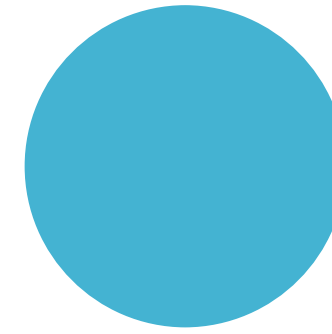
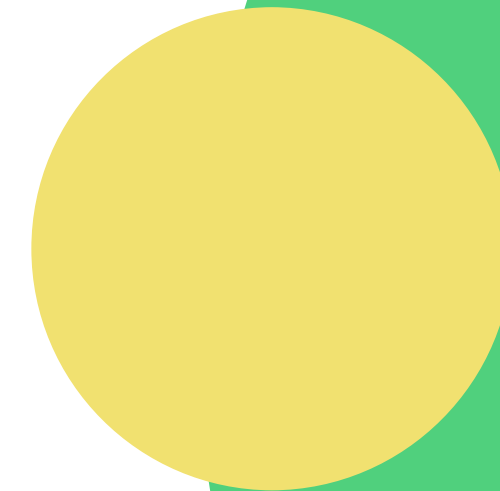
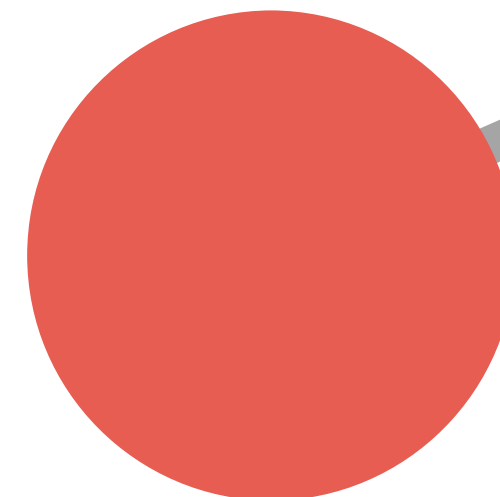




• Wandsworth
• Community
• Empowerment
• Network



BME Women's Weight Management Programme Sept 21-Apr 22



Contents

- Purpose of the Programme
- Delivery + Session Delivery
- Results & Impact
- Testimonials
- Sustainability of the Programme

Purpose of the Programme:

- Historically, a significant lack of culturally sensitive weight management programmes that consider social, cultural and traditional factors in weight management & obesity.
- Emergence of COVID led certain groups to be more socially isolated and unable to manage their conditions or gather with their community
- Grant given to Mushkil Aasaan allowed for development of the BME Women's Weight Management programme -- a 2 x 12-week course to provide a culturally adapted and bespoke service to a diverse community often excluded in preventative services and overrepresented in Long Term Conditions.
- Programme offered a way to manage weight in a spiritual, religious and cultural context, which is often lacking in mainstream services.
- Mushkil Aasaan and WCEN were to plan, codesign and deliver a holistic and culturally relevant Tier 2 Adult Weight Management Programme for targeted demographic, which was BME women in South Asian and Somali communities, as they often do not present to services early enough.

Programme Delivery:

- Programme needed to be **community-led** and **owned**, so worked with a community representative to decide structure, consistency & other logistics of the programme.
- 4 main components of the face-to-face programme:
 - An educational workshop on several different topics that affected the participants.
 - A 30-minute exercise session delivered by an Enable trainer
 - A cultural food demonstration delivered by a community member who showed how to cook traditional foods in healthier ways
 - An opportunity to have a 1-1 with a community trained Health Coach to reflect on the week gone by and set goals for future sessions.
- 2 main forms of referral:
 - Self-referral / word of mouth through Mushkil Aasaan's extensive community network,
 - Working with Social Prescribers in the local community to refer people on to the programme

Session Delivery:

- Educational workshop on different topics including: Understanding Diabetes, Family Health & Wellbeing, Preventative Medicine from an Islamic Perspective, Musculoskeletal Conditions (such as chronic and joint pain).
- Sourced speakers from the same background as each group to keep content as culturally relevant and specific as possible, and ensuring accessibility through translations (if necessary).

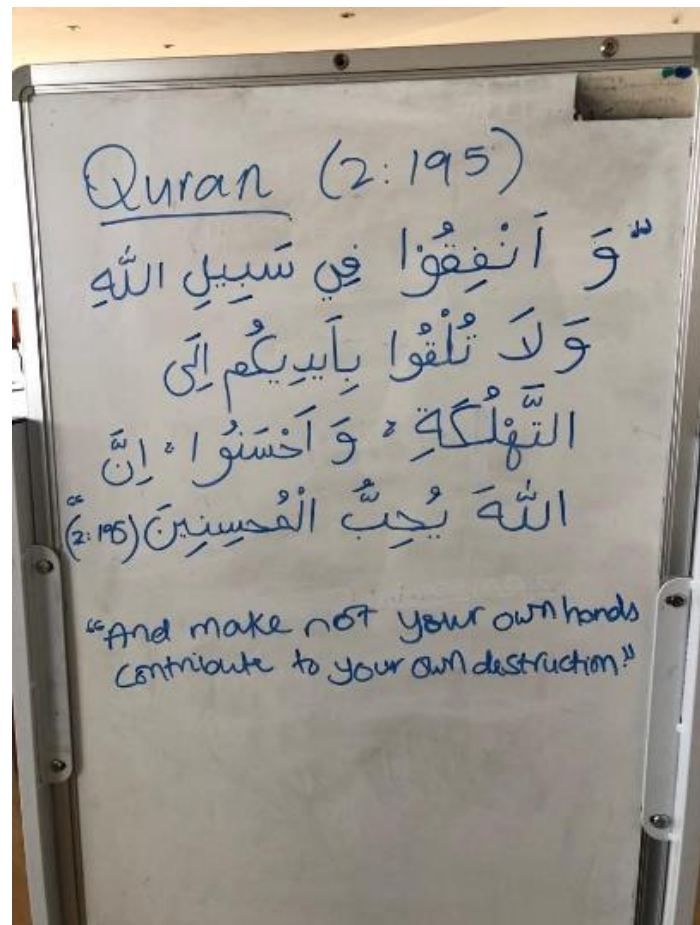


Figure 1 – Session 1 with a verse from the Quran to resonate with participants + build rapport.



Figure 2 - Merton GP delivering a session on Preventative Medicine through Islamic Perspectives



Figure 3 – Croydon GP delivering a session on MSK issues, such as joint and knee pain

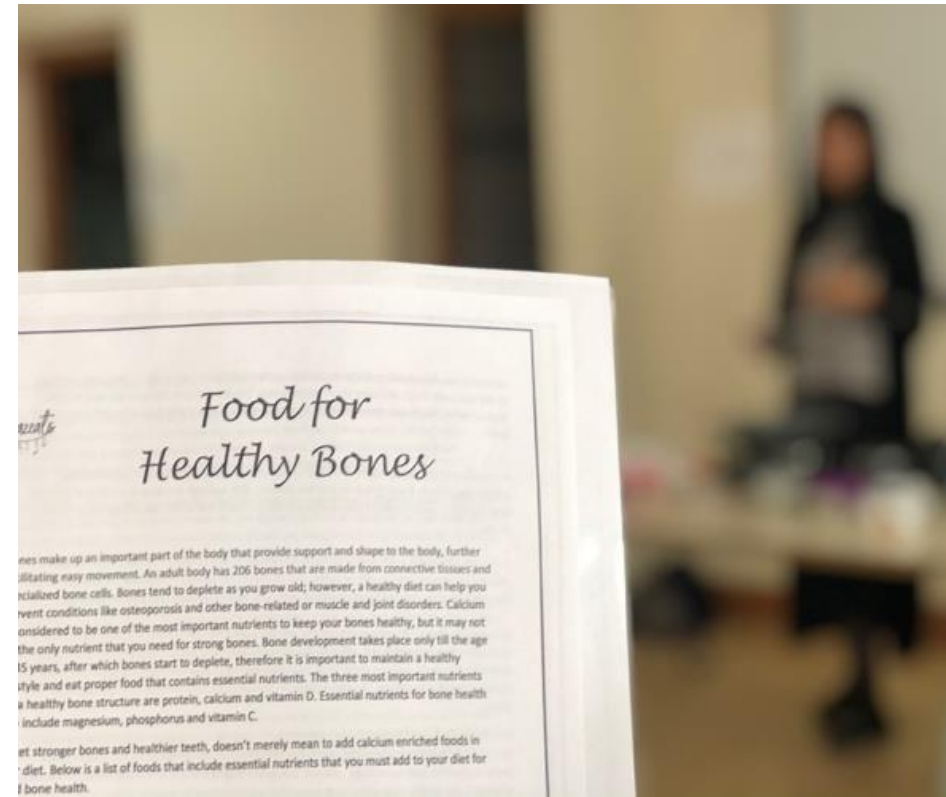
Exercise Session:

- 30 minute, mixed ability exercise sessions for all mobility types
- Trainer provided by Enable Wandsworth
- Decrease sedentary behaviour and get participants to enjoy exercise + movement.



Cooking Demonstration:

- Sourced nutritionists from within the South Asian & Somali communities respectively.
- Participants can see how traditional foods can be cooked in healthier ways, making more sustainable and longer lasting changes.
- Recipes were printed and handed out to participants to follow along + shared on WhatsApp group.



Recipe Examples:

Talbina: Relaxation For the Heart of the Sick Person



Talbina is a soothing broth made from ground barley that has many healing properties. It is mentioned by Ibn al-Qayyim in his great work on "The Prophetic Medicine" and there are many Ahadith on the merits of talbina for the sick and grieving person. Ibn al-Qayyim described talbina as a thin soup with the consistency of yoghurt (lahan), from where its name is derived.

He said that it was a broth made from barley flour together with the husks, and it is similar to barley water but the difference is that barley water is cooked with whole barley but talbina is cooked with ground barley. Therefore it is more beneficial because it can be digested easier and the nutrients are penetrated into the system quicker.

He also said that "it has relaxation for the heart of the sick person", it is nutritious and filling, and it warms and soothes the stomach, helping to lessens sorrows and to regain health. It can also be effective in maintaining bowel regularity.

Prophetic Traditions Some ahadeeth on the subject include:

Aishah (may Allaah be pleased with her) said that whenever one of her relatives died, the women assembled and then dispersed (returned to their houses) except her relatives and close friends. She (may Allaah be pleased with her) would order that a pot of talbina be cooked. Then Tharid (a dish prepared from meat and bread) would be prepared and the talbina would be poured over it. Aisha (may Allaah be pleased with her) would say (to the women), "Eat of it, for I heard the Messenger (sallallaahu alayhi wasallam) saying, 'The talbina soothes the heart of the patient and relieves him from some of his sadness.'" [Saheeh al-Bukhaaree (5058)].

The Messenger (sallallaahu alayhi wasallam) also said:

- "The talbina gives rest to the heart of the patient and makes it active and relieves some of his sorrow and grief" [Saheeh al-Bukhaaree (5325)]



Preparing For Ramadhan

Ramadhan

The month of Ramadhan as well as being a month of complete prayer..... comes with a lot of additional priorities...when it comes to preparing in advance for the 30 days of fasting.

Many take on the challenging task....to prepare potential meals to cook for both suhoor and iftar. Trying to prepare as much as possible...for an entire month of fasting is a big responsibility to take on. And often is what many of us struggle to do and make adequate preparations that are sufficient for the entire month.

As you only have two proper meals a day...it is important to balance out the amount of food you are eating...and to make sure it isn't too much or too little. An equal ratio of keeping full and not starved. To an extent...that while standing for the long Taraweeh prayers you do not feel lethargic due to the amount of food you have consumed.

These factors are crucial to consider during the month- to keep your body- healthy, fit and able to maintain the right weight.

Throughout this plan- many ways of benefiting and changing your lifestyle with nutritional and physical aspects will be expressed and discussed. Which will be implemented.....during the month of fasting with an easy to follow and manageable Ramadan eating plan and fitness program.

This Ramadan shall not differ to any another... with a festive food feast by sunrise.... while keeping your body and weight on target. With both fitness and nutrition equally balanced and easy to follow. Inshallah!!

Follow the following points and you shall be on target in no time...

Results & Impact

- Successfully shown a reduction in weight across both cohorts through recording of weight, BMI and waist ratios of participants.
- Cohort 1: **44%** of participants lost weight over the 12 weeks, in a slow, yet sustainable way, with more continuing to lose weight beyond the programme.
- Cohort 2: **70%** of participants lost weight, despite there being a break for Ramadan in between and unpredictable work schedules of the group.
- In total, there was a total of approx. **30kgs** lost on the programme amongst all participants.
- Strong attendance rate of **67%** across the programme
- We were oversubscribed at one point on the course, showing the necessity of such bespoke and culturally adaptive programmes.



Testimonials from participants:

- *“I have really enjoyed the course, and it has been helpful to have it as a group. I have made friends and I will do the walking group”.*
- *“Throughout the duration of the course, I have been eating better, drinking more water and exercising more – I have even given my car away so I can continue walking”.*
- *“I am very happy with how the programme was run, and the variety of speakers + contacts. I really appreciated the wellbeing approach over just weight loss focused”.*

Sustainability of the Programme

- Continuous check-in with participants beyond the programme and regular information sharing through WhatsApp groups
- Establishing a regular exercise group on Thursdays to continue fostering good habits
- A regular walking group established between the Somali cohort to keep each other motivated and achieving their goals.
- Will be organising a celebratory event where both cohorts can get together and can discuss progress, milestones and challenges.
- Regularly using the recipes given at the sessions and implementing better lifestyles for the whole family instead of just the individual.

Sustainability of the Programme contd.

- Programme can be adapted to suit a range of communities: Merton Public Health has funded the programme to run for a year across Merton borough to tackle health inequalities and obesity in BME communities.
- Adapted and delivered this programme in the African & African-Caribbean, South Asian and Ahmadiyya communities across Merton.