

PRESS RELEASE

Prajapatis take Obesity seriously!

Shree Prajapati Association UK's 28th annual Mahila Samelan (Ladies gathering) was hosted by Shree Prajapati Association - Bradford at the Punjab Community Centre. The conference was based on the subject of Obesity; a major health issue, which is very prominent in the media and is seen to have a profound impact on the Asian community.



The association's 13 branches were well represented by the attendance of over 600 delegates from throughout the UK. The keynote speakers for the day were: **Jane Thompson**, Public Health Manager (Obesity), Bradford and Airedale TPCT and **Ann Hobbiss RD**, Bradford NHS Acute Hospitals Foundation Trust, Bradford and Airedale TPCT.

The speakers gave a detailed presentation on the root causes of obesity and what we need to do to tackle the problem. Gentle exercise routines for the elderly were demonstrated by **Shakuntla Sharma**, Asian Health Development Officer, Bradford and Airedale TPCT.

Amjad Bashir, chairman of ZOUK tea bar & grill, demonstrated the preparation of two quick and easy salads, one way of achieving a target for eating five fruit and vegetable a day. Delegates were given information packs full of items that will help them to tackle obesity. All delegates were treated to a healthy vegetarian Indian meal which encompassed key areas of the "healthy eat well" plate.

Hansaben Mistry the association's president said "It is heartening to see that ladies are taking the initiative to learn more about obesity as we play a key role in bringing up families. If we understand the root causes and can mitigate the risks of being obese, then we can see healthier people around. I certainly did not know that by just eating an extra half of a roti a day, an average person can put on nearly 5 Kg in body weight per year. I really hits home when you put it in such simple terms"

Special thanks go to, British Heart Foundation, Diabetics UK, Food Standard Agency, Natural England, The NHS for supplying their publications for our conference packs, Lloyds Pharmacy for supplying Body Mass Index Calculators and Bradford Metropolitan council for their B-Active pedometers.

Note:

- Shree Prajapati Association is a registered charity with 13 branches throughout the UK and a membership of over 10,000 people.
- It has its own International Trust Fund that administers charitable donations to deserving causes throughout the world.
- Further information from the PRO of Shree Prajapati Association (UK), Mr Jitubhai Mistry. Tel. 07982260176