

Abdul Mageed Education Trust – Health Information Session on Diabetes

On 16 April 2024, we were invited to undertake a health awareness session on diabetes hosted by the Abdul Mageed Education Trust at the Church St Library in Westminster as part of a Peer Support Café series of sessions (see **Appendix A**).

Background and development of the session

We were introduced to the Abdul Mageed Education Trust by one of the Imperial Patient Experience Research Centre (PERC) Community Partner steering group members. PERC identified Dr Shivani Misra, a Wellcome Trust Career Development Fellow and Senior Clinical Lecturer and Honorary Consultant Physician in Metabolic Medicine & Diabetes at Imperial College, as a speaker.

A pre briefing call was undertaken between the community leader and Dr Misra by way of introduction and to discuss topics which were of particular interest to the community.

Format for the session:

The session started at 12pm with the community providing light refreshments.

- Type 2 Diabetes - Dr Shivani Misra
- Q&A
- Feedback
- Lunch and refreshments

Aims of the session:

- Sharing health literacy information about diabetes
- Increasing awareness about risks of diabetes and research into those of Asian and African ethnicity who are more at risk of developing type 2 diabetes

Attendees

The session was disseminated through the Abdul Mageed Education Trust's communication channels and across their community networks (see **Appendix A**). There were 6 attendees. Photos of the session are included at **Appendix B**. The community handed out feedback forms relating to the series of peer support sessions of which this session was part and 6 feedback forms were completed. Responses to relevant questions from these forms are included at **Appendix C**.

Diabetes - Dr Shivani Misra

During the session, the following topics were covered by Dr Shivani Misra:

- **What is Type 2 Diabetes**
 - More common and accounts for 90% of all diabetes
 - Caused by insulin resistance because of visceral fat and the body doesn't respond to insulin which causes the pancreas to send out more insulin which eventually results in the pancreas stopping making insulin

- Typically thought to affect older individuals but now 140,000 people under 40 years in England have this condition
- **What is Type 1 Diabetes**
 - Can affect anyone, at any age or ethnicity
 - It is less common and often presents in children
 - Is caused by the immune system attacking the pancreas and is an autoimmune condition
 - Due to damage in the pancreas, insulin is not made and therefore patients need insulin injections for life
- **Risk factors for type 2 diabetes**
 - Major risk factor remains living with overweight or obesity
 - Why do people develop type 2 diabetes?
 - Not enough exercise (sitting a lot)
 - Excess food intake
 - Genetic predisposition
 - Ethnicity
 - Asians make less insulin so they have less 'buffer' to avoid diabetes if they put on too much weight
- **Diabetes and obesity**
 - There are many different options for treatment:
 - Surgery (has the best evidence for longer term weight loss and usually gets rid of diabetes and improves life expectancy)
 - There are new medicines every year
 - Losing weight is important; if you lose weight fast your body doesn't like it and thinks you are sick. This then lowers your metabolic rate (the lower the rate the more exercise you have to do to lose weight) and leads to people breaking habits which is human nature. Therefore you should lose weight slowly which makes it easy to do as drastic things don't work
 - Exercise is important to develop muscles. You need to lose weight all over to target excess fat areas. Muscle is important for diabetes. When you have good muscle bulk it takes away glucose from the blood. You burn more calories when you use dumbbells than running on a treadmill
 - Building muscle will protect you from becoming frail
 - If muscles are weak, joints pay the price
- **Research**
 - Dr Misra decided to study diabetes in the Asian and African communities because this group will die 15 years earlier if diagnosed under 30 years old. Genetics can change your metabolism. Across different ethnicities the risk of developing Type 2 diabetes varies from 2-fold to 6-fold higher compared to White people. These groups develop Type 2 diabetes at a younger age and they develop it even though they are not overweight.
 - 3.5% non-White people participate in clinical trials. 4/5 people with Type 2 Diabetes live in low and middle income countries and the drug studies are carried out in high income countries. People's genetics and lifestyles are different and therefore we need different

people to take part in research studies. It takes more effort to go to communities and recruit to research studies so this doesn't often happen. We need everyone to take part so what is being recommended based on the research results applies to everyone.

- We find out new things by studying different groups e.g. that sickle cell disease protects you from malaria. This is because sickle cell disease is so common in Africa it has evolved to be useful.
- Q&A

Questions asked during the session:




- If you are slim, can you still be fat inside?
 - Yes. To address this, one needs to build more muscle rather than losing more weight. Walking can build muscle but strength training is more effective. You need protein in your diet to help build muscle. You feel fuller when you eat protein.
- Is stress a risk factor?
 - You can't give yourself diabetes from stress but when people are stressed their lifestyle can change in terms of how much they eat and how much they exercise, which in turn can impact the risk of type 2 diabetes
- What about the weight loss drugs Ozempic and Mounjaro?
 - These are now available and work well for treating type 2 diabetes and inducing weight loss.
- What about a keto diet?
 - This is where carbohydrates are restricted
 - There is no evidence currently that this is better than other diets but some people do like to do it.
- What about: okra; bitter melon (Karela); green tea; Berberine; whole lemon for losing weight?
 - If it worked it would be in the treatment guidelines; the NHS carefully selects the most cost-effective treatments so if these really worked, we would have them as options in our guidelines. That being said, as long as they cause no harm, some patients report that they help, but more evidence is needed.

Appendix A: Flyer shared by the community to advertise Peer Support Cafe sessions

2024 COMMUNITY LEARNING WORKSHOP EVENT

PEER SUPPORT CAFÉ


A WEEKLY DROP IN ON TUESDAYS WITH TALKS
AND ACTIVITIES AND GET TOGETHER



ABDUL MAGEED EDUCATIONAL TRUST

**STARTING TUESDAY THE 9TH OF JANUARY 2024 AND
EVERY TUESDAY UNTIL TUESDAY 18TH OF JUNE 2024**

LIGHT SNACKS AND REFRESHMENTS WILL BE PROVIDED

 Community Space, Basement 2, Church Street
Library, 67 Church Street, London, NW8 8EU

Tube Station:
Edgware Road

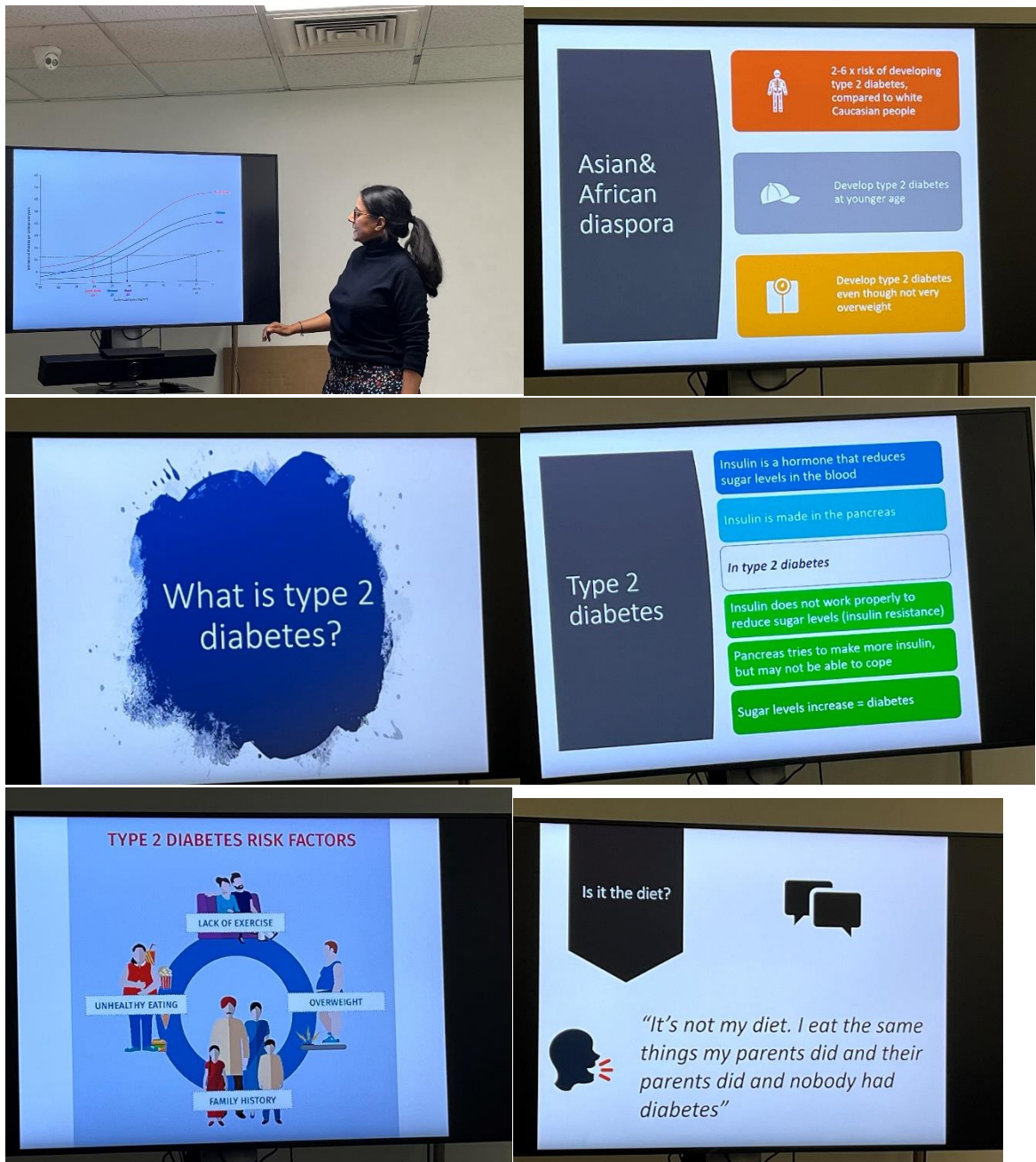
Buses:
6, 16, 98
Nearest bus stop
Edgware Road

THE TUESDAY WORKSHOPS WILL INCLUDE:

- Business start up
- Living well on a budget
- Cost of living crisis and where to go for support
- Choosing the right business idea
- Free health check ups
- Confidence Building
- Healthy Eating 101
- Employability skills
- Eating for Energy
- Cultural Understandings of Mental Well Health
- Importance of immunisation
- Autism - Support and Insights on Being a Migrant
- Caring for your loved one: Challenges and solutions
- Concerns About Having a Normal Body
- Ways our Beliefs of Death and Survival Affect Us
- Introduction to mentoring
- Managing our unusual experiences
- Mindful Eating and Emotional Wellbeing
- Meal Prepping for Busy People
- The war-torn horn of Africa and immigration matters

Abdul Mageed Educational Trust in collaboration with the Community Fund National
Lottery Awards for All are organizing PEER SUPPORT CAFÉ:

Appendix B: Photos from the session



Appendix C: Relevant feedback form questions completed after the session (n=6)

Did you feel welcome at the Peer Support Café?

Yes	No
6	

Did coming here make you feel better?

Yes	No	No response
5		1

Did you learn something useful from the workshop?

Yes	No	No response
5		1

Did coming here help you with problems you wanted help with?

Yes	No	No response
3	2	1

If you found your visit useful, how many family members will you tell about it?

Up to 5	5-10	More than 10	No response
1	2	1	2

If you found your visit useful, how many friends will you tell about it?

Up to 5	5-10	More than 10	No response
	3	1	2

If you found your visit useful, which social media platforms will you use to tell people?

Facebook	YouTube	WhatsApp	Instagram	No response
	1	4		1