

Working Together Inspiring Change

7th Activity & Nutrition Aotearoa Conference

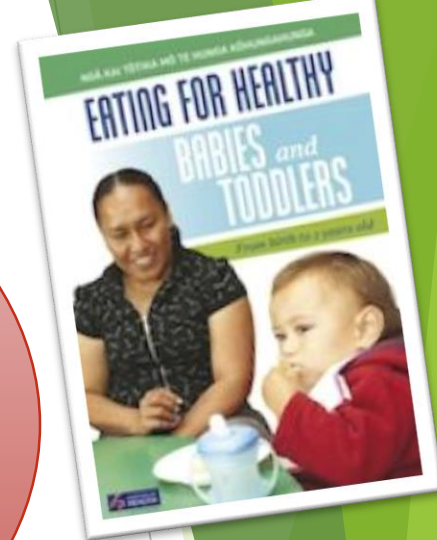
TE PAPA Wellington New Zealand

30-31 May 2017

The asian Network
Incorporated



Your eating & physical active are important for your health



Barriers to access NZ healthcare services

- ▶ Language
- ▶ Different health systems
- ▶ Stigma
- ▶ Lifestyle & behaviors
- ▶ Transport & cost
- ▶ Lack of cultural competency among Health professionals



Cultural Believes

Traditional Chinese nutrition contents:

Texture

Flavor

Color

Aroma

**Most of Chinese would like to eat hot or warm food, especially after giving birth

Chinese Food



Favorite exercises

Common exercises in Chinese group:

- Tai Chi
- Martial arts
- Table tennis
- Traditional dancing
- Music & song;
- Mahjong



****Less people to join a walk outside in day time because they might be afraid of in sun(skin allergy)**

Facts of Asian New Zealanders

- ▶ East Asian: Diabetes, Mental health, Isolation
- ▶ South Asian: CVD, Diabetes, High blood pressure
- ▶ Other Asian populations: Stroke and overall CVD hospitalizations
- ▶ Lower proportion of physical activity in Asian community, especially for women



Why Asian Women Less Physical Activity



- ▶ Safety
- ▶ Discrimination
- ▶ Family Centre & Gender role

- Stigma
- Traditional lifestyle
- Lack of awareness
- Media portrayal

TANI Health Literacy Program (Be Healthy, Be Happy)

- ▶ More than 90 community health events
 - Health Seminars (Chinese, Korean & Japanese)
 - Health Talks in partnership with local libraries
 - Peer Support Group Meetings
- ▶ Collaborate with mainstream healthcare service providers and universities



TNAI Health Seminar

- ▶ Cultural advice
- ▶ Healthy food demonstration
- ▶ Demonstration of Daily Exercise Skills



Health Talk

TANI

works in partnership
with local libraries



Presentation with Chinese translation



1. Chinese speaker discussion group



2. English speaker discussion group

Health Talk at Pakuranga library on 8th June 2016

Feedback from attendees

- ▶ Healthy lifestyle awareness
- ▶ More health resources in Asian languages
- ▶ More cultural food at hospitals
- ▶ More health information about chronic diseases
- ▶ Lack of preventive behavior and awareness of management.

