

# HOPE

HEALTHY OPTIONS = POSITIVE EATING

## Bringing HOPE to Asian Families

ANA Asian Forum 2015



# HOPE - Background

- HOPE is a Family/Whānau based diabetes prevention programme delivered in community settings
- Designed by Diabetes NZ Auckland Branch team, officially launched in 2008
- Initially delivered through secondary schools
- Restructured onto a community engagement platform in 2013



# Healthy Options = Positive Eating

- HOPE is about families
- HOPE brings families together to learn about healthy food choices and family fun activities
- HOPE honours cultural practices
- HOPE is delivered by 'Cultural Champions' in their own community

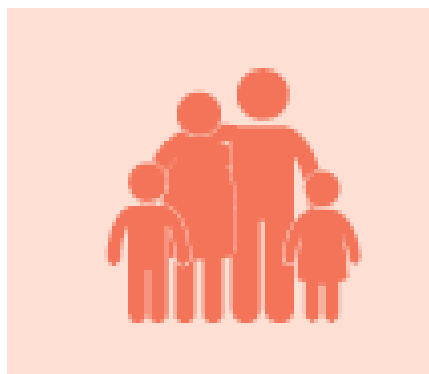




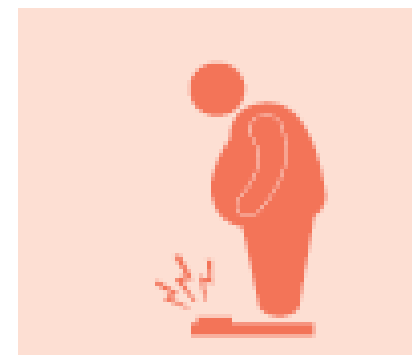


**Healthy Options Positive Eating**





# Obesity



**All  
Asian**

**Maori**

**Pacific  
Island**

**Overall**

**Obese 2006-7**

11

42

64

26.5

**Obese 2013-4**

14

46

67

30

# Prevalence of Diabetes\*

## 2006 – 7 Health survey

10% of Pacific  
6% of Maori  
6.5% Asian  
5% Overall



## 2013-14 – Update

9% of Pacific  
7% of Maori  
6% Asian  
5.5% Overall

\* Doctor Diagnosed

**Average rate of increase between 2005 -2013 is 7%**

**Highest increase between 2013 and 2014 is for those aged 25–39 (at 10%)**

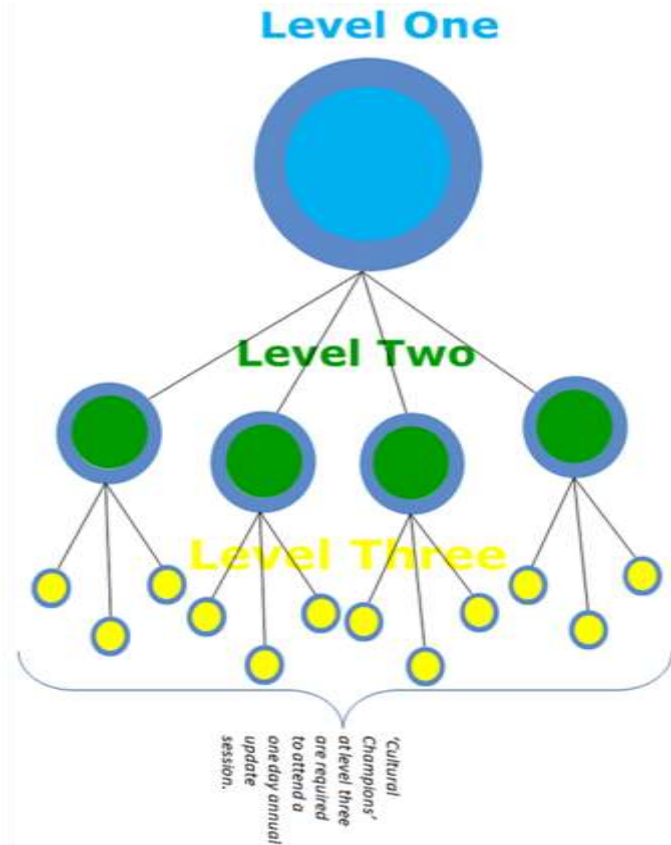
# HOPE Aims

- To foster healthier lifestyles amongst 'at risk' communities by
  - 1) Increasing physical activity levels
  - 2) Increasing healthy eating
- To reduce diabetes and other obesity related conditions amongst 'at risk' communities.



# ACTION

## How are we doing this?



**Level One** : HOPE Train the Trainer creating 'Cultural Champions'

**Level Two** : HOPE Programme  
Cultural Champions establish HOPE programme in the community with mentoring from DNZ Auckland Branch staff.

**Level Three** : 'Cultural Champions' continue practicing the skills and knowledge they have gained by establishing independent HOPE courses within their selected 'at risk' communities



# How are we doing this?

HOPE programme consists of four interactive sessions and two follow up evaluation sessions.

Each HOPE session includes three key components :

- Presentation of key information
- Physical Activity
- A cooking demonstration followed by practical cooking experience for the family groups

Each session is based on a particular topic.



Session 1 : This is who we are

Session 2 : The cultural value of food and generational patterns

Session 3 : Practical fun activities for families

Session 4 : The family challenge – A plan of action

# Objectives

- To produce 'Cultural Champions' equipped to deliver HOPE programmes tailored to their 'at risk' communities
- To empower the 'at risk' communities by providing them with: HOPE training, culturally appropriate resources, tools and skills required to make long term behaviour changes that lead to healthier lifestyles for the whole family/whānau
- To engage with at least a minimum of 30 to 50 families, across 5 different communities annually
- To evaluate the programme effectively, ensuring there are effective outcomes which meet the objectives of the HOPE programme



# How are we doing this?

## Level One – HOPE Train the Trainer

- Liaise and engage with 'at risk' community/church/organisation
- Identify key community people from 'at risk' communities.
- Three day course – provides a foundation for facilitators to become "agents of change"
- Course contents :
  - What is Diabetes?
  - Principles of healthy eating
  - Practical facilitation skills
  - Cooking demonstration/practice
  - Importance of physical activity
  - Establishing HOPE in your own community
- Trainers graduate as 'Cultural Champions' and deliver HOPE in their own community with DNZAB mentoring



# How are we doing this?

## HOPE - Level Two

- ‘Cultural Champions’ to identify their ‘at risk’ community families
- Memorandum of Understanding signed by both DNZAB and ‘Cultural Champion’
- ‘Cultural Champions’ facilitate HOPE programmes with mentoring from DNZAB HOPE team
- Deliver full four session HOPE programme and two follow-up sessions
- ‘Cultural Champions carry out tasks outlined in (MOU)
- Continuous updates and feedback to DNZAB HOPE team
- Evaluations completed





# How are we doing this?

## HOPE Level 3

- 'Cultural Champions' attend an update and refresher and progress to establishing independent HOPE courses within their selected 'at risk' communities

### *Cultural Champions to:*

- Where relevant, identify potential cultural champions and connect them to next HOPE TtT
- Encourage own community members to attend HOPE programme
- Run own HOPE programme in consultation with DNZAB HOPE team
- Perform accountability report
- Evaluation to be completed



# Result/Achievements

## HOPE Train the Trainer (Level One)

### 2013

- 19 trainers graduated as '*Cultural Champions*'
- These 19 '*Cultural Champions*' represented 7 different communities

### 2014

- 24 trainers enrolled and graduated as '*Cultural Champions*'
- They represent 11 different communities

### 2015

- 16 trainers completed HOPE Train the Trainer course
- Representing 9 different community groups



# Results/Achievements

## HOPE Level 2 and 3

### 2013

- 8 different communities (Level 2)
- **A total of 219** individuals participated

### 2014

- 10 communities.
  - 5 HOPE Level 2
  - 5 HOPE Level 3
- **A total of 337** individuals participated

### 2015

- 19 Communities
  - 8 Level 2
  - 11 Level 3
- **A total of 418** Individuals participated



# Results

## Key findings from 2013 and 2014

- Majority satisfied with sessions
- Increased knowledge & understanding about diabetes, healthy food choices and physical activity
- Increased activity for several participants at follow up
- Reduction takeaway & fizzy drink consumption for most at follow up.





# Participants Feedback

## Participant's comments about the sessions ;

We learnt about the use of sugar and try to be awakening about this

Eating Vegetables, fruits and homemade food

To cook easy and healthy recipes in less time

Exercise is important – exercise with your family

Its good to exercise with others

Ways to prevent diabetes

# Positive Feedback

## Follow up sessions

My mum cooks me healthier dinners now and I have more fruits for my lunch now

I have lost weight and everyday I'm eating healthy food and not having sugar in my tea

HOPE has made me realise how I needed to change my lifestyles and why

I look at food differently now. I am more aware of what to eat and what not to eat.

I have lost 2Kgs since completing HOPE programme

# Healthy Options = Positive Eating

## Physical Activity sessions



# Healthy Options = Positive Eating

## Cooking demonstration sessions



# HOPE

HEALTHY OPTIONS = POSITIVE EATING

## Recipe resource

March 2015

### Suggested menu sets:

Culture & cuisine	Pacific	Maori	Chinese	Vegetarian South Asian	Non-Vegetarian South Asian
<b>Week 1</b>	Corried beef & vegetable Dish EDM&SI* pg27	Mussel Fritters KIKTK: pg93	Pumpkin & Kumara Rice This resource pg 19	Falafels EDM&SI pg 22	Tamarind Prawns This resource pg 21
<b>Week 2</b>	Island Chop Suky EDM&SI pg27	Quick Noodle meal EDM&SI pg15	Cool Wraps EDM&SI pg 17	Cool Wraps (use chilli bean filling in place of meats) EDM&SI pg 17	Quick Fish Curry This resource pg 22
<b>Week 3</b>	Fish Patties EDM&SI pg26	Rice Salad KIKTK	Courgette Fritters This resource pg 20	Sweet corn Fritters EDM&SI pg 15	Chicken With Green Curry This resource pg 23
<b>Week 4</b>	Pancakes EDM&SI pg41	Pancakes EDM&SI pg41	Pancakes EDM&SI pg41	Pancakes EDM&SI pg41	Pancakes EDM&SI pg41

### Abbreviations:

\*EDM&SI: Every Day Meal & Snack Ideas  
KIKTK: Kia Kaha Te Kai





# Session 1



# “This Is Who We Are”





# We Are Proud 2B

**Maori  
Pacific  
South Asian  
Asian**





# **Auckland has:**

**NZ's Biggest Market**

**NZ's Biggest Airport**

**NZ's Tallest Tower**

**NZ's Biggest Bridge**





but Auckland also has the

# BIGGEST

PEOPLE.....WHY?

# Too much:

**Boil Up, Hangi,  
Coconut Cream, Cornbeef,  
oil, ghee,  
deep fried food  
..... lots of FAT!**

**Soft Drinks, sweets and  
Cakes...**

**..... lots of SUGAR!**



# This Is My Culture

**This is how I was raised....**

**This is what I understand....**

**This is what I believe....**



# Are you at risk?

- ❖ I am of: Maori, Pacific, Asian, South Asian descent
- ❖ There is or has been: diabetes, obesity, or heart disease in my family
- ❖ I am overweight for my height
- ❖ I do very little physical activity
- ❖ I often eat foods high in fat
- ❖ I am between 35 and 64 years

YES





# Is it too late?

# N O !!

Making changes now to:

- Eat less
- Move more
- Eat healthier food

Can make a big difference to your own health and that of your whānau



Aim for  
a healthy  
body weight.



Be more  
active,  
more often.



Eat healthy  
foods.

# **In The Sessions Ahead We Learn About.....**

- ❖ **The Cultural Value of Food and Generational Patterns**
- ❖ **Practical fun Activities for Families**
- ❖ **The Family Plan – A Plan Of Action**



# HOPE

HEALTHY OPTIONS = POSITIVE EATING

## Session Two

### The Cultural Value of Food and Generational Patterns





## How do we use food?





















# Session Two

## The Cultural Value of Food and Generational Patterns



## How do we use food & What value is it to us as a people?





Do you recognize any of these food and what do you think it does to you?



And what does this food do to you?





## Some healthy choices



## Eat Well! Stay Well!







## 第二讲

### 饮食的文化价值和家庭



# 我们如何利用食物？





Do you recognize any of these food and what do you think it does to you?



## Some healthy choices





## Eat Well! Stay Well!





## **Session Three**

# **“Practical Fun Activities for Family”**





# Practical Fun Activities For Families



# What family activities can family do together?



Family Activities will depend on parents and children doing fun things together

What fun activities can families do together?



Washing the car  
Gardening  
Spring cleaning the house  
Mowing the lawn  
Walking the dog

All of these tasks may not be fun but achieve something more valuable – “Building memories”.





# Be Active! Live Well!





# ACKNOWLEDGEMENTS

- Past & Present Staff
- Student Health Promoter/Dietitian:
  - prepared supplementary resources
- External resource people:
  - contributed recipes & reviewed content
- Our Cultural Champions:
  - diligent work in tailoring to their communities
  - Generously sharing their adaptations



# CONCLUSION

- Need to train more 'Cultural Champions' to deliver HOPE in their own community
- Findings show evidence of positive changes in most participants behaviour
- Using community people to deliver HOPE to their own community in their own language is the key.
- Need to externally evaluate HOPE



## Train the Trainer Programme

Thurs 26th, -Sat 28th  
March 2015

Diabetes NZ Auckland Branch  
92-94 Beachcroft Avenue  
Onehunga



diabetes nz  
auckland branch



diabetes nz  
auckland branch