

Pacific Cultural Competency

Our Experience in Sharing
Nutrition Information with Pacific peoples



Presented by:

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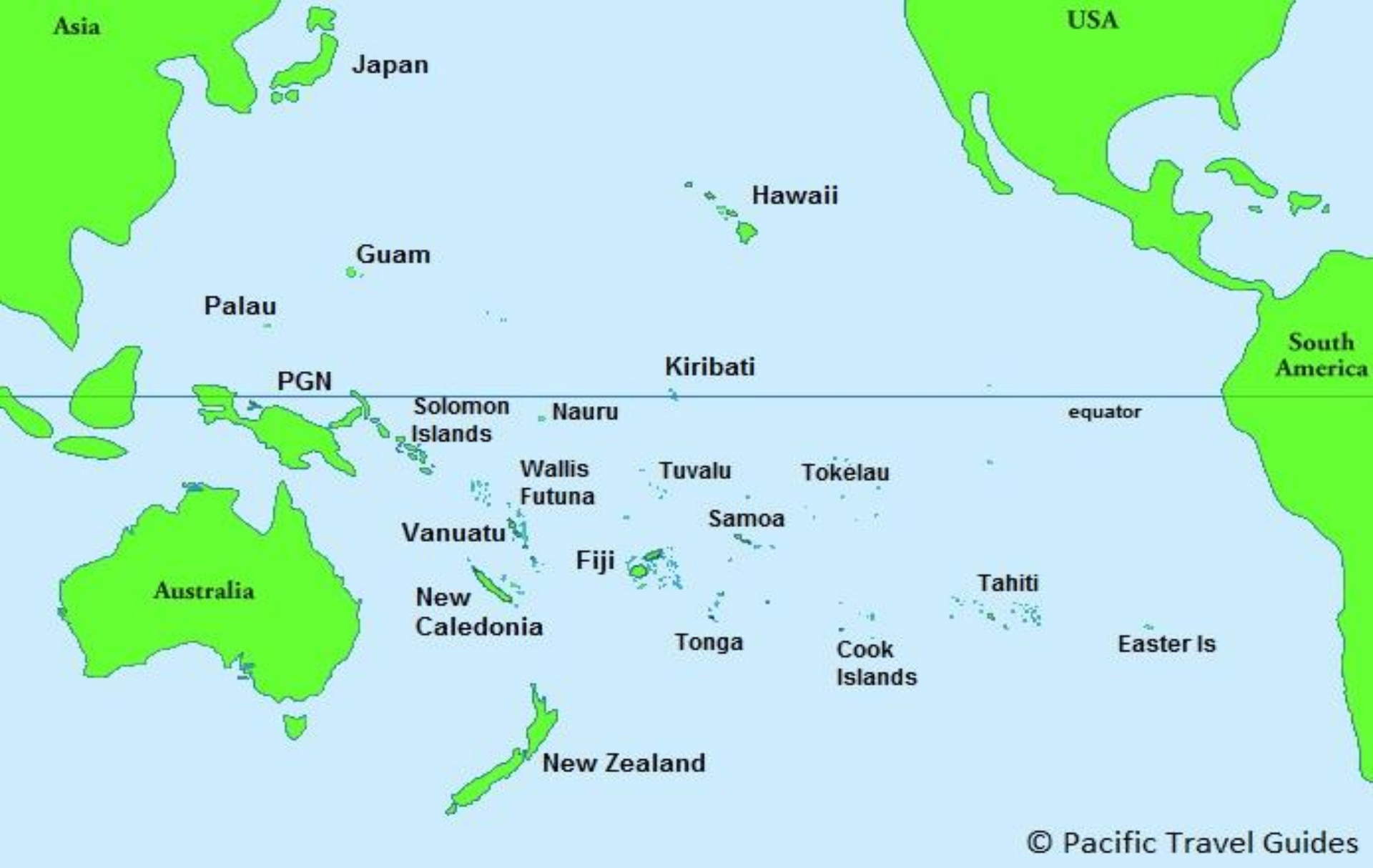
Sue Pirrit (NZ Registered Nutritionist)



Outline

- **Style of facilitation for this workshop**
- **Who we are – People of the Pacific**
- **Pasifika's Motivations and Needs relative to Food and Nutrition**
- **Adult Learning & Pacific people**
- **What and How we have found works for Pacific learners**





*I'm not
Pacific,
I'm
Tongan.*



Pasifika's Motivations and Needs relative to Food and Nutrition

- **FAMILY, COMMUNITY and CULTURE** is central to life, the individual's wants and needs being secondary



Pasifika's Motivations and Needs relative to Food and Nutrition

Feastings and celebrations



Communications



Cement on-
going
relationships

Cultural
identity

Socialising



Fulfil & uphold
obligations by using
the right foods to
honour family, church
etc

Shows respect

Ceremonial gifting



Chinese Proverb

What I hear, I forget **X**

What I see, I remember ✓

What I do, I understand ✓ ✓



**‘ I love to learn, but I
hate being taught’**



[Winston Churchill]



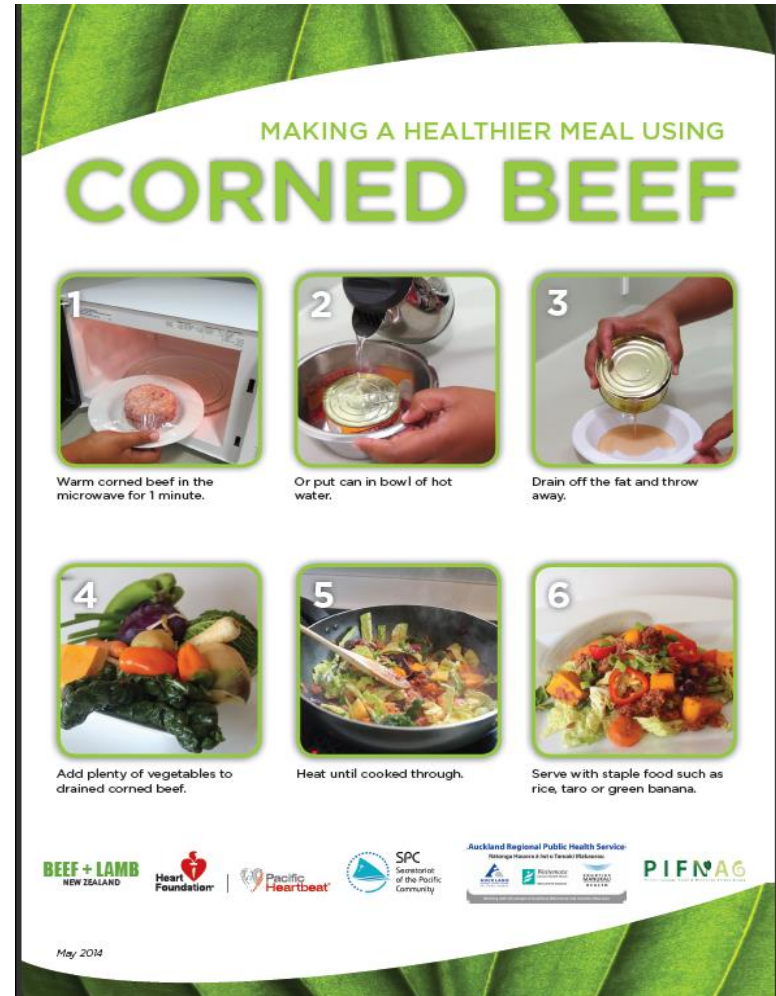
HOW PACIFIC PEOPLE PREFER TO LEARN?



Visual preference for seen or observed things

Pacific People prefer:

- Pictures
- Diagrams
- Demonstrations
- Displays
- Handouts
- Films



Auditory/Aural preference for information transfer through *listening*:

- To the spoken word of self or others,
of sounds and noises



Kinesthetic

preference for physical experience
e.g. ***Touching/handling*** things

- Feeling
- Holding
- Doing
- Practical 'hands-on'



Reading & Writing

preference for learning by reading
and writing and would use

- **Lists**
- **Dictionaries**
- **Handouts**
- **Textbooks**
- **Lecture notes**



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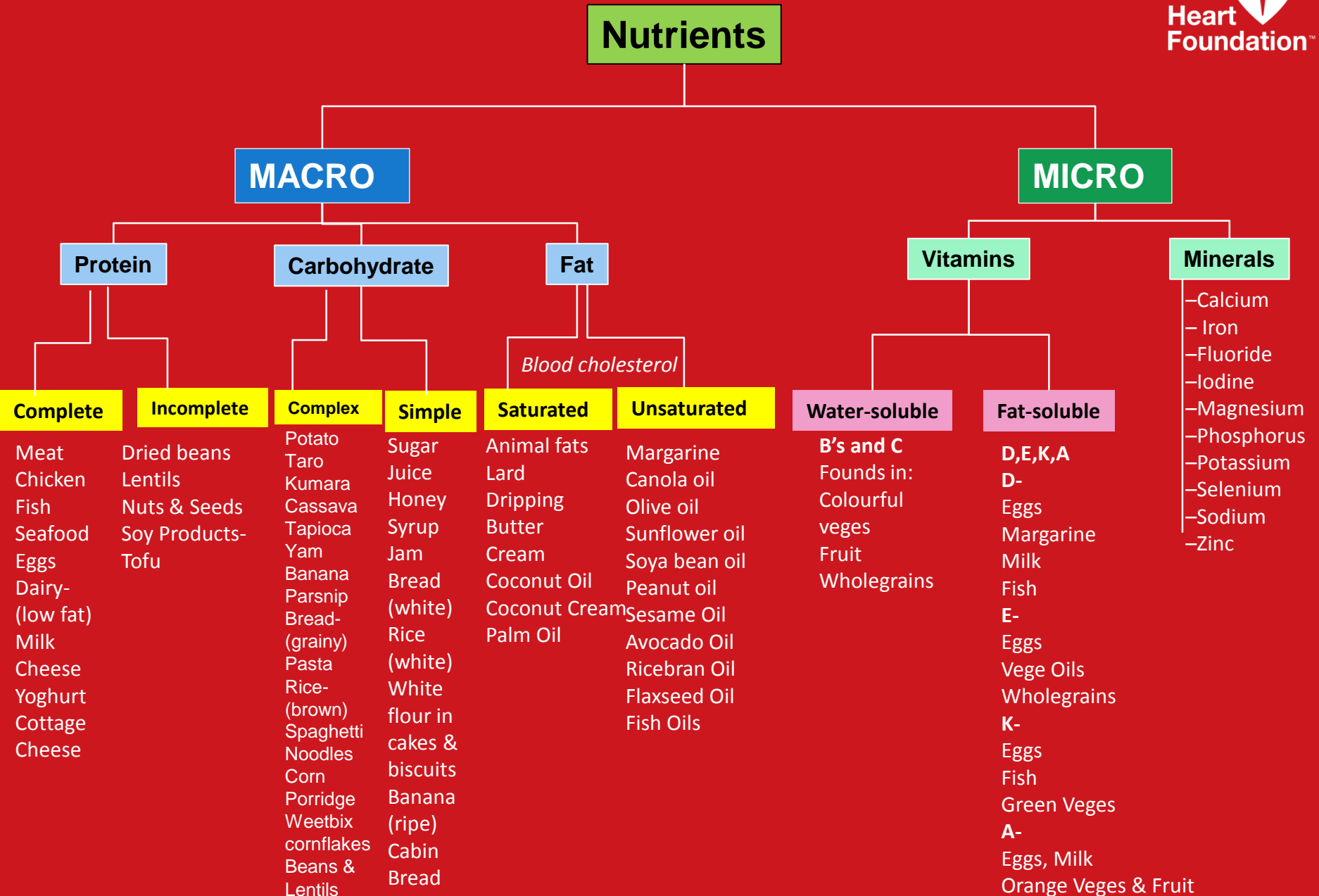


What & How we have found works for Pacific learners

1. Cultural Fit
2. Relevant content & information
3. Facilitation Methods

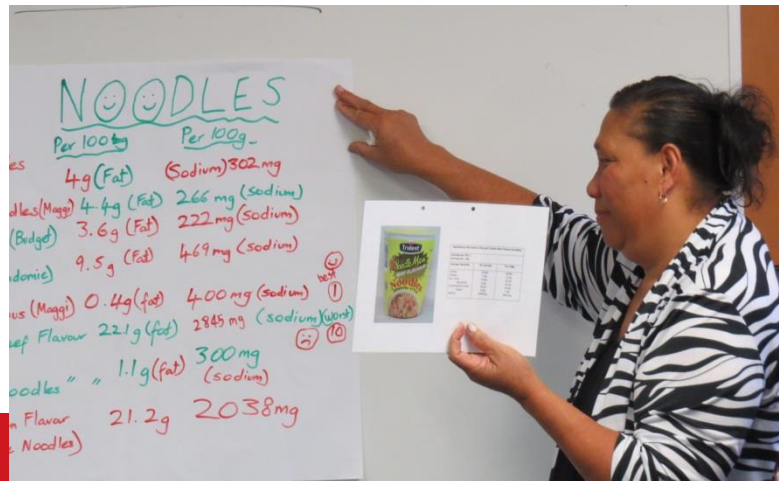


Cultural Fit - Family Tree of Nutrients



What & How we have found works for Pacific learners

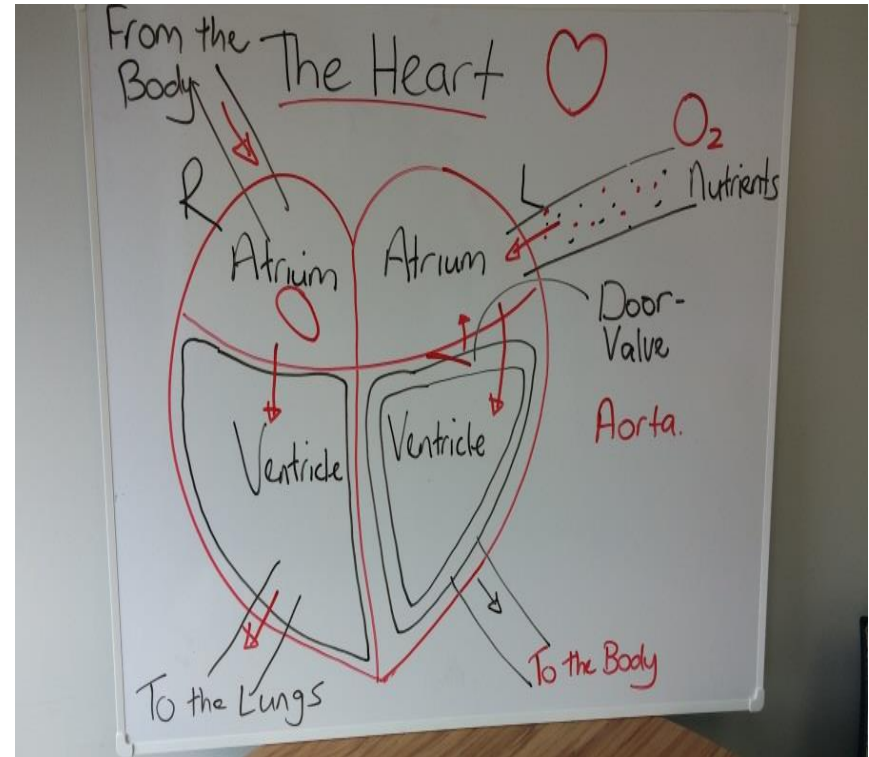
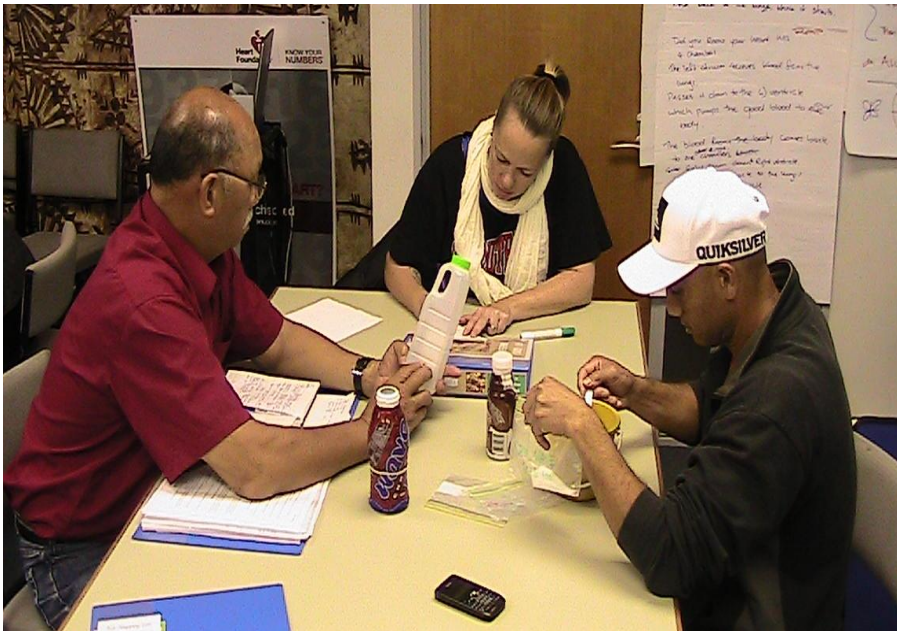
- Relevant Content & Information:



What & How we have found works for Pacific learners

Facilitation Methods

- Q&A works
- Talanoa approach
- Group Activities



What & How we have found works for Pacific learners

Facilitation Methods:

- Group Work:

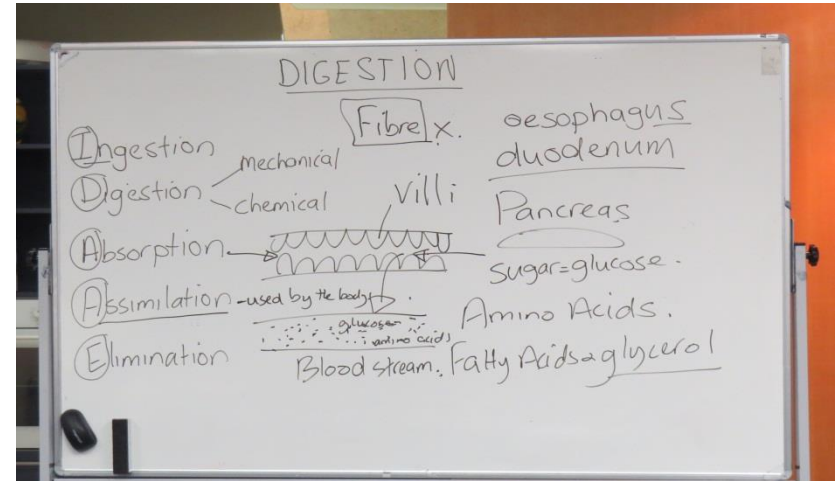
Nutrient Family Tree



What & How we have found works for Pacific learners

Facilitation Methods:

- Challenges
- Role Plays



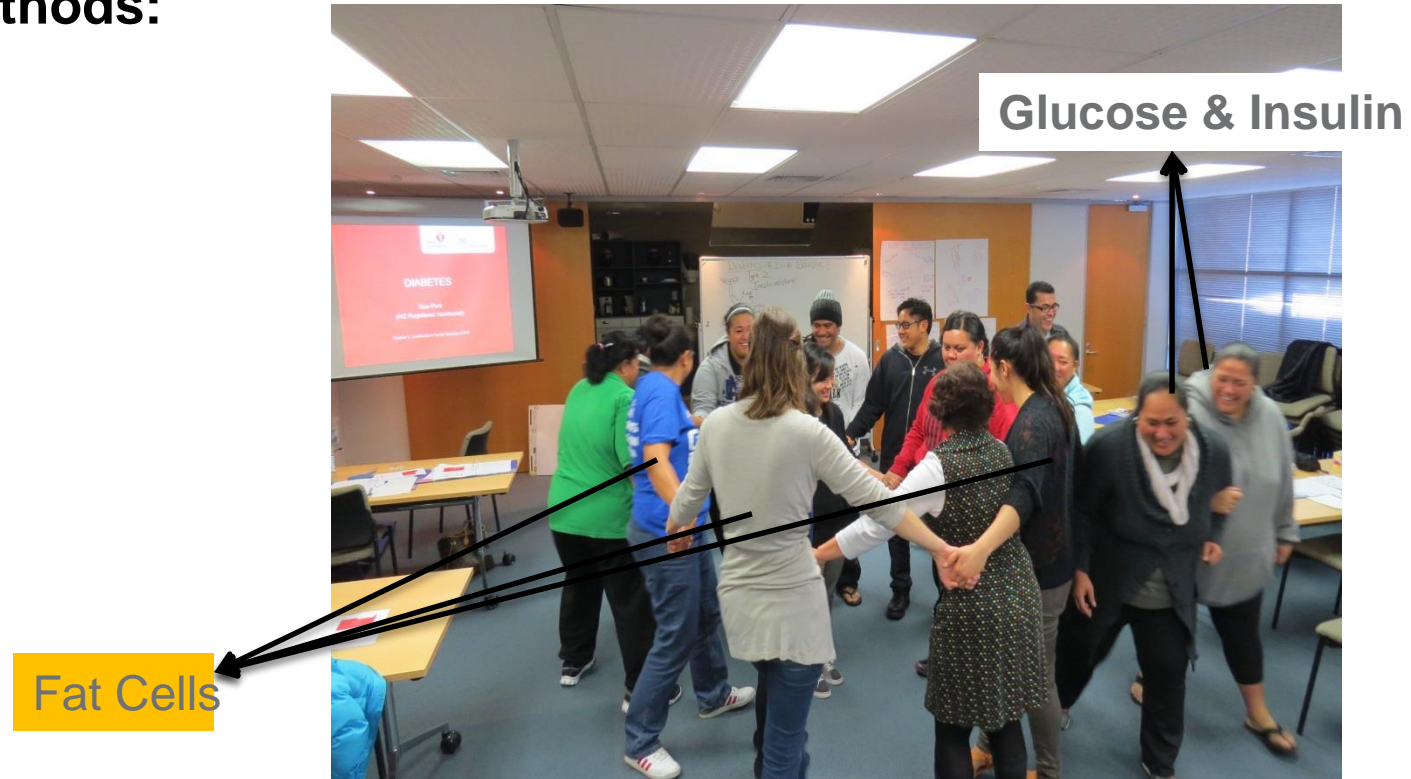
Physical Activity Video Clip



What & How we have found works for Pacific learners

Facilitation Methods:

- Role Play



Diabetes Cell Activity video:



What & How we have found works for Pacific learners

Facilitation Methods:

- Competitions
- Demonstrations



What & How we have found works for Pacific learners

Facilitation Methods:

- Cooking Demonstrations and Preparation



What & How we have found works for Pacific learners

Facilitation Methods:

- Images & Visuals including video clips



A Mouthful of Sugar

<https://www.youtube.com/watch?v=zokdXptNhw8>



Feedback from course participants

- *Course is very practical and relevant to Pacific people and Maori.*
- *Interactive is what I like about this course which helped me learn and get it stick to my head.*
- *Awesome workshop - learnt heaps, great presenters, great resources, great friendly comfortable learning environment. Simply taught, great understanding – empowered me to help make changes in the community.*
- *I understood the main issues/barriers facing Pacific communities.*
- *Learning how to explain terms simply was very beneficial.*
- *Learning how to communicate effectively with Pacific clients/patients.*
- *Continue the cooking activities.*



External Evaluation Feedback

- *It is a course designed for the ordinary person*
- *It is very practical and presented in an engaging manner*
- *Good content, tutors. I studied nutrition at university but when doing the CPN course explanations were clearer and were delivered in a community friendly way*
- *I love the presentations and learning styles, interactive, hands on, culturally responsive to all Pacific cultures. Music, song, creativity*
- *The facilitators are awesome. It's delivered in a way that resonates with Pacific people and non-Pacific participants appreciate the learnings and delivery styles which they could also use in their field of work and in their home lives also.*
- *The simplified visual learning of key healthy lifestyle messages that is easy to visualise, understand and remember*



Questions



Take home messages

- 1) **Cultural Fit** – prayer, relationships, analogies
- 2) **Preferred Learning Styles for Pacific** – Visual and kinesthetic –simple language, interactive, fun!
- 3) **Relevance** – to Pacific realities e.g. their foods and day to day activities

www.pacificheart.org.nz

