

A Picture of Health

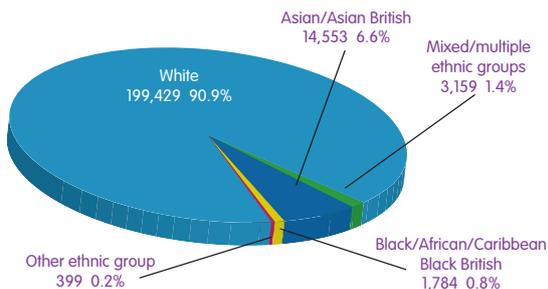
In Public Health we look at the way people in Tameside live as a whole population. This helps us understand what the main health and wellbeing challenges are for people living here, so we can look for ways to improve levels of health. We'll be sharing facts and figures about health in Tameside with you every month, to put you in the picture. We'll also be giving you information on how you can help yourself and the people around you to live well.

In focus this month: Indian, Pakistani and Bangladeshi communities

1 Health can be influenced by your culture, beliefs and genetics.

This means that people from these communities or those originating from countries outside the UK can sometimes experience better or worse levels of health than white British people.

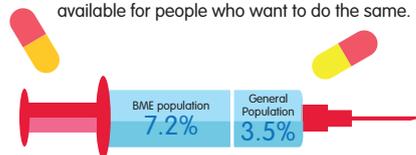
Who lives in Tameside?



We're looking at Indian, Pakistani and Bangladeshi communities because they make up the second biggest population in Tameside. This means the numbers are big enough to tell us a story. When a population is small, the information available doesn't always represent enough people give us a true picture. We've picked out a handful of facts and figures that stood out.

2 People from Indian, Pakistani and Bangladeshi communities are more prone to certain diseases because of their genes.

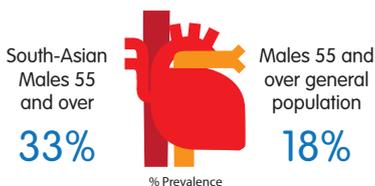
Type 2 diabetes is one such disease that is more common amongst Asian/Asian British people. Foods typical in these cultures can be high in fat, which can increase the chances of developing type 2 diabetes. Some people in these communities reduce the fat in cooking without compromising on taste and authenticity. This helps them maintain a healthier weight. Advice and recipes are available for people who want to do the same.



Type 2 diabetes % Prevalence

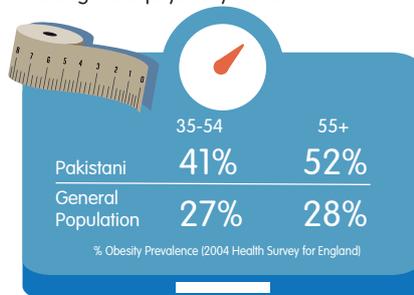
3 Heart disease, including heart attacks, are more common in South Asian men over the age of 55.

South Asian men need to take extra care when making lifestyle choices to enjoy the same level of health as others when they are older. Being physically active and eating a balanced diet will help. For men who use tobacco, quitting will make a positive impact on heart health.



4 Pakistani women over the age of 35 are most likely to be carrying extra weight, and to have associated health problems like type 2 diabetes and heart disease.

Women in this group would feel the biggest benefit to health by losing some weight and being more physically active.



5 People who provide unpaid care for a sick or disabled friend or family member can experience more physical or mental health problems than those with no caring responsibilities.

We know that more Indian people in Tameside care for someone than in other communities. This can mean that they need more support to stay well. Tameside Carers' Centre can give help and advice to people with physical and mental health caring responsibilities.



6 Some people from ethnic communities may not use mainstream services.

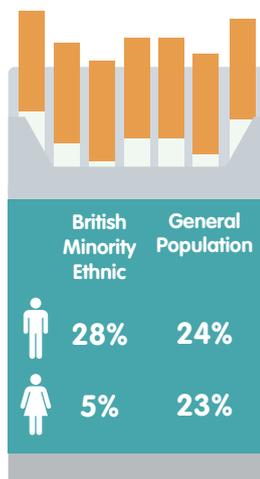
This can mean they don't get the help they need, and also means we can't get a clear picture of the problems. One such example is mental health services, which is used by fewer people from Asian/Asian British communities than others. Talking openly about mental health can help people feel more comfortable in coming forward.

We can all use these 5 simple ways to improve our mental wellbeing:



7 Asian men smoke more than average which means more of them will develop smoking related diseases, and some will die younger because of it. Asian women smoke considerably less, which is fantastic, not smoking is the best thing anybody can do to protect their health.

Smoking isn't the only way tobacco is used in Black Minority Ethnic communities, which means these figures might not give us a clear story. Other products such as paan leaves can be mixed with tobacco and chewed which can lead to cancers of the mouth. Shisha pipes, betel and bidis are all alternatives ways to use tobacco, and none of these are safe. There is help for anybody wanting to quit smoking or using smokeless tobacco products.



For more information email publichealth.enquiries@tameside.gov.uk