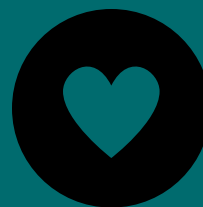


Race & Health Seminar Six: Heart Health

26 March 2026, 6-7pm



The purpose



WHY are we doing this?

- People's **health and wellbeing** are affected by many things – like their **background, culture, and life experiences**.
- In a diverse place like **Newham**, it's important to understand how **ethnicity connects to health**, so we can make things fairer for everyone.



HOW are we doing this?

The events will be hosted **online every 2 month** on different topic to develop more **knowledge** and **awareness** of:

- The **data** and **academic evidence** of the relationships between ethnicity, health and wellbeing
- The **real live experiences** of people from different ethnicities around their health and wellbeing, and their family and friends
- The **support, services** and **resources available** for people.



WHO is leading this?

- The topics will be chosen by the **Newham Race Equality Forum** and the **Public Health team**.
- They'll focus on issues where some ethnic groups face **unfair differences in health**.

Guest speakers and their slides



- **Overview of Newham Cardiac Rehab Service.** Swallay Bandhoo (*slides 4-17*)
- **Overview of heart health, Eat Well Newham principles, local services.** Dr. Sumed MH (*slides 18-40*)

Newham Cardiac Rehab Service



WELCOME

SWALLAY BANDHOO

17/03/2026

CLINICAL LEAD/OPERATIONAL MANAGER



The TEAM

Newham Cardiac Rehab Service



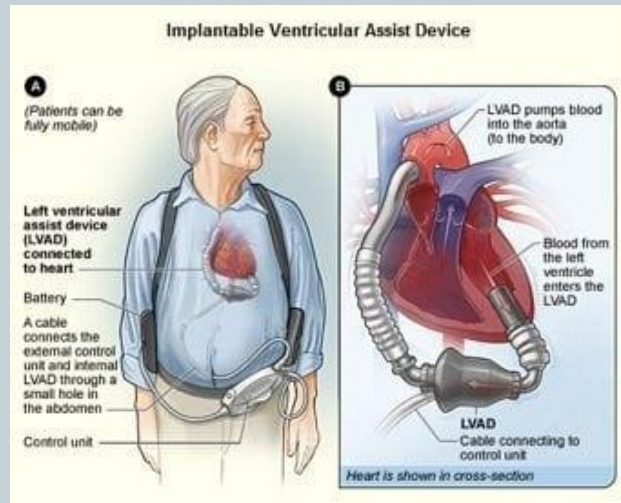
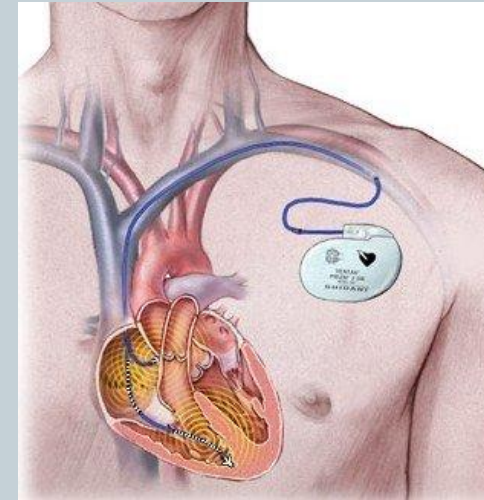
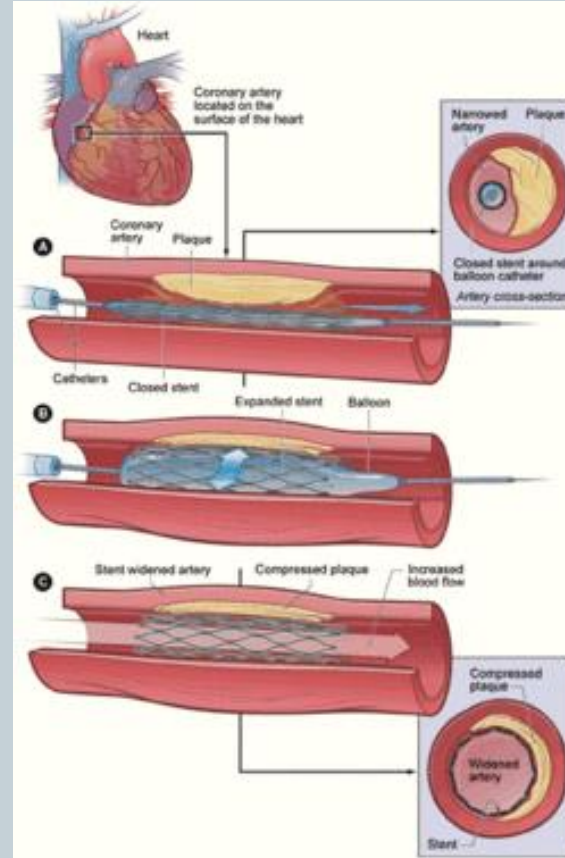
- Clinical Lead/Operational Manager * 1
 - Physiotherapist Lead*1
 - Cardiac Rehab /Heart Failure Nurses *7 (4 Senior)
 - Cardiac Rehab Assistant * 1
 - Senior Administrator * 1
- : One Part-Time Exercise Physiologist

Who do we see



- **MI:** Myocardial Infarction
- **Angioplasty/PCI**
- **CABG:** Coronary Artery Bypass Graft
- **Valve Disease/ Valve Replacement**
- **HF/LVSD:** Heart Failure
- **Heart transplant**
- **LVAD:** Left Ventricular Assisted Device
- **PPM:** Permanent Pace maker
- **ICD:** Implantable Cardioverter Defibrillator
- **Medical Management patients /Risk factor modification**

What do we see



Secondary Prevention



- **Referrals** : 55 to 100 monthly
- **Risk factors**:
 - Smoking, Diet Exercise, Diabetes, FH, Cholesterol, Obesity, Alcohol, Stress
- **Management**: Clinic, Class or Home Visit/Rehab
- **Medication review/ Titration**
- **Signs and symptoms assessment**
- **Tests**: Referrals/recommendation letters for ECGs, 24HR :Holter/BP, Blood tests, Talking Therapies
- **Goal setting** : Increase Physical Activity/Diet

What do we do



- Clinics: 7: *Face to Face* : *AM/PM*
- Virtual /Telephone consultation
- Cardiac Rehab Classes:
- **5 Face to Face**
- Weekly Virtual Education Talks
- Home Visits/ Home Rehab

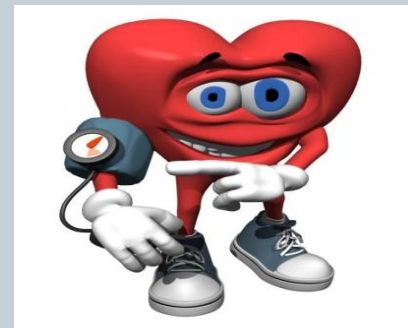
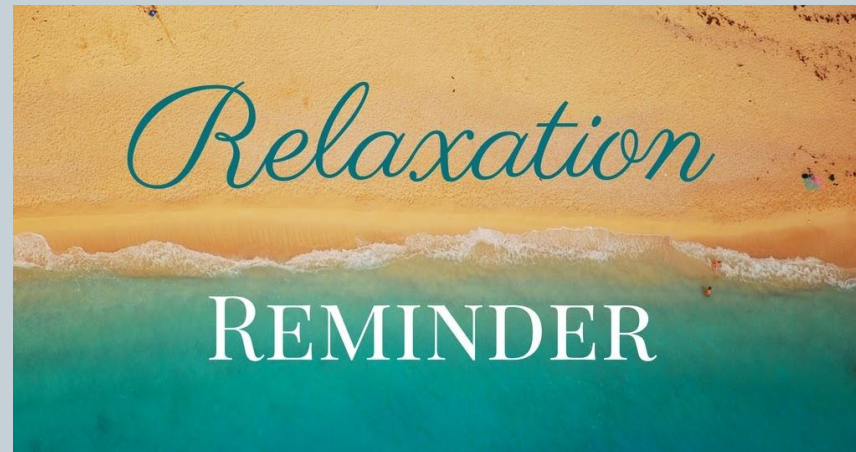
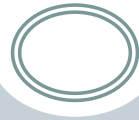
Clinics/Home visit



- **Criteria**: People on dialysis/ House bound/reduced mobility and different comorbidities
- **Undertaken by**: Nurses/Therapists/ Health Advocates
- **Assessment**: BP, HR, Exercise, Health promotion, Medications review
- **Referrals**: Telehealth /District Nurse/Diabetes Nurse
- GPs/Cardiologists



What do we do



Classes



- **Duration:** 150 mins / 6-8 weeks' programme
- **Led by :** Physio Lead, Cardiac Rehab Lead ,Nurses, CR Assistant, Exercise Physiologist
- **What we do :** One to One review/ BP –Pulse check/ Assess Blood sugar/ Symptoms Assessment
- **Exercise sessions** (Standing and Chair-based)
- **Education:** Diet, Stress, Meds, Relaxation, Sex & Heart Disease
- **HADs :** Post Cardiac Rehab Programme
- **National Audit of Cardiac Rehabilitation: Pre & Post : Green Certification award: Since 2018**

On Discharge from Cardiac Rehab Service



- Referred back to GPs for monitoring
- Annual review by GP: blood tests, symptoms management, ECGs, medications compliance
- Tele-Health
- Join walking groups in the community
- Local gym
- Work in progress with West Ham United Football Foundation

On Discharge from Cardiac Rehab Service



Sign-Posting/ On going support



- Access information: www.bhf.org.uk/ www.nice.org.uk/, www.bacpr.com/, www.diabetes.org.uk , www.stroke.org.uk
- British Heart Foundation (BHF) leaflets, magazines...
- Cardiac Disease/Tests/Treatments/Medicines....



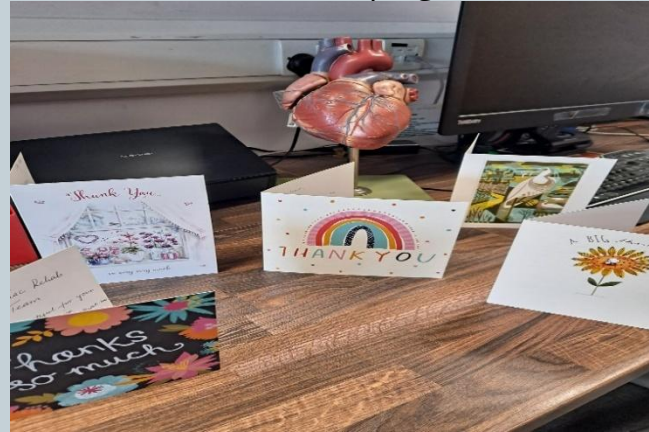
Feedback/ Achievements



-
-

Feedback is very important too:

You SAID- We DID/ QR Code



Contact Details



Cardiac Rehabilitation Department Newham

Shrewsbury Road Health Centre

Shrewsbury Road, London

E7 8QP

02079094950

Monday to Friday : 09.00 to 17.00



Cardiacrehab.team@nhs.net



Heart health inequalities

Sumedh MK

What is heart disease?

Cardiovascular disease (CVD) is a general term for conditions affecting the heart or blood vessels.

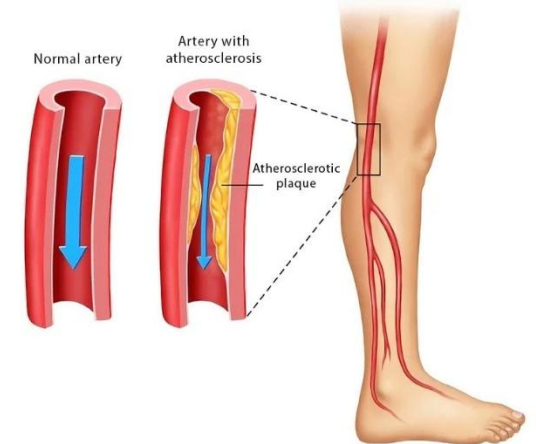
Heart Disease
(Heart Attack,
Palpitations)



Cerebrovascular Disease
(Stroke)



Peripheral Artery Disease
(Circulation problem)



How is it caused?

Imagine...

- A large warehouse – **our body**
- Multiple storage rooms – **body cells**
- Corridors connect everything – **blood vessels**
- A pump keeps things moving – **the heart**
- Trucks bring 'food' boxes into the warehouse – **sugar**



- Too many boxes arriving, junk – **Eating more than required**
- No delivery to superstores – **Sugar stores unused**
- New boxes pile up outside and, in the corridors – **increased blood sugar. THIS IS DIABETES!**
- The pump has to push harder to move around the clutter: **high blood pressure**
- Corridor walls start getting worn and damaged: blockages

Clutter causing damage

Over time...

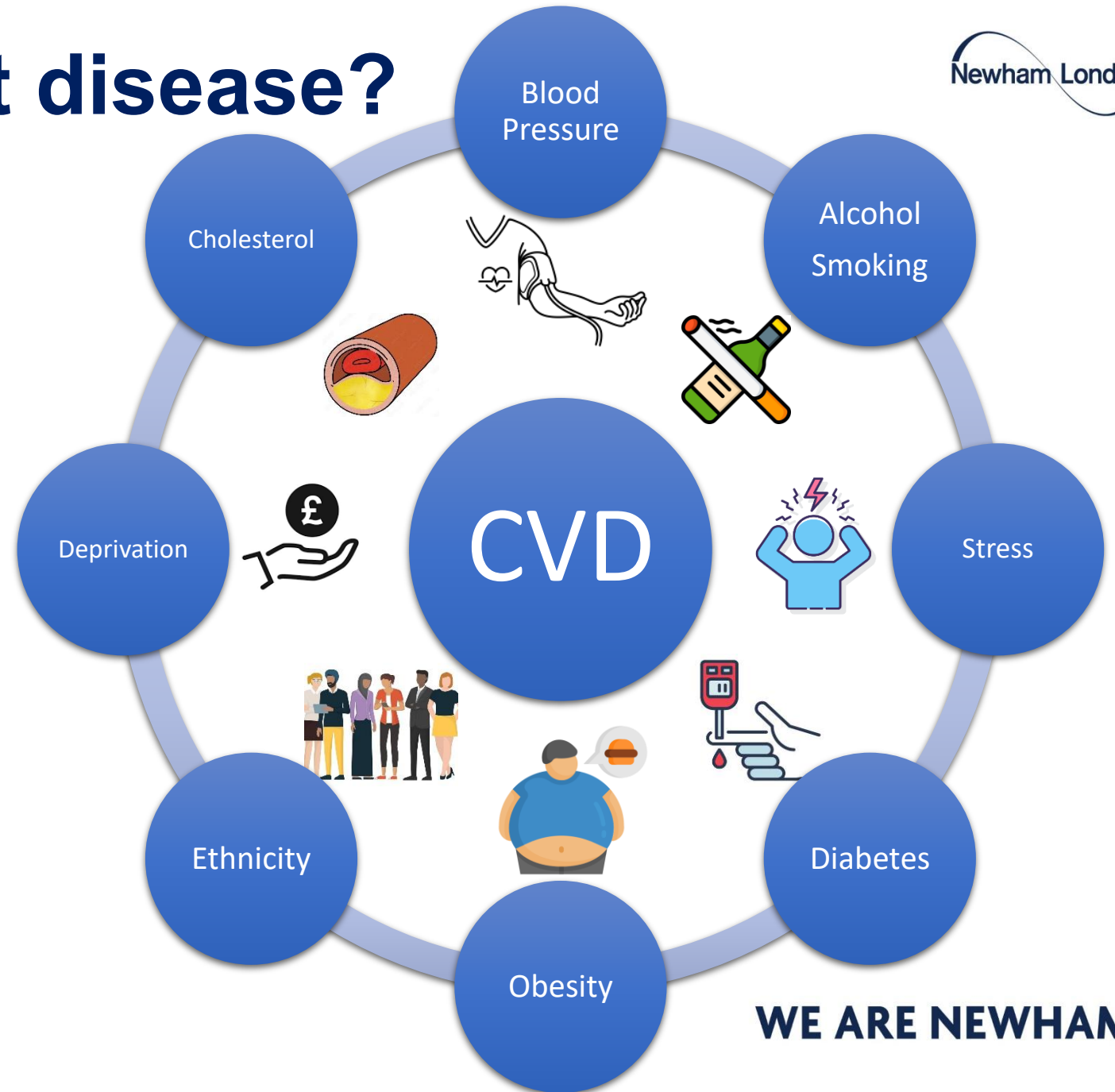
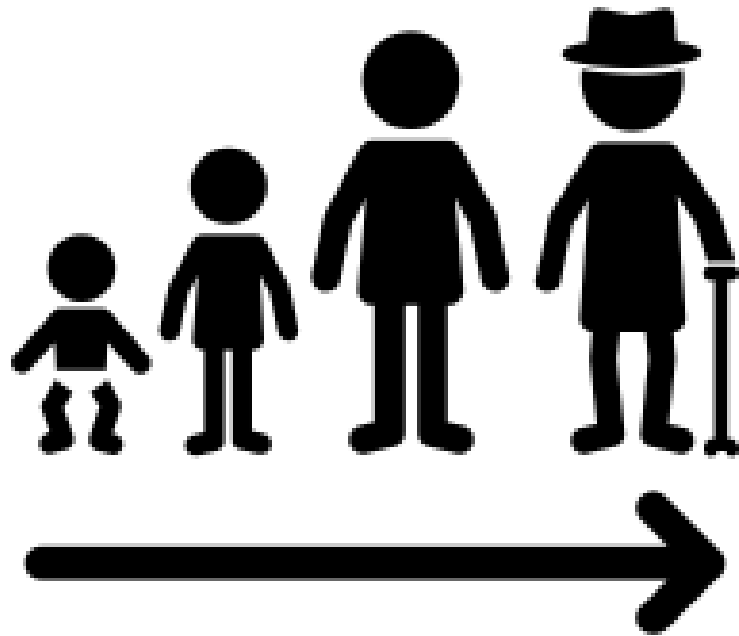
- Damaged corridor walls become sticky
- Greasy grime sticks to them - plaque
- Corridors become narrower - less blood gets through

Sometimes

- A corridor suddenly blocks completely → heart attack or stroke
- If there's smoke in the warehouse (smoking): Walls get damaged faster
- Corridors clog sooner
- Air filters clog too - breathing becomes harder

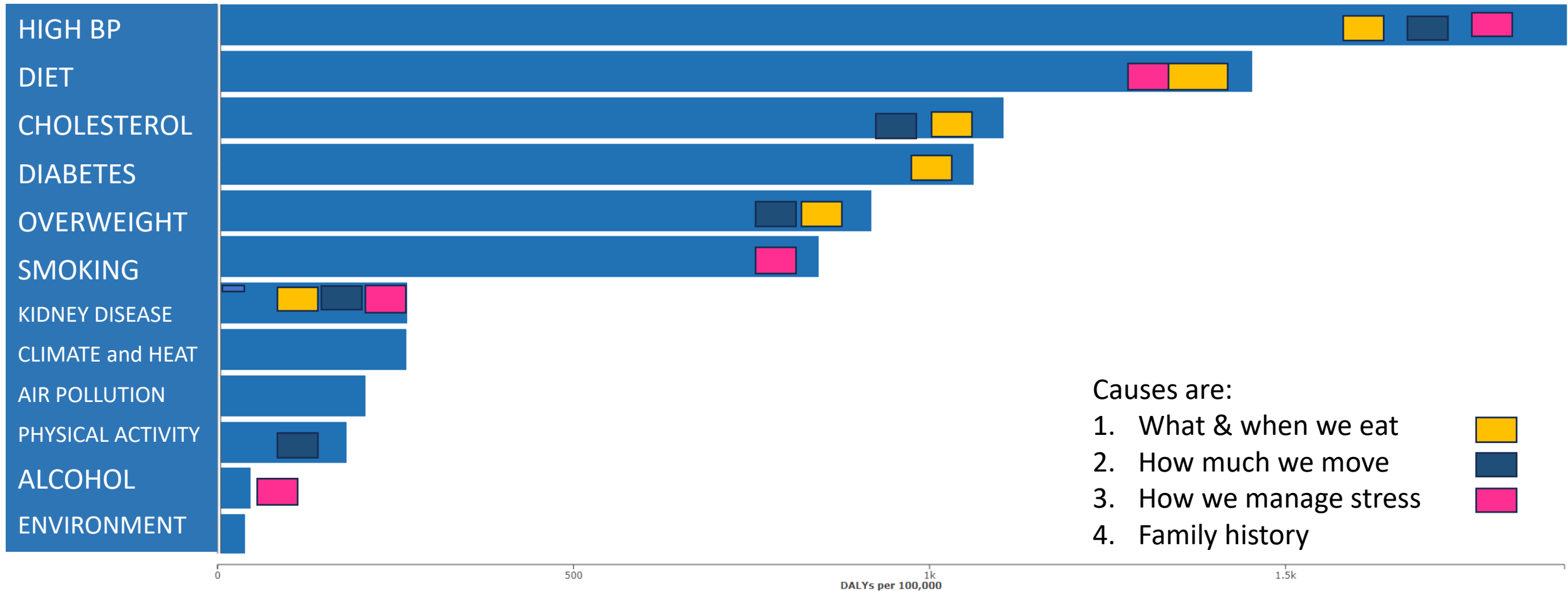


What causes heart disease?



Global Burden of Disease Study: Risk factors for Heart Disease

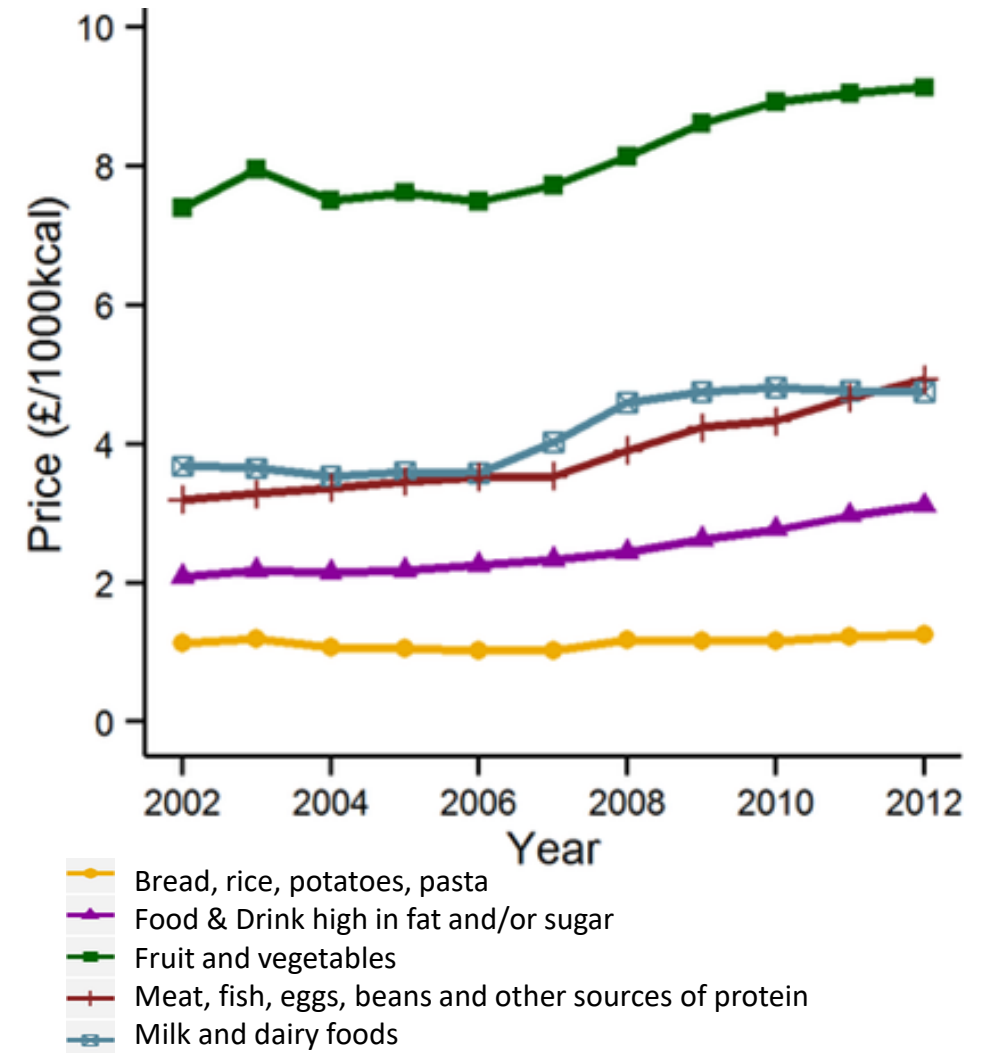
GBD 2019 estimates that **high blood pressure** is the **biggest risk factor for CVD morbidity** in England (measuring in Disability Adjusted Life Years, or DALYs), followed by dietary risks, high cholesterol, high glucose, obesity and smoking.



Who is at risk?

- **Genetics:** Some ethnic groups are at a higher risk than others – this is true not only for heart disease, but also for diabetes, and overweight/obesity.
 - South Asian (Bangladeshi, Pakistani, Indian), African and Caribbean at higher risk
- **Deprivation:** Racial patterns intersect with deprivation patterns
- **Diabetes and overweight:** Much but not all of the risk is linked to increased prevalence of DIABETES and OVERWEIGHT.
 - BMI thresholds for risks for some communities is higher than others.
 - Greater risks of earlier onset of high BP, and diabetes because
 - More risk drivers
 - Intersection with structural racism (e.g., stress/money)
 - Impact of family history
- **Structural racism:** Environment, stress, poorly tailored services, inconsistent use of optimised treatment thresholds and bias x trust.

Cost of healthy food



Vital 5

Diet Weight | Physical Activity | Mental Health | Smoking | Alcohol

What &
when you
eat

How (much)
you move

Stress

FAMILY HISTORY – GENETICS

Eat Well Newham Principles

Eat Well Newham

7 principles to help you feel happier and healthier through the food you eat

EAT MORE

Vegetables



Beans and pulses



Lean proteins



Fibre and lean, whole, unprocessed foods



Seasoned, not salty food



Drizzle your food with oil, don't drown it!

Stay hydrated. Aim to drink 6-8 glasses of water a day.



Tinned fish, beans and pulses are a quick and cheap staples. Look for ones without added salt or sugar.



Eat seasonal vegetables as a fresher, planet friendly swap



Frozen vegetables and fish are nutritious, convenient and often cheaper than fresh



Beans, lentils and other plant are a low cost protein that help meat go further



Choose wholegrain pasta, bread and rice to add fibre and keep you fuller for longer



TIME SAVING TIPS

Batch cook meals and freeze extra portions for a quick, healthy options on busy days.

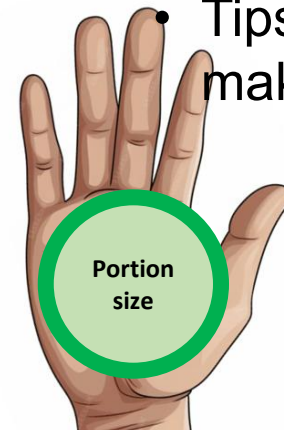
Use tinned beans and pulses for fast, ready to eat protein.

Planning meals helps save time and reduces stress. If you have a family, planning and cooking together helps everyone look forward to dinner!



Head to www.wellnewham.gov.uk for more tips on eating well in Newham

- Easy to follow set of principles for all families across Newham
- Based on conversations with residents and professionals
- “eat more” to encourage families to prioritise eating the right things
- rather than cutting out foods that harm them, like “diets” typically do
- Tips to help us to save money while making changes



Eat Well Newham: Eat More

Eat Well Newham
7 principles to help you feel happier and healthier through the food you eat

EAT MORE

Vegetables
x2 per portion

Beans and pulses
x1 per portion

Lean proteins
x1 per portion

Fibre and lean, whole, unprocessed foods

Seasoned, not salty food

Drizzle your food with oil, don't drown it!

Stay hydrated. Aim to drink 6-8 glasses of water a day.

WELL NEWHAM
For a healthier you

Seasoned, not salty

- **How does salt impact our body?**
- Healthy food doesn't need to be bland! Add as much as you want, but look out for the salt you add
- Limit ourselves to portion the size of the tip of our thumb per day

Oil- Drizzle don't drown!

- Eating too many foods with high levels of saturated fats can increase the levels of bad cholesterol
- **What's the effect of cholesterol on our body?**
- Limit ourselves to a portion the size of the length of our thumb per day



Tinned fish, beans and pulses are a quick and cheap staples. Look for ones without added salt or sugar.



Eat seasonal vegetables as a fresher, planet friendly swap



Frozen vegetables and fish are nutritious, convenient and often cheaper than fresh



Beans, lentils and other plant are a low cost protein that help meat go further



Choose wholegrain pasta, bread and rice to add fibre and keep you fuller for longer



TIME SAVING TIPS

Batch cook meals and freeze extra portions for a quick, healthy options on busy days.

Use tinned beans and pulses for fast, ready to eat protein.

Planning meals helps save time and reduces stress. If you have a family, planning and cooking together helps everyone look forward to dinner!



Head to www.wellnewham.gov.uk for more tips on eating well in Newham

Moving more!

- Physical activity is like hiring extra staff to carry boxes inside the warehouse – **helps clear the backlog.**
- **Don't have time to exercise? It's okay.**
- Let's walk to the grocery store, play with our kids, spend time gardening
- **Something is always better than nothing**



150 minutes of moderate intensity (brisk walking, cycling) or 75 minutes of vigorous intensity (running, fast swimming).

Reducing stress

- Stressed warehouse – **release of hormones (chemicals)** (Cortisol, adrenaline). This affects functioning of hormones like insulin which impacts regulation of sugar in the body, which in turn increases risk of diabetes, pushes heart to pump strongly, increases blood pressure, etc.
- Stressed mind – **eating problems (wants sugar and salt):**
The cycle continues

- We need ourselves in the right mind to handle our family and work problems – **WE ARE IMPORTANT!**
- **Self care** – that's not selfishness 😊
- Let's move a bit – **physical activity helps**
- We are social animals – **let's TALK to friends and family more openly**
- Can try relaxation – **yoga, meditation, etc.**



Local Services and programmes mostly FREE

1. Smoking cessation: specialist & pharmacy

Quit Well Newham can provide Newham residents and staff with free advice and support to quit. The service is run by Queen Mary University of London who have many years' experience in delivering stop smoking services.

The service offers:

- Direct support and quit plan from a trained practitioner for up to 12 weeks.
- Weekly Nicotine Replacement Therapy and Electronic Cigarettes.
- Telephone and/or digital support with free access to the Smoke Free app
- Face-to-face support available at a location near you.
- Support is available in English, Bengali, Urdu, Gujrati and Lithuanian.
- Swap to Stop vapes

Clinicbookings@qmul.ac.uk

newham.gov.uk



The poster features logos for Queen Mary University of London, WELL NEWHAM For a healthier you, and Newham London. The main headline reads 'We are quitting with Quit Well Newham'. Below this, it states 'Free support for all residents aged 12+ and people working in Newham Council to quit smoking.' A photograph shows a staff member in a blue shirt and cap talking to a man in a blue shirt and cap who is holding a white vape. To the right of the photo, text provides contact information: 'Did you know you're 4 times more likely to quit with support from Quit Well Newham? We provide expert advice and support, together with nicotine replacement therapy (NRT) and offer regulated vapes to stop smoking.' Contact details include 'Monday to Friday 8:30am - 5:30pm', 'Call: 0207 882 8230', and 'Text and WhatsApp: 0747 408 2330'. A small inset photo shows a group of people holding informational materials.

Queen Mary University of London

WELL NEWHAM For a healthier you

Newham London

We are quitting with Quit Well Newham

Free support for all residents aged 12+ and people working in Newham Council to quit smoking.

Did you know you're 4 times more likely to quit with support from Quit Well Newham? We provide expert advice and support, together with nicotine replacement therapy (NRT) and offer regulated vapes to stop smoking.

Contact Quit Well Newham
Monday to Friday 8:30am - 5:30pm.

Call: 0207 882 8230

Text and WhatsApp: 0747 408 2330

For more information on Quit Well Newham and community pharmacies offering stop smoking support visit www.wellnewham.org.uk/advice/stop-smoking

WE ARE NEWHAM.

2. Tier II Weight management

Live Well Newham offers both Adult Weight Management and a Child and Family Weight Management programme to support adults and families to achieve goals, whether that be to lose weight or become more active.

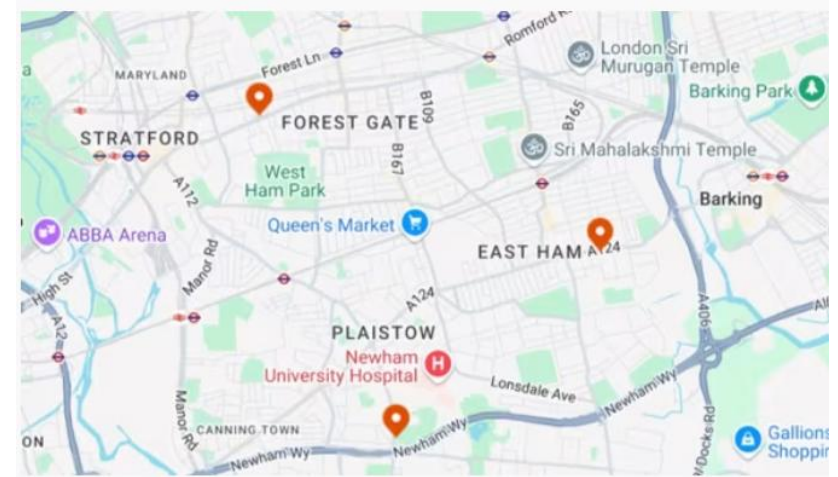
Our Weight Management programmes include workshops, nutritional advice and physical activity alongside behaviour change techniques taught by experts in the field. This means you can not only lose weight, but gain the knowledge, skills and confidence to maintain a healthy lifestyle.

Adult Weight Management: A group based 12-week programme which aims to support you with managing your weight (including a 1-hour workshop and a 1 hour supported exercise session).

Xplore – Children, Young People and Family Weight Management: A group based 8-week programme for children, young people aged between 4 to 17 years, and their families. The programme includes a 1-hour healthy eating workshop, a physical activity session and ongoing support to families to help them to maintain a healthy lifestyle.

<https://www.better.org.uk/self-referral>

[newham.gov.uk](https://www.newham.gov.uk)



Where Is My Nearest Programme?

Both programmes run from a range of venues across Newham including:

- [Atherton Leisure Centre](#)
- [East Ham Leisure Centre](#)
- [Newham Leisure Centre](#)

+ Trinity Centre (Plashet Park) & others.

WE ARE NEWHAM.

3. Healthy eating and cooking

Nutrition Kitchen offers a 12-week program for Newham residents (18+, BMI 23+) and staff to learn about healthy diets and cooking and make impactful health changes.

This programme runs once a week for 12-weeks, where we will educate you in:

- What a healthy diet looks like
- Healthy cooking style
- What small impactful changes you can make to better your health
- Shopping healthy on a budget
- Training to become a healthy cooking champion in your community

<https://services.thejoyapp.com/en/listings/1195-nutrition-kitchen-cooking-and-physical-activity-programme>



4. Healthy eating and cooking - bespoke

nutrition kitchen
helping families understand food

Nutrition Kitchen Newbies

Healthy Eating, Baby Massage & Baby Yoga classes

For New mothers with gestational diabetes (GDM).
Must be a Newham resident.

Join us for a **FREE** fun filled 12 week journey!



STARTS TUESDAY 1ST JULY ~ 1PM - 2PM
(EVERY TUESDAY UNTIL 16TH SEPTEMBER)

East Ham Leisure Centre
324 Barking Rd, E6 2RT

CALL OR EMAIL TO BOOK
07526 580 621 / 020 3793 5049
sandeep@nutrition-kitchen.co.uk

BOOK TODAY!

Nutrition Kitchen offers bespoke sessions for mothers with a history of gestational diabetes and residents with learning disabilities at Chargeable Lane.



5. NHS Digital Weight Management

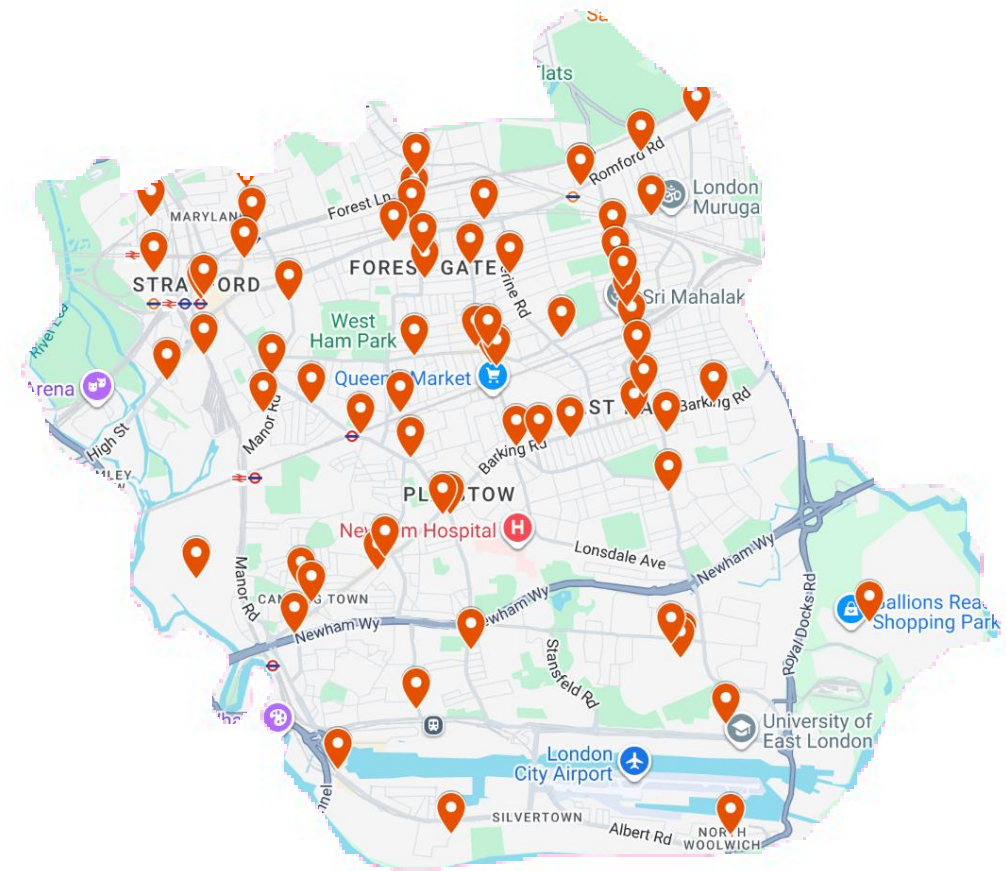
- **Goal:** Develop sustainable, healthy eating and activity habits to improve overall health, not just weight loss
- Offers three tiers: digital content only, or digital content plus 50 or 100 minutes of human coaching over 12 weeks
- **Eligibility:** Adults (18+) with BMI >30 (or >27.5 for BAME) and a diagnosis of diabetes, hypertension, or both.
- **Cost:** Free.
- **Duration:** 12 weeks.
- **Platform:** Accessible via smartphone, tablet, or computer with internet access.
- **Content:** Digital plans with recipes, nutrition advice, physical activity tips, and wellbeing support.

6. Blood Pressure Checks at Pharmacies

More than 70 pharmacies in Newham offer Blood Pressure checks.

Anyone can check the NHS website to see where there nearest pharmacy is that offers this service.

This is a fast way for residents to understand their health, be signposted on to a GP, and prevent further complications to their health.



[Find a pharmacy offering free blood pressure checks](#)



7. Stroke Prevention and Recovery

The **Stroke Recovery Service** provides practical support and information after a stroke. One of our Stroke Support Coordinators will identify what matters most to you so we can best support you throughout your recovery.

Who is this service for?

We're here to support anyone who's had a stroke (including TIAs/mini-strokes). We're also here for your loved ones, carers and friends.

What this service offers

- Tailored one-to-one support for you and your loved ones.
- A personalised review of what's important to you.
- Someone to talk to who understands.
- Tips to support your recovery.
- Information about stroke and support to access other local services.
- Information on how to reduce your risk of stroke.
- The chance to share experiences with others in a similar situation.
- Home visits and/or telephone calls and online support.



<https://services.thejoyapp.com/en/listings/3102-newham-stroke-recovery-service>

8. All abilities cycling

The Drop-in **All Ability Cycling Clubs** are designed for people with learning, physical and/or sensory disabilities to enjoy cycling on a range of adapted cycles, including single/tandem tricycles, side-by-side cycles for two or more people, wheelchair platform cycles and go-kart style recumbent cycles.

The clubs are also a social and friendly place where you can meet the same people time after time.

After being shown how to use the cycles by our friendly volunteers and staff, attendees are free to cycle around the park or green space with their friends, family or carer.

<https://services.thejoyapp.com/en/listings/2432-all-ability-clubs>



THANK YOU

For further information, contact the team at
communityhealthchampions@newham.gov.uk