Health Eating in Sri Lanka ජෞඛ්ය සම්පන්න අාහාර ගැනීම

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 \bullet 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 \bullet curative care.
- Sri Lankan Ministry of Health responsible for health service development + regulation.^[7]
- Divided into 9 provinces and 25 districts. \bullet
- 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.

Deferences
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Table
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Check the label or

packaged foods

Choose foods lowe in fat, salt and sugar

LOW HIGH M

Healthy Diet Guidance

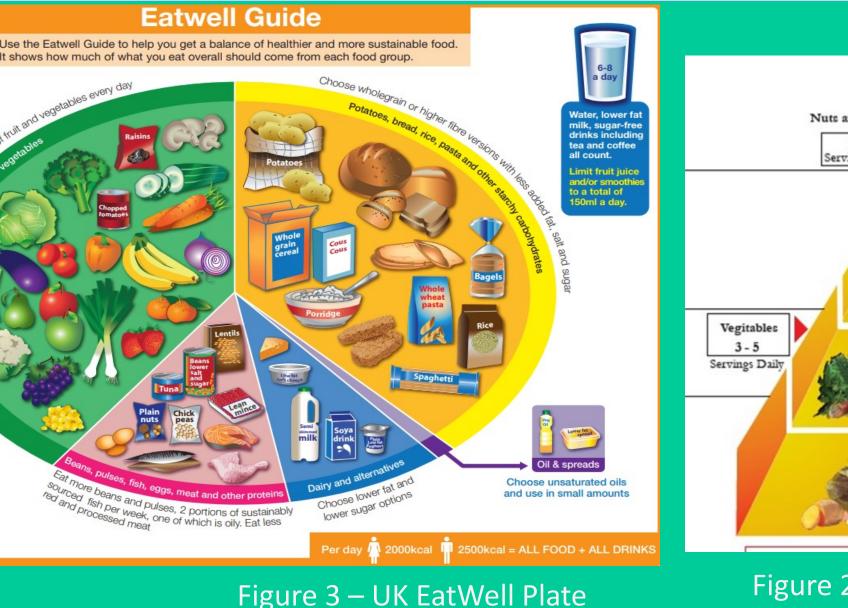
e made using	SRI LANKA	UK
8,9,10,11]		
lication year	-First published food-based guidelines	-First food model 1994
	in 2002	-Most recent model, Eatwell Guide,
	-Revised version in 2011	published March 2016
akeholder	Nutrition Division of Ministry of Health	Office for Health Improvement and
		Disparities
od 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
		-Oils + spreads
and veg daily	-Fats + sugary products at top 5-8 servings daily	Make up just over 1/3 daily intake
and veg dany	5-6 servings dany	wake up just over 175 daily intake
ood/cereals daily	6-11 servings daily	Just over 1/3
	Low protein content but provides 50%	
	daily as consume such large quantities	
meals provided	No	Yes
expectancy	Men – 72	Men – 77.2 (Birmingham) 79.5
	Women – 78.6	(England)
		Women – 81.9 (Birmingham) 83.1
		(England)

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



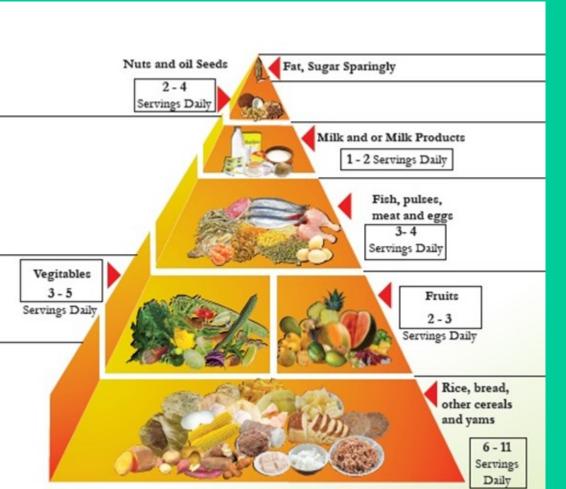


Figure 2 – Sri Lanka Food Pyramid



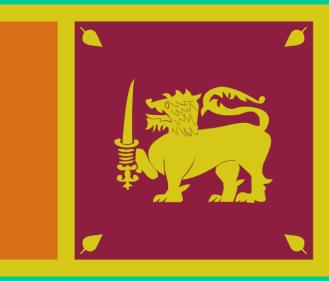


Figure 1

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 Nenu

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

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