MCO Health & Wellbeing Survey Report

January 2012

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Introduction

The Muslim Community Organisation (MCO) was established in December 2002 to provide a range of activities and access to services for the community. MCO works in a community development approach empowering the community to tackle issues affecting their lives and to improve their quality of life.

These survey results are part of the Health & Wellbeing Programme particularly aimed at Muslim men living in the Dales Ward area (Snienton and Bakersfield) of Nottingham. The Programme's main aim is to continue, improve and develop the services and activities being delivered by MCO that will assist the organisation in creating life style changing opportunities, help improve the health & wellbeing as well as reduce the risk of developing heart related illness especially amongst the Muslim men in the area, improve awareness of health risks and positive actions, discover the barriers faced by Muslim men to accessing healthier lifestyles.

The survey was in the form of a consultation questionnaire designed to capture:

- The level of awareness of heart related illness affecting Male Muslims in the area
- The level of awareness of health and wellbeing services on offer in the area
- Reasons why people are not using these services
- How MCO can help people make positive lifestyle changes

Survey Methodology

A total of 106 male Muslim adults (18+) were sampled during 3rd to 12th January 2012. 50% of which were conducted via face to face consultation in a variety of locations in the area such as mosques, takeaways and barbers shops etc. The remainder 50% were in the form of self- completion questionnaires distributed door to door and given at local school gates to parents, a total of 80 questionnaires were distributed with 53 completed responses. A profile of the survey respondents can be found at the end of this report after the main survey findings.

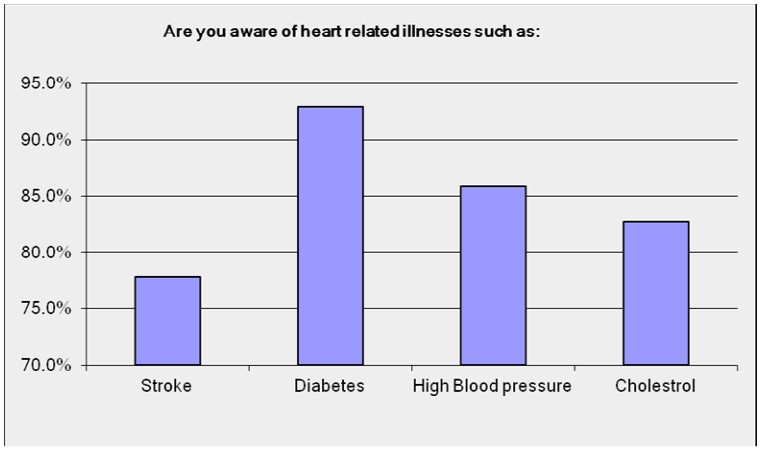
Executive Summary

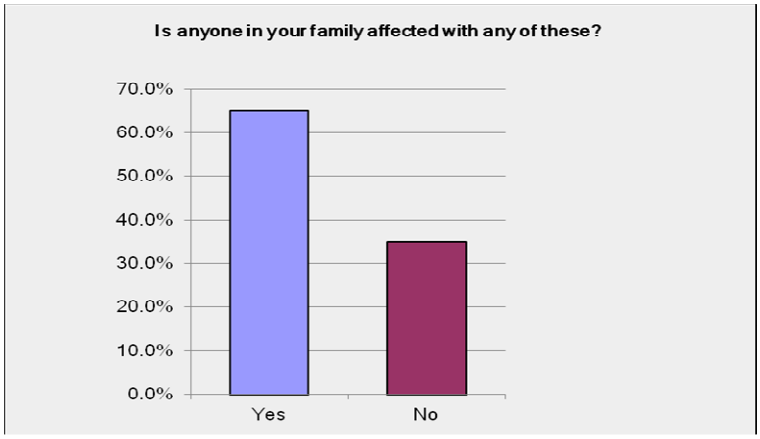
Nearly all respondents were aware of heart related illnesses: 92.2% Diabetes, 85.9% High blood pressure, 77.7% stroke and 82.8% Cholesterol.

65.0% had a family member/s affected with one or more of the illnesses and 37.8% felt at risk of developing these illnesses.

46.46% of respondents were aware of health and wellbeing services on offer in the area with 24.43% expressing an interest in receiving help and assistance from these services.

Over 30% sited not enough time and or working long unsocialable hours as a main reason for not using these services followed by 27.7% feeling they were not for men, 23.4% felt they cost too much and 21.3% felt they had no one to go with.

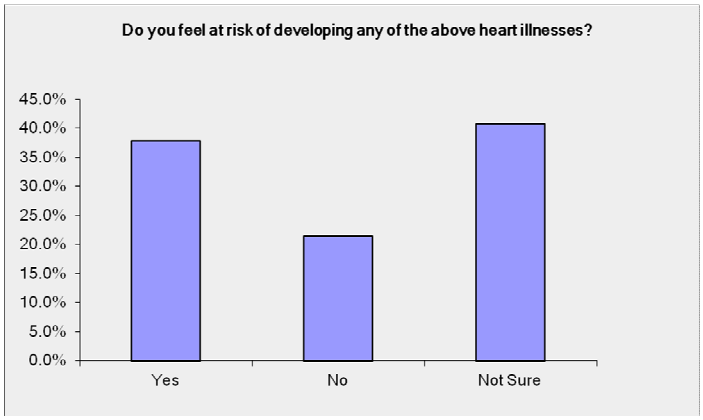


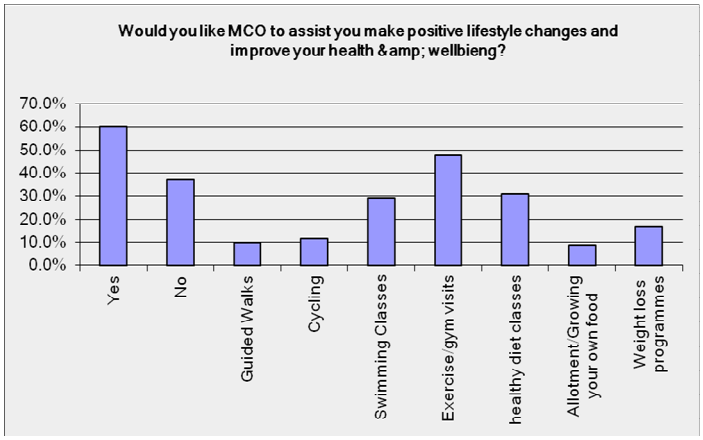


60.2% would like MCO to assist them to make positive lifestyle changes and improve their health & wellbeing; 47.6% Exercise/gym visits, healthy diet classes, 29.1% swimming classes and 16.5% requesting assistance with weight loss programmes. A high percentage of respondents (60.2%) would like to be regularly contacted about health and wellbeing events and activities being arranged by MCO.

The results of this short survey are in line with the national statistics around South Asians living in Britain who have an approximately 50% higher death rate than the general population death rate from coronary heart disease. As well as suffering from higher rates of heart disease, there is evidence to suggest that Asian communities tend to be diagnosed at a more advanced stage of disease and have poorer survival rates. *(Heart Disease and South Asians – NHS 2004)*

As a result of The Health & Wellbeing programme and this consultation, MCO is in a position to work towards becoming an intermediary service that can work closely with agencies and professionals from the Health service and other service providers to develop and expand culturally sensitive initiatives and activities that will raise awareness on how to improve health and reduce the risk of developing heart disease or diabetes amongst the local community.





Recommendations

In order to continue with its ambitions of creating life style changing opportunities, help improve the health & wellbeing as well as reduce the risk of developing heart related illness especially amongst the Muslim men in the area, MCO should continue to strengthen the partnerships that have been established during the course of the Health & Wellbeing programme:

- Reinforce partnership work with Health Promotion Team in NHS Nottingham City and Change Makers Volunteers to benefit from the local community from 'Decade of Better Health' initiative aimed at reducing health inequalities and promote health and wellbeing amongst local people. Establish MCO as a Change Makers volunteer hub to service the Dales Ward.

- Strengthen partnership work with the Community Heart Nurse with the aim of establishing drop in sessions for the local community as well as possibly the local mosque in Snienton.

- Continue to develop long-term partnership with Sport, Culture & Parks department at NCC to hold taster sessions around exercise and gym visits at MCO

- Poor diet plays a fundamental role in the development of coronary heart disease, and is one of the key modifiable risk factors in its prevention. Aim towards developing a strong partnership with the Department of Nutrition and Dietetics to provide healthy diet classes and workshops.

- There has been a positive initial response from the two local mosques to help promote and spread the health messages to the local community. More work needs to be done to take advantage of this opportunity; Imams are in a unique position to deliver health messages in a culturally appropriate way and have great influence in the community. MCO should work towards establishing outreach sessions to be delivered at the mosques, the sessions could include introduction to chair based exercises for the elders, sessions on healthy diets and weight loss programmes.

- Working with the younger generation to raise awareness of heart related illness and encouraging them to adopt a healthy lifestyle should be an essential part of future MCO work.

- MCO will need to provide any health and wellbeing events and activities at times and costs which reflect the unsocialable hours and low levels of available income.

- M C O will need to provide ‘’a bridge’’ between individual Muslim males and the community centre and other health services that are available e.g. swimming classes.

- M C O will need to prioritise its partners and build stronger relationships with both individuals within the different Muslim communities and health service provides.

- M C O need to consider a wider range of health related issues amongst women as well as men.

Main Findings

1. Are you aware of heart related illnesses such as:		
Answer Options	**Response Percent**	**Response Count**
Stroke	77.8%	77
Diabetes	**92.9%**	**92**
High Blood pressure	85.9%	85
Cholesterol	82.8%	82
answered question		**99**
skipped question		**7**

4. Are you aware of services that provide support around stopping smoking (New leaf, Smoke Free Homes) ? Would you like help from these services?		
Answer Options	**Response Percent**	**Response Count**
Yes	**62.5%**	**65**
No	36.5%	38
Yes	17.3%	18
No	**78.8%**	**82**
answered question		**104**
skipped question		**2**

5. Are you aware of services that can help you become more active? (best Foot forward,Cycling for Health, City Leisure Services, Local exercise group)? Would you like help from these services?		
Answer Options	***Response Percent***	***Response Count***
Yes	*44.8%*	*47*
No	*51.4%*	*54*
Yes	*58.1%*	*61*
No	*40.0%*	*42*
answered question		***105***
skipped question		***1***

6. Are you aware of services that can help you eat more healthily (cook and eat sessions, advise around healthy eating, Nutrition Team)? Would you like help from these services?		
Answer Options	**Response Percent**	**Response Count**
Yes	41.3%	43
No	**53.8%**	**56**
Yes	46.2%	48
No	**52.9%**	**55**
answered question		**104**
skipped question		**2**

7. Are you aware of services that provide support around alcohol misuse (Last Orders) ? Would you like help from these services?		
Answer Options	**Response Percent**	**Response Count**
Yes	29.4%	30
No	**63.7%**	**65**
Yes	2.0%	2
No	**98.0%**	**100**
	answered question	**102**
	skipped question	**4**

8. Are you aware of services that provide information and support around feeling stressed/anxious (Lets Talk Wellbeing)? Would you like help from these services?		
Answer Options	**Response Percent**	**Response Count**
Yes	44.7%	46
No	**50.5%**	**52**
Yes	24.3%	25
No	**75.7%**	**78**
	answered question	**103**
	skipped question	**3**

9. Are you aware of services that provide information and support to achieve a healthy weight (Slimming world)? Would you like help from these services?		
Answer Options	**Response Percent**	**Response Count**
Yes	**48.6%**	**51**
No	45.7%	48
Yes	29.5%	31
No	**70.5%**	**74**
	answered question	**105**
	skipped question	**1**

10. Are you aware of services that provide information and support relating to mental illness (Awaaz))? Would you like help from these services?		
Answer Options	**Response Percent**	**Response Count**
Yes	**50.9%**	**54**
No	43.4%	46
Yes	9.4%	10
No	**88.7%**	**94**
	answered question	**106**
	skipped question	**0**

11. Are you aware of services that provide information and support concerning disability? Would you like help from these services?		
Answer Options	**Response Percent**	**Response Count**
Yes	**49.5%**	**52**
No	42.9%	45
Yes	8.6%	9
No	**89.5%**	**94**
answered question		**105**
skipped question		**1**

12. What has stopped you from accessing these services?		
Answer Options	**Response Percent**	**Response Count**
Language	19.1%	9
Distance	14.9%	7
Opening times	21.3%	10
No one to go with	21.3%	10
Cost too much	23.4%	11
Feel they are not for men	**27.7%**	**13**
Low self esteem	2.1%	1
Other (please specify)		42
Not enough time/work long hours		***30***
Did not know where to go		*4*
I am fit and healthy		*6*
Already using these services		*1*
Do not need them		*1*
answered question		**47**
skipped question		**59**

13. Would you like MCO to assist you make positive lifestyle changes and improve your health & wellbieng?		
Answer Options	**Response Percent**	**Response Count**
Yes	**60.2%**	**62**
No	36.9%	38
Guided Walks	9.7%	10
Cycling	11.7%	12
Swimming Classes	29.1%	30
Exercise/gym visits	**47.6%**	**49**
healthy diet classes	31.1%	32
Allotment/Growing your own food	8.7%	9
Weight loss programmes	16.5%	17
Other (please specify)		0
answered question		**103**
skipped question		**3**

14. Do you want to be contacted and updated regularly about health & Wellbeing events and activities at MCO		
Answer Options	**Response Percent**	**Response Count**
Yes	**69.2%**	**72**
No	30.8%	32
answered question		**104**
skipped question		**2**

15. Which category below includes your age?		
Answer Options	**Response Percent**	**Response Count**
18-25	21.7%	23
26-30	17.0%	18
31-45	**33.0%**	**35**
46-60	20.8%	22
61-75	6.6%	7
Over 75	0.9%	1
answered question		**106**
skipped question		**0**

16 . What is your ethnic origin?		
Answer Options	**Response Percent**	**Response Count**
Bangladeshi	1.0%	1
Pakistani	**97.9%**	**94**
Indian	1.0%	1
Mixed Asian	0.0%	0
Other (please specify)		9
Kurdish		*1*
Algerian		*2*
Tunisian		*1*
Afghanistani		*2*
Kosovan/Albanian		*1*
Kurdish		*1*
Ghambian		*1*
answered question		**96**
skipped question		**10**

17. What is your preferred language?		
Answer Options	**Response Percent**	**Response Count**
English	**85.4%**	**88**
Punjabi	18.4%	19
Urdu	30.1%	31
Mirpuri	17.5%	18
Hindi	0.0%	0
Other (please specify)		7
Arabic		*2*
Pashto		*2*
Kosovan		*1*
French/Arabic		*1*
Kurdish		*1*
answered question		**103**
skipped question		**3**

18. Are you a refugee/Asylum seeker?		
Answer Options	**Response Percent**	**Response Count**
Yes	0.0%	0
No	**100.0%**	**103**
	answered question	**103**
	skipped question	**3**

19. Are you employed?		
Answer Options	**Response Percent**	**Response Count**
Yes	**65.1%**	**69**
No	11.3%	12
Student	17.0%	18
Retired	7.5%	8
	answered question	**106**
	skipped question	**0**

Profile of Survey Respondents

Age of respondent	18-25	21.7%
	26-30	17.0%
	31-45	33.0%
	46-60	20.8%
	61-75	6.6%
	Over 75	0.9%
Ethnic Origin	Bangladeshi	1.0%
	Pakistani	97.9%
	Indian	1.0%
	Mixed Indian	0.0%
	Kurdish	1.0%
	Algerian	1.0%
	Tunisian	1.0%
	Kosovan	1.0%
	Kashmiri	1.0%
	Afghanistani	1.0%
	Ghambian	1.0%
Preferred Language	English	85.4%
	Punjabi	18.4%
	Urdu	30.1%
	Mirpuri	17.5%
	Hindi	0.0%
	Arabic	1.7%
	Pushto	1.7%
	Kosovan	1.0%
	Kurdish	1.0%
Employment Status	Employed	65.1%
	Unemployed	11.3%
	Student	17.0%
	Retired	7.5%