

**NHS Greater Glasgow & Clyde
Search for Multilingual Health Information Resources**

Lifestyle

Scope	3
Specialist Lifestyle Sources	4
Lifestyle Multilingual Health Resources Directory	5

Scope

The lifestyle topic was broken down into a comprehensive list of sub-topics. The sub-topic list was compiled by the Public Education Resource Library, NHS Greater Glasgow & Clyde. The research for this topic was carried out in the week beginning 2nd April 2007 for one week only.

The sub-topics were

- Physical activity
- Exercise
- Sports
- Walking
- Jogging
- Swimming
- Cycling
- Active lifestyle
- Sports injuries
- Responsible eating
- Balance of food groups
- Drinking enough fluids

Specialist Lifestyle Sources

Age Concern

<http://www.ageconcern.org.uk/>

Association for the Study of Obesity

<http://www.aso.org.uk/>

British Association of Sports and Exercise Medicine

<http://www.basem.co.uk/>

British Geriatrics Society

<http://www.bgs.org.uk>

Chest, Heart and Stroke Scotland.

<http://www.chss.org.uk/>

Diabetes UK

<http://www.diabetes.org.uk/>

British Heart Foundation

<http://www.bhf.org.uk>

British Hypertension Society

<http://www.bhsoc.org>

FitKid

<http://www.fitkid.co.uk/>

Lifestyle Multilingual Health Resources Directory

<p>21 easy ways to get more action into your day</p> <p>Description Ideas and activities to help you improve your eating habits & become more physically active</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>21 ways to feel good about yourself</p> <p>Description Tips for eating well to be fitter and stronger</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2004</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>
<p>23 ways to keep things running well</p> <p>Description information on how good food and regular meals can improve energy levels</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>23 ways to feel good inside</p> <p>Description Tips on eating the right foods to make a difference to your insides as well as your outside.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>
<p>23 ways to get your family going</p> <p>Description Presents the benefits of getting your whole family active.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>24 ways to turn over a new leaf</p> <p>Description Tips on eating a healthy diet to improve sleep and concentration.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>
<p>25 ways to increase your staying power</p> <p>Description Informing the elderly of ways to remain active.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>Are you drinking enough water?</p> <p>Description Illustrates the health benefits of water.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>

<p>Cholesterol: too much is dangerous Asian Foods</p> <p>Description Information on how to reduce cholesterol when cooking Asian foods.</p> <p>Format Fact sheet</p> <p>Language Chinese, English</p> <p>Cost Free to download</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>Cholesterol: too much is dangerous - European and Middle Eastern foods</p> <p>Description Information on how to reduce cholesterol in European and middle eastern foods.</p> <p>Format Fact sheet</p> <p>Language Arabic, English, Farsi, Punjabi, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>
<p>Diet</p> <p>Description Information on diet and your health.</p> <p>Format Leaflet</p> <p>Language Turkish, Urdu.</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NHS Direct http://www.nhsdirect.nhs.uk/</p>	<p>Eat Well</p> <p>Description Multicultural focus advice on healthy eating and promoting the balance of health.</p> <p>Format Leaflet</p> <p>Language English and Somali</p> <p>Cost 30 pence each</p> <p>Published 2005</p> <p>Contact Health Information East London http://www.hiel.nhs.uk/</p>
<p>Eating well to prevent heart disease and stroke</p> <p>Description Tips for healthy eating to prevent strokes and heart disease.</p> <p>Format Fact sheet</p> <p>Language Arabic, English</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>Exercise</p> <p>Description Advice on exercise to maintain health</p> <p>Format Booklet</p> <p>Language English, Turkish, Urdu</p> <p>Cost Free to download</p> <p>Published March 2005</p> <p>Contact NHS Direct http://www.nhsdirect.nhs.uk</p>
<p>Exercise for Health – a summary</p> <p>Description Information promoting the benefits of exercise.</p> <p>Format Fact sheet</p> <p>Language Somali, Urdu</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact Patient UK http://www.patient.co.uk</p>	<p>Gentle exercise- nothing to lose and a lot to gain</p> <p>Description General information on the benefits of exercise.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Polish, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>

<p>Getting active</p> <p>Description Information regarding preventative health aspects of getting active.</p> <p>Format Text, audio, CD to download.</p> <p>Language Arabic, Chinese, English, Punjabi, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Sounds Healthy http://www.surgerydoor.co.uk/</p>	<p>Healthy eating</p> <p>Description A leaflet outlining the benefits of healthy eating.</p> <p>Format Leaflet</p> <p>Language Chinese, Urdu</p> <p>Cost Free to download</p> <p>Published 2003</p> <p>Contact Patient UK http://www.patient.co.uk</p>
<p>Healthy eating</p> <p>Description Information regarding preventative aspects of eating healthily.</p> <p>Format Text, audio, CD to download.</p> <p>Language Arabic, Chinese, English, Punjabi, Somali</p> <p>Cost Free</p> <p>Published Unknown</p> <p>Contact Sounds Healthy http://www.surgerydoor.co.uk/</p>	<p>How to get your children moving</p> <p>Description Strategies to encourage children to perform and enjoy physical activity.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>
<p>How healthy is a vegetarian diet?</p> <p>Description The health benefits of a vegetarian diet and how to avoid missing out on important nutrients.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>How much meat do you need?</p> <p>Description A guide to making meat part of a healthy balanced diet.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>
<p>How to pack a healthy lunchbox for children under five</p> <p>Description Suggestions for a healthy diet for school children.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Farsi, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>Good reasons to eat more fish</p> <p>Description Information on how fish can help protect against diseases such as heart disease and stroke.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>

<p>It's good thinking to start with breakfast</p> <p>Description Information on eating the right breakfast and why it contributes to good health.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>Making food fun for children and parents</p> <p>Description Parental strategies for minimising feeding problems with young children.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free to download</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>
<p>Obesity</p> <p>Description Information on obesity and your health.</p> <p>Format Leaflet</p> <p>Language Turkish, Urdu.</p> <p>Cost Free to download</p> <p>Published 2005</p> <p>Contact NHS Direct http://www.nhsdirect.nhs.uk/</p>	<p>Obesity and overweight</p> <p>Description A leaflet outlining the problems of being obese and overweight.</p> <p>Format Leaflet</p> <p>Language Chinese, Urdu</p> <p>Cost Free</p> <p>Published 2003</p> <p>Contact Patient UK http://www.patient.co.uk</p>
<p>Regular exercise – its easier than you think</p> <p>Description A guide to getting exercise.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>	<p>Strength training</p> <p>Description Advice on resistance training to improve muscle strength and endurance.</p> <p>Format Fact sheet</p> <p>Language English & Russian</p> <p>Cost Free</p> <p>Published 2007</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>
<p>Tips for a healthy Life for men and women</p> <p>Description Advice on healthy living.</p> <p>Format Fact sheet</p> <p>Language English, Somali</p> <p>Cost Free to download</p> <p>Published 2006</p> <p>Contact Healthy Roads Media http://www.healthyroadsmedia.org</p>	<p>Water and good health</p> <p>Description Information on the benefits of water and drinking enough.</p> <p>Format Fact sheet</p> <p>Language Arabic, Chinese, English, Russian, Turkish</p> <p>Cost Free</p> <p>Published 2001</p> <p>Contact Health Translations Directory http://www.healthtranslations.vic.gov.au</p>