

Development and feasibility of a low-cost, Pacific community-focussed, weight management programme in Glen Innes, Auckland

Sue Pirrit – NZ Registered Nutritionist



Pacific Heartbeat Location



Pacific Heartbeat's core Business

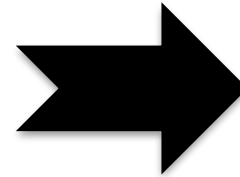
MISSION



Pacific
Heartbeat



Nutrition



Physical
Activity

STOP

Nzers
dying early
from Heart
Disease

and

HELP

people with
Heart
Disease to
live full and
productive
lives



**Hearts fit
for life, for
this
generation
& the next**

Why are we doing this?



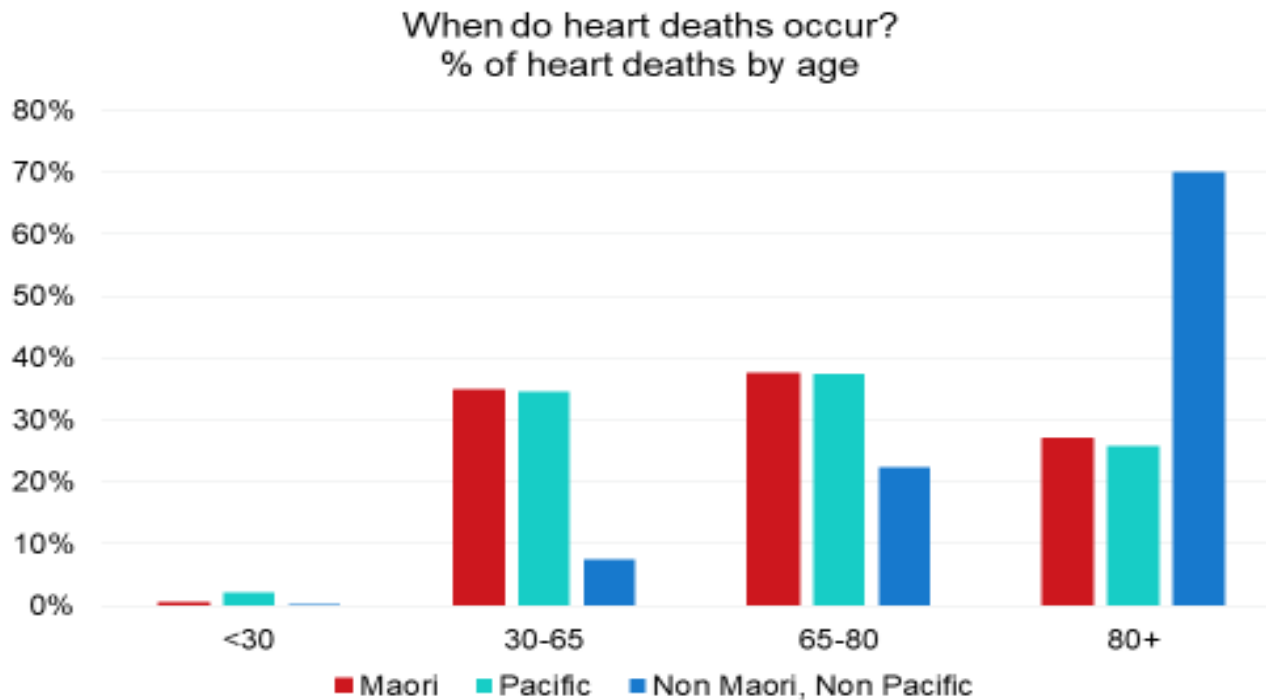
Pacific peoples have the **highest** rates of:

- **Obesity**
- **Heart disease**
- **Diabetes**
- Around **1 in 4** Pacific adults **smoke** in NZ
- Pacific people do **less P.A.**



Pacific Heart Stats

1 in 3 Pacific and Maori deaths from heart disease happen between **ages 35-65**, compared to **1 in 14 for non-Pacific**. Heart disease is a **disease of middle age** for Pacific people



2015 data courtesy of MoH. Data requested December 2017



2015 data courtesy of MOH. Data requested December 2017



NZ Weight Management Guidelines & Evidence



MOH FAB Strategies (Food, Activity & Behaviour)



NZ Public Health Specialists

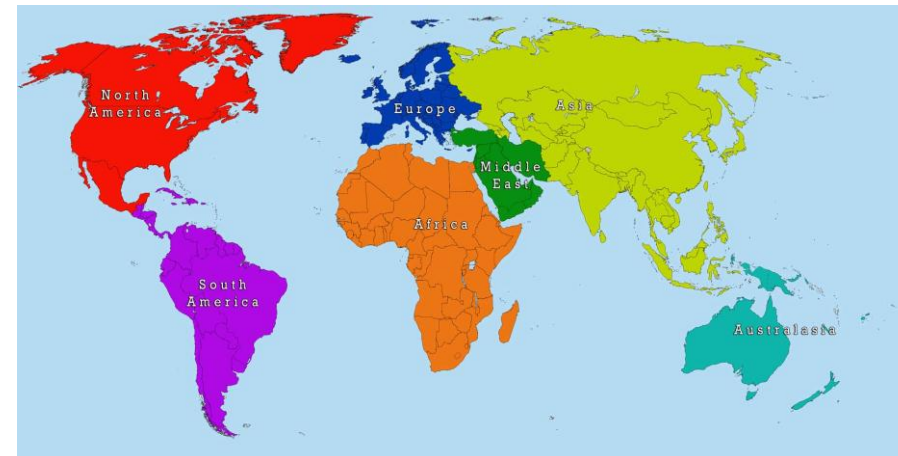
- **comprehensive approach** be adopted
- Incorporating improvements to the **obesogenic food environment**
- Coupled with **behaviour weight management programmes.**

NZ Dietary Counselling Reviews:

- **modest** and **short-term**
- Improved with **dose intensity**
- **↓ BP, cholesterol, BMI** (body mass index)
- **↓ WC** (waist circumference) and **Weight**
- **↑ fruit and vegetable** intakes
- **↓ sodium** intakes
- **↑ P.A.** levels

INTERNATIONAL Reviews:

- prove effective



Current Programmes



Auckland-based Programmes:

- **Green Prescription** –day-time
- **Casual** e.g. bootcamps
- **PHB** 'train-the-trainer' style courses
- **Commercial** programmes e.g. Weight Watchers



Trial

A Pacific-focussed Programme:

- **Community**-based
- **Weight management** programme
- To **improve** the **eating** and **activity** behaviours
- Incorporates **interactive** and '**talanoa**'-styles
- **Group support** strategies



Programme Format



- 8 evenings/ 8 weeks – 1hour
- P.A.
- Talanoa and revision
- Nutrition sessions
- Goal setting
- Weigh-in
- Meal preparation and sharing



Measures:

- Nutrition, P.A., Mindfulness pre and post Questionnaires
- WHO Quality of Life Questionnaire
- Weight





Eat Healthier? **Be Stronger for your family?**

Join our community programme

What will I do?

Fun and easy **EXERCISES** • Short and fun **NUTRITION SESSIONS** • **GOAL SETTING** • **TIP SHARING** • Quick and easy **MEAL PREPARATION** •



WHERE

Glen Innes Community
Centre

WHEN

Wednesday evenings
7-8PM

STARTING

21st February, 2018

**REGISTER BY
NOW!**

HOW LONG

8 evenings



Glen Innes Community Hall Exterior

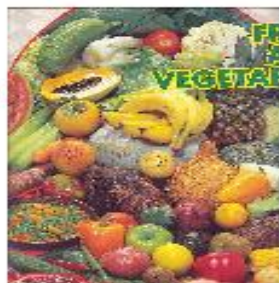


How well did we do in our Glen Innes Healthy Lifestyle Programme?

We were **more**
thoughtful
about
everything
soooo..



MUCH MORE
Veges & Fruit
was being eaten



And **meals** were more
regular,
including **breakfast**



And there was more
reading of the NIP



so less **takeaways**
and **sugary drinks**
were bought

More **exercise** was
done



$\frac{1}{2}$ **lost weight** and $\frac{1}{2}$
stayed about the same



and **ALL** this lead to greater
Wellbeing



Contact Sue at suep@heartfoundation.org.nz

Learnings/Future



Learnings:

- 2 x **Interchangeable facilitators** with **high E.Q.**
- Skilled in **facilitation** and **talanoa**
- And **both** with **Nutrition & P.A.** skills
- **6 week** duration & **1.5hours**/session
- **Face-to-face** programme **promotion** using
- **Community champions**

Future:

- Embedded into **existing settings** e.g. churches/marae
- **Multi-ethnic** programmes
- Include **Family**
- Facilitator **Toolkit**
- **Paid facilitators** from the local community
- **Multi-site** rollout
- **Pre and Post Xmas** Programmes/**mid year** catch-up
- **Social media/email/text support** during/post programme



"I just wanted to give you a brief update, my weight has been up and down and is up at the moment 😊 from a couple of personally bad late night snacking months, however you'll be pleased to know that despite briefly going back to old habits of mainly meat dishes, vegetables are now the main dishes at dinner time and Sunday toana'i (lunch). Our one pot meals have dropped from using 1 – 2 kg meat to around 500g with the rest made up of vegies for our stir fries and chow main dishes. We don't eat as much rice or potatoes nowadays but we now add some pasta and noodles to help bulk up the dishes and also nuts. I feel our carb intake has reduced also, we definitely don't eat as much bread. Taro mainly on Sundays. Oranges, Apples and bananas together with Green salads and/or Cole slaw with no added dressing is the norm nowadays, it is left to the individual to add their own dressing if desired.

We are a lot more aware of fats and portions. Takeaways are now rare in our household, maybe once a month vs maybe once a week. Your sessions were a definite help for my family.

*I have to admit though that we came back on track around the time you got in contact again. So essentially, **in all seriousness**, it really does help to revisit these things to help people like me get back on track again."* Anna M

Special Thanks for their support with this project:

Pacific Heartbeat/Heart Foundation
Green Prescription and Gloria Tapaleou
UOA – Jennifer Utter, Vili Nosa
People of Glen Innes

