Health Eating in Sri Lanka සෞඛ්ය සම්පන්න ආහාර ගැනීම



Figure 1

Sri Lankans in Birmingham

- Sri Lankans account for 974 out of the 1.15 million living in Birmingham population (according to 2011 census)^[1]
- 86.8% of them are aged 15-64
- Majority Sri Lankans identify as Asian/Asian British ethnicity^[2]

Importance of a Healthy Diet

- A healthy diet protects you from non communicable diseases such as heart disease and diabetes.^[5]
- Unhealthy diets are linked to 4 out of 10 biggest deaths worldwide including obesity and high blood pressure.[3]
- The impacts of poor diets now exceed that of smoking.[3]
- Links to Sustainable Development Goal 2 zero hunger
- Widespread diet change has occurred due to increased production of processed food, rapid urbanisation and changing lifestyles.[3]

Sri Lankan Health

- Population 21.8 million.[7]
- Free and decentralised public health system.
- Divided into 2 streams: community health and curative care.
- Sri Lankan Ministry of Health responsible for health service development + regulation.^[7]
- Divided into 9 provinces and 25 districts.
- Non communicable diseases contributes to nearly 75% deaths.^[7]
- Double burden of over and under nutrition.[5,6]
- Increasing obesity and type 2 diabetes rates especially among adolescents.

Refer	rences
	data - 2011 Census, small populations of merged local authorities https://www.birmingham.gov.uk/downloads/file/4602/census_2011_small_country_of_birth_population
	Ethnic group (detailed) https://www.nomisweb.co.uk/census/2011/OS211EW/view/13451571867rows-cell&cols-nural_urban
	R. (2015) Towards Healthier Diets in Sri Lanka: The Role of Nutrition Labelling, Talking Economics, 15 March 2015, Available at: s. B/talking-conomics/2015/03/15/moverds-healthier-diets-in-sri-lanka-the-role of-nutrition-labelling/ [Accessed 30 May 2022].
	, S.N., Sachchithananthan, S., Gamage, P.S.A., Peiris, R., Wickramasinghe, V.P. & Somasundaram, N. (2021) Effectiveness and acceptability of a novel school-based healthy eating primary school-children in urban Sri Lanka.
	N., Williams, J., Wickramasinghe, K., Karunarathne, W., Olupeliyawa, A., Manoharan, S. & Friel, S. (2017) Barriers to healthy dietary choice amongst students in Sri Lanka as perceiv pals and stalf, Health Promotion International (32:1) pp.91–101, DOI: 10.1013/heapon/doi/05.
	Fernando, S., Kalupahana, B., Scarborough, P., Rayner, M., & Townsend, N. (2020) Food labour, consumption hierarchies, and diet decision-making in Sri Lankan households: a y. BMC nutrition, (6:1) DOI: 1116/40075-010-0115
	th Statistics 2019, Sri Lanka Medical Statistics Unit Ministry of Health, Available at: attn gov/N/moh. Inval Jengish/public/elfinder/fises/publications/AHS/NSO2019 pdf [Accessed 1 June 2022].
	dietary guidelines - Sri Lanka https://www.fao.org/nutrition/education/food-dietary-guidelines/regions/countries/sri-lanka/en/
	t dietary guidelines for sri lankans, publication by Nutrition Division – Ministry of Health, 2 nd edition 2011, in collab with WHO https://www.fao.org/3/as886e/as886e.pdf

Healthy Diet Guidance

+11	CDLLANIKA			
Table made using	SRI LANKA	UK		
[7, 8,9,10,11]				
Publication year	-First published food-based guidelines	-First food model 1994		
	in 2002	-Most recent model, Eatwell Guide,		
	-Revised version in 2011	published March 2016		
Stakeholder	Nutrition Division of Ministry of Health	Office for Health Improvement and		
		Disparities		
Food groups	Pyramid split into 6:	Plate split into 5		
	-Rice, breads, other cereals + yams at	-Fruit + veg		
	base	-Potatoes, bread, rice, pasta + other		
	-Fruit + veg	starchy carbs		
	-Fish, pulses, meat + eggs	-Beans, pulses, fish, eggs, meat +		
	-Dairy	other proteins		
	-Nuts + oils	-Dairy + alternatives		
	-Fats + sugary products at top	-Oils + spreads		
Fruit and veg daily	5-8 servings daily	Make up just over 1/3 daily intake		
Starchy food/cereals daily	6-11 servings daily	Just over 1/3		
	Low protein content but provides 50%			
	daily as consume such large quantities			
School meals provided	No	Yes		
Life expectancy	Men – 72	Men – 77.2 (Birmingham) 79.5		
	Women – 78.6	(England)		
		Women – 81.9 (Birmingham) 83.1		
		(England)		
Key highlights Both recommend variety daily, drinking 6-8 cups water, consuming less salt.				

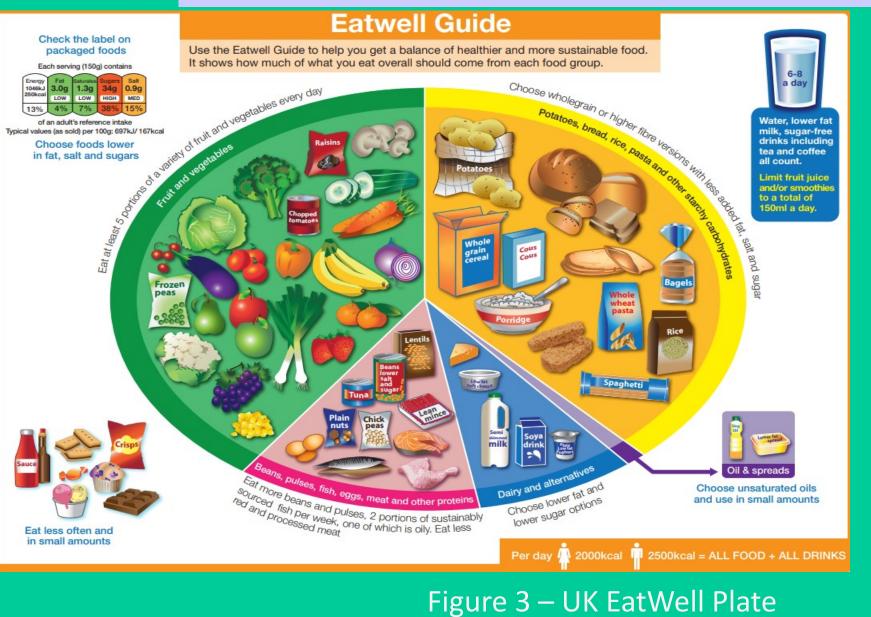
Key highlights

Both recommend variety daily, drinking 6-8 cups water, consuming less salt, sugar + fats.

Sri Lanka emphasises choosing natural over processed foods

UK also recommends opting for wholegrain

In Sri Lanka guidelines, proteins are seen as a single category, UK has more differentiation between proteins for example, and having fish twice a week, once being oily



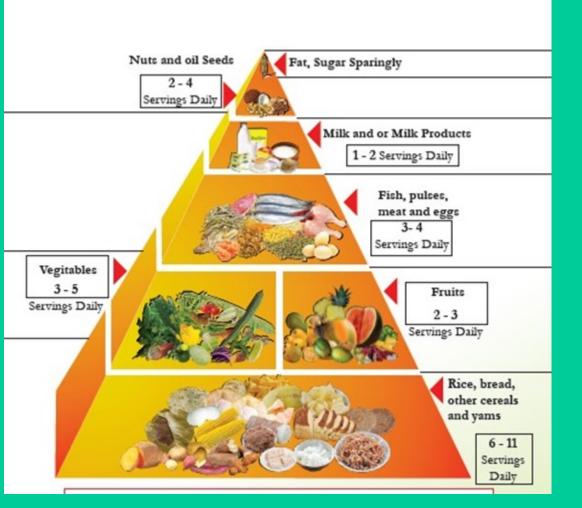


Figure 2 – Sri Lanka Food Pyramid

Highlights from Sri Lanka

School programmes such as implementing story book and sticker-based food diary can educate children on healthy lifestyles in primary schools.^[4]

- They are:

Cost-effective

- Improve eating habits
- Allow children to act as agents of change within their families

Highlights from Birmingham

- Provide free healthy school meals.
- Authorities should introduce regulation and requirement for nutrition labelling so consumers can make informed decisions on their diet.[3]

Visit Sri Lankan Restaurants

Coconut Tree Birmingham

A great example of bringing Sri Lankan cuisine to a British city, sharing their heritage whilst being conscious of nutritional guidelines



Figure 4 – Coconut Tree

Conclusions

Although the Sri Lankan population in Birmingham is small, their country of origin has a burden of ill health linked to dietary factors. Therefore, Birmingham should invest and engage in their heritage and be aware of small differences between both national guidelines

By Timna Levinson