

# Co-producing a community health group with mothers living in a disadvantaged area to support healthy lifestyle behaviours

## Project Team:

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# The Project

## Aim:

The project aim was to establish a self-help community-based group to support the adoption of healthy lifestyle behaviours focusing upon diet and physical activity.

The target audience for the project was mothers with young children living in West Drayton, Hayes and Yiewsley.

## COVID Challenges:

Due to restrictions arising from the COVID pandemic, the group was established as a private group on Facebook and consisted of 12 mothers, 3 exercise specialists, two dieticians, one local charity with Paula Wittels serving as administrator.

## The Group:

With support from a dietician at Hillingdon Hospital and professional exercise specialists, group members were encouraged to exchange ideas and experiences on healthy lifestyles.

Facebook brought to group together enabling them to discuss ideas for healthy eating for themselves and their families and to take part in strength & tone exercise sessions and Zumba dance classes.

# Project Resources

15 June 2022

The resources used by the group are publicly available and based upon government guidance for diet and physical activity – October 2021.

## Physical activity for adults and older adults

Benefits health

Improves sleep

Maintains healthy weight

Manages stress

Improves quality of life

Reduces your chance of

Type II Diabetes	-40%
Cardiovascular disease	-35%
Falls, depression etc.	-30%
Joint and back pain	-25%
Cancers (colon and breast)	-20%

Some is good, more is better

Make a start today; it's never too late

Every minute counts

### Be active

at least **150** minutes moderate intensity per week

OR

at least **75** minutes vigorous intensity per week

or a combination of both

**Build strength** to keep muscles, bones and joints strong

on at least **2** days a week

Minimise sedentary time

Break up periods of inactivity

Improve balance

For older adults, to reduce the chance of frailty and falls

2 days a week

Available at: [bit.ly/AdultPhysicalWellness](https://bit.ly/AdultPhysicalWellness)

## Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Per day 2000kcal for men, 2500kcal for women = ALL FOOD

Available at: [bit.ly/EatWellFood](https://bit.ly/EatWellFood)

# Feedback

15 June 2022

“Thank you Caron [Zumba instructor] for yesterday’s session I really enjoyed it and the kids gave it a good go too. Look forward to the next one”

“Hi Caron I'm looking forward to your Zumba classes! I've done Zumba before so I know a bit of what's expected. Should be fun”

“I enjoyed it to [strength and tone session]”

“Thank you for the class [strength and tone], I really enjoyed and felt motivated for a change”

“Yes it was a good discussion and it's always beneficial to get an insight from others too”

“My children have never been fussy eater when it comes to fruit and veg. So I just steam them or give it raw to make sure they get the full nutrients. Some times I make curries with potatoes and peas, chicken, peppers and veg lasagne. Happy to share recipes”.

