

Cooking for health Project

Seroj Shah

Health Visitor Team Advisor

Lambeth Primary Care Trust

Supporting Health Living

- ① **The Project**
- ② **Physical Activity**
- ③ **Benefits to clients**
- ④ **Partnerships**
- ⑤ **Conclusion**

The Project

- ① **Research project on prevention of coronary heart disease**
- ① **Mortality**
- ① **Public health**
- ① **Risk factors – modifiable**

To Improve benefits

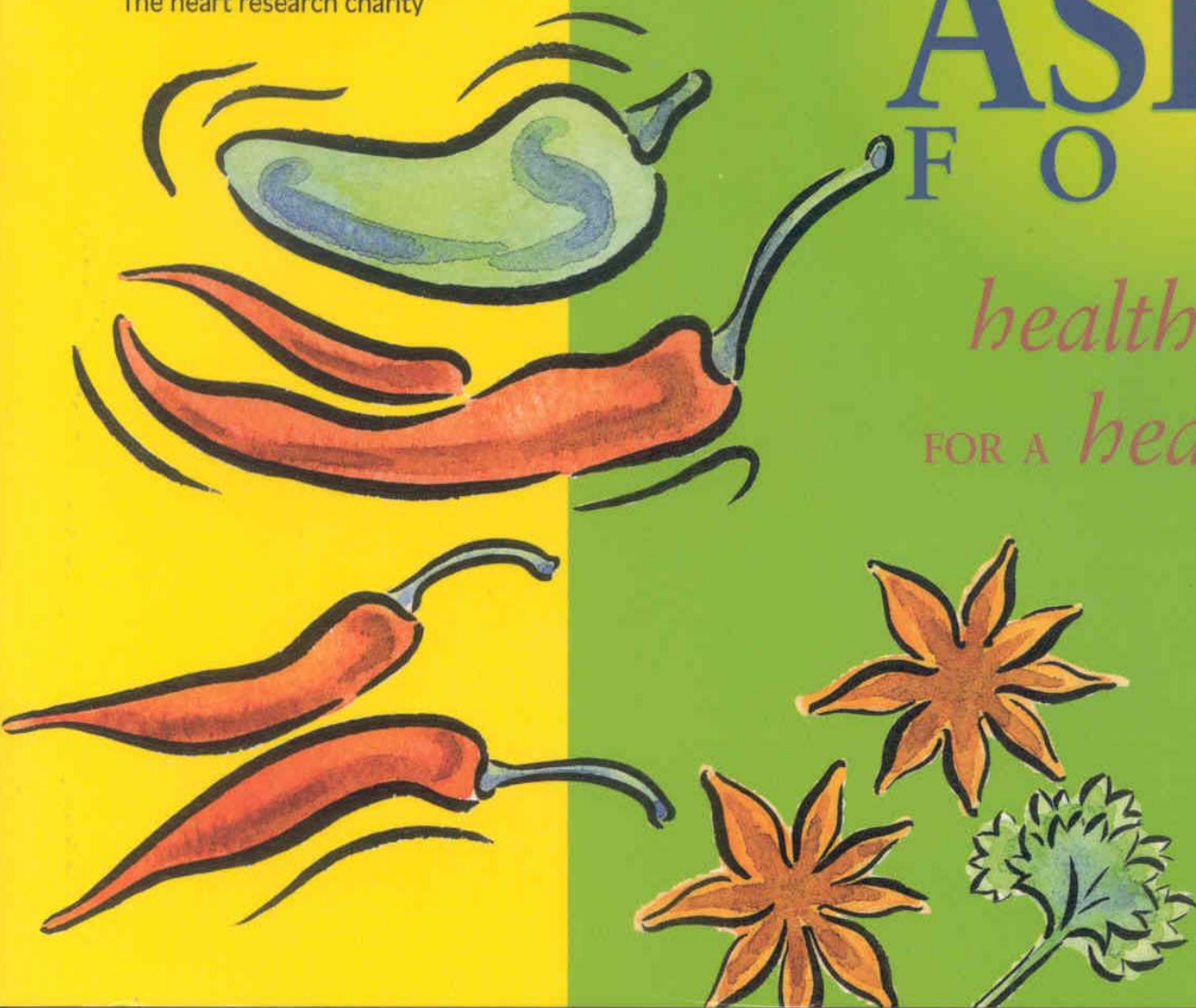
- ① Principles to reduce risk of CHD
- ① Ethnic Beliefs
- ① Practical Strategies
- ① Research Findings

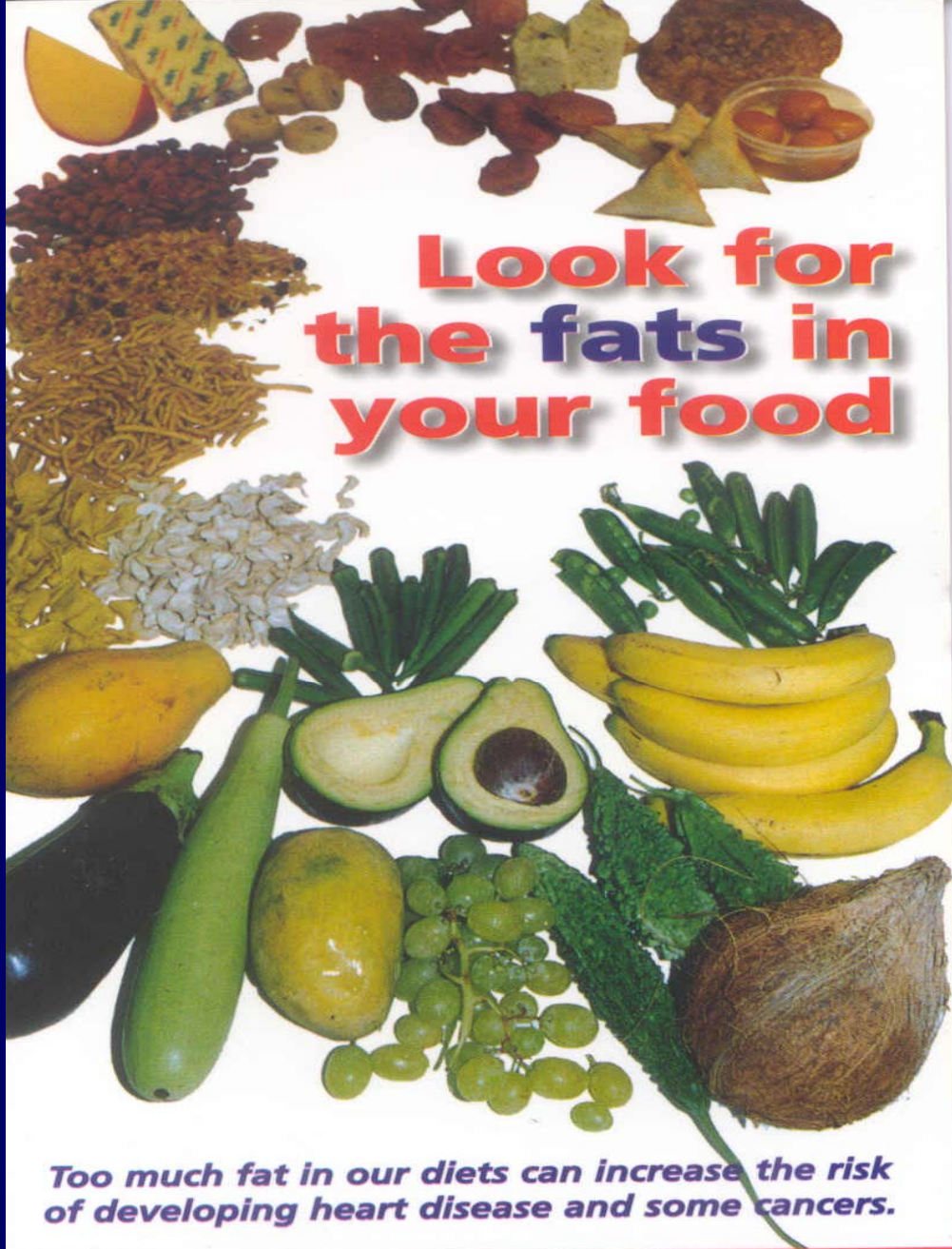


British Heart Foundation
The heart research charity

A TASTE OF LOW FAT
ASIAN
F O O D S

healthy recipes
FOR A *healthy heart*





Look for the fats in your food

Too much fat in our diets can increase the risk of developing heart disease and some cancers.

Food Origin: Indian Sub-continent

Physical Activity

- ⊙ **Role model**
- ⊙ **Permission to exercise**
- ⊙ **Adapted to needs, safety, limits**
- ⊙ **Privacy, dignity & respect**
- ⊙ **Domestic violence/depression**
- ⊙ **Safe environment**
- ⊙ **Free**
- ⊙ **Rolling programme, flexible**

Benefits to clients

- ⊙ **Improved self-esteem**
- ⊙ **General awareness of health**
- ⊙ **Overall reduced morbidity**
- ⊙ **Health gain**
 - ⊙ **improved access to healthcare**
 - ⊙ **reduction in health inequality**

General benefits

- ⊙ **All community groups**
- ⊙ **GPs , practice nurses, district nurses, school nurses**
- ⊙ **Links in NSF for CHD**
- ⊙ **National Health Service Plan**

My Intervention

- ① Physical activity classes / swimming.
- ① Reduction in chewing tobacco & smoking.
- ① Working with individuals, families and communities.

Conclusion

- ① **Social/economic disadvantage -Social support.**
- ① **Women – all age range.**
- ① **Information cascaded in own language.**
- ① **Individual, family, community.**
- ① **Extra years of healthy life.**