

Tala Lelei

Health Promoting Churches' Newsletter



PIC Avondale play group with Toma Amosa at story time.

PIC Avondale Play Group Centre

Working hand-in-hand with families to develop healthy eating habits for their children is a vital part of the work done by Henga Amosa at the Pacific Islands Congregation Church playgroup centre.

As the Health Coordinator for the Avondale based Church, Henga has run the playgroup centre since it was opened in 2005. During that time, she has witnessed its positive impact on the children who attend.

"Our vision is to make a difference to the lives of the children in our church - and we are already seeing that happen", says Henga.

When visiting the play centre it is immediately apparent that it serves as a hub for developing healthy futures, with its colourful wall displays and daily health awareness routines.

The children learn about different fruits and vegetables, their shapes, colours and seasonal availability. Most importantly, they get to taste these fruits and vegetables as healthy meal alternatives at morning tea and lunch. In place of fizzy drinks, only water is served and the children clearly understand why. Physical activity is also promoted via a variety of games including hide and seek, jumping and dancing.

Henga says that having the centre attached to the church has also helped raise health awareness within the general congregation.

"What children learn at an early age impacts not only on their own futures but also on their families attitudes", she says.

Editorial

Malo e lelei – Greetings!

Whether it's "eat to live" or "all things in moderation", these well known and well used expressions do make a lot of sense. We need to act on them, especially given the poor health status of Pacific people in New Zealand.

We can improve our own health through what we eat now and the actions that we take. There's clear scientific evidence that proves that taking care of the nutritional quality of what we consume, combined with being physically active, will significantly help to delay the onset of heart and diabetes-related diseases. Taking the time to think about a healthier diet and a more active lifestyle will help us to lose weight, achieve a more suitable body mass index (BMI) and ultimately reduce the risks of developing lifestyle-related illnesses.

Losing weight is not rocket science – it's simply about reducing the amount of energy that we put into our bodies by eating less or consuming better quality foods and being more physically active. Reducing the amount of sugary foods and drinks we consume also puts us on a fast-track to reducing our energy intake.

Opting for a healthier lifestyle may not necessarily mean changing all the types of foods we eat but rather the way we cook and how much we serve.

Along with healthy eating also goes physical activity – we should be aiming for at least 30 minutes a day. For a start, try doing 10 minutes three times a day until you are fitter. You can easily increase your physical activity by incorporating it into your daily routine. Park the car further away from the entrance to the supermarket, or your workplace and walk. Take the stairs and not the lift. As you become fitter, raise the bar and park the car even further away.

Pacific people are proud of their passion and persistence. When it comes to our health status, not only do we need our hearts to be in it, but to also be healthy, so that we can live life to the full.

Mafunaki Tahifote

Mafi Funani-Tahifote
Registered Dietitian





Reverends Kaio & Tuai

Trained Health Workers Gather for Refresher Course

Health promoting church ministers and coordinators gathered at a recent course to share experiences and to receive updates and information to take back to their churches. All had successfully completed the Certificate in Pacific Nutrition.

Reverends Pelu Tuai of PIC Rauni and Fakaofu Kaio of Onehunga Cooperating Parish were among the group.

The programme provided a forum for participants to share success stories and challenges and to address issues facing the implementation and progress of the HPC programme in their individual churches.

Reverend Kaio said the refresher course gave church ministers and health komiti members a valuable forum in which to discuss challenges, share ideas and devise new ways to promote health.

"It's encouraging to know the challenges I face in my parish are not unique to me but are also faced by other ministers", says Reverend Kaio.

"We just need to work together to increase good health in our communities".

Akino Kiki, coordinator for the PIC Rauni church shared that the non threatening environment of the Refresher Course helped her to participate more with the group activities and those skills will come in handy especially working with their preschool.

From PIHB's perspective it was heartening to witness church leaders and health workers share their knowledge with each other which will contribute to strengthening health promoting church activities in the community.



Members of EFKT church participating in CPR training

The Heart Foundation Tick Programme



Everyday we provide food for our families but how carefully do we think about how good it is for them?

To keep our families healthy and safe from disease, it is important that they eat well. When shopping, look for foods that have the Heart Foundation Tick on the pack. These are healthier choices when compared to other, similar foods. For example milk with the Tick is a healthier choice of milk, and mayonnaise with the Tick is a healthier choice of mayonnaise.

The Tick will help you shop for healthier foods for your family because it's easy to see and on many of the foods you eat. In fact, the Tick saves you time and takes the hard work out of choosing what to buy! Choose Tick products as part of a balanced diet for your family.

To get the Tick, foods must meet tough nutrition standards set by the Tick Programme. Tick products are generally lower in the two bad fats (saturated and trans fat), salt and energy when compared to similar types of food. You can trust the Tick because all Tick products have been tested in a scientific laboratory to prove they meet the programme's tough nutrition criteria.

The Tick is on many of the foods we eat but just because a food has the Tick on it, doesn't mean you can eat as much of it as you like. Most Tick foods can be eaten everyday but some Tick foods should be eaten occasionally and limited in your diet.

Make sure you buy plenty of the Tick 'everyday' foods to keep you and your family healthy.

Six Simple Steps to Good Health.

1. Eat a variety of healthy foods each day, including lots of fruit and vegetables.
2. Restrict portion sizes at meal times and eat healthy snacks between meals.
3. Cut down on takeaways and other occasional foods.
4. Choose foods that are lower in fat, sugar and salt. Look for ones with the Tick.
5. Drink water when you are thirsty or have drinks that are low in sugar. Don't drink too many fizzy drinks.
6. Exercise regularly to help keep yourself in shape.

To find out more about the Tick and to sign up to the website log on to: www.pickthetick.org.nz.



Church Celebrates Health Komiti's Leadership

Reverend Talosaga Su'a from Mount Albert's Pacific Islands Church, recognises the important and integral role that a health komiti can play in the church setting, as churches aim to improve the health of their congregations.

"While the Heart Foundation's Pacific Islands Heartbeat team provides technical guidance, our health komiti is responsible for reaching out to the most vulnerable members at grass roots", he says.

Reverend Su'a has high hopes that his parish will reap many blessings from the programme that the church's health komiti has planned. He has identified a number of important roles that the komiti can undertake, such as, identifying community health needs, planning and supervising health activities, assisting community members in developing the best possible

levels of health care, providing a proactive voice for community dialogue with health providers, assisting community members in developing health training programmes and coordinating health education programmes in cooperation with the relevant health agencies.

Reverend Su'a's Health Komiti, made up of a team of four, plans to hold regular meetings to progress its objective of developing health initiatives that will improve the health of the whole congregation.

As well as the health support that the health promoting churches programme can provide, the Reverend also says that it has been an opportunity for him to develop leadership in the church that is committed to the wider population's social and health issues.



PIC Mt Albert Health Komiti



Pacific Islands Presbyterian Church Mangere, attending smokefree training.

Weekly Community Events

Samoan Assembly of God

– Mangere

Volleyball

Saturday afternoons

Onehunga Cooperating Parish

Physical Activity

Tuesdays 5 – 6pm

Tokelauan Congregation –

Grey Lynn

Aerobics

Mondays & Thursdays 6-7pm

PIC – Glen Eden

Jazzercise

Tuesday & Thursday evenings

PIC Owairaka

Walking Group

Saturdays 7-8am

PIC Ranui

Aerobics

Tuesdays 6pm

Tuvaluan Congregation

Walking Group

Saturdays 7-8am

Church of Tonga – Mangere

Indoor sports

Tuesdays 5-7pm

Tongan Methodist – Otahuhu

Aerobics

Thursdays 6-9pm

Tongan Methodist East Tamaki

Aerobics/Dancing

Tuesdays 6-8pm

Free Church of Tonga –

Glen Innes

Aerobics

Thursdays 6-7pm

Tongan Methodist – Ellerslie

Aerobics/Walking

Wednesdays & Saturdays 6-7pm

Tongan Methodist – Onehunga

Aerobics

Tuesdays 5-6pm

Tongan Methodist – Dominion

Aerobics/Walking

Tuesdays 5-6pm

Tongan Methodist – Mt Eden

Aerobics/Walking

Saturdays 7-8pm

Takahemonu – Glen Innes

Sports

Mondays & Thursdays 6-7pm

Tongan Methodist – New Lynn

Aerobics/Sports

Mondays & Wednesdays 6-7pm

Free Wesleyan of Tonga

– Mangere

Aerobics/Dancing

Thursdays 5-7pm



Baked Snapper with garlic and herb stuffing

This recipe is from Pacific Islands Heartbeat's *Pacific Recipes for the Heart* cookbook. This dish can be served with a tossed salad and boiled taro or baked potatoes.

Ingredients

- 1 whole average-sized snapper, scaled and gutted
- 2 tablespoons water
- 2 medium sized tomatoes, sliced
- 1 medium sized onion, sliced into rings
- 1 large green pepper, sliced
- 2 medium sized lemons, sliced

Stuffing

- 6 slices wholemeal bread
- 1 teaspoon mixed herbs
- 2 cloves garlic, peeled and crushed
- 1 egg

Method

Make the stuffing: Lightly toast the bread in an oven or toaster. Grate or process (using a food processor) the bread into fine breadcrumbs. Place in a bowl with the mixed herbs, garlic and egg. Mix thoroughly.

Fill the stomach cavity of the fish with the stuffing. Place in a baking dish and add the water. Arrange the tomatoes and onion rings on top of the fish. Cover with foil and place in the centre of the oven. Bake at 180°C for approximately 1 hour.

When cooked, lift the fish onto a large serving dish and garnish with the green pepper and lemon slices.

Serves 4-5

Preparation time: 20 minutes

Cooking time: 1 hour

Preheat oven to 180°C

PIHB Resources

Pacific Recipes for the Heart
(cookbook)

Eat for Health
(Pamphlet in Samoan, Tongan,
Cook Islands, Niuean, English)

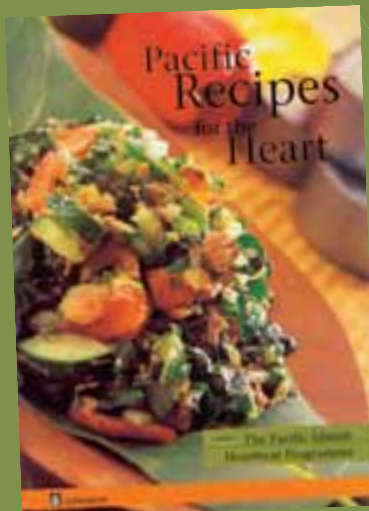
Eat for Health
(Posters)

Freedom from Smoking
(Pamphlet in Samoan, Tongan,
Cook Islands, Niuean, Tokelauan,
English)

**Proud of my Pacific Islands
Heritage**
(Pamphlet in English)

Me & My Baby
(Video on Child Nutrition)

To order please visit
www.pacificheart.co.nz



The National Heart Foundation of New Zealand is the charity that leads the fight for heart health for all New Zealanders.

Pacific Islands Heartbeat (PIHB) is a health promotion initiative aimed at making a difference in the lives of Pacific people. PIHB's work focuses on the empowerment of Pacific people to make a difference at personal, family and community levels, and on creating environments that are supportive of healthier lifestyle choices.

PIHB Train the Trainer courses:

Certificate in Pacific Nutrition, Smokefree

For enquiries or to order resources contact PIHB:

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www.pacificheart.org.nz

www.heartfoundation.org.nz