

Working together, listening to people



Building the picture on diabetes in ethnic communities

10.1% of Sandwell adult population are registered as having diabetes.

People of **African, African Caribbean and South Asian (Indian, Bangladeshi and Pakistani)**

ethnicity have a higher risk of developing diabetes than white people and at a younger age.



Are health, care and support services meeting needs?

South Asian communities: What are people saying?

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Diabetes awareness

Low understanding of the condition and health risks. "Diabetes" not a recognised word in some cultures "sugar in blood" understood.

Information

Not enough information provided. Need more culturally appropriate, relatable information, including in other languages.



Diabetes education

Low referral and uptake to diabetes courses. Often do not reflect and resonate with cultural aspects, not personalised.

Desi Diabetes run South Asian focused courses including in Punjabi.

"Diabetes information in video and more of local classes would help."

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"No interpreter at my G.P. Practice to explain diabetes. I felt rushed through."

Food



Sharing food is part of the culture of families and communities. There can be high levels of carbohydrates in cultural meals. South Asian traditional celebrations may include sweet treats.

"There is an emotional attachment to certain traditional foods, especially in older generations who migrated to the UK."



Support

Health conditions may sometimes be hidden or not spoken about. A need to encourage diabetes conversations and awareness raising within families across the generations and in communities.

Being active

Family responsibilities can mean less time available to manage individual health and wellbeing needs. Community activity - cultural needs.



Help build the picture, get involved to improve services.

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Sandwell Community Organisations



Building the picture on diabetes in ethnic communities

LET'S TALK

**African, African Caribbean
South Asian
(Indian, Bangladeshi and Pakistani)**



Are health, care and support services meeting needs?



Conversations about diabetes in African Caribbean communities

(Information Resource available)



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