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| **Title:****Aim:**  | **Diabetes (Healthy eating) – West African Population** Increase knowledge regarding diabetes * to increase the community’s awareness of the available services for diabetes
* Improve community well-being by introducing healthy eating.
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|  | Rationale: Across Ummah is a community interest organisation intensively working to combat problems in society by providing holistic community health and well-being services. The diabetes intervention was a culturally sensitive intervention that targeted residents of Manchester who were of African descent. This intervention was performed to assess the population group's understanding of diabetes, the awareness of available services for diabetes, empowerment of the Health Creators, and to foster community well-being by introducing healthy dieting. Given that most of the population groups have lived outside of the UK for extended periods, their perceptions of the diseases may be influenced by their cultural background or skewed by their understanding of diabetes from outdated scientific research facilities in contrast to those found in the UK. Also, the likelihood of regular educational awareness programs not being undertaken in the population group's home countries provided a rationale for the intervention. The cultural shift and the distortion of normal life these families face upon moving to the United Kingdom makes it very difficult to uptake new lifestyles and therefore access the available services for diabetes management in their locality. The health creation intervention was delivered across 6 health workshops:-* a pre-program was rolled out to engage the target population primarily assess any barriers in delivering the intervention, assess the population group interests and plan for the format and promotion of the intervention. This introductory session was very informal and was open to everyone to share their experiences of diabetes.
* The first session was tagged “Bridging the gap with chats, Healthy living and diabetes”. The key theme for this session was understanding what generally constituted healthy living. This session was followed by a discussion about how the disruption of sleep, diets and exercise resulted in diseases. This session was concluded with the introduction of diabetes.
* The second session focused on diabetes; the definition, types of diabetes, risk factors, symptoms, methods of diagnosis, treatment options, and signposting sources of information on diabetes.
* The third session focused on the role of Government, the role of community organisations and the individual role in diabetes prevention.
* The fourth session was focused on common misconceptions about diabetes.
* The final session was focused on case studies on the risk factors of diabetes and a Q&A session.

To gain the attention of the service users how diabetes could affect their marriages, their jobs etc was discussed. The attendance of each session varied, but on average 25 service users participated in the intervention. From the HCF, this project measured listening and response among service users, reciprocation, strength focus and self-organisation. The interaction with these themes was measured with a Google Forms feedback assessment at the end of the intervention. The outcomes of the interventions were measured in using 3 methods- via quizzes after each session, feedback, questions and the general feedback assessment forms provided at the end of the intervention.  |
| **Outcomes:** | * Improvement in Listening and Responding amongst the service-users
* Increase in groups diabetes knowledge (including misconceptions - herbal treatments, nutritional content of food and how lifestyle impacts on diabetes)
* Use and benefits of the Rapid Testing Kit
* Culturally appropriate food plan for diabetic people
* Group feedback - Diabetic Services not culturally appropriate for them
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