

Pasifika Health and Nutrition Challenges

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You are what you eat!

"Dis-moi ce que tu manges, je te dirai ce que tu es."

[Tell me what you eat and I will tell you what you are].



Anthelme Brillat-Savarin
1826



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Pacific islanders pay heavy price for abandoning traditional diet

“We eat what we do not grow

We grow what we do not eat”

Up to 70% of food consumed locally are imported from outside the islands

A major contributing factor to Pacific Obesity pandemic

Replacing traditional foods with imported, processed food has contributed to the high prevalence of obesity and related health problems in the Pacific islands.

(WHO report, Jane Parry)

Economy vs Health

Trade with multi-national corporations are dictating the food and nutrition landscape



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A matter of Identity

FOOD provide a point of similarity within a national narrative full of differences

Curry- Indian

Noodles – Chinese

Raw fish with coconut milk- Tahitian

Povi masima- Samoa

Roast suckling pig- Tonga

Coconut crab- Niue

More food you can ever eat - Pacific

Food is the strongest of all cultural matters experienced by all five senses



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Body Size perception Preferred size and shape

BIG is Beautiful

Haapori –“art of fattening for beauty” still adored

Status, Wealth and Power

Fiji & Tonga Study (OPIC)

Increasing “talking” they would be happier with palangi size !

Association of Size and health is more head knowledge at this stage



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Eating is more than physiology

Platform to display culinary skills

Display catch of the day

Showcase good year of harvest



Culture of CARING and SHARING



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NZ-Pacific community

Pacific peoples are disproportionately represented in lower socio-economic areas, have lower incomes, and have higher levels of unemployment (**determinants of health**).

A greater proportion of Pacific children and young people live in over-crowded households.

Life expectancy for Pacific peoples is about four years less than for the overall population. Pacific peoples' health is worse than other New Zealanders', from childhood through to the later stages of life.

New Zealand children have poorer health compared with those in other developed countries. Pacific children have higher rates of hospitalisation for serious infectious and respiratory diseases than European children.

Overall, Pacific students are less likely than European students to rate their health highly. Pacific students have high rates of obesity, and this group eats more 'junk food' than other groups.

(source: Ministry of Pacific Islands Affairs)



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Key findings of the New Zealand Health Survey 2011/12

Obesity levels have increased

28% of adults were obese in 2011/12 - about one million adults . ***Pacific population have very high rate*** compared to others

Diabetes ***disproportionately affects Pacific adults***. One in ten Pacific adults have been diagnosed with diabetes.

Tooth caries high in Pacific and Maori

Cost prevented 17% of Pacific adults, and 7% of Pacific children, from visiting a GP when they needed to, in the past 12 months.

Over one in ten Pacific adults and children did not collect a prescription item in the past 12 months due to the cost.

Only one in three (33%) Pacific adults (with natural teeth) had visited a dental health care worker in the past 12 months.

Pacific adults and children were more likely than other people to have had a tooth removed due to poor oral health in the past 12 months.



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NCD Chain of Events

NUTRITION major driver

Social Determinants:

- Modernization
- Economy/ Employment
- Culture/Traditions
- Leadership
- Church
- Education
- Health service

Basic Risk Factors:

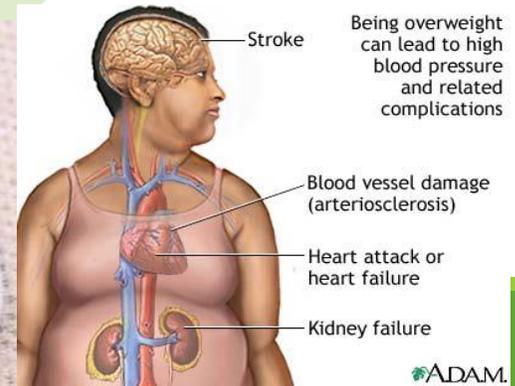
- Smoking
- Nutrition
- Alcohol
- Physical inactivity
- Psychological issues
- isolation
- Low self-esteem

Intermediate Risks:

- High blood pressure
- High blood sugar
- Abnormal lipids
- Overweight

Diseases:

- Heart disease
- Stroke
- Cancer
- Diabetes
- COPD



Pasifika models

Why?

Pasifika models enable Pasifika peoples to see the world through their own eyes and experience
Tools that are culturally appropriate and effective for them to improve their health & wellbeing

Examples:

Fonofale, Fa'afaletui (Samoan),

Te Vaka (Tokelau Island),

Tivaevae (Cook Islands) ,

Popao, Kakala, Fonua (Tongan).

Some are based on metaphors while some are based on natural reality.

No one model provides all the solutions. All contribute some relevance.



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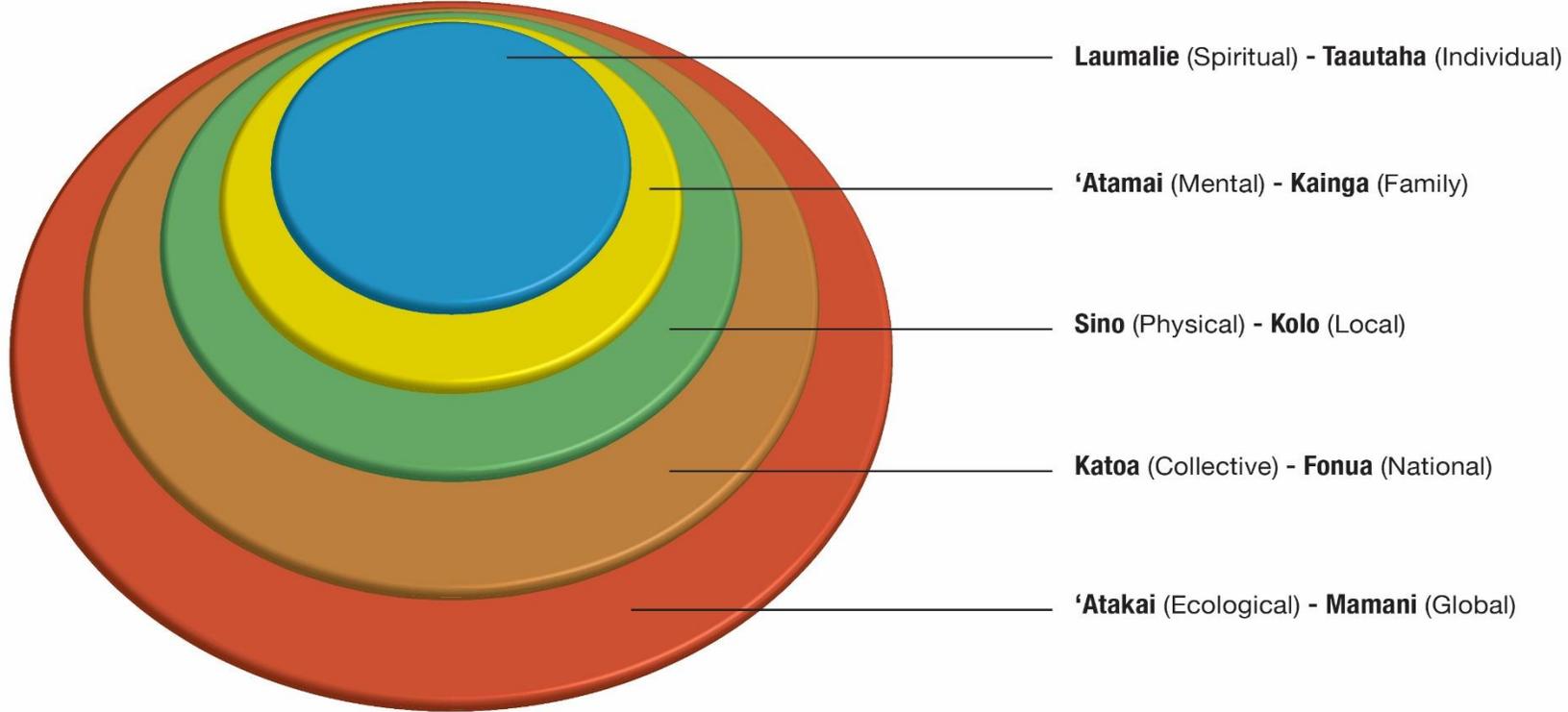


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The Fonua Model

Dimensions & Levels



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Summary

Pacific community in the islands and in NZ are nutritionally challenged

They have lion's share of nutritionally related health issues

They have one of the highest rate of Obesity and Diabetes in the world

They have double burden of over nutrition and under nutrition (micro-nutrient deficiency)

They are over represented in low economic deprived sector of the society

Solution lies in addressing wider social determinants of health and better appreciation of Pacific cultural perspectives



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