin D is mostly made under the skin in response to sun light
- It is recommended that everyone in the UK should take 10mcg from September to March
- Individuals low in vitamin D may be more vulnerable to coronavirus
- Individuals with darker skin or who cover their skin when outside should also consider taking a daily supplement of Vitamin D all year round
- 10mcg should be enough for most people however you may be advised to take a higher dose if found to be deficient on a blood test



Physical activity

- Any movement of your body will help lower blood glucose levels
- All forms of activity count but choose an activity you enjoy and one that can involve family and friends
- Start slow and build up, every minute counts!



Physical activity

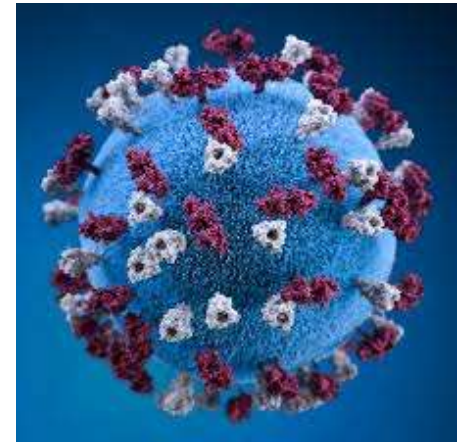
Information

- Public Health England website Infographics - www.gov.uk/government/publications/physical-activity-guidelines-infographics
- www.letsget.com (Lets Get Healthy Dudley)
- Parkrun – The Dell Stadium



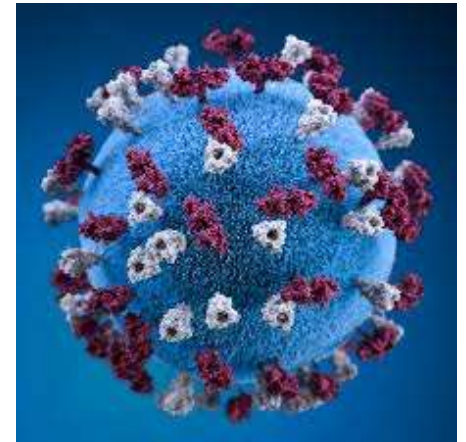
Managing illness with diabetes

- If you feel unwell you will need to take special care because it can cause blood glucose to rise
- If you get symptoms of Covid-19 you should follow Diabetes sick day rules (information available on Diabetes UK website in 12 different languages)
- Keep taking your medications and insulin, however there are some medications you may need to stop – ask your GP or Diabetes team for support



Managing illness with diabetes

- You may need to increase your blood glucose testing
- Keep hydrated with sugar-free drinks
- Keep eating or drinking – if you can't keep food down, try sugary drinks (such as fruit juice or non-diet cola or lemonade) or suck on glucose tablets or sweets like jelly beans. Letting fizzy drinks go flat may help keep them down. If you're vomiting, or not able to keep fluids down, get medical help as soon as possible

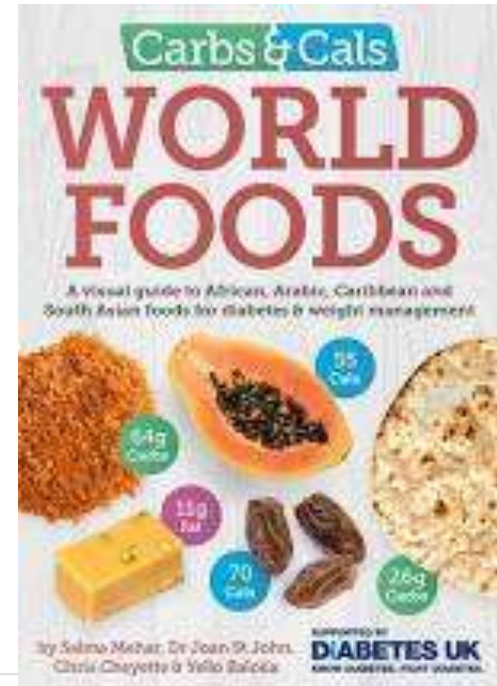


Who is there to support you?

- XPERT Diabetes education – available to anyone with Diabetes living in Dudley and delivered by the Community Diabetes Team
- Diabetes UK website: covid-19 information, resources in 12 different languages on managing diabetes, sick day rules and advice for fasting

www.diabetes.org.uk/diabetes-the-basics/information-in-different-languages

- Carbs and Cals Word Foods book – available from Amazon and in book stores



DIABETES UK
KNOW DIABETES. FIGHT DIABETES.



Supporting moves to a healthier lifestyle

Kimberley Yeung
Wellness Coach
Solutions4Health



Let's Get Healthy Dudley

Integrated Adult Wellbeing Service





Let's Get Healthy

A FREE service supporting you to make healthy lifestyle choices



Speak to one of our Wellness Coaches by calling

01384 732402 / 0800 061 4962

www.lets-get.com  @LetsgethealthyD  @HealthyDudley



About the service

- FREE adult lifestyle service – Aged 18+
- Lives, works or has a GP within the Dudley Borough
- GP referral or self referral

- Stop Smoking Service
- Weight Management
 - Group courses
 - 1-2-1 programme
- NHS Health Checks
- Outward referrals



Stop Smoking and COVID-19

- *If you smoke, you are not only putting yourself at greater risk of developing severe disease from the COVID-19 virus, but those around you exposed to secondhand smoke, including children, are also put at increased risk. (Public Health England)*
- Smoking is known to damage airways and the lungs, which can cause a range of severe respiratory problems
- Repetitive hand movements with smoking can provide an easy entry route for the virus to enter the body
- Several health benefits once you become smoke free, even after 48 hours



Solutions4Health

Bella is your AI Powered Personal Stop Smoking Robo-Coach
24/7 support, whenever you need it.

Quit with Bella

Bella uses knowledge from hundreds of experts, who have helped thousands of people stop smoking, to provide a personal, friendly and expert service

www.quitwithbella.co.uk
or 0800 772 0217

Logos: Facebook, Twitter, Dudley, Google Play, App Store, NHS

Stop Smoking and COVID-19

- 12 week Stop Smoking programme
 - Behavioural support
 - Nicotine replacement therapy (NRT)
 - Champix (second line product)
 - Quit with Bella (available on iOS and Android)
- Appointments via telephone support or virtual appointments



Weight Management and COVID-19

- Increase in weight can cause higher risk of co-morbidities, which can increase the severity of the COVID-19 virus
- Having a higher body mass index (BMI) can cause more inflammatory response and more strain on the body
- Lockdown can reduce physical activity and increase food consumption

(World Obesity Federation)



ShapeUp4Life Virtual

ShapeUp4Life Virtual is a new 12 week weight management course where you can get support to lose weight and improve your wellbeing from the comfort and safety of your own home via Microsoft Teams.

- 12 week programme with weekly 45 minute LIVE group sessions
- Additional exercise video sessions for those safe to participate
- Weekly one to one telephone reviews to check progress
- Personalised 5% weight loss target
- Completely FREE (eligibility criteria applies - including a BMI of 30 or above)
- Available now!



CONTACT THE LET'S GET HEALTHY DUDLEY TEAM TO BOOK YOUR PLACE
ON 0800 061 4962/01384 732402



Weight Management and COVID-19

- ShapeUp4Life
 - 12 week weight management course
 - Covering nutrition, physical activity, triggers, goals, eating out
 - 5% personalised weight loss target over 12 weeks
 - NEW ShapeUp4Life Virtual – due to social distancing restrictions
 - ShapeUp4Life Open (without exercise)
 - ShapeUp4Life Exercise
 - BAME eligibility criteria – BMI 27.5+

Cook 4 Life!

Are you looking for quick, easy ideas to cook healthy recipes on a budget?

Contact us to find out about a free Cook 4 Life course.



Weight Management and COVID-19

- Cook4Life
 - 6 week cooking course
 - To help increase knowledge and skill in the area of cooking
 - Information about nutrition, food hygiene, bulk cooking and freezing and cheaper alternatives for food items
 - Cook4Life Virtual – coming soon
 - Information videos
 - Follow along cooking videos



Weight Management and COVID-19

- Wellness Coaching
 - 1-2-1 telephone support or virtual appointment
 - Covering weight management, physical activity, mental health, brief alcohol advice
 - Can be useful for those who may have a language barrier
 - Set targets and goals
 - Personalised information and patient led



NHS Health Checks



NHS

A 20 minute FREE NHS Health Check* can reduce health problems

The NHS Health Check involves:

- Cholesterol & blood glucose* tests
- Blood pressure
- BMI
- Lifestyle assessment
- Cardiovascular risk score

*If eligible
To find out more please call
0800 061 4962

Call 0800 061 4962 or visit
www.lets-get.com

Email: letsget.healthydudley@nhs.net

NHS HEALTH CHECK

Helping you prevent:

- Diabetes
- Heart disease
- Kidney disease
- Stroke & dementia

[@letsgethealthyd](https://twitter.com/letsgethealthyd)

[@healthydudley](https://www.facebook.com/healthydudley)

- Health check-up for adult who are aged 40-74
- Can be completed every 5 years
- Signposting tool to help spot early signs and increase risk of stroke, kidney disease, type 2 diabetes or dementia
- Lifestyle questionnaire completed
- Finger prick blood test taken for cholesterol levels and diabetes risk
- Advice given by wellness coach and results sent to your GP
- Mini health check
 - Telephone support or virtual appointment
- Face to face meeting
 - For measurements and finger prick blood tests



Referrals

- Steps to Health
 - 50% off Leisure Centre prices
- Action Heart
 - Supervised exercise for 12 weeks
- Atlantic House
 - Specialised support with alcohol and substance misuse
- Self Management Programmes
 - Expert Patient Programme
 - Look After Me – for carers
 - Diabetes Self Management Programme
- Community Information Directory



Let's Get Healthy

A FREE service supporting you to make healthy lifestyle choices



Speak to one of our Wellness Coaches by calling
01384 732402 / 0800 061 4962

www.lets-get.com [@LetsgethealthyD](https://twitter.com/LetsgethealthyD) [@HealthyDudley](https://facebook.com/HealthyDudley)



Contact

- Contact the Let's Get Healthy Dudley team on:

- t: 01384 732402/0800 061 4962 – Monday to Friday – 9am-5pm
- e: letsget.healthydudley@nhs.net
- Web: www.lets-get.com

Kimberley Yeung – Co-ordinator

- t: 01384 732402
- e: Kimberley.yeung@solutions4health.co.uk



Physical activity

Greg Southall
Health Improvement Practitioner
Dudley Council



What is physical activity?

Anything which moves your muscles more than when they are resting.



How much movement is good for me?

Physical activity for adults and older adults

Benefits health	Type II Diabetes	-40%
Improves sleep	Cardiovascular disease	-35%
Maintains healthy weight	Falls, depression etc.	-30%
Manages stress	Joint and back pain	-25%
Improves quality of life	Cancers (colon and breast)	-20%

Some is good, more is better | Make a start today: it's never too late | Every minute counts

Be active

at least **150** minutes moderate intensity per week **OR** at least **75** minutes vigorous intensity per week

Build strength on at least **2** days a week

Minimise sedentary time Break up periods of inactivity

Improve balance 2 days a week

Note: A black circle highlights the 'Build strength' and 'Minimise sedentary time' sections in the original image.

So how can I be more active?

Enjoyable for you



Convenient for you



Achievable for you



How do we know if it's working?

Keep a diary of what you've done and how you felt



Activity trackers



Feel better and able to do new things



Where can I get more ideas?

Sport England

www.sportengland.org/jointhemovement

Local

- Outdoor gyms, activity sessions, walks www.lets-get.com
- Clubs and groups www.activeblackcountry.co.uk/get-active/
- Dudley Community Information Directory www.dudleyci.co.uk

Talk to family and friends

Do you have an idea for something new?

Tell us

We can help you get it started



Picture references

- Hetty vacuum cleaner <https://www.argos.co.uk/product/5654839>
- Cartoon dog <https://www.pinterest.co.uk/pin/328340629061578416/>
- Lawn mower <https://www.elc.co.uk/outdoor-toys/Early-Learning-Centre-Lawn-Mower/p/540757>
- Sports <https://ec.europa.eu/eurostat/web/sport>
- Smile <http://clipart-library.com/smiley-face.html>
- Watch <http://clipart-library.com/>
- Runner <https://www.standard.co.uk/sport/london-marathon-2019-brigid-kosgei-wins-womens-elite-race-a4128436.html>
- Diary https://www.123rf.com/photo_53890988_stock-vector-freehand-textured-cartoon-diary.html
- Tracker <https://www.argos.co.uk/browse/sports-and-leisure/fitness-and-activity-trackers/c:30621/>
- Minion <http://pngimg.com/imgs/heroes/minions/>



Thank you for taking part in our
Covid19 and BAME Webinar

Questions and Answers

HealthyCommunities@Dudley.gov.uk

01384 816856



Meet and greet the community

