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THE SOUTH ASIAN EATWELL GUIDE

THE IMPORTANCE OF CULTURALLY COMPETENT ADVICE

FAREEHA JAY

Webinar key messages
summarised for you.

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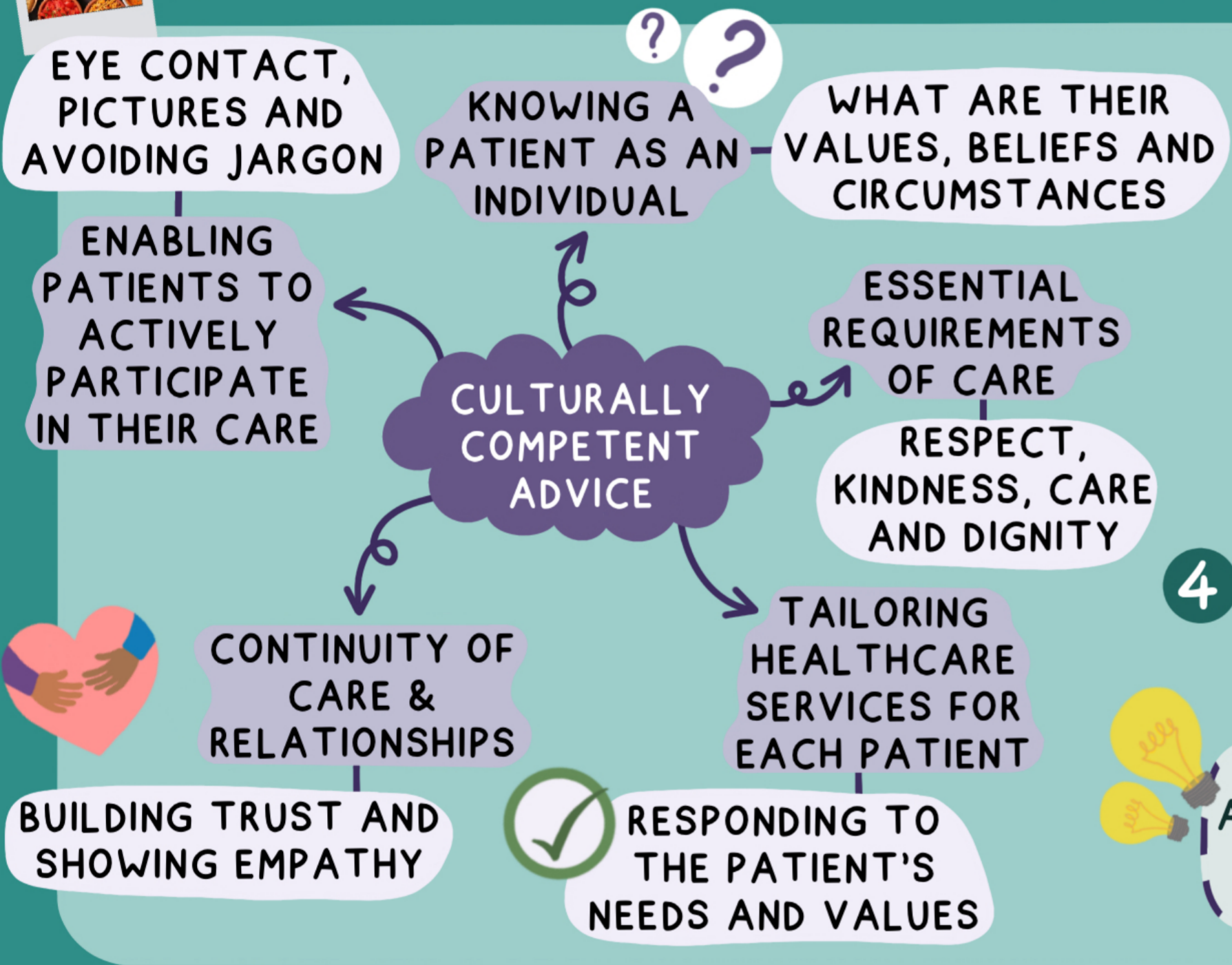


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PROVIDING CULTURALLY COMPETENT CARE



Cultural competence is the ability to understand and interact effectively with people from other cultures. In healthcare this means recognising and responding to an individual's needs and adapting practice accordingly.



- 1 PAY ATTENTION:** Make eye contact, smile and say hello!
- 2 LISTEN:** Ask questions and listen carefully with interest!
- 3 SHOW INTEREST:** Have willingness to learn about the cultural practices of others.
- 4 ATTITUDE:** A positive attitude toward cultural differences and readiness to accept and respect those differences.

DON'T GET OVERWHELMED. WE ARE ALL LEARNING! JUST LISTEN TO YOUR PATIENT AND ASK QUESTIONS TO LEARN MORE!

WHEN IT COMES TO DIETARY ADVICE WE SHOULD...

- Discuss meaning of food, typical food preparation methods, timing and frequency of meals, and the size of their usual portions
 - Assess degree of affiliation with their ethnic group
 - Assess level of acculturation (assimilation to a different culture e.g British South Asians)
 - Ask about a patient's beliefs about the treatment of choice
 - Be aware of religious practices and patterns of decision making within client's families

WHY THE SOUTH ASIAN EATWELL GUIDE?



THE SOUTH ASIAN COMMUNITY IN THE UK MAKES UP NEARLY 7% OF THE POPULATION. THE TERM SOUTH ASIAN TYPICALLY REFERS TO PEOPLE FROM THE INDIAN SUBCONTINENT WHICH INCLUDES INDIA, PAKISTAN, BANGLADESH, BHUTAN, AFGHANISTAN, NEPAL, SRI LANKA, MYANMAR AND THE MALDIVES.



HEALTH INEQUALITIES IN ETHNIC MINORITY GROUPS

ACCORDING TO THE NHS RACE AND HEALTH OBSERVATORY...

South Asians have a **40%** higher death rate from **coronary heart disease** than the rest of the UK population.

Estimates of **disability free life expectancy** are **10 YEARS** lower for Bangladeshi people compared to their White British counterparts.

24% of all deaths in England and Wales in 2019 were caused by **cardiovascular disease** in black and minority ethnic groups.

Black and minority ethnic people have up to **2 X** the mortality risk from **Covid-19** than people from a White British background.

South Asian & Black people are **2-4 X** more likely to develop **Type 2 Diabetes (T2D)** than white people and T2D is up to **6 X** more common in people of South Asian descent.

CONTRIBUTING FACTORS TO HEALTH INEQUALITIES IN ETHNIC MINORITY GROUPS

- ✓ SOCIO-ECONOMIC POSITION
- ✓ GENETICS
- ✓ CULTURAL BARRIERS
- ✓ LANGUAGE BARRIERS
- ✓ ATTITUDE
- ✓ LIFESTYLE FACTORS

Health professionals can help to alleviate these factors by providing **culturally competent advice** and the South Asian Eatwell Guide is just the start of culturally relevant resources!



DEVELOPING THE SOUTH ASIAN EATWELL GUIDE



It is extremely difficult to connect with the South Asian community without knowing their food practices, beliefs and what food means to them! It is important we have an understanding about the types of foods they eat daily, how they eat, who they eat with, who is cooking and more.

HOW WAS THE GUIDE DEVELOPED?

Fareeha started by using props and pictures of South Asian food in talks, workshops and consultations



She noticed that patients were less receptive and engaged when shown the standard Eatwell Guide

Zzzz...

So she developed a simple South Asian Eatwell Guide

Guidance given in a culturally appropriate way, lead to increased acceptability and adherence to advice

Fareeha further improved the guide by conducting an online survey of 132 people. Participants provided suggestions of foods to be included in the guide.



Many South Asians exhibit attributes both from the Western culture they live in and their culture of origin. Therefore, none of the foods from the Eatwell Guide were removed and only food additions were made!

95%

BELIEVED THAT HAVING A SOUTH ASIAN EATWELL GUIDE WOULD HELP THEM TO MAKE BETTER FOOD CHOICES!

KEY COMPONENTS OF THE SOUTH ASIAN EATWELL GUIDE

FRUIT & VEGETABLES

WATERMELON & YELLOW MELON: Popular fruit eaten specifically in the evenings



POMEGRANATE, GUAVA, MANGO: Extremely popular in South Asian community

DATES: Hold a religious significance for Muslims and are eaten year round

INDIAN SQUASH, BITTER GOURD, OKRA, BOTTLE GOURD: Cooked in curries

MOOLI: Commonly eaten as part of a salad



PROTEIN

DAAL: The term daal instead of lentils is used to make it more relatable to South Asian patients

SOYABEANS, SOYA CHUNKS, GROUND CHICKPEAS: Many South Asians are vegetarian so use these foods often



DAIRY

LASSI: Drink made from yogurt and consumed with meals during the Summer

PANEER: Type of cheese used in main meals



CARBOHYDRATES

THEPLA: Flatbread made from wheat or millet flour and spices

SWEET POTATO: Very popular snack topped with spices

TAPIOCA & SEMOLINA: Used in desserts or added in to recipes

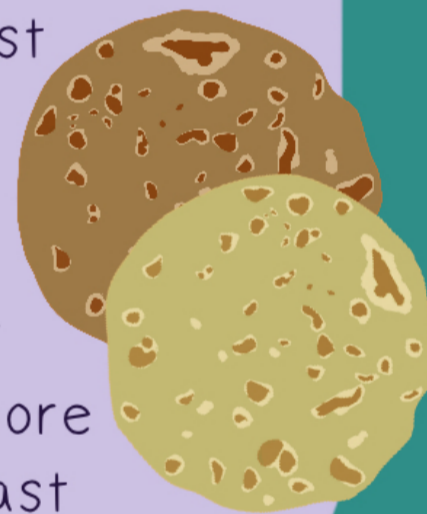
WHOLE GRAIN FLOURS: Different chapatti or roti made from different types of flour

IDLI & DOSA: Made from rice and lentil batter and mostly eaten at breakfast

CHAPATTI: Made from flour, almost all meals include chapatti

TARO ROOT: Eaten with a main meal

POHA: Flattened rice. Often eaten more than rice and a very popular breakfast



FOODS HIGH IN FAT, SALT AND SUGAR

HALWA: Popular dessert made in South Asian households. Lots of different varieties but most common is made with semolina and carrot

MITHAI: South Asian sweets

SAMOSA: Popular fried savoury snack



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READ FAREEHA'S MYNUTRIWEB BLOGS FOR MORE DETAILS!



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