

Cooking for Health Project Evaluation Summary

Period May 2002-September 2003.

The '**Cooking for Health**' project, funded by Guys and St Thomas Charitable Foundation successfully started in May 2002 for the South Asian community living in Lambeth.

The aim of the project is to help prevent coronary heart disease and diabetes. The project workers identified two groups within this community, Sessions were conducted to suit the needs of both groups.

The evaluation session enabled workers to assess outcomes and extract learning points from the process of carrying out the project.

The combination of cooking for health sessions, exercise classes and health checks have had a positive impact on both communities; in particular raising awareness of the risk factors associated with coronary heart disease and diabetes.

The approach to this community project has been practical and innovative by consulting with the community, taking into consideration the needs; as such empowering them to take responsibility for their health and wellbeing.

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