

Public Health Healthy Lifestyle Programmes

Islington Public Health
Behaviour Change team

Quiz



Question 1

How much of our daily diet should be carbohydrates?

A. 1/2

B. 1/3

C. 1/5

Question 2

How many portions of fruit and vegetables should we eat each day?

- A. 5
- B. 8
- C. 10

Question 3

Potatoes count as one portion of fruit and veg.

A. True

B. False

Question 4

We should be eating 2 portions of oily fish per week.

A. True

B. False

Question 5

“There’s no point in quitting smoking because the damage is irreversible.”

A.True

B.False

Question 6

How many poisonous chemicals are there in a cigarette?

- A. 40
- B. B. 400
- C. C. 4000+



Question 7

What are the recommended sensible drinking limits for ?

A. Men?

B. Women?

C. Children?



Question 8

Which contains the most alcohol?



A. 7 cans of strong beer
(440ml)



B. 1 bottle of whisky
(70cl)



C. 3 bottles of wine
(750ml)

Answer: Question 1

How much of our daily diet should be carbohydrates?

A. $1/2$ ✓

B. $1/3$ X

C. $1/5$ X

Answer Question 2

How many portions of fruit and vegetables should we eat each day?

A. 5 ✓

B. 8 X

C. 10 X

Answer: Question 3

Potatoes count as one portion of fruit and veg.

- A. True X
- B. False ✓



Answer: Question 4

We should be eating 2 portions of oily fish per week.

A. True X

B. False ✓

A healthy diet should include at least two portions of fish a week, including one of oily fish.

Answer: Question 5

“There’s no point in quitting smoking because the damage is irreversible”

A.True X

B.False ✓

Giving up smoking at any age will increase your life expectancy, provided you stop before you develop cancer or another serious disease.

Answer: Question 6

How many poisonous chemicals are there in a cigarette?

- A. 40 X
- B. 400 X
- C. 4000+ ✓



Answer: Question 7

What are the recommended sensible drinking limits for ?

A.Men: 3 to 4 units per day

B.Women: 2 to 3 units per day

C.Children: There is no safe limit for children

Bonus:



Answer: Question 8

Which contains the most alcohol?



A. 7 cans of strong beer
28 units

B. 1 bottle of whisky
28 units

C. 3 bottles of wine
28 units

Healthy Eating



Guidelines for a healthy diet

1. Base your meals on starchy foods
2. Eat lots of fruit and vegetables
3. Eat more fish – including portions of oily fish
4. Cut down on saturated fat and sugar
5. Try to eat less salt – 6g max for adults
6. Get active and try to be a healthy weight
7. Drink plenty of water
8. Don't skip breakfast!

Eat lots of fruit and veg!

- 5 a day, different ways
- Dried fruit – try to only eat at mealtimes
- Juice – pure juice/ 100%/ from concentrate

Don't skip breakfast!

- Less likely to snack if eat breakfast
- Eating breakfast can help control weight
- Encourage fruit with breakfast
- Base breakfast on wholegrains
- Avoid pastries, cereals high in sugar and cereal bars

Cut down on salt

- Maximum 6g per day
- 75% of the salt we eat is already in our food!
- Breakfast cereals, bread, cheese, cold meats, soups, sauces, ready meals all high in salt



Healthy weight

- Portion size – only eat as much as you need
- Choose low-fat, low sugar options, eat plenty of fruit & veg, and wholegrains
- Don't follow crash/fad diets
- Alcohol is high in calories, so cutting down can help control weight
- Remember the energy balance – Get active!



Hydration

- 6 - 8 glasses of water or other fluids (about 2 litres)
- Avoid soft drinks & fizzy drinks
- Reduce sugar in tea and coffee
- Instead of caffeine and alcohol, drink water. Caffeine and alcohol act as diuretics and cause the body to lose water.



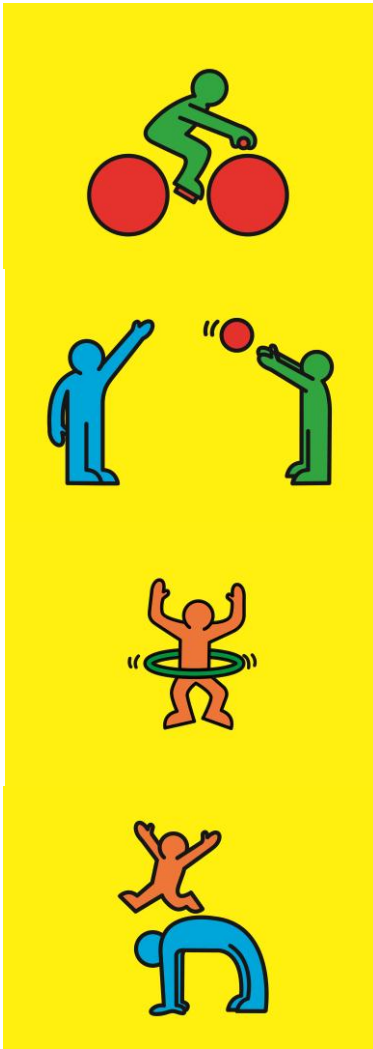
Services available

- Central Street Cookery School
- info@centralsteet.org
- 020 7549 8176
- "Rebalance" Adult Weight Management
- weightloss@aquaterra.org 020 7689 9819
- MoreLife children's weight management
- www.more-life.co.uk 0113 812 5233
- MEND 2 – 4 (through Children's Centres)

Physical activity



Physical activity guidelines



- Children under 5 who can walk on their own should be physically active every day for at least 180 minutes (3 hours).
- Active play (chasing games, ball games, bikes, water play) is best
- Children aged 5 and over should have at least 60 minutes (1 hour) of physical activity every day.
- On three days a week, this should involve activities such as running, skipping, gymnastics, martial arts or football

Physical activity guidelines

- Adults should aim to be active daily.
- Over a week, this should add up to at least 150 minutes (2½ hours) of moderate intensity activity.
- One way to approach this is to do 30 minutes on at least 5 days a week.



Easy wins

150 minutes can be broken up!

- Jump off the bus a stop or two earlier than usual
- Cycle to the shops
- Vacuum a large room (and stairs?)
- Push your kids on the swings in the park



Services available

Children's weight management

- MEND 2-4 (through Children's Centres)
- Active Islington
www.islington.gov.uk/services/leisure-culture-sport/active_islington
- Family Information Service Service
www.islington.gov.uk/fis 020 7527 5959

Services available

Adult weight management

- LBI Leisure, culture, sports
www.islington.gov.uk/services/leisure-culture-sport/Pages/default.aspx
- Aquaterra www.aquaterra.org
- GLL (Ironmonger Row Baths)
- www.better.org.uk/leisure/ironmonger-row-baths
- Exercise on Referral

Ask your GP or Health Professional for details

Stop smoking



Start living!

Stop smoking



North Central London

- Stopping smoking can make a big difference to your health.
- It is never too late to stop smoking to greatly benefit your health.
- Many people have given up smoking.
- Help is available if you want to stop smoking but are finding it difficult

Start living!

Services available

NHS Islington Stop Smoking Service

- 0800 0093 9030
- stop-smoking-islington.whitthealth@nhs.net

Services also available in:

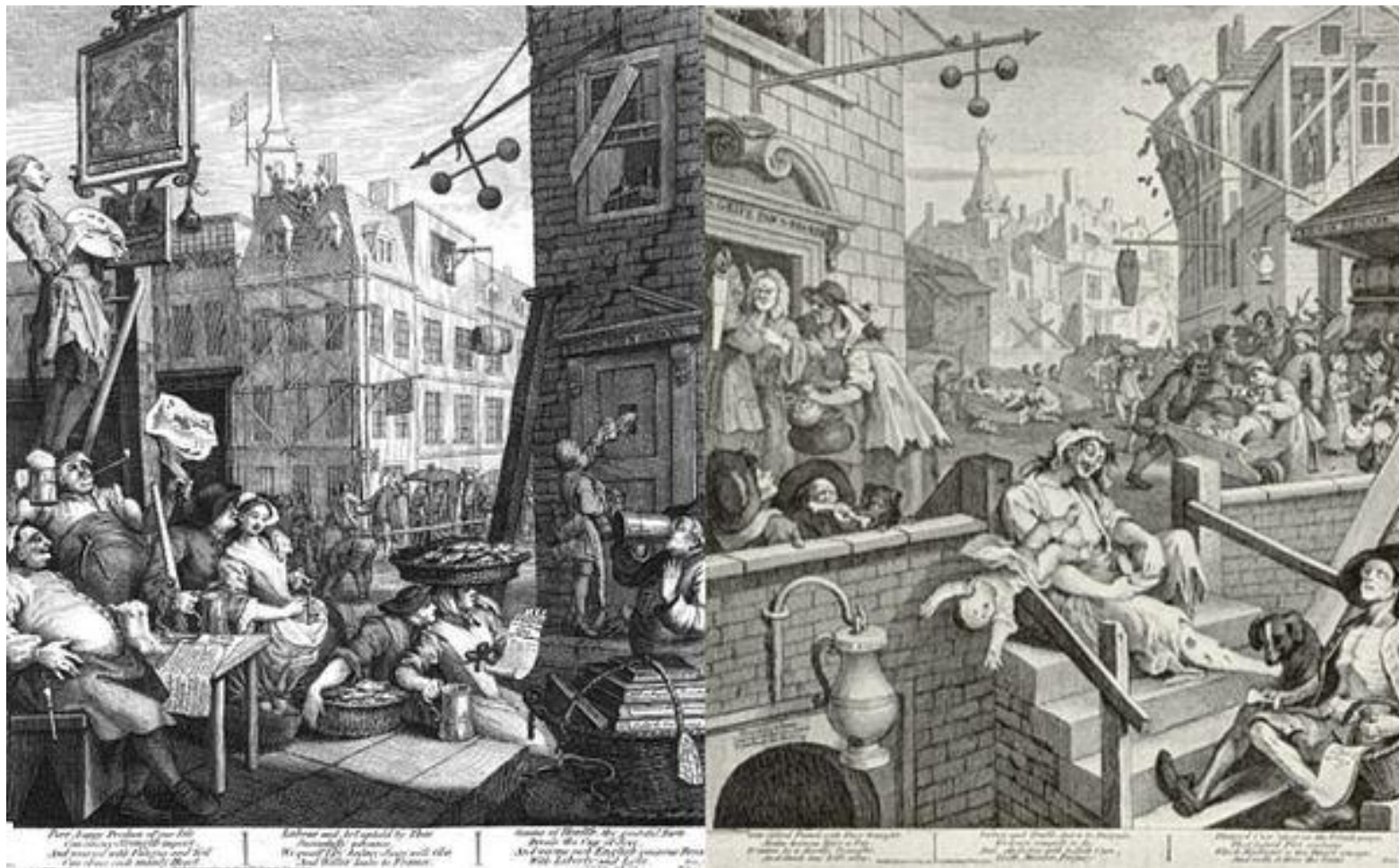
GP Practices, some community pharmacies

Turkish stop smoking services

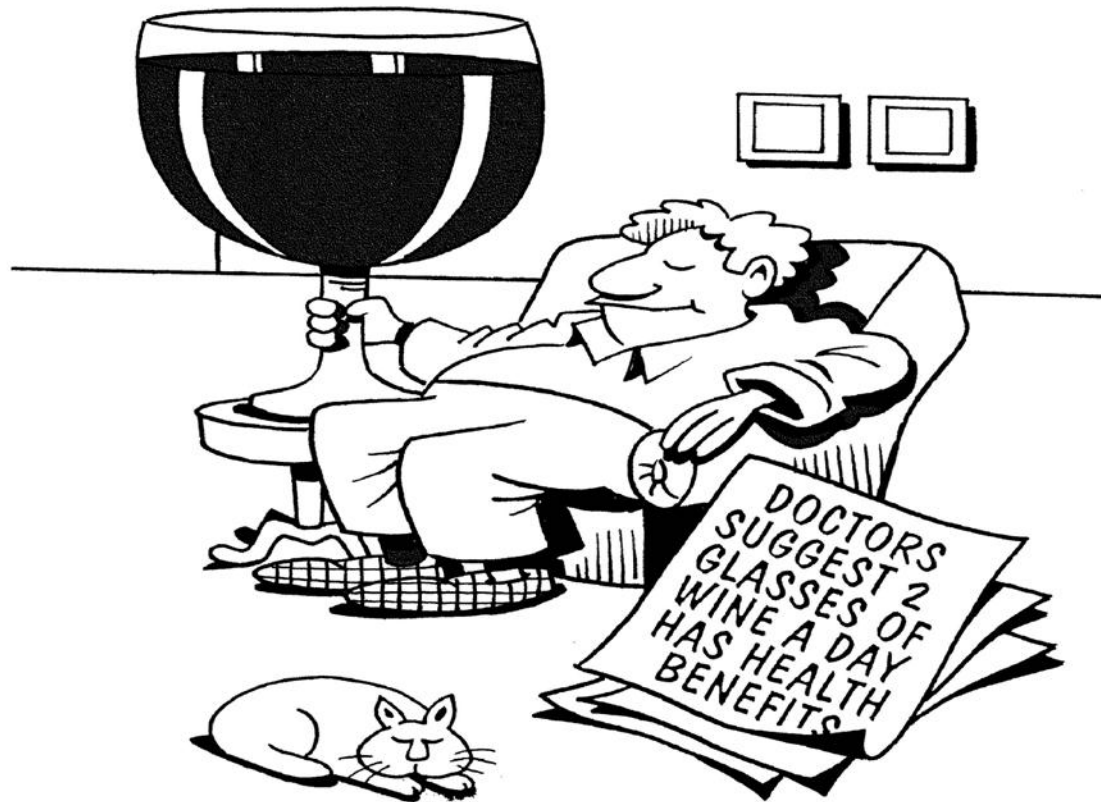
- 020 7613 5944



Alcohol



How much is too much?



How much is too much?

- Men should drink no more than 3 – 4 units a day, with at least two alcohol free days per week
- Women should drink no more than 2 – 3 units a day, with at least two alcohol free units per week
- Pregnant women or women trying to conceive should avoid drinking alcohol
- Avoid alcohol before driving or operating machinery
- Alcohol interacts with some types of medication – speak to your GP or pharmacist

How much is too much?

- An alcohol free childhood is the best and healthiest option
- If children do drink alcohol, it should not be before the age of 15
- If 15 to 17 year olds do drink alcohol:
 - They should drink no more than adult daily guidelines
 - On no more than one day a week
 - In the presence of a parent or carer in a supervised environment

What can you do?



DON'T BOTTLE IT UP

Drinking because of stress?

Stressed about your drinking?

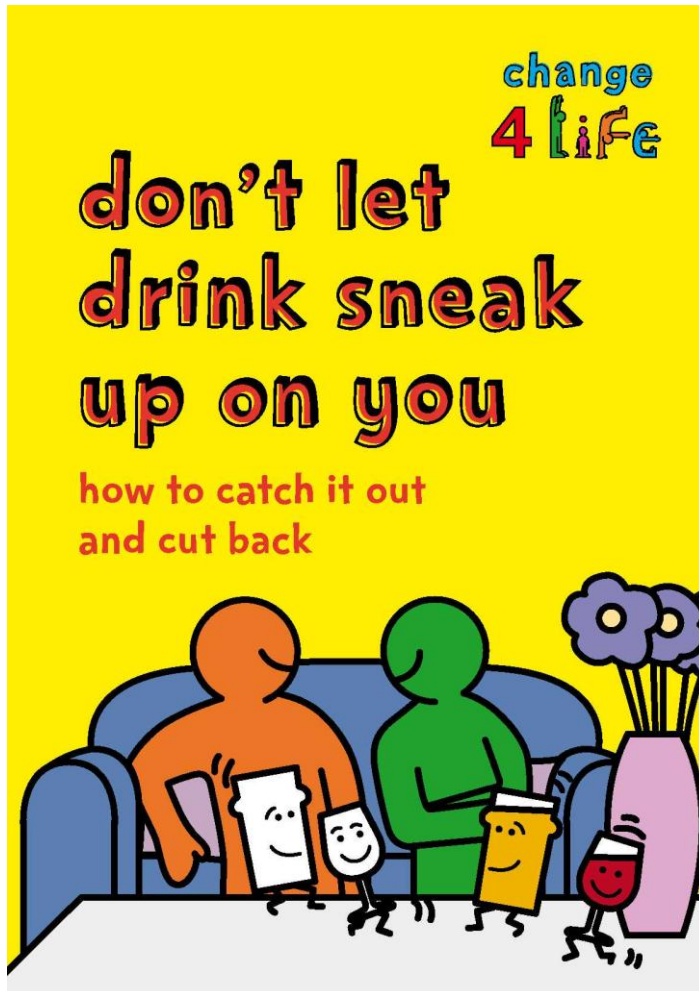
You can get free personalised advice about your drinking by spending just two minutes answering a few questions on our website.

You will also get information about where you can get further support locally.

dontbottleitup.org.uk

- Computerised Identification and Brief Advice (IBA) with personalised feedback and, for higher risk drinkers, referral to Islington Community Alcohol Service

Services available



- Information Leaflet (left) available online from from Change4Life
- Islington Community Alcohol Service
 - 020 7833 9899
- Primary Care Drug and Alcohol Service
 - 020 3316 8778



Mental Health Initial Response – Islington

A 2-day course that teaches delegates how to recognise the signs and symptoms of common mental health issues and respond appropriately.

fergal.mcbride@rethink.org

020 7840 3086

Or search “mental Health Initial Response”

Any questions?

