



A Mexican classic invented by nuns in Oaxaca

Food shopping therapy for diabetes

What you'll need: The right *menu* for target communities, with *ingredients* well advertised, Rethink *food purchasing*, impact of faith on *diet* and medication.

What you do: Over 2m people in the UK are diabetic, with a further 750,000 unaware that they have the disease. Lifestyle is a major factor, but does not completely explain why people from black and minority ethnic (BME) communities are six times more likely to suffer type 2 diabetes than those from the white population - and at a much younger age. Nor does it explain why they are 50 per cent more likely to develop heart disease and kidney failure, two of the key consequences of diabetes, as well as blindness, stroke, amputation and nerve damage. Poor knowledge of available services, a reluctance to access them, language and cultural barriers and social deprivation may contribute to this health inequality gap.

Bradford & Airedale Teaching Primary Care Trust takes patients on shopping trips for advice on healthy eating. One mosque has organised opportunistic screening at a local community centre, and a public health team has facilitated health MOTs at barber shops frequented predominantly by BME people.

The insider: Ali Jan Haider, the trust's Deputy Director for Equality and Diversity, says: 'A major success was an "understand diabetes campaign" broadcast during the month of fasting (Ramadan) on a local radio station targeted at the local community.'

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South American: Chicken in chocolate and chili sauce

What you'll need: 2 chicken breasts, 1 tsp thyme, 1 tsp marjoram, 1 tsp all-spice, 1 maize flour tortilla (fried), 1 tbsp roasted pumpkin seeds, 2 tbsp roasted peanuts, 1 tbsp raisins, 2 tomatoes, 1 chopped onion, 3 chopped garlic cloves, 1 tsp chopped dried chillies, 25g chocolate (70% cocoa), ½ tsp orange zest, ½ tsp cinnamon, sunflower oil.

What you do: Marinate the chicken breasts in the thyme, marjoram, all-spice and 1 tbsp sunflower oil. Season. After at least 1 hour, flash fry for a minute each side and retain. Blend half a fried maize flour tortilla with the pumpkin seeds, peanuts, raisins and tomatoes in a food processor. Fry the onion and garlic in sunflower oil. Once they have softened, pour the contents of the food processor into the pan, along with the dried chillies. Simmer for 15 minutes. Add the chicken and stir in the chocolate, orange zest and cinnamon with 300ml of water. Season and simmer for 30 minutes. Perfect with white rice. A romantic dish for your *compañera*. Serves 2.

The insider: Be sure to use a chocolate with a high cocoa percentage. Black beans are the traditional accompaniment.

Did you know? Chocolate is believed to boost serotonin and endorphin levels in the brain.

October

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Religious festivals: 2 EID AL FITR 9 YOM KIPPUR
28 DIWALI (DEEPAVALI)