

Race & Health

Seminar two: Eating healthy

17 July 2025 6-7:30pm



Working together



Mute when not speaking. Please keep your microphone on mute when not speaking to avoid background noise.



Camera on (if you're comfortable). It's nice to see your face.



Use headphones or earphones. This minimise background noise.



Ask questions. Ask any questions in the chat or at the end of the presentation we will have some time for this.



Technical difficulties happens to everyone. If you are having trouble with your internet connection, or audio is cutting in and out, you may find it better to switch to phone.



Be respectful. Treat everyone with kindness. Listening, don't interrupt, and respect different opinions and lived experiences.



Recorded session. We're recoding this session and will be uploading on the council website.



Slides & resource library document will be shared after the session. If you haven't registered to this session but would like to receive the slides, contact us directly.

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**.

Why ethnicity focus?



While we recognize that other factors, such as disability, sexual orientation, gender identity, and more, also play a critical role in health equity, this seminar focuses specifically on ethnicity because:

- **Persistent disparities in health outcomes and access** to care among racial and ethnic communities point to an urgent and ongoing equity gap.
- People of colour often **experience worse health outcomes** compared to white populations. For example, they face higher rates of chronic diseases (such as diabetes and heart disease), as well as higher infant and maternal mortality rates.
- This work is **part of a broader project** aimed at exploring how race and ethnicity influence health outcomes.

Equality



The assumption is that **everyone benefits from the same supports**. This is equal treatment.

Equity



Everyone gets the supports they need (this is the concept of "affirmative action"), thus producing equity.

Justice



All 3 can see the game without supports or accommodations because **the cause(s) of the inequity was addressed**. The systemic barrier has been removed.

Guest speakers and their slides



NEWHAM CENTRE FOR HEALTH
AND CARE EQUITY



- **Why does sugar and salt matter?** How physical environment shapes our relationship with food and health. Nourhan Barakat, Queen Mary University of London. (*slides 6-18*)
- **Nutrition Kitchen** – what it is and support available. Rashida Patel. (*slides 19-33*)

Why Does Sugar and Salt Matter?

How physical environment shapes our
relationship with food and health

Nourhan Barakat | 17th July 2025



Agenda

- Meet us
- Salt, sugar and health
- How much we eating of salt and sugar
- How to reduce salt and sugar
- Resources

Who Are We

Action on Salt and Sugar is a registered charity dedicated to reducing dietary salt, sugar and calorie consumption to improve the health of populations in the UK and worldwide.

Non-Communicable Diseases

The NCD burden in UK is substantial and wide-spreading...

74.8% **£130 billion**
Deaths from NCDs Annual Cost

...**Diet is one of the most modifiable risk factors** for NCDs. Our work therefore seeks to **improve the food environment**, with specific focus on salt and sugar due to **their role in key health issues.**



Salt and Health

Cardiovascular diseases

Affects 7 million people in the UK, including conditions affecting the heart and blood vessels.

Kidney diseases

Around 7.2 million adults in the UK (over 13% of the population) are estimated to have CKD

Stroke

Every year, over 100,000 strokes occur in the UK

Sugar and Health

Obesity

Affects 1 in 5 children aged 10-11, and 1 in 3 adults.
Increases risk of type 2 diabetes, heart disease, some types of cancer.

Type 2 Diabetes

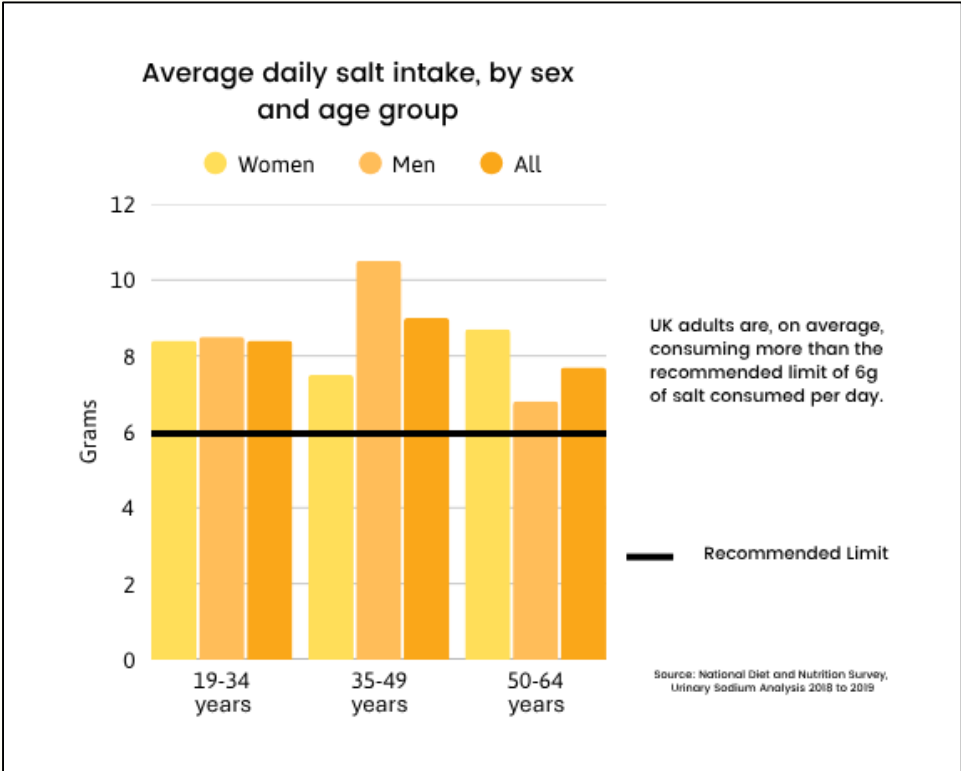
>4 million people diagnosed, with numbers rising each year.
~2,000 cases in children/adolescents.

Dental Caries

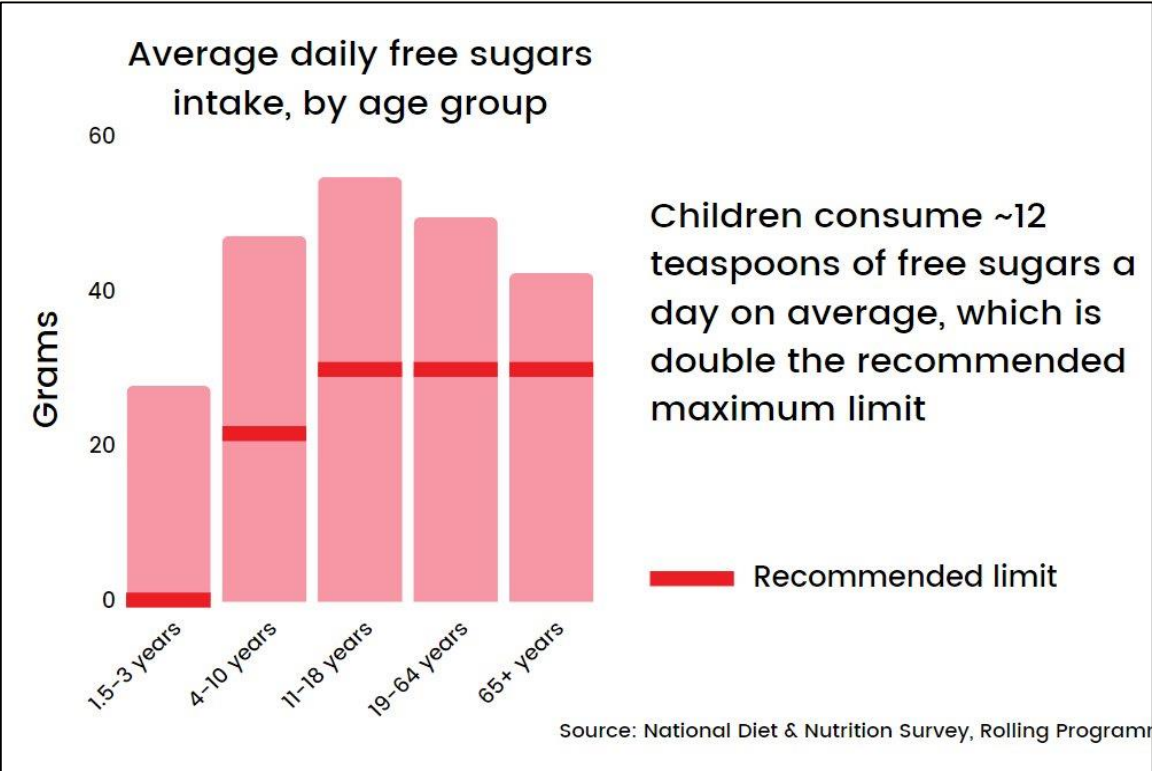
By age 5, approximately 24% of children have notable tooth decay. Tooth extractions is the most common hospital procedure in 6-10 year olds

How much are we really eating?

Salt



Sugar





Genetics

It's true that some ethnic groups — like South Asians or African-Caribbean communities — have a higher risk of diabetes or hypertension.

But that's not the full story...

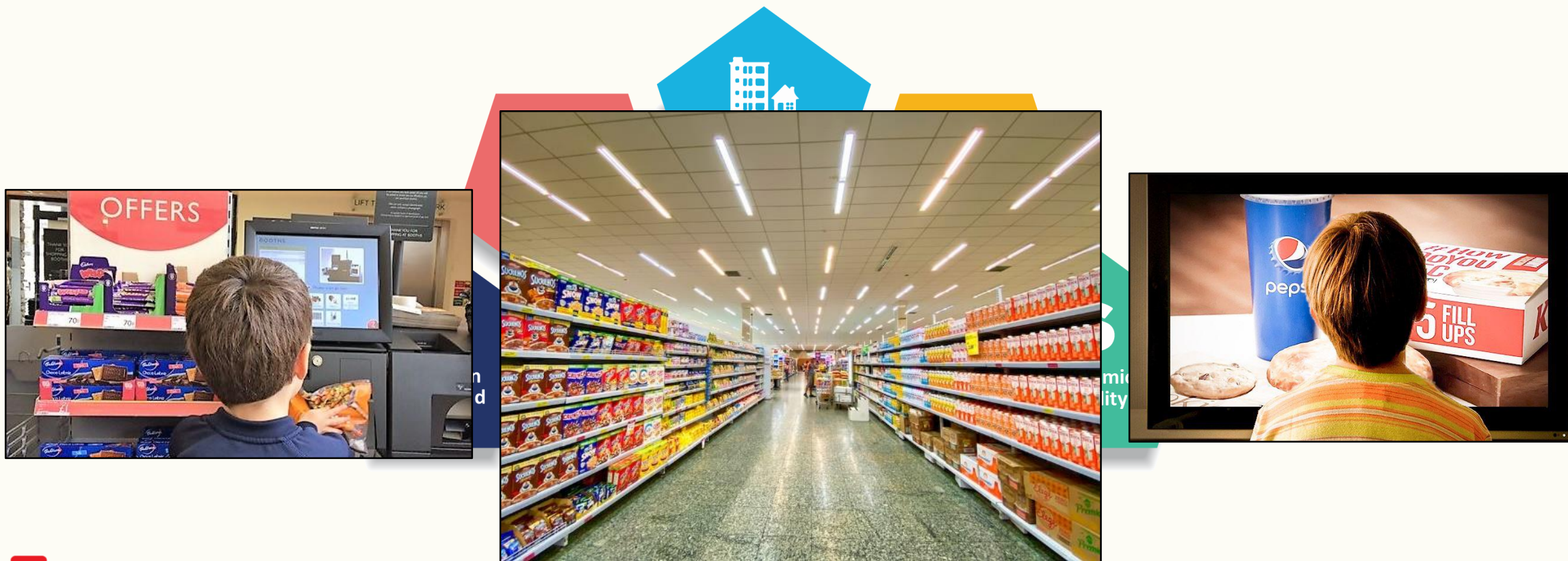
The environment around us — the food that's affordable, promoted, and available — plays a much bigger role.

That's where we can take action!



Social determinants of health

Whilst genetics play a key part, its more so our environments that influence...



What can we do about it?

The most effective way to reduce salt and sugar in foods is by **reformulation**

Small, unobtrusive and gradual reductions of salt and sugar in everyday products

- **Drive accountability** and **raise awareness** of the need for change - wide variation of calories, sugar and salt content across similar products.
- **Encourage reformulation** by **engaging with businesses** to demonstrate feasibility.
- **Monitor current compliance** and demonstrate **current food system failure** - show that change is possible (via stricter and mandatory targets).



European Food Information
Council

Examples of our recent surveys...

Incentivising reformulation

The case for fiscal levers to strengthen the UK's reformulation programmes

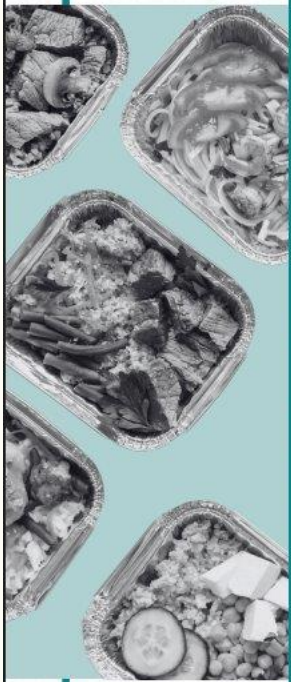


**RECIPE
FOR
CHANGE**

March 2025


Crisps, Nuts and Popcorn

Opportunities for
Reformulation



Are Ready Meals Ready for a Change?

A Call for Stronger
Nutritional
Policies



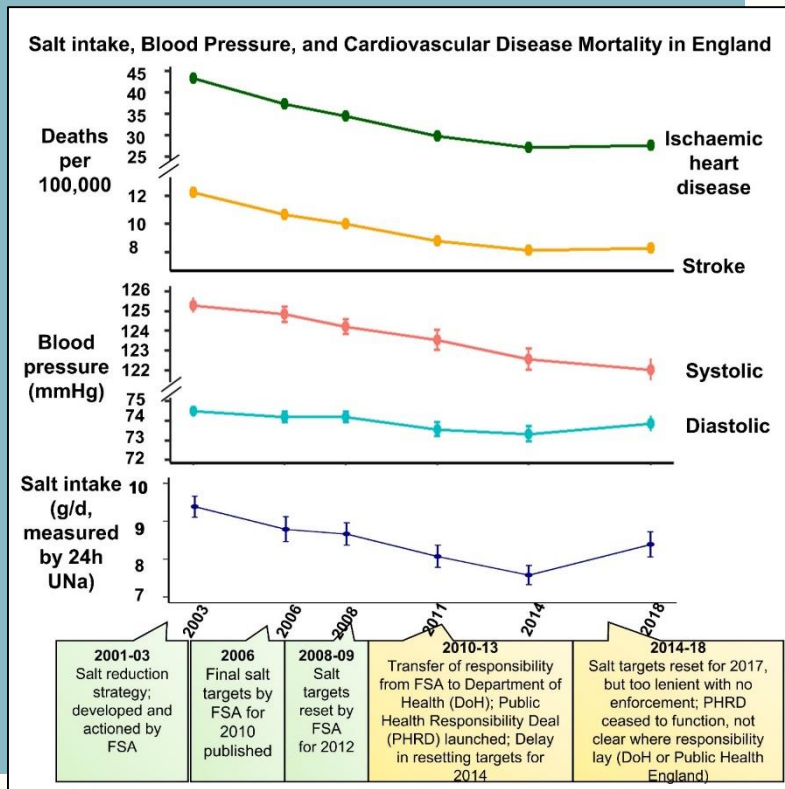
Action on Salt & Sugar

Does it work?

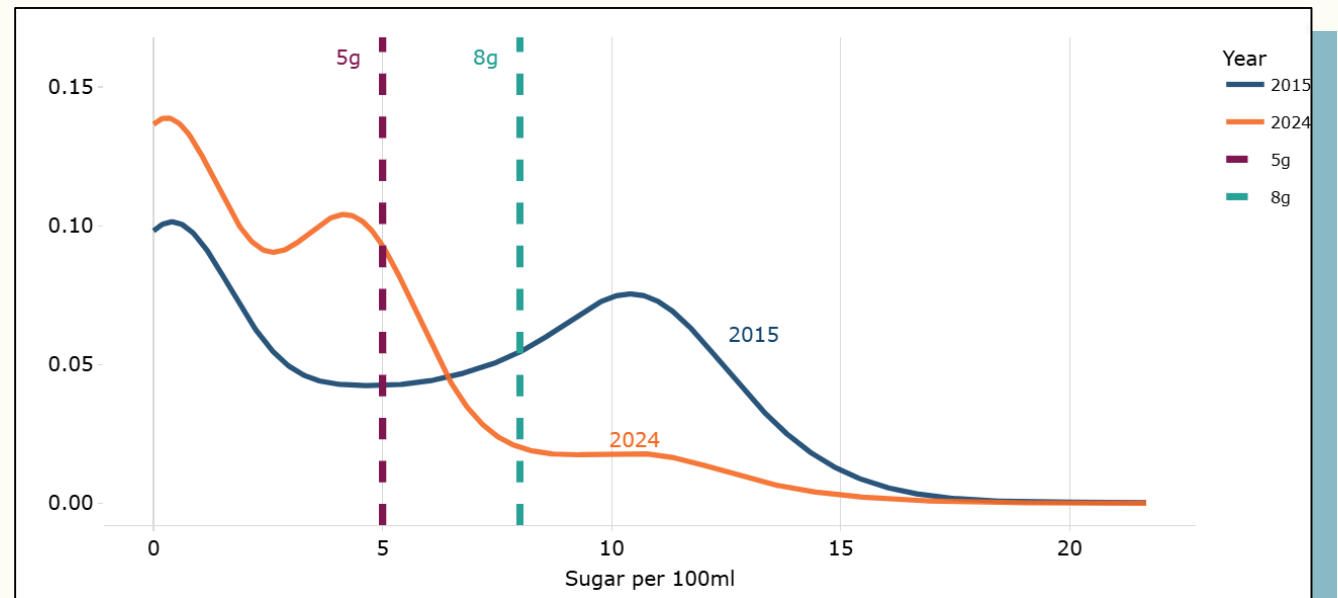
The **Salt Reduction Programme** reduced salt intake, decreasing cases of CVD, stroke and blood pressure – boosting economy and saving NHS costs



The **Soft Drinks Industry Levy** saw a **47.4% reduction** in added sugar to soft drinks



Song et al. 2023. Salt intake, blood pressure and cardiovascular disease mortality in England, 2003-2018. *Journal of Hypertension* 41 (11):1713-1720.



Office for Health Improvement & Disparities. Sugar Reduction in Drinks: 2015 to 2024

Tips to reduce salt and sugar

- ✓ Check the labels and choose lower sugar and salt options.
- ✓ Remove salt and sugar (syrup, honey and molasses) from the table - out of sight, out of mind!
- ✓ Swap sweetened yoghurt with plain yoghurt and add fresh fruit or dried fruit.
- ✓ Boost flavours by using extracts such as almond, vanilla, orange or lemon.
- ✓ Boost food flavours with spices and herbs.
- ✓ Buy sugar-free or low-calorie drinks.
- ✓ Drain and rinse canned veg and beans.
- ✓ Use low or reduced sodium salt, seasoning and sauces.



Resources



Easy ways to eat well and move more

Welcome to Healthier Families, the new home of Change4Life. We have a new name and look, but don't worry – we're still here to help you and your family eat better and move more.

[Healthier Families](#)

provides resources, activities and guidance to families to help them eat better and move more.



Action on [Salt](#) and [Sugar](#) provides free digital and printed resources, including factsheets and educational leaflets – also check out our [newsletter](#)!



[Diabetes UK](#) provides tailored guidance on type 1 and type 2 diabetes. It gives symptom and treatment advice and discusses risk factors in depth, as well as it's Know Your Risk tool.



The [NHS FOOD SCANNER](#) app scans products in store to see at a glance whether the product is high, medium or low in sugar, salt and fat.. Simply scan the barcode and easily switch to products lower in calories, fat, salt, and sugar.



nutrition kitchen

helping families understand food

Nutrition Kitchen
Helping families understand
food

Introduction to Nutrition Kitchen

- Our aim is helping our local community and families understand healthy food and diet better.
- Through our programme, we hope to educate people by weeding out the misconceptions of the word "diet" and showing what a truly healthy lifestyle looks like through food.



Adults Weight Management Programme

12-week Lifestyle Cooking Programme

Aim: Teaching Newham residents aged 18+ with a BMI over 23 how to lose weight by maintaining a healthy and nutritious diet.

Session Plan:

Week 1: Introduction to the course, what to expect and collecting information (MDS data collected) required for the programme such as pre-questionnaire (Fruit + Veg 5-a-day and knowledge confidence / self-efficacy related to health diet and cooking skill).

Week 2-5: Learning about the Eat Well Plate, the importance of fruits and vegetables, fats and proteins in one's diet.

Week 6 and 10: Exercise session, showing movement that can be done at home.

Week 7-9 and 11: Learning about food labels, importance of breakfast, healthy snacking, adapting recipes and reducing added sugar.

Week 12: Celebration week of their achievements, completion of exit survey, post questionnaire and video feedback of their time in the programme (Fruit + Veg 5-a-day and knowledge confidence / self-efficacy related to health diet and cooking skill).



Adults Weight Management Eligibility

12-week Lifestyle Cooking Programme

- Newham residents only
- Aged 18 years and over
- BMI 23 or above
- Women who have been diagnosed with GDM in any past pregnancies



Feedback from the Programme

"I found this programme very interesting. I learnt how to cook healthy and lost weight, so I am very happy with it"

Anne Mitura

"From Nutrition Kitchen I learnt a lot of recipes which beneficial for me and my family, and can use these recipes in the future" **Fatematuj Johura**

I made the healthy pizza at home- my husband loved it, my son loved it and his wife. Thank you **Pam Sagoo**







Children and Young People Programme

Mini Nutrition Kitchen (Children Centres)

6-week programme for families with children aged under 4 year to learn about healthy diet and nutritious meals

Week 1: Introductions, registrations and completion of pre-questionnaire. Also learning about fruit and vegetables, portion size and their importance.

Week 3: Fun activities.

Week 2, 4 & 5: Learning the importance of dairy, iron, protein and starch in a child's diet.

Week 6: Learning the importance of Vitamin C, exit survey and post questionnaire.

Children and Young People Programme

Junior and Senior Nutrition Kitchen (Primary and Secondary Schools)

8-week programme for families with children aged 5-16 years to learn about healthy diet and nutritious meals

Week 1: Introductions, registrations, pre-questionnaires.

Week 2 & 4-7: Learning about Eat Well Plate, fruits and vegetables, fats, proteins, food labels, reducing added sugar, making your own take-aways, breakfast, adapting recipes and snacking.

Week 3 & 8: Exercise activity, exit survey, post questionnaire and feedback from school.



Children and Young People Eligibility

- Newham Families
- Children aged 2 years and over with parent
- 91 percentile or above (overweight)

SUMMER CLASSES BOOK NOW







Nutrition Kitchen Newbies

HEALTHY EATING, BABY MASSAGE & BABY YOGA CLASSES

FOR NEW MOTHERS WITH A HISTORY OF
GESTATIONAL DIABETES



Train the Trainer Programme

Train the Champions Programme

Focused for completers of the adult or CYP programmes and professionals

3-day training consisting of:

- Enhanced DBS Check
- Level 2 Food Safety and Hygiene Qualification
- Hands-on training with professional Nutrition Kitchen staff learning how to teach and present



BOOK NOW

CALL OR EMAIL TO BOOK

07526 580 621 / 020 3793 5049

sandeep@nutrition-kitchen.co.uk

East Ham Leisure Centre ~ 324 Barking Rd, E6 2RT





Communications and Socials

- Special event in-line with London Borough Newham's events:
 - Library Events – East Ham, Forest Gate, Green Street, Stratford, Manor Park
- Our social media:
 - Instagram
 - Facebook
 - Threads
 - TikTok
 - Nutrition Kitchen Website
- Open days and Events
- Parent Evenings at schools
- Listing on Joy

Other resources

Well Newham & Joy

- The **Well Newham Website** is a new standalone website for all things health and wellbeing specifically for Newham residents.
- The site contains **information** on all the **key themes** (mental health, physical activity money, housing, etc.) in easy to understand language
- Page dedicated to **healthy eating**:
<https://www.wellnewham.org.uk/advice/food>
- The Well Newham website links our new directory of services, powered by a platform called **Joy**.
- It is a centralised directory of **over 450 health and wellbeing services**.
- **Majority of the services are free.**
- Residents can self-refer, or you can refer them on their behalf.
- Browse services available: <https://services.thejoyapp.com/>



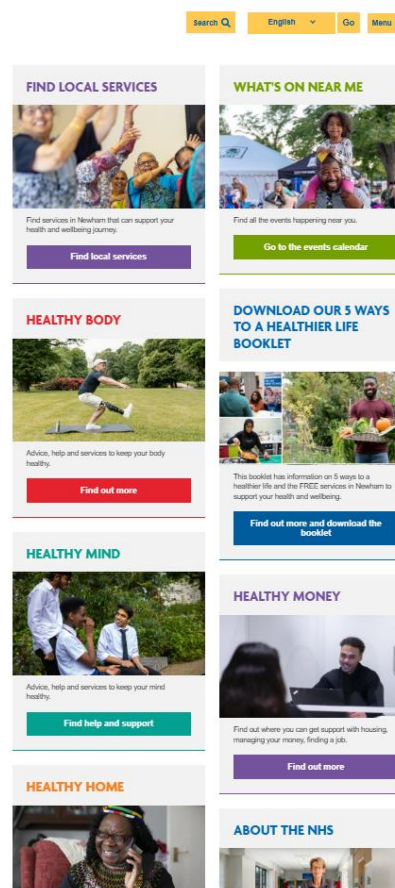
NEWHAM CENTRE FOR HEALTH
AND CARE EQUITY



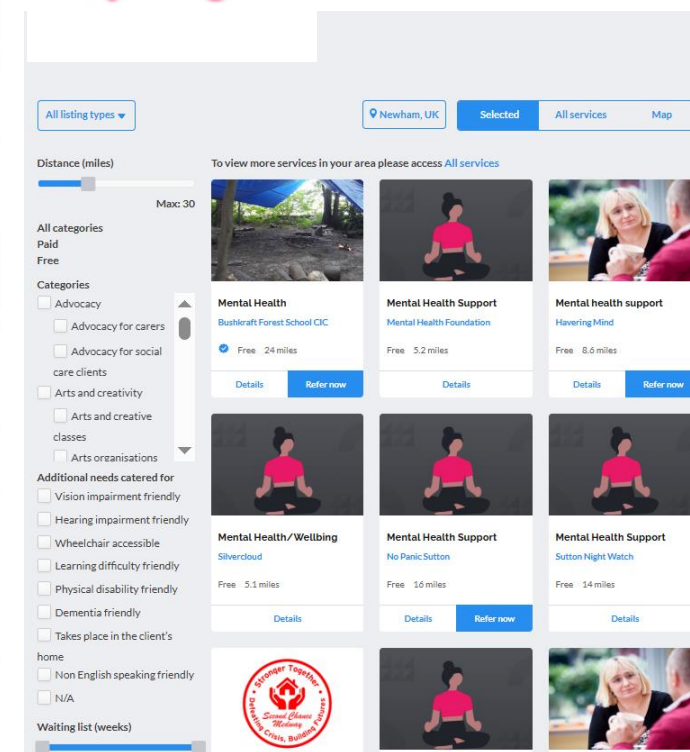
HELPING
EVERYONE IN
NEWHAM TO
LIVE WELL

Information and support to look after your health and
wellbeing.

Well Newham Advice tool



joy



Your voice matters

Feedback



We would love to know:

How would you rate overall today's session?

What did you enjoy the most?

What could be improved in the future sessions?

What would you like next?

What other health topics would you like us to cover in the future sessions?

Share with us your feedback by completing short form <https://forms.office.com/e/924yvXNWaM> or email to communityhealthchampions@newham.gov.uk

Resident Feedback Form: Health
and Race Seminars



Next session : 18 September 6-7:30pm on Zoom

Theme: Moving for health

Where: Online (Zoom). Reminder e-mail with log in details will be sent to those who have registered.

Register here:

<https://forms.office.com/e/1RzJgNR6aG>

For any questions, contact

communityhealthchampions@newham.gov.uk

Thank you!

