



# South Asian Heritage Month Newsletter

18 July - 17 August 2023

**Welcome to our annual edition of the South Asian Heritage Month Newsletter.**

Created to inform and support you through this month and the coming year with a mixture of reading lists, journal articles, and health information.

**Your hub for all things South Asian** <https://southasianheritage.org.uk/>

## Reading lists of books to celebrate South Asian Heritage Month

**Bloomsbury** books to celebrate South Asian Heritage Month

[www.bloomsbury.com/uk/discover/articles/book-round-ups/south-asian-heritage-month/](http://www.bloomsbury.com/uk/discover/articles/book-round-ups/south-asian-heritage-month/)

**Waterstones** South Asian Heritage Month (non fiction)

[www.waterstones.com/booklist/2847722/south-asian-heritage-month-non-fiction](http://www.waterstones.com/booklist/2847722/south-asian-heritage-month-non-fiction)

**Cosmopolitan** 20 of the best books to read this South Asian Heritage Month

<https://www.cosmopolitan.com/uk/entertainment/g37140957/south-asian-heritage-month-books-by-indian-south-asian-authors/>

**Bookshop.org** South Asian Heritage reading list

<https://uk.bookshop.org/lists/south-asian-heritage-reading-list>

**Goodreads** South Asian Authors books

[www.goodreads.com/shelf/show/south-asian-authors](http://www.goodreads.com/shelf/show/south-asian-authors)

**BCHFT** South Asian Reading List

<https://staff.healthlibrariesmidlands.nhs.uk/cgi-bin/koha/virtualshelves/shelves.pl?op=view&shelfnumber=940>

## Health information for people of South Asian heritage

**South Asian Health Foundation** <https://www.sahf.org.uk/>

**South Asia Biobank** <https://www.sabiobank.org/> an international research study designed to prevent the high risk of cardiovascular disease, diabetes, and cancer among South Asian people

**Diabetes.co.uk** [South Asian pages, including BMI levels and healthy eating.](https://www.diabetes.co.uk/category/diagnosis/risk-factors/south-asian/)

<https://www.diabetes.co.uk/category/diagnosis/risk-factors/south-asian/>

## Health information for people of South Asian heritage (continued)

Alzheimer's UK (2023) South Asian communities affected by dementia deserve better support <https://www.alzheimers.org.uk/blog/south-asian-communities-dementia-deserve-better-support>

Guardian newspaper article (2002) on South Asians with dementia [www.theguardian.com/society/2002/jun/26/south-asians-with-dementia-failed-by-uk-services-report-warns](http://www.theguardian.com/society/2002/jun/26/south-asians-with-dementia-failed-by-uk-services-report-warns)

Action on Salt from Queen Mary University of London have information on salt and South Asian communities [www.actiononsalt.org.uk/salthealth/ethnic/southasian/](http://www.actiononsalt.org.uk/salthealth/ethnic/southasian/)

Huffpost How history still weighs heavy on South Asian bodies: The health risks South Asians face aren't just down to lifestyle. [www.huffingtonpost.co.uk/entry/south-asian-health-colonial-history\\_uk\\_620e74fee4b055057aac0e9f](http://www.huffingtonpost.co.uk/entry/south-asian-health-colonial-history_uk_620e74fee4b055057aac0e9f)

Heart UK South Asian diets and cholesterol <https://www.heartuk.org.uk/healthy-diets/south-asian-diets-and-cholesterol>

Hepatitis C Trust South Asian Outreach programme <https://www.hepctrust.org.uk/find-support/community-peer-programme/south-asian-outreach-programme/#> We are working with South Asian communities across the country to find, test and treat anyone at risk of hepatitis C

Blood Pressure Association Love your heart: A South Asian guide to controlling your blood pressure [www.bloodpressureuk.org/media/bpuk/docs/SouthAsian-\(1\).pdf](http://www.bloodpressureuk.org/media/bpuk/docs/SouthAsian-(1).pdf)

## Blog posts from South Asian Heritage Month 2022

Reflections from Dr Navina Evans, NHS England's chief workforce officer, on her South Asian heritage and how it has shaped her role in the NHS. [www.nhsconfed.org/articles/south-asian-heritage-month](http://www.nhsconfed.org/articles/south-asian-heritage-month)

As a South Asian NHS leader with a disability, Faisal Hussain shares insights on how the values instilled in him helped him overcome many challenges. [www.nhsemployers.org/articles/overcoming-challenges-south-asian-nhs-leader-disability](http://www.nhsemployers.org/articles/overcoming-challenges-south-asian-nhs-leader-disability)

Dr Bal Sidhu My journey of empire. [www.england.nhs.uk/blog/south-asian-heritage-month-my-journey-of-empire/](http://www.england.nhs.uk/blog/south-asian-heritage-month-my-journey-of-empire/)





### Clinical journal articles

Below is a small selection of clinical journal articles available on topics related to people with South Asian heritage. Contact the library to find more. You may require a free OpenAthens password to access some - register at <https://openathens.nice.org.uk/>

Clarke, G. et al. (2023) 'Experiences of pain and pain management in advanced disease and serious illness for people from South Asian communities in Leeds and Bradford: a qualitative interview study', *BMS Palliative Care*, 22 (90).

Available at:

<https://bmcpalliatcare.biomedcentral.com/articles/10.1186/s12904-023-01208-2>

Hassanin, E. et al. (2023) 'Assessing the performance of European-derived cardiometabolic polygenic risk scored in South-Asians and their interplay with family history', *BMC Medical Genomics*, 16 (164). Available at:

<https://onlinelibrary.wiley.com/doi/pdfdirect/10.1002/cpp.2875>

Husain, N. et al. (2023) 'Exploratory RCT of a group psychological intervention for postnatal depression in British mothers of South Asian origin- ROSHNI-D', *Acta Psychologica*, 238 (103974). Available at:

<https://www.sciencedirect.com/science/article/pii/S0001691823001506>

Mishra, A. et al. (2023) "You can't be too skinny. You can't be too fat. I don't know what you are supposed to be.": A qualitative focus group study exploring body image experiences of South Asian women in the UK. *Body Image*, 46 (2023), pp.123-138. Available at:

<https://www.sciencedirect.com/science/article/pii/S1740144523000785?via%3Dihub>

Ojo, A.S. et al. (2023) "I am not really into the government telling me what I need to eat~: exploring dietary beliefs, knowledge, and practices among ethnically diverse communities in England", *BMC public health*, 23(1), pp.800. Available at:

<https://web.p.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=24&sid=40142cf8-3653-4fa2-aace-03437e09692d%40redis>

### **Clinical journal articles (continued)**

Özen-Dursun, B. et al. (2023) 'A qualitative study on lived experience of self-harm in South Asians in the UK: From reasons to recovery', *Clinical psychology and psychotherapy*. Available at:

<https://onlinelibrary.wiley.com/doi/pdfdirect/10.1002/cpp.2875>

Özen-Dursun, B. et al. (2023) 'Understanding self-harm and suicidal behaviours in South Asian communities in the UK: systematic review and meta-synthesis', *BJPsych Open* 9(e82), pp.1-9. Available at:

<https://www.cambridge.org/core/journals/bjpsych-open/article/understanding-selfharm-and-suicidal-behaviours-in-south-asian-communities-in-the-uk-systematic-review-and-metasynthesis/034845B5F3175974FAD4408E5050E7A6>

Rai, A. et al. (2022) 'Systematic review of the barriers and facilitators to dietary modification in people living with type 2 diabetes and pre-diabetes from South Asian ethnic populations', *Diabetic Medicine*, 40(8), pp. e15132. Available at:

<https://onlinelibrary.wiley.com/doi/pdfdirect/10.1111/dme.15132>

Vafaei, P. et al. (2023) 'Heart health for South Asians: improved cardiovascular risk factors with a culturally tailored health education program', *BMC Public Health*, 23(1), pp711. Available at:

<https://web.p.ebscohost.com/ehost/pdfviewer/pdfviewer?vid=23&sid=40142cf8-3653-4fa2-aace-03437e09692d%40redis>

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