

ASIAN HEALTH Make your personal health pledge

ایشیائی لوگوں کی صحت ایشیائی لوگوں کی صحت

Use this pledge to decide what area of your lifestyle you want to focus on and set a personal target.

Name: _____

Address: _____

Postcode: _____

Contact details: _____

I would like to make the following improvement to my lifestyle:
(please tick)

Lose weight: **Eat more healthy:**

Exercise more: **Stop or cut down smoking:**

Drink less alcohol:

My personal aim is to:

I will do this by (date): _____

If you want help to achieve your goal, speak to your doctor or call a health trainer on 0161 655 1739.


Heywood, Middleton
and Rochdale



 **ROCHDALE**
METROPOLITAN BOROUGH
COUNCIL

www.doyoufeelgood.org

do you feel 
good?

ASIAN HEALTH

ایشیائی لوگوں کی صحت

ایشیائی لوگوں کی صحت

Make some small changes and you can lead a longer, healthier life.



www.doyoufeelgood.org

TOBACCO FACTS

106,000 people die in the UK each year from smoking related illnesses and there's a high rate of smokers within the Asian community.

In Britain, 44% of Bangladeshi men and 26% of Pakistani men smoke cigarettes, compared with 27% of men in the general population.



- ✗ When chewed by pregnant women, chewing paan with tobacco can reduce the growth of their unborn babies.
- ✗ Chewing paan with tobacco makes you five times more likely to develop oral cancer.
- ✗ Chewing tobacco, including paan and gutkah, has a number of risks such as throat, mouth lip, or tongue cancer.

تمباکو کے متعلق حقائق তামাক সম্পর্কে প্রকৃত তথ্য

If you want to quit smoking or stop using tobacco in other ways, speak to the local stop smoking service (TASK) on 0161 655 1581.

Getting help to quit smoking means you are four times more likely to succeed, so if nothing has worked for you, give them a call.

The team can also help you to make your home and car Smoke Free, helping you to quit and creating a safer environment for you and your family.



NHS Asian Tobacco Helpline

The NHS Asian Tobacco Helpline provides a dedicated, confidential and free advice service on how to give up smoking cigarettes, 'bidi' or the hookah as well as chewing tobacco and tobacco in paan.



The phone numbers are:

0800 169 0881

0800 169 0882

0800 169 0883

0800 169 0884

0800 169 0885

Urdu

Punjabi

Hindi

Gujarati

Bengali

EAT WELL

صحت مند غذا کھائیں
স্বাস্থ্যকর খাবার
আহার করুন

It's really important that you look after yourself and your body by watching what you eat and taking regular exercise.

People from the Asian community are more prone to a lack of Vitamin D, which is particularly important for children as it helps them to develop strong bones. Make sure there is plenty of Vitamin D in your diet by eating fortified cereals, eggs, oily fish and using margarine. It's also a good idea to take a Vitamin D supplement to make sure you get everything you need.

Control the amount of saturated fat in your diet by choosing a variety of fresh foods and food groups - fruit and vegetables, dairy, carbohydrates and protein.

Try making small changes to how you cook your food, by swapping ghee and butter for vegetable oil, use less oil and salt and grill or oven cook food rather than frying.

SALT
STILI

The eatwell plate

Use the eat well plate to help you get the balance right, as it shows how much you should eat from each food group.



STAY ACTIVE

چاق وچوبند رہیں
সক্রিয় থাকুন

Keep yourself in top condition by taking regular exercise. It doesn't have to be much, just 30 minutes 5 times per week can significantly improve your health and keep you in shape too. If you can't manage 30 minutes try breaking it up into smaller sessions to fit around your daily routine. Cleaning can also count as exercise so you can do two tasks at once!



For more information about your diet or exercise, speak to your local doctor. There are loads of ways you can get active locally.

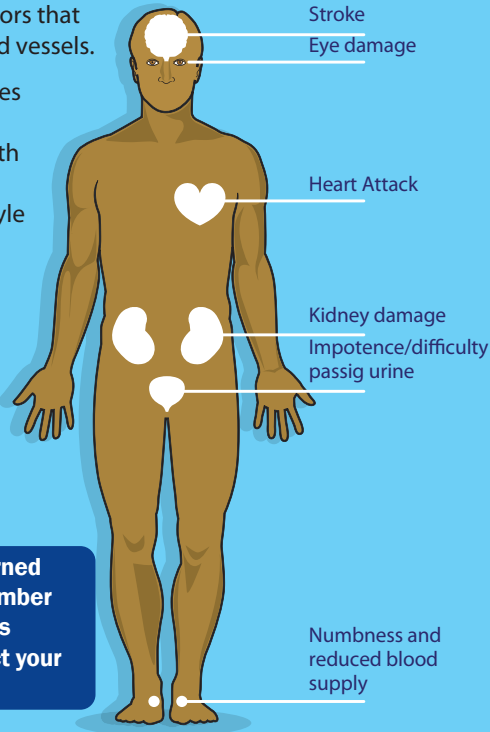
For a full list of local clubs and activities visit www.link4life.org or call 01706 924840. Alternatively, if you want more help and advice to get active, call the exercise referral team on 0161 655 1478

DIABETES

بھمڑا رোগ
ذیابیطس یعنی شوگر کی بیماری

People from South Asia are six times more likely to develop Type 2 diabetes than the white members of the UK population, and they are likely to develop it ten years earlier.

- Diabetes occurs when the body does not produce or use enough insulin. It leads to high blood sugar which, over time, can cause blindness, stroke, kidney failure, heart disease and can lead to amputation.
- There is currently no cure for the disease. Treatment involves lowering blood glucose and other risk factors that damage blood vessels.
- Type 2 diabetes tends to be associated with age, obesity, inactive lifestyle and genetic factors.



If you are concerned that you or a member of your family has diabetes, contact your local doctor.

SAFE FASTING

نیرا پاد اُپواس
محفوظ طریقے سے روزہ رکھیں

Make sure you can fully enjoy the spiritual benefits of Ramadan by fasting safely. During the holy month of Ramadan, your diet should not differ very much from your normal diet and should be as simple as possible.

- ✓ Eat slow-digesting foods that contain grains and seeds like barley, wheat, oats, beans, lentils and unpolished rice. These foods can last for up to eight hours, making them more suitable for fasting.
- ✓ Eat a well-balanced diet, including foods from all of the food groups.
- ✓ Drink as much water or fruit juices as possible between iftar and bedtime so that your body may adjust fluid levels in time.
- ✓ Eat complex carbohydrates at suhoor so that the food lasts longer making you less hungry.

Avoid...

- ✗ Fried and fatty foods.
- ✗ Foods containing too much sugar.
- ✗ Over-eating, especially at suhoor.
- ✗ Too much tea at suhoor. Tea makes you pass more urine, taking with it valuable mineral salts that your body would need during the day.
- ✗ Smoking and chewing tobacco

If you do have any concerns about your or your family's health during Ramadan, speak to your local doctor.

