

# Cultural Panel Discussion

7<sup>th</sup> Activity & Nutrition Aotearoa Conference

TE PAPA, Wellington, New Zealand

May 2017

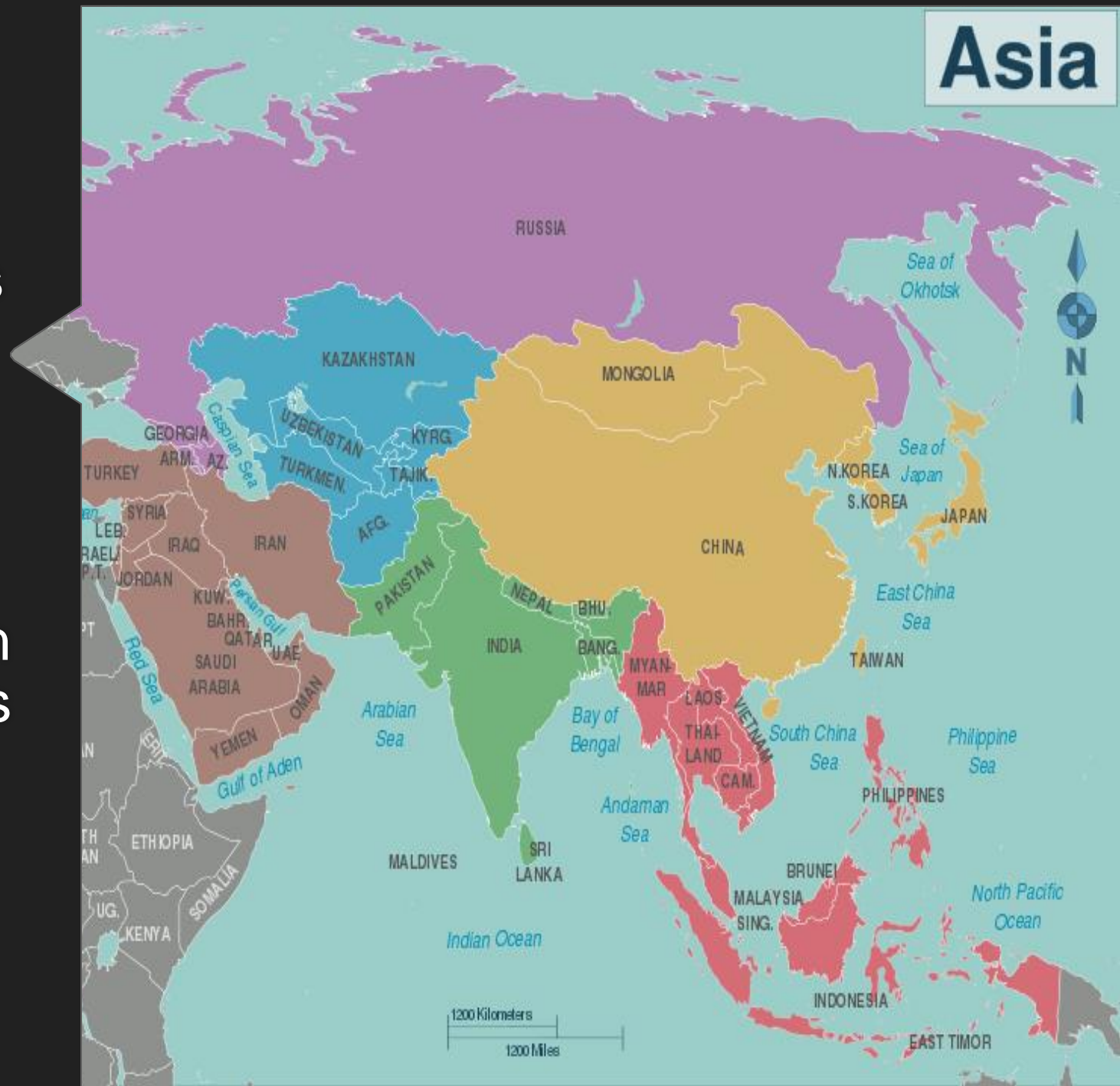
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Working Towards Development for Asian Communities in New Zealand

# Definition of “ASIAN” in NZ

The term ‘Asian’ encompasses people from a vast area- Japan in the east to Afghanistan in the west.

People self identify from Asian origin/cultural heritages (Cross Cultural)



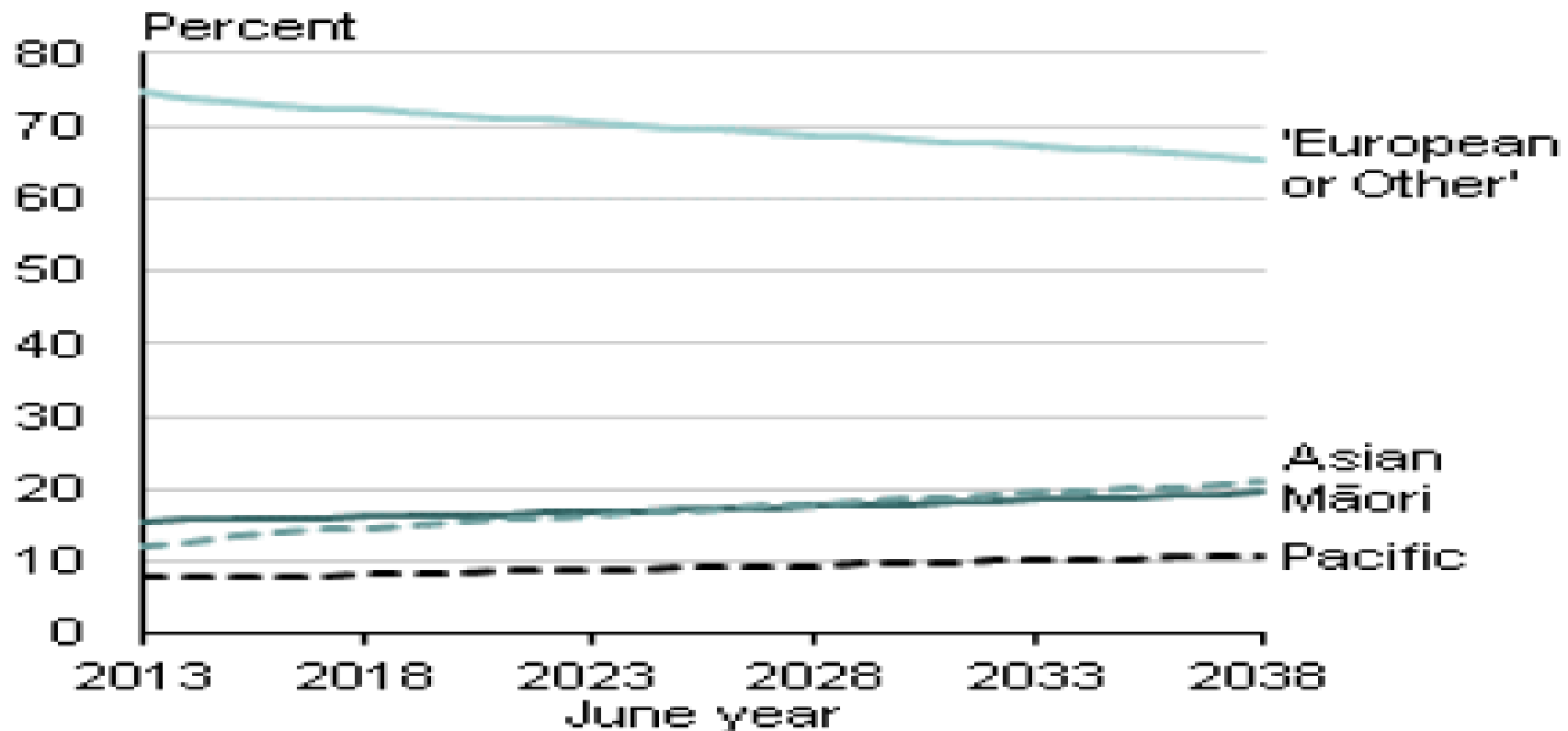
- In 1986, 1.7% of the total NZ population were Asians (53,880)
- In 2013, it was 11.8% (471,711)
- Between 1986-2013, Asian population had grown nearly nine-fold
- Projected to increase to 800,000, or 16% of the total NZ population by 2026
- Nearly 80% of Asian people were born overseas
- Two-thirds usually lived in Auckland in 2013 (Around 22% of Aucklanders are Asians)
- Diversities within the Asian populations **(including Asian sub-groups)** in terms of ethnicity, culture, language, religion, migration history, culture, health beliefs, etc. is HUGE
- Chinese the largest Asian sub-group (171,411), followed by Indian (144,178), Filipino (40,350) and Korean (30,171)

# Growing Asian population

# Population projection

## Ethnic share of New Zealand population

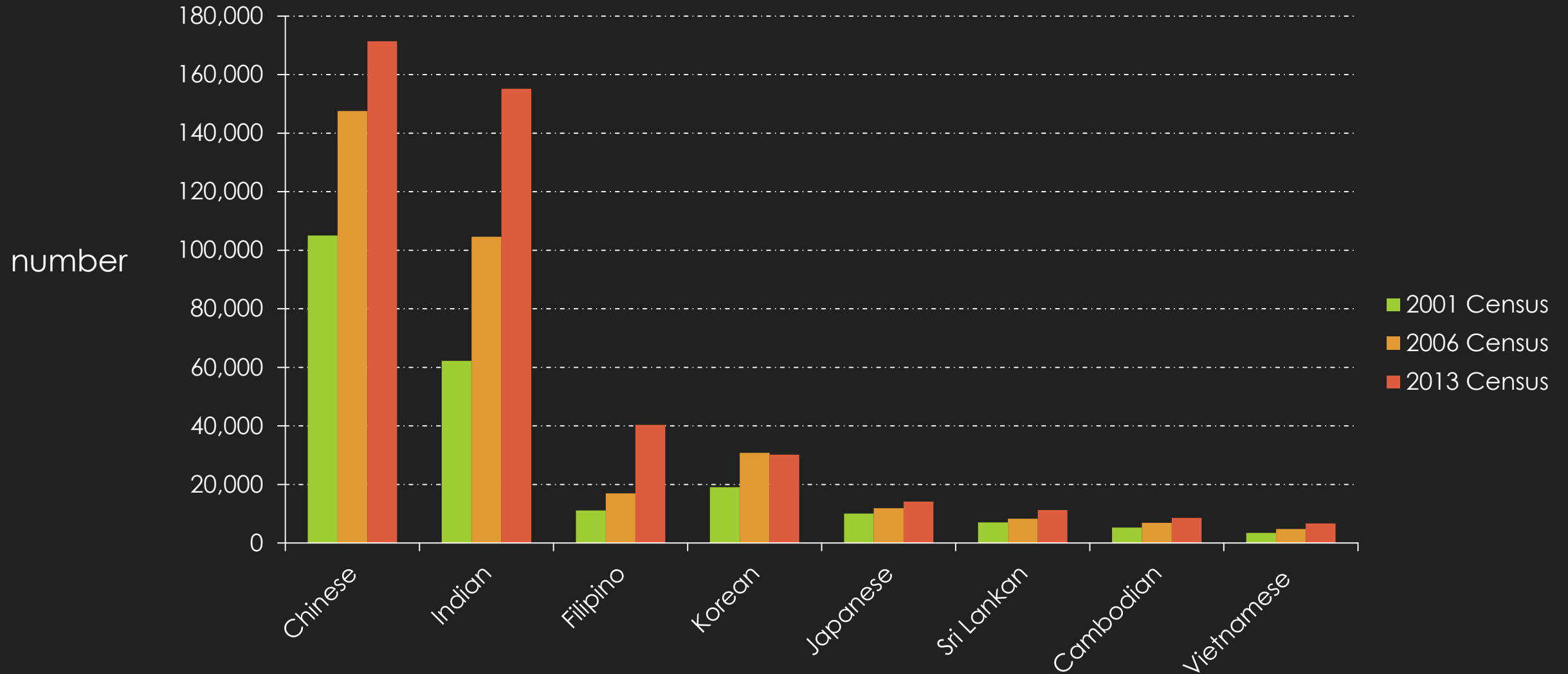
Median projection  
2013–38



Source: Statistics New Zealand

# Population of selected Asian ethnic groups in NZ

2001, 2006, and 2013 Censuses







## Mixed ethnicity

- 8.6% of Asians identify with more than one ethnicity
- NZ born Asians report a higher degree of mixed ethnicity

## Age profile Asian population

- Young population - over 65 years = 3% only

## Education, employment, income

- Generally high education levels, but employment and income issues
- (Ho, 2015)



The Asian Network Inc. (TANI) is a pan-Asian community organization working for the betterment of Asian community's life and well being since 2002. TANI believes in empowering the community to respond to their emerging health & wellbeing needs and acts as a bridge between the mainstream service providers and Asian communities.

Who are we ??





The cartoon illustrates the idea of physicians treating symptoms of social ills without addressing the source: the two doctors are so busy mopping up the spill that they are unable to turn the tap off. What can a physician do about this?

Source: CANMED

“Health promotion programmes based on principles of **engagement** and **empowerment** offer real benefits. These include: creating better conditions for health, improving health literacy, supporting independent living and making the **healthier choice the easier choice**” (WHO 2013 p 16).

BEST  
PRACTICE







Core Health  
promotion



Advocate,  
Enable,  
Mediate



Build healthy  
public policy



Create  
supportive  
environments



# Why TANI Exists?



Core Health  
promotion



Strengthen  
community action  
(outreach)



Develop  
personal/professional  
skills



Reorient health  
services



# What TANI Does?

# Health Prom

- Identifying & Responding
- Raising health awareness in Asian communities
- Collaborating and Addressing Health Needs
  - Promote services and programs
  - Bridge gaps between services and health needs
  - Provide networks & Support
  - Further develop collaborating
- Providing cultural and linguistic support





# Healthy Babies Healthy Futures



To improve  
women's health  
during pregnancy

To promote  
healthy feeding  
of babies incl.  
breastfeeding

To promote healthy  
feeding & physical  
activity of toddlers  
<5

To serve Maori,  
Asian, Pasifika, &  
South Asian  
families living in  
Auckland &  
Waitemata

In partnership  
with, ADHB,  
WDHB, AUT, NIHI,  
CNSST, TANI,  
FONO,  
HEALTHWEST,  
GRAVIDA,  
COGO & TAG

# HBHF SOUTH ASIAN SERVICE

## Whom does it benefit (demographics)?

HBHF is delivered to the south Asian communities such as Indian, Pakistani, Sri Lankans, Bangladeshi, Nepalese, Fiji Indians, and Afghanis

## Coverage

ADHB and WDHB geographical Area

## Why HBHF Programme

- To reduce the risk of gestational diabetes and other lifestyle diseases.
- To address the sedentary lifestyle issues
- To improve the Physical activity and Nutritional status

# HBHF SOUTH ASIAN SERVICE HIGHLIGHTS

## HBHF DELIVERABLES?

1. Brief about HBHF
2. Healthy Conversation
3. Health Assessment, Plan and Review
4. TEXTMATCH Enrolment (Eligibility Pregnant and Kids under 22 months)
5. Community Learning Programme (6 weeks)
  - Being healthy for your baby
  - Making healthy food choices
  - Food Labels
  - Shopping smartly
  - Healthy Food Preparation
  - Keep active











# Glimpses





# Glimpses cont.....



# Acknowledgements

- A big thanks to all of you and ANA
- Past & current TANI council members
- Ministry of Health
- Ministry of Social Development
- Department of Internal Affairs
- ADHB,WDHB & CMDHB
- Partner organisations
- TANI network members

*“Only when all contribute their firewood can they  
build up a strong fire”  
– we all have a role to play*







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