Diabetes and Ramadan -  *Information for service users and HCPs*

This year Ramadan starts on Thursday the 23rd of April and finishes on Saturday the 23rd of May. The longer daylight hours at this time of year makes fasting a challenge for those with medical conditions like diabetes. Fasting is recognised in many cultures as a way to promote good health and intermittent fasting can be beneficial for blood glucose control.

NWL has an excellent website called Knowdiabetes which has an updated content on Ramadan, as well as a lot of wellbeing, physical activity, healthy eating including recipes and mental health information. Please advice people to register on the website to get more content. <https://www.knowdiabetes.org.uk/be-healthier/ramadan/>

See NHS Employers recommendations:

<https://www.nhsemployers.org/news/2020/04/ramadan-2020>

Please see the following information from Diabetes UK & the BMJ for resources for People with Diabetes as well as Healthcare Professionals.

For People with Diabetes who choose to fast this diabetes UK resource has useful information regarding safer fasting during Ramadan and includes a factsheet (attached)

<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/ramadan>

A guide (written by London based specialists at Imperial and Barts) is also available from the Muslim Council of Britain

<http://www.mcb.org.uk/wp-content/uploads/2014/06/Ramadan-and-diabetes-A-guide-for-patients-2013.pdf>

For People with Diabetes for whom fasting would be inadvisable, duties may be completed by offering charity or providing food to the poor. Local Imams will be able to advise on these options.

This BMJ article (free to all) has comprehensive guidance for diabetes and Ramadan. This includes discussion of each class of oral hypoglycaemic and information around adjustments to glucose lowering regimes. Figure 1 from the article is a useful flow chart to follow (attached).

<https://drc.bmj.com/content/3/1/e000108>

The Carbs and Cals World Foods Book is available and provides accessible and easy to use information regarding food & drink for African, Arabic, Caribbean and South Asian communities in the UK, using the tried and tested Carbs & Cals format.​ <https://www.carbsandcals.com/books/world-foods>

SAHF

Astra Zeneca sponsored free meetings on Ramadan

<https://astrazeneca.zoom.us/webinar/register/WN_jW-uodjaQlCCYZlC-A_7Hg>

Worksmart

<https://worksmart.org.uk/news/ramadan-%E2%80%93-supporting-muslim-colleagues-work>

Muslim Council of Britain

<https://mcb.org.uk/resources/ramadan/>