

Apna Health

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Tamoor Tariq – Redvales Councillor, Masjid Bilal Committee, Children's Centres

Engaging Black & Minority Ethnic Communities in Bury



VISION AND MISSION

Vision:

A multi-cultural society in which all people have equal access to appropriate health services.

Mission:

To empower BME communities by ensuring that their health needs are fully met.



Apna Health Your Health



Aims

- Support BME Communities in Bury with health-promoting activities that are culturally sensitive to their needs. This will enable us to support some of our most vulnerable communities.
- Seek to tackle health issues common to BME communities; Diabetes, CHD, Stroke, Renal Disease, Mental Health and Obesity.

Burden of Ill Health



Ethnic Differences

- The difference in death rates between South Asians (Pakistanis, Indians, Bangladeshis and Sri-Lankans) and the rest of the population is very marked and increasing



Ethnicity & Health

Pakistani communities

- Diabetes 5 x more common
- CHD 3 x more common.
- Child mortality for women born in Pakistan x 2 national rate



Pictures from Eid Day

Atta Hanfi, Dr Azhar (SHO), DR Zeeshan (GP)



Pictures from Eid Day



Health needs

- CHD - Men born in South Asia are 50% more likely to have a heart attack or angina than men in the general population
- Diabetes - South Asians more likely but also at an earlier age

Pictures from Cardiac Day at Prestwich Mosque



More common

Younger age

Worse control

Issues in Ramadan

DIABETES



Health needs

- Cancer
 - BME communities have higher incidence of cervical, stomach, liver and prostate cancer than that of the white British population.
 - Take-up of breast and cervical screening is lower among women from BME groups
 - Black males of all ages significantly more likely to have a diagnosis of Prostate Cancer than white men

Health needs

- Mental Health
 - Up to 7 times higher rates of new diagnosis of psychosis among Black Caribbean people than among the White British
 - Higher levels of mental illness in
 - Middle aged Irish men
 - Middle aged Pakistani men
 - Older Indians
 - Older Pakistani women

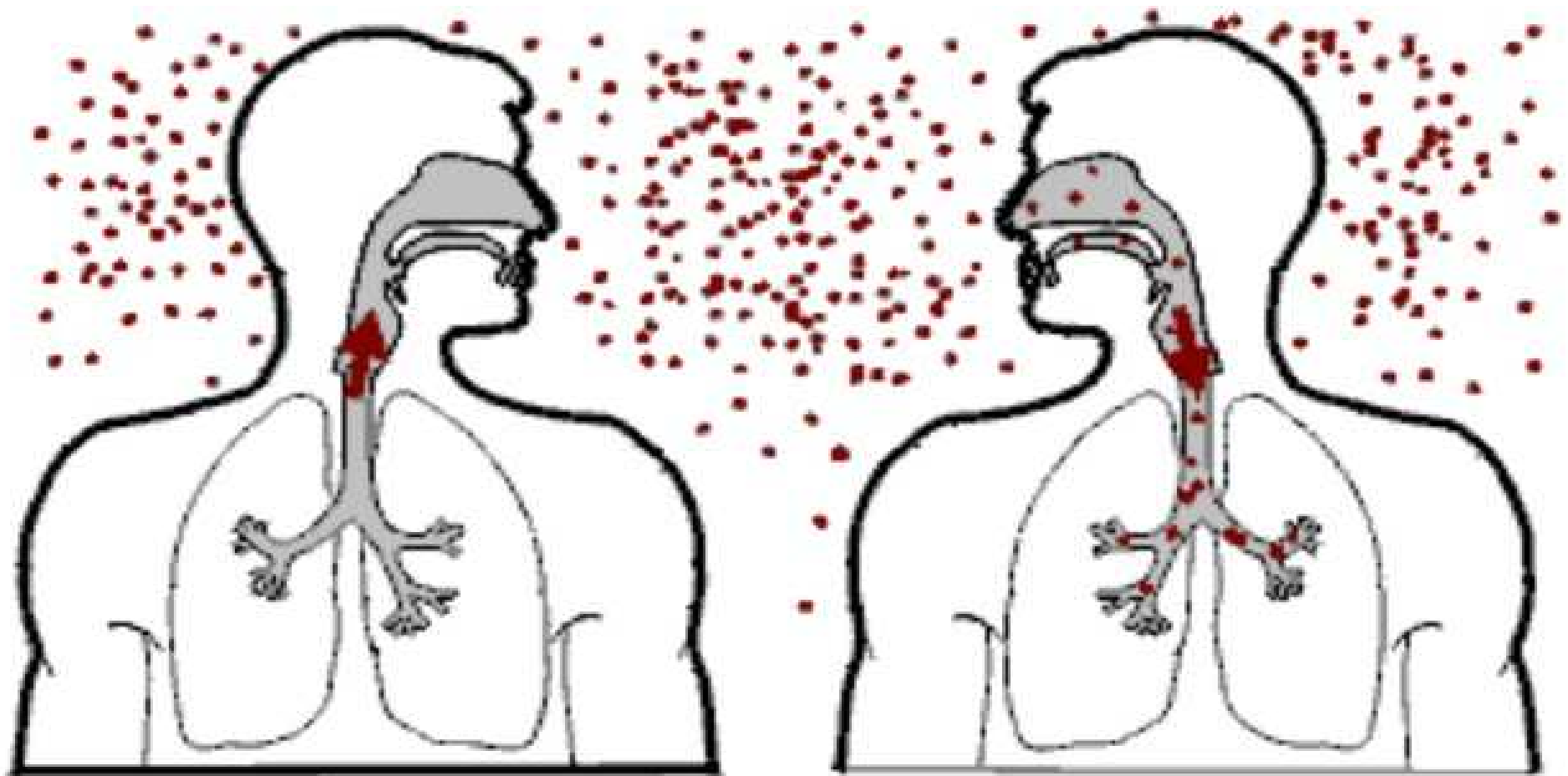
Tuberculosis

Immigration

Poverty

Overcrowding

Non-compliance with treatment

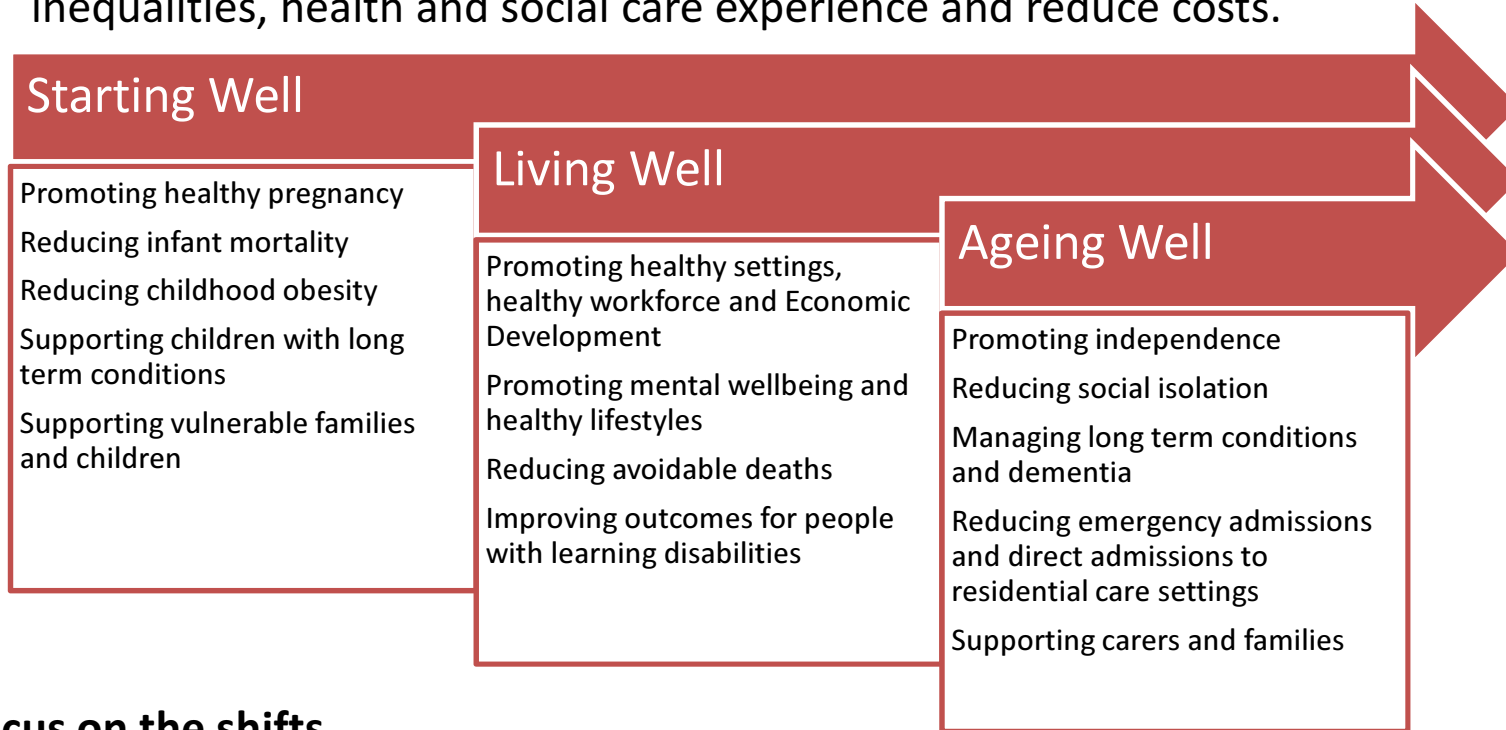


Access

- Substantial communication problems caused by language and culture
- A greater disease burden experienced by BME patients, who tend to have a poorer health status
- The variable quality of GP practices
- The expectations of BME patients are different

Aims and objectives of HWB Strategy

By 2020, achieve measurable improvements in healthy life expectancy and inequalities, health and social care experience and reduce costs.



Focus on the shifts

Prevention, Asset based approach, developing greater resilience & self care, Community based services, Integration and Focus on inequalities

Progress measured through outcomes framework indicators

Engaging with BME Communities

**Specific initiatives can help to improve Engagement with
local populations**

- Exercise programmes
- Healthy eating initiatives
- Better health education
- Information of how to best access health services

Pictures from Cardiac Day at Prestwich Mosque



What have we done already to make Bury a better place to live

- Community Support and Education presentations have been held in Rock Health centre catchment area mosques, Temples and community centres in Bury
- 1) Health Eating in the community — Run by Dr Sara Zia (locum at Rock Health Care), Dr Zeeshan Ali (GP Rochdale)
 - 2) Ramadan and managing your Medicines
 - 3) Basic Life Support and Cardiac Resuscitation sessions. Run by volunteer Doctors. Resus dolls supplied by Bury Cardiac Centre.

Pictures from Eid Day



Planned Activities

Supporting Exercise Programmes



- a) Working with Bury Football Club to take advantage of their exercise classes and health programme.
- b) Badminton classes to be run each Wednesday/Thursday

Planned Activities

Health Eating Programme



- a) Health Stand put up at Mosques on Friday prayers – 40 plus people signed up to attend Bury Health Trainers courses (September 2013)
- b) Bury Health Trainers - 6 week course – ran in (November/December 2013 Prestwich replicate in Bury)
- c) Training local volunteers on healthy eating- who can then run courses for their community – healthy eating champions

Pictures from Cardiac Day at Prestwich Mosque



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