



Dance versus Diabetes

- White Europeans <50% Leicester population
- People from Asian backgrounds
 - Less physically active
 - More heart disease
 - More diabetes
- We're bad at communicating health/science

Models of Engagement



Enable access to family by offering a child friendly activity

- 5-11 year olds
- Moderately successful



Enable access to family by offering a young person friendly activity

- 11-16 year olds
- Unsuccessful



Engage adults directly by offering a fun activity

- 16 years an older
- Very successful

Evaluation

- What did you like about the project?

Dance was very good. Meet new friends. Laughter. Fun.

Exercise. Energetic. More fun.

I really enjoyed every single bit. Cos of financial problems the dance dream come true.

Variety of dance styles and it was a total workout.

The ability for children to be active and learn something new such as dance.

Dancing and food.

Evaluation

- Was there anything you didn't like, and how would you change it?

Would like more information about what to eat to keep healthy

No, I liked everything.

I think it was all very well organised. Thank you to the team.

Loved everything especially the food.

It shouldn't stop!

The length of time it was on for, two weeks.

Evaluation

- Did you learn anything new?

How to dance like H Roshan (actor).

Yes, Becca was very good. Before the dance we sit and talk about calories and food.

Yes, new dance skills.

How to keep fit.

I have learnt how to just be myself and have confidence in moves.

My children learnt some new dance moves and, most importantly, that they love to dance.

Evaluation

- Have you changed anything because of what you learned?

Yes, I put music on loud and start dancing in the house.

More physical activity.

I'm dancing with my mum more.

No.

Awareness of healthy eating and it needn't be boring.

The children are more confident when asked to dance.

Evaluation

- Using one word how would you describe the project?

Dancetastic

Excellent

Amazing

Awesome

Great

Brilliant

Themes Identified



Reaching seldom heard groups

- Engaging partners was relatively easy
- Recruitment was easy in some cases



Different ways of working

- Shorter lead times
- Different concerns
- Access to different resources and knowledge



Health and science literacy

- Variable
- Expectations of health and science

Themes Identified



Women's power and influence

- Significant influence over food and lifestyle



Engaging colleagues

- Very low levels of engagement
- Under-resourced this as an activity



Challenging stereotypes

- Personally
- Minimal research into women in the South Asian communities