

SATURDAY **01 JULY** 2023
QEII CENTRE **LONDON** UK

Toral Shah

Nutritional Scientist (MSc Nutr Med)/
Functional Medicine Practitioner /
Food and Health Writer / Consultant /
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PRESENTING:

**Why is it important to
adapt diet and lifestyle
advice for people of
different cultural
backgrounds?**



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ABOUT TORAL SHAH



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I am a Nutritional Scientist (MSc Nutr Med), Functional Medicine practitioner and Food and Health Consultant, as well as the Founder of The Urban Kitchen. I specialise in optimising health and disease prevention through improving food, diet and lifestyle. I am co-founder of South Asian Supernovas, where our mission is to improve the outcomes of breast cancer in South Asians.

I use evidence based science knowledge along with a passion for cooking to help support others to lead a healthier life by eating delicious and nutritious food. I am particularly passionate about cancer prevention and completed my MSc thesis researching the foods that prevent the recurrence of breast cancer. As a breast cancer survivor x 3, I understand how patients might want to change their diet and lifestyle post-diagnosis.

I am passionate about combatting the lack of diversity in healthcare and ensuring both doctors and patients from racially minoritized groups are equally represented within the NHS and healthcare systems. Currently, these have poorer health outcomes, even when you take into account socioeconomic factors, and are often diagnosed with cancer later and at later stages. I work with several charities and organisations to ensure that they are creating more inclusive health promotion and awareness campaigns with more diversity and inclusivity so that all communities know that cancer can affect them.



DIET & LIFESTYLE – THE KEY TO HEALTH AND WELLBEING?

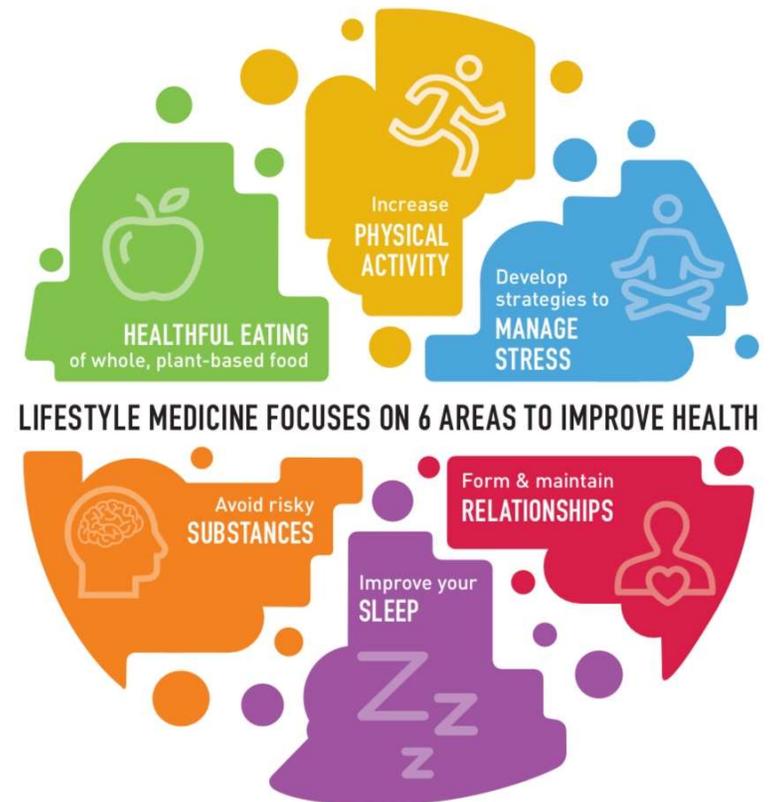


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Lifestyle factors are often the cause of most chronic disease so how can we support positive behaviour change to optimise health?

The six pillars of lifestyle medicine are:

- Diet and nutrition
- Physical activity
- Stress reduction and mental health
- Social health and healthy relationships
- Sleep
- Avoiding substances that harm your health and brain



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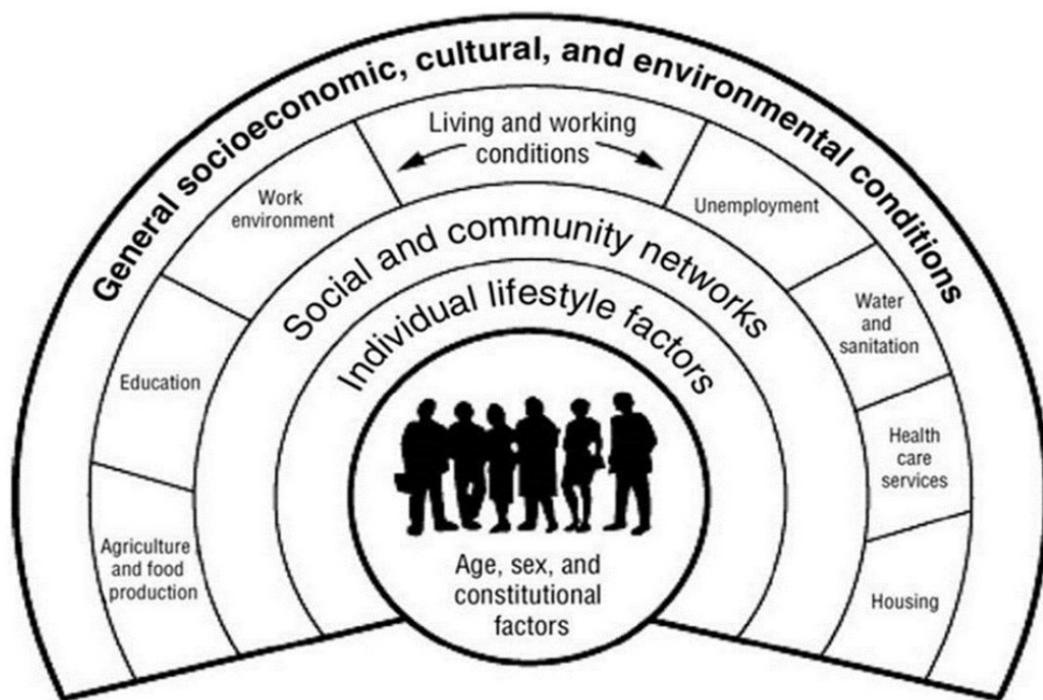
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SOCIAL DETERMINANTS OF HEALTH



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Source: Dahlgren and Whitehead (1991)

The social and economic circumstances that influence health throughout the life course are known as the ‘social determinants of health’. There is a social gradient across many of these determinants that contribute to health with poorer individuals experiencing worse health outcomes than people who are better off.

The recent Marmot Review of Health “Fair Society, Healthy Lives’ states that action on health inequalities requires action across all of the social determinants of health.



WHAT IS HEALTH LITERACY?

Health literacy refers to the capacity and social resources needed for individuals and communities to access, understand, appraise and use information and services to make decisions about health.

(WHO, NIHR)



More than **4 in 10** adults struggle to understand health content written for the public



In the UK **7.1 million** adults read at, or below, the level of an average 9 year old



Low health literacy has been linked to poor general health, increased hospital admissions, low vaccination uptake and reduced life expectancy



Groups at risk include communities with language barriers, people with learning disabilities, and people living with dementia

FACTORS INFLUENCING FOOD CHOICE



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There are many different determinants which influence food choice:

1. Biological hunger, appetite, taste preferences, dietary requirements, health status
2. Economic cost, income, Government policy
3. Physical access, education, skills, time
4. Social class, culture, social context, ethnicity, early food experiences, habits
5. Psychological mood, stress, guilt
6. Other attitudes, beliefs, knowledge
7. Environment location, setting, availability, marketing, ambiance, climate change



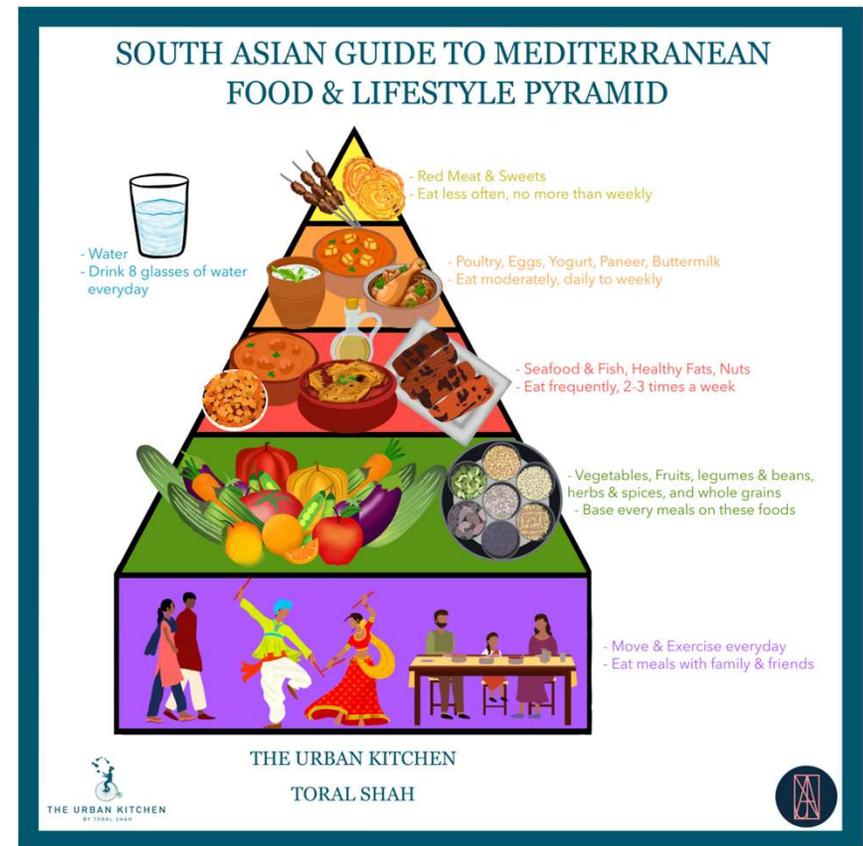
EATING TO PREVENT DISEASE – SOUTH ASIAN PERSPECTIVE



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Mediterranean Diet Pattern – how can you make this work for different cultures

- Fruits and vegetables – suggest those eaten in South Asia
- Wholegrains – includes millet, sorghum, tapioca pearls
- Olive oil – for cooking rather than seed oils
- Beans, legumes, seeds and nuts
- Herbs and spices – full of polyphenols
- Fish and seafood
- Poultry, eggs, cheese and yoghurt
- Meats and sweets such as lamb kebabs, jalebi



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EAT WELL FOR AFRICAN AND AFRO- CARIBBEANS



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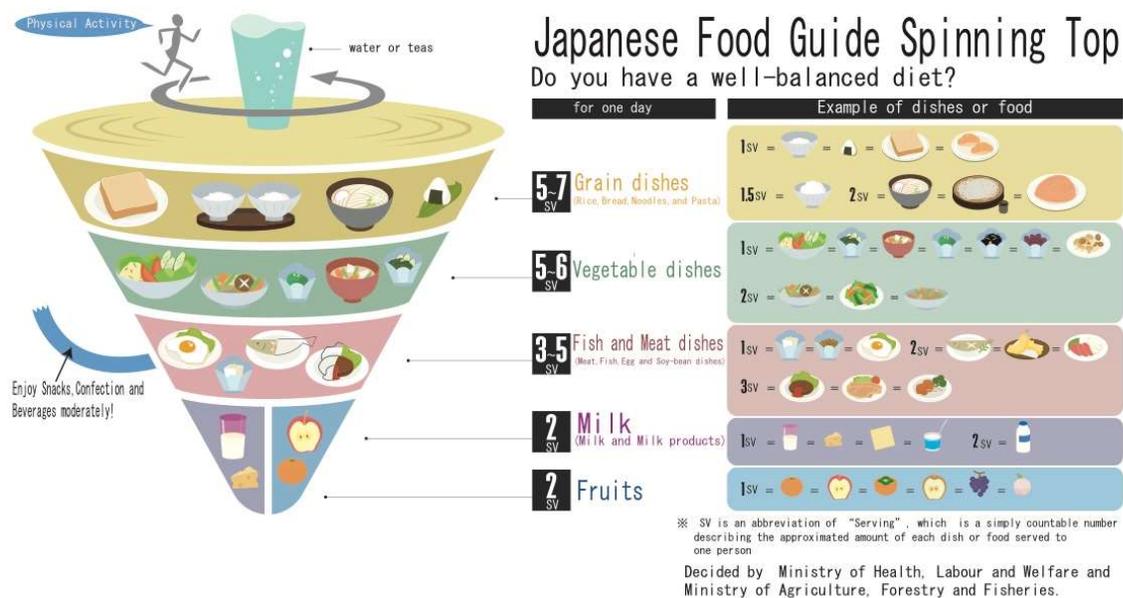
Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland

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JAPANESE FOOD GUIDE SPINNING TOP



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CULTURAL BARRIERS TO PHYSICAL ACTIVITY



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Physical activity and exercise are linked to lower cancer and other lifestyle-related disease risk.

Physical activity is defined as any movement that uses skeletal muscles and requires more energy than resting.

Cultural barriers to physical activity:

- Clothing
- How boys and girls socialise differently as teenagers & early adulthood
- Safety concerns
- Pressure to look good
- Educational attainment & expectations
- Lack of time for oneself



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HOW MUCH PHYSICAL ACTIVITY DO YOU NEED?



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Department of Health and Human Services recommends:

- At least 150 minutes a week of moderate aerobic activity (US recommended 150 – 300 minutes) OR
- 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity.
- Strength training exercises for all major muscle groups at least two times a week.

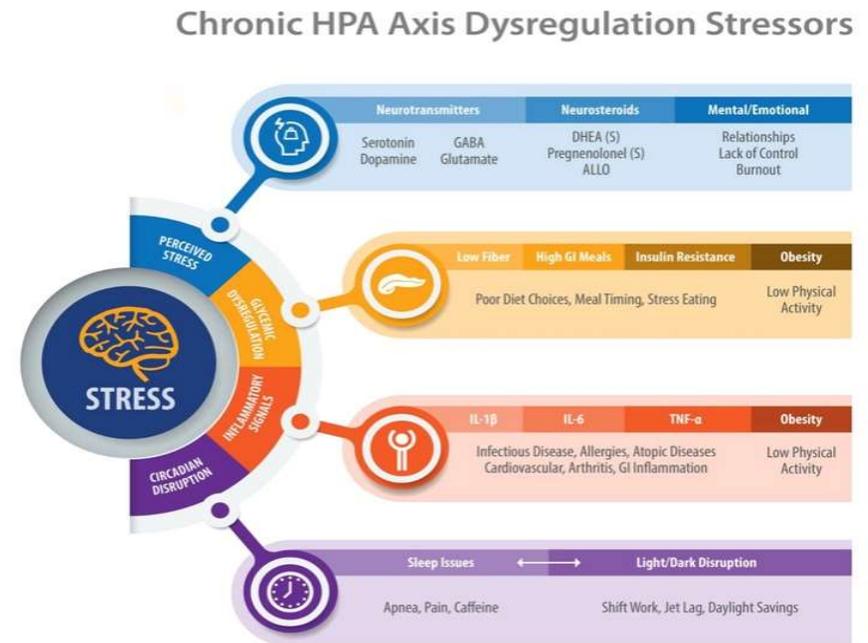
- New evidence shows that South Asians need to undertake at least 230 minutes of moderate intensity physical activity per week. This equates to South Asians undertaking an extra 10–15 minutes of moderate intensity physical activity per day on top of existing recommendations.

HOW DOES STRESS IMPACT OUR BODY?

Our body also reacts to internal stressors including:

- Perceived stress
- Glycaemic dysregulation
- Inflammatory signals
- Sleep issues

We can impact these by making nutrition and lifestyle choices to support our body to reduce stress and the release of adrenaline and cortisol.



SOCIAL HEALTH AND RELATIONSHIPS



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HUMANS ARE INHERENTLY
SOCIAL ANIMALS AND LIVE
IN SOCIETY

Blue Zones research shows that those with strong networks have improved immune health.

Loneliness is associated with chronic stress and inflammation, which can weaken the immune system.



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ANY QUESTIONS?



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AS FEATURED IN

The Telegraph

Evening Standard

BBC

Hip & Healthy

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