

Hayes Muslim Centre healthy eating programme

The Public Health Team promote healthy lifestyles and address health inequalities through working in partnership.

What was the equality issue?

- Greater prevalence of obesity, hypertension and diabetes in the local area
- Accessing culturally specific information
- Expressed need from Hayes Muslim Centre to work with their community regarding the importance of eating healthily

How was this addressed?

- Through the GLA funded School Superzone Project to have a place based approach to improving the food environment.
- Through Hillingdon Council's Healthy Hayes programme to develop a whole systems approach to obesity
- Healthy education programme delivered at Hayes Muslim Centre:
 - Planned with the Centre Manager to ensure relevance, suitability and meaning (e.g. they told us to use the words healthy eating, understanding of cultural roles and norms)
 - Key messages provided for the Imam to deliver as part of his sermon.
 - Speaking with Sisters about the foods they cook for their family and how they cook be made healthier.
 - Cooking sessions to inside new ideas and learn practical ways to reduce fat and salt in the diet, portion sizes and what a balanced meal looks like
 - Recipes and key messages shared through the closed WhatsApp group, using impact quotes and images of the Sisters and cooking session to attach meaning.

Feedback from residents and outcomes of project:



"I learnt what processed food is and that fresh is much healthier."



"I learnt to use sunflower oil instead of coconut or vegetable oil."



"I learnt that using light soy sauce is better as it has less salt in it."



"This is a balanced meal – it has carbohydrate, protein and vegetables."

The engagement process allowed for development of a sustainability plan that includes:

- Food policy for the Centre
- Staff training to deliver and embed healthy eating education in provision
- Sugar Smart activities for young people
- Active role for the Sisters in disseminating learning