

Reducing your risk of heart
and circulatory diseases



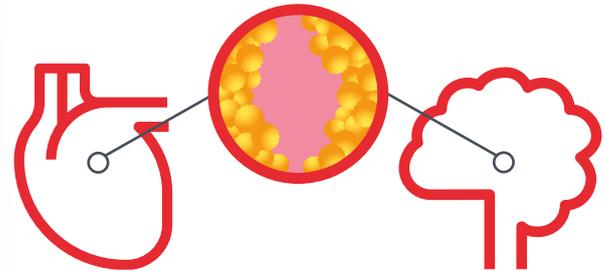
FOR PEOPLE OF
SOUTH ASIAN
ORIGIN IN THE UK



Risk of heart and circulatory diseases

If you're of Indian, Pakistani, Bangladeshi, or Sri Lankan origin, you're more likely to develop coronary heart disease than white Europeans in the UK. This leaflet can help you find out how to reduce your risk.

Coronary heart disease can develop when fatty material builds up in your arteries (the blood vessels that carry oxygen rich blood to your organs). If the arteries carrying blood to your heart get damaged and clogged, it can lead to a heart attack. If this happens in the arteries that carry blood to your brain it can lead to a stroke.



Artery in the heart
getting blocked

Artery in the brain
getting blocked

Why do I have a higher risk?

People of South Asian origin tend to carry their extra fat around their middle. This makes it harder for your body to use insulin. Insulin is a hormone that controls your blood glucose levels. If it doesn't work properly, you're much more likely to develop Type 2 diabetes. For this reason, the waist measurement indicating an increased risk for Type 2 diabetes is lower for someone from a South Asian background than a white European in the UK.

Type 2 diabetes increases your risk of coronary heart disease and having a heart attack. It is also linked to unhealthy levels of fats in the blood which increase the risk of heart and circulatory diseases.

There isn't a clear answer to why you're at increased risk. Genetics may play a part, but lifestyle choices can also affect your risk, such as:

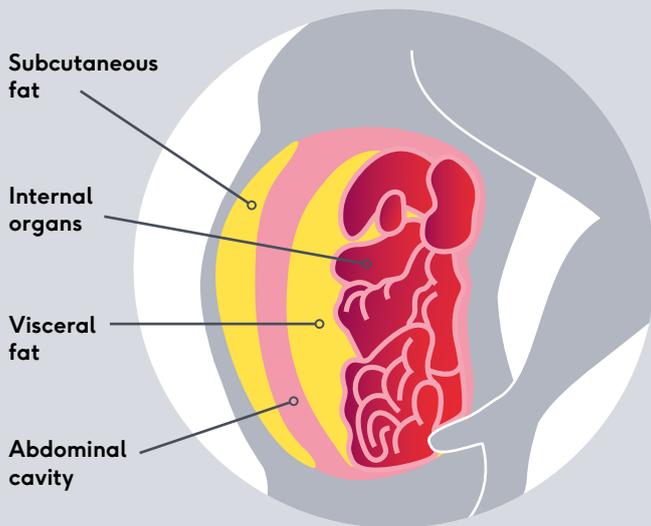
- Eating too much saturated fat, found in ghee, butter, and many fast foods, which can raise your non-HDL ('bad') cholesterol.
- Eating too much salt which can raise your blood pressure.
- Smoking, using shisha, chewing tobacco, betel quid (gutkha) or paan.
- Not being active enough.



Fat around your middle

We have two types of fat in our bodies – visceral fat and subcutaneous fat.

Subcutaneous fat sits just below the skin, so we can often feel it. It's the type of fat people worry about. But actually, it's visceral fat that's a bigger health risk. This is the hidden fat wrapped around your organs.



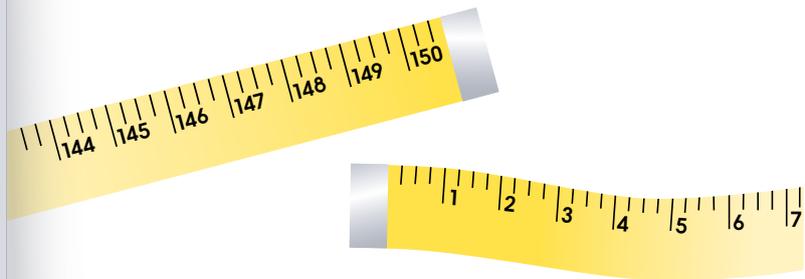
Measuring your waist

Your waist measurement is important because it tells you if you have too much visceral fat.

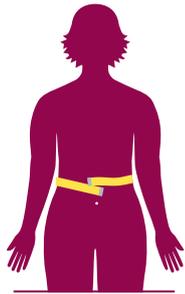
Wrap a tape measure around your waist, just above your belly button. It should fit snugly but don't squeeze. Then check the waist measurement guidelines in the table on the next page.

If your waist measurement is in the Very High Risk category, you need to lose weight to cut down on the visceral fat in your body.

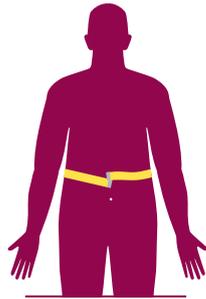
Making simple changes to your diet and being more active can help you lose weight and lower your risk of heart and circulatory diseases.



Waist measurement risk categories for people of South Asian origin:



Women



Men

Very High Risk	
Equal to or more than 80cm	Equal to or more than 90cm
Low Risk	
Less than 80cm	Less than 90cm

Keep your weight healthy

No matter what your ethnicity, maintaining a healthy weight is important for your heart health.

To lose weight, you need to eat better and move more. Start with small changes – as they add up, you could see some big results.

You can lose weight if you:

-  Eat the right portion sizes
-  Eat a healthier diet
-  Read food labels and avoid things labelled in red
-  Move more

Look at food labels

Always read the label on packaged food. Try to eat mostly **greens** and **ambers**. The label should have guidance on portion size too.

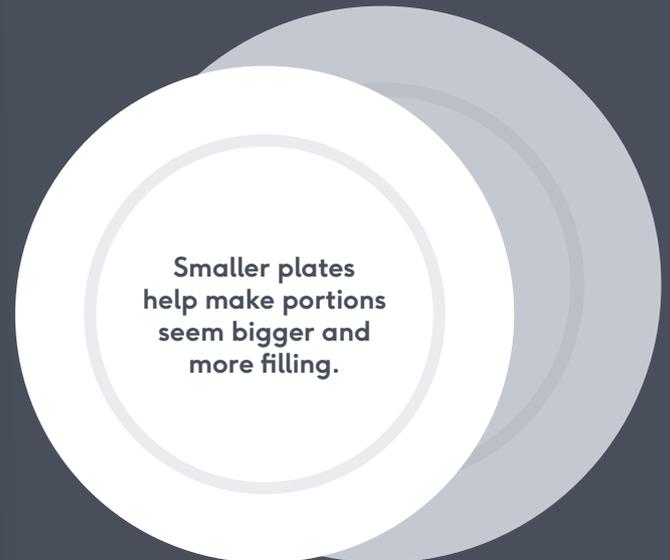
	FAT	SUGARS	SATURATES	SALTS
LOW Healthier choice	3g or less	5g or less	1.5g or less	0.3g or less
MED OK most of the time	3.1g to 17.5g	5.1g to 22.5g	1.6g to 5g	0.3g to 1.5g
HIGH Just occasionally	More than 17.5g	More than 22.5g	More than 5g	More than 1.5g

All measures per 100g



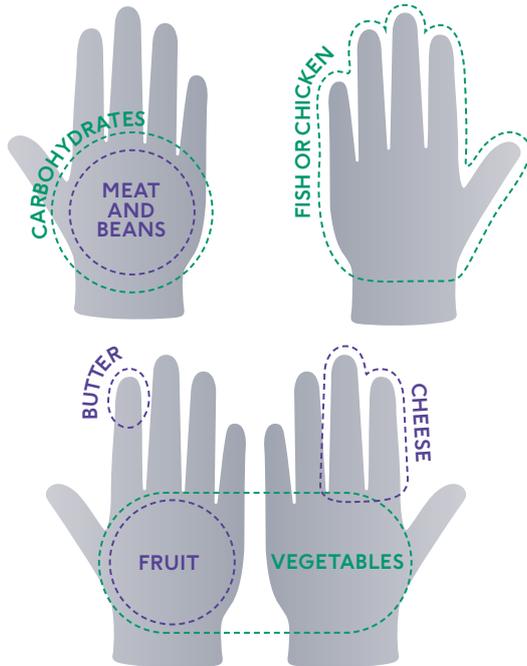
Get portion sizes right

It's important to eat the right amount of food. If you're eating too much then you're likely to gain weight, even if you're eating healthier foods.



What does one portion look like?

Using your hands is an easy way to measure food portions.



Eat a healthier diet

Eating a healthy diet will help you to control your weight, blood glucose, cholesterol and blood pressure.

Most parts of a traditional South Asian diet are healthy such as: pulses like lentils and beans, vegetables, and fish. But adding too much salt and saturated fat like ghee, butter, and coconut oil can make your diet less healthy. Too much fried food can lead to weight gain, increasing your risk of Type 2 diabetes.

Here are some healthy swaps you could make today:



Butter, ghee, coconut oil



Olive oil, rapeseed oil, sunflower oil



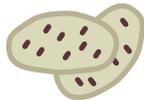
Paneer



Tofu



Paratha, puri



Chapatti, Pitta bread



Sugary snacks, halwa, mithai



Fresh fruit and unsalted nuts



Salt



Herbs, spices, ginger, chili, and citrus juice

Move more

Being active helps you maintain a healthy weight and reduces your risk of Type 2 diabetes, high blood pressure and high cholesterol.

You don't have to go to a gym. It's about moving more in your day-to-day life. Every time you're active, aim for 10 minutes or more. Try to do at least 30 minutes a day.

All these activities will help to improve your health:



Taking the stairs instead of the lift



Gardening



Housework like vacuuming



Walking



Group dancing



Cycling

Check your health

If you live in England, are registered with a GP, and are aged 40–74, you'll be invited to go for a free NHS Health Check where you can find out your risk of developing heart and circulatory diseases. The practice nurse will check your blood pressure, blood glucose and cholesterol levels, as well as measure your weight, waist size, ask about your family history and assess your overall health.



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Heart transplants. Clot busting drugs. Pacemakers. Breakthroughs born from visionary medical research. Research you fund with your donations.

Heart and circulatory diseases kill 1 in 4 people in the UK. They cause heartbreak on every street. But if research can invent machines to restart hearts, fix arteries in newborn babies, build tiny devices to correct heartbeats, and give someone a heart they weren't born with – imagine what's next.

We fund research into all heart and circulatory diseases and their risk factors. Heart attacks, heart failure, stroke, vascular dementia, diabetes and many more. All connected, all under our microscope. Our research is the promise of future prevention, cures and treatments.

The promise to protect the people we love. Our children. Our parents. Our brothers. Our sisters. Our grandparents. Our closest friends.

You and the British Heart Foundation. Together, we will beat heartbreak forever.

Beat heartbreak forever.

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