



What is DHAL?

DHAL is short for Diet, Health & Activity in Leicester. The programme is a 10-week weight management programme targeting the South Asian community in the East of Leicester City. It is run by Leicestershire Nutrition & Dietetic Service in partnership with physical activity instructors.

What does the DHAL programme consist of?

The programme consists of 90 minutes nutrition education and activity followed by an hour of physical activities such as aerobics, gym, yoga, and circuit training.

Why do we need DHAL in Leicester?

- Leicester is the 20th most deprived of 354 local authority districts. The major causes of death in the city are coronary heart disease, CHD (36%), cancer (24%) and respiratory disease (16%).
- In the 2001 Census 36% of the population classified themselves as coming from a Black or Minority Ethnic Group (BME). The largest BME community is South Asian (26%).
- The South Asian population are at greater risk of being overweight or obese and having central adiposity which increases the risk of associated diseases.

Where is DHAL being run?

We are running two groups at present at The Peepul Centre, Leicester.

How can I get more details about the DHAL programme?

If you would like further information about the DHAL programme or you are interested in joining one of our future programmes, please call us on 0116 222 7154