

November 2012

Healthy Ambitions Suffolk



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Time Well Spent

For most of us, the summer holiday is a memory, the autumn half term has been and gone, and the nights are drawing in. It seems easy to get back home, sort out meals for everyone and then get comfy on the sofa and relax for few hours until bedtime. Not everyone is keen on physical activity after a hard day at work or looking after the kids, let alone going for a run in the rain.

But we all know that time spent being active is “time well spent”, so how do we get into a new habit of thinking and being healthier? The good news is that it’s not as hard as you might think and the rewards are great. Physical activity can help us all maintain a healthy weight and body shape as well as preventing the development of cancer, heart disease and Type 2 diabetes. Research shows that only 1 in 20 people are doing enough physical activity on a weekly basis to stay healthy. That is 150 minutes of any kind of exercise that makes your heart and lungs work a bit harder each week. These 2½ hours of activity do not have to be achieved in one go, and can be broken down into chunks of 10, 20 or 30 minutes throughout the day.

If you spend most of your day sitting down, try these tips from Healthy Ambitions Suffolk and you will be surprised how easily you can fit 150 minutes of physical activity to your week.

On the road

Use any opportunity you have to walk or cycle around when going to work, doing the school run, going to the near shop or visiting a friend.

If you travel by train, then try standing up and stretching as it will make your muscles work harder and lose extra calories. Try parking your car further away from the supermarket door and then carry your groceries by hand - it can be a brilliant way of working your arms.

In the office

Try chair-based exercise using a strong chair with armrests. You can set realistic goals of 10 minutes per session several times a day. This kind of exercise is perfect for those who are new to physical activity or simply want to try something different. Use the stairs - it can help firm up your bottom and legs. If you can, go for a walk at lunchtime, go with a friend or simply reflect on the day.

At home

When vacuuming, use the smallest attachment so it will force you to move more. Use your kids’ trampoline or skipping rope which can help you burn between 70 to 110 calories for every ten minutes depending on the intensity. Rather than sitting down while watching TV, try to do other activities that can keep you moving such as ironing, dusting or cleaning. During commercials, get up and get moving. You can use those minutes to empty the dishwasher, bring in the wash or tidy up.

Physical activity can work wonders for your appearance, and it can also improve your overall health in so many ways such as making you feel more energetic, relieving stress, aiding relaxation and improving your mood and self-confidence. Although 150 minutes a week may sound like a lot, in the long run, it is nothing in comparison to what it does to your health.

So, how many minutes have you done so far?



The 14th of November is World Diabetes Awareness Day. Its aim is to make more of us aware of the nature of this condition and the actions we can take to reduce our chances of becoming diabetic or manage its consequences if we do.

Diabetes Awareness

Diabetes is a common life-long health condition. According to Diabetes UK there are 2.9 million people diagnosed with diabetes in the UK and an estimated 850,000 people who have the condition but don't know it. In Suffolk the 2012 annual report of the Director of Public Health shows that 32,361 people living in the county have diabetes and cases continue to increase with an expected 46,000 affected by 2020.

Diabetes is a condition where the amount of glucose in your blood is too high because the body cannot use it properly. This is because your pancreas does not produce any insulin, or not enough, to help glucose enter your body's cells – or the insulin that is produced does not work properly (known as insulin resistance). In simple terms insulin is the key that unlocks the door to the body's cells. Once the door is unlocked glucose can enter the cells where it is used as fuel. In Type 1 diabetes the body is unable to produce any insulin so there is no key to unlock the door and the glucose builds up in the blood. It's not known for sure why this happens.

Type 1 diabetes can develop at any age but usually appears before the age of 40, and especially in childhood, and accounts for between 5 and 15 per cent of all people with diabetes in the UK. It's usually treated by daily insulin injections, a healthy diet and regular physical activity.

The more common Type 2 diabetes develops when the body can still make some insulin, but not enough, or when the insulin that is produced does not work properly. It usually appears in people over the age of 40, though in South Asian and black people, who are at greater risk of the condition, it often appears from the age of 25. It is also increasingly becoming more common in children, adolescents and young people of all ethnicities. Type 2 diabetes is treated with a healthy diet and increased physical activity; in addition medication and/or insulin may also be required.

As the national figures suggest many people with Type 2 diabetes may be unaware that they have the condition. Improved awareness will help us all understand it better, be aware of the signs that suggest we may have it and, as importantly, take actions which will help prevent the condition.

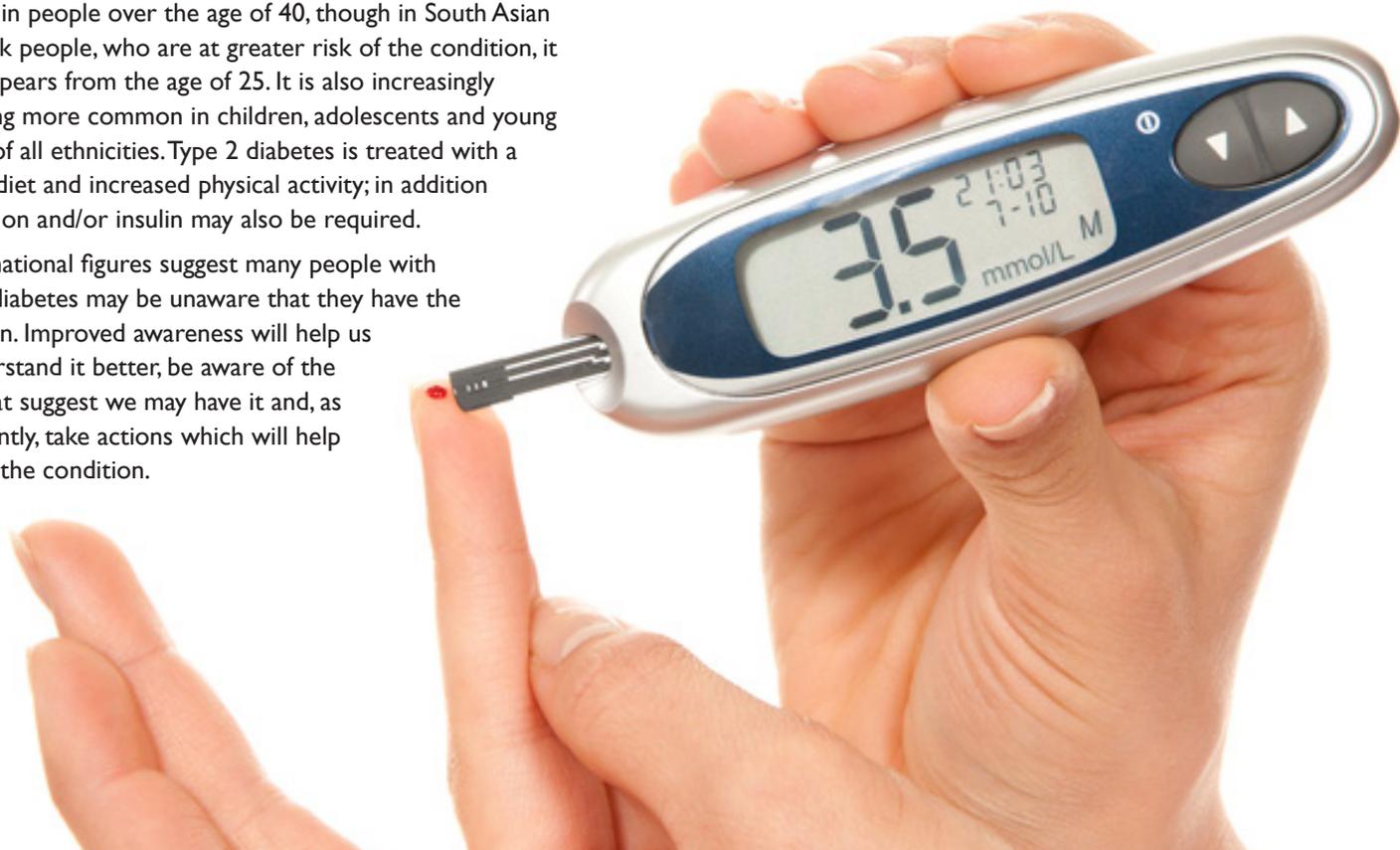
It will be no surprise to regular readers of the EADT Health Supplement or those who visit the HAS web site that factors such as obesity, lack of exercise and poor diet will both increase our potential to develop Type 2 diabetes and increase the worst effects of the condition if we have it.

Often this comes down to making small decisions about our lifestyle that can have an enormous impact on our health and wellbeing. These are not always easy decisions and sometimes we can't see the value of change. But the enormous growth in chronic conditions like diabetes demonstrates that change is essential for ourselves, our families and our communities.

So, let's get behind World Diabetes Awareness Day on 14 November. Spend a few minutes finding out more about diabetes and the warning signs that might suggest you have the condition. Go on-line and look at the reputable information available – the charity Diabetics UK has a useful site and is a good place to start. If in doubt, seek out help and advice through your GP.

Healthy Ambitions Suffolk is working to make Suffolk 'the healthiest county by 2028'. Working with others to arrest the growth of chronic conditions like diabetes is one way to achieve this. But we all have a part to play and that part starts with awareness.

For more information about Healthy Ambitions Suffolk visit www.healthyambitionssuffolk.co.uk



With food prices rising, many people are finding it challenging to achieve a well-balanced, healthy diet. However, just because someone doesn't have the same spending power as before, or even the desire to spend large amounts of money on trendy foods, this doesn't mean that they are at a disadvantage and it is still possible to have a healthy diet on a budget.

Being healthier is not about spending considerable amounts of money on the latest super foods. Many people, who have the means to buy high quality foods, still choose those that are nutritionally poor. Being healthier is about trying to achieve as much as you possibly can, depending on our circumstances; so if you are a health conscious individual but have little money to spend on food, always remember the basics about nutrition, such as aiming for 5-a day and the 'eatwell plate' as these will help you make the best choices.

HEALTHY EATING

ON A BUDGET



1 Try to have at least two portions of fruit and veg at every meal. A portion is roughly around 80g or, in other words, the size of a medium sized fruit such as bananas, oranges or apples, 2 small fruit such as plums or those usually marketed as fun or kid size, 1 glass (150ml) of fruit or vegetable juice or a handful of small or dried fruit such as blueberries or raisins.

2 Food stalls or town markets often provide opportunities to buy great fresh food for less money. Also, buying in bulk can help save on costs – one good way of saving extra money is to team up with colleagues, friends and family when buying goods in bulk such as rice, pasta or potatoes and then sharing the costs. Also, explore the possibility of joining a local food co-operative as they are a great way of finding the best deals at reasonable prices.

3 Add pulses, lentils and peas, which count as one of your 5-a-day, nuts and seeds to your meals as they are good sources of magnesium, potassium and protein. They are also high in fibre and phytochemicals which help in the prevention of degenerative diseases such as heart disease and cancer, and are a healthier and cheaper alternative to meats.

4 Being creative in the kitchen doesn't have to be time consuming. Healthy meals such as pasta with tomato and basil sauce or chicken and rice salad can be prepared in half-an-hour and are meals on a budget. Also avoid falling in the trap of eating the same foods every day, even if it seems healthy. Having a varied diet not only provides a wide range of vitamins and minerals but also keeps you motivated and more likely to stay on a healthy eating track.

The best way to have healthier eating habits is to make small changes, one at a time, and you will start to see the health benefits. No matter how many times we read or dream about the miracle diet that will make us look like a celebrity in two weeks, being healthy is not about starving yourself, but providing the body with all the nutrients that it needs to function properly.

So, can we still have a healthy diet during the recession? Contrary to what many might say, healthy eating on a budget is still achievable!

5 If you haven't had the chance to go abroad this summer, try cooking dishes from other countries that are healthy, good for your heart and easy on your pocket. If you are a fan of Italian food opt for minestrone soup, mixed or tomato salads with a small amount of dressing. Pasta with tomato or vegetable based sauces rather than creamy ones or pesto and make your own pizza with vegetable toppings. For a Greek night, go for vegetable dolmades, hummus or tzatziki with vegetable crudités, but avoid taramasalata as it is high in fat. Choose chicken or fish souvlakia, grilled fish, Greek salads and grilled fruit with low fat yoghurt as it makes a healthy dessert.

6 If your choice is Mexican, try lean chicken, fish or vegetables with fajitas, vegetable chilli and tomato, bean and salsa dips. Finally, if Moroccan food is your choice, opt for chicken or fish tagine, spiced couscous or tabbouleh, especially with dried fruits, nuts and pulses. Choose Moroccan salads or baked/grilled vegetables like aubergine, courgettes and peppers. If you're making a sauce for some pasta, couscous or rice, make extra quantities and keep in the fridge so that you can have a quick and tasty meal during the week in next to no time.

7 Canned or frozen fruits and vegetables can be a significantly less expensive alternative. Freshly homemade smoothies using frozen fruit & veg can be a healthy way of starting your day on a budget. Supermarket own brands sell frozen fruits for just over £1 per 400g, which is a bag big enough to make approximately two jugs of smoothies, depending on how diluted you prefer them. Having smoothies will give you not only a refreshing drink, but also provides nutrients such as vitamin C, folic, beta-carotene, essential for healthy skin, growth and development as well as being heart friendly.

Research continues to confirm that what we eat has a direct effect on our health, so count to ten next time you find yourself thinking about picking up something to eat at your local fast food outlet, and use those ten seconds to think about having a healthier option.

There is no doubt that keeping up with the ever changing nutrition news can be tiring and confusing, so follow the simple rules that health practitioners have been promoting over the years and you will achieve not just a trimmer waist, but also a healthier future.

GENTLEMAN MAY I HAVE YOUR ATTENTION PLEASE!!!



Hopefully you will have remembered that November is **MALE CANCER** awareness month.

Why not raise money for your local cancer charity, **Cancer Campaign in Suffolk**, as well as educating yourself and your staff about knowing what signs and symptoms you need to be looking out for?

Prostate cancer affects approx **37,000 men** a year in the UK.

Testicular Cancer is much less common, but affects males as young as **15 years old** up to about **44 year old**.

Breast cancer affects only about **3%** of the male population.

BUT...

Would you know what to be looking out for? When you should be seeking medical advice?

FACT:-
If cancer is diagnosed in the early stages it has an 80% of being successfully treated.



If you are the slightest bit unsure then ask **Debbie Logan** the Cancer Specialist Educator to come in and give a male cancer awareness talk to your staff. Do not fear, it is not clinical or doom and gloom. In fact the talk is delivered in an appropriately humorous way which is not embarrassing but makes the subject much easier to understand.

You can raise money for the charity in a number of ways, but why not take part in **“GROW YOUR OWN”**

On the **31st of October** men start with a clean shaven face, then over the month of November they grow a beard, moustache, sideburns or any combination. Friends support the growth by pledging a donation to Cancer Campaign in Suffolk. All supporters will receive a fact sheet about the signs and symptoms of male cancers. People will comment on the growth of hair, the conversation then begins about why and male cancers are then discussed.

If you would like to raise money or book a talk then contact **Debbie Logan @educator@cancercampaigninsuffolk.co.uk** or call **01473 211884**. We will happily send you an information pack or come and have a chat with you.

WORKPLACE HEALTH

INTERNATIONAL SPEAKER COMES TO IPSWICH

As part of our on-going programme of initiatives to promote health & wellbeing in workplaces across Suffolk, here at Healthy Ambitions Suffolk we are delighted to welcome back one of our greatest ambassadors who is also one of the UK's leading experts on workplace health. We feel sure that local business leaders will be keen to hear from Professor Dame Carol Black DBE MD FRCP MACP FMedSci who is the UK National Director for Health and Work, Chairman of the Nuffield Trust, Chairman of the Governance Board of the Centre for Workforce Intelligence, President of the British Lung Foundation, and Pro-Chancellor of the University of Bristol.

"Health at work - an independent review of sickness absence", which she co-chaired with David Frost CBE on behalf of the UK Secretary of State for Work and Pensions, was presented to Parliament in November 2011.

Sickness absence from work is often unavoidable, but when unduly prolonged it is wasteful and damaging – to individuals and their families, employers and our wider society.

The Review was carried out to stop as many people as possible from needlessly moving away from work because of ill health, and to find ways of improving the coherence, effectiveness and cost of the existing system for managing sickness absence. There are also major gains to be made for employers, who pay sick pay and the associated costs of £9 billion a year and for the State, which spends £13 billion annually on health-related benefits.

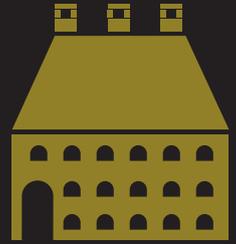
Healthy Ambitions Suffolk is supporting the Suffolk Chamber of Commerce Year of Workplace Health series and this event, which is the last in their programme, is being held at Trinity Park on 26th November. Places can be booked by contacting Amanda Ankin on 01473 694812 or using the link below:-

http://www.suffolkchamber.co.uk/events/suffolk_chamber_events/suffolk_chamber_business_networking_lunch_26_11_2012



About Healthy Ambitions

Healthy Ambitions Suffolk (HAS) is an exciting initiative designed to support Suffolk becoming the 'healthiest county' by 2028. Launched in 2008 as a multi-agency campaign, HAS developed in 2011 into an established charity able to distribute funds and to attract income through fundraising, by obtaining sponsorship and by commercial activity. All profits from HASfutures Ltd will be used for charitable purposes to help improve the health of people in Suffolk.



Better Health

Healthy Ambitions Suffolk is concentrating upon the area where we can all make the biggest impact – the health of our hearts. The good news is that Suffolk is currently one of the country's healthier places, but many people who live here still suffer from preventable health problems and residents in some parts of the county, on average, live 11 years less than those in the more affluent parts.

A Better County

To be successful in making Suffolk the healthiest county we need to inspire individuals, businesses and our local communities to take responsibility for their health and to make positive changes to their lifestyle.



For more health advice and activities, please go to: www.nhs.uk/Change4Life/Pages/why-change-for-life.aspx

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