

Healthy Beginnings - building on our networks to improve nutrition for Asian mothers and children



ANA Asian Forum: Thursday 5 December 2013, Waipuna Hotel and Conference Centre, Mount Wellington, Auckland

Presentation Descriptions and Presenter Biographies

Dr Ruth DeSouza – Forum Facilitator

Dr Ruth DeSouza is a nurse, writer and academic who has been active in governance and community engagement in the health sector. Previously a member of the Counties Manukau District Health Board and the Board of the Asia New Zealand Foundation, Ruth has also been involved in the Guidelines Technical Advisory Group (GTAG) for the development of evidence based guidelines for the management and treatment of overweight and obesity for children/youth and adults in New Zealand, and the Health Sponsorship Council's Public Health Reference Group for Improving Nutrition. Ruth is passionate about wellness in migrant and diasporic communities and has facilitated the ANA Asian forum since 2008. Ruth moved to Australia this year to take up a role as a Senior Lecturer at Monash University's Berwick campus in Victoria where she is the co-ordinator of the Bachelor of Nursing (Community Health). Her work appears in scholarly and popular venues on issues including mental health, maternal mental health, race, ethnicity, biculturalism, multiculturalism, settlement, refugee resettlement, and cultural safety.

Plunket: Improving Support to Asian Families

Jess Beauchamp, Clinical Advisor and Agnes Wong, Project Leader will present the early findings from a recent literature review and research into services for Asian families.

Eleanor Gates – Baby Friendly Hospital Initiative Coordinator and Lactation Consultant, Waitemata DHB.

Eleanor is a Registered Nurse, Registered Midwife and a Lactation Consultant. She has practiced in the Public Health Services and as an Independent Midwife in New Zealand and UK, and has worked in Special Care Baby Unit settings as a Midwife, and as a Midwifery Tutor. She is employed by Waitemata DHB to administer and teach the World Health Organisation/UNICEF's Baby Friendly Hospital Initiative (BFHI). BFHI is a 10 step training programme which trains all Maternity Services employees that a woman may see throughout her pregnancy, birth and postnatal care, from the ward cleaners to paediatricians. This health initiative which has been shown worldwide to increase the number of babies being exclusively breastfed and increase the length of time mothers continue to breastfeed their babies.

Eleanor has a special interest in bridging the gaps that culture and language leave open, as breast milk is the *normal way* to feed a baby and is the perfect nutrition for a healthy life. She is implementing a wide reaching Asian Initiative at North Shore Hospital, which she describes as her multi-pronged approach! She works clinically as a Lactation Consultant 2 days a week, which allows her to see what really works in breaking down cultural and language barriers.

Eleanor's presentation on gestational diabetes will be public health focused. It will cover;

- a quick revision on the different types of diabetes

- obesity and its relationship to diabetes
- NZ incidence (ethnicity related)
- the impact of having diabetes on pregnant women and their babies
- the impact breastfeeding can have on diabetes in NZ.

Gravida - Developmental Origins of Health & Disease: from evidence to workforce training.

The scientific field exploring the "Developmental Origins of Health & Disease" (DOHaD) has generated new knowledge that the window of pregnancy and an infant's early years has significant influence on life-long health outcomes, and should be focused on alongside other age windows in the spectrum of public health initiatives. Gravida researchers are now working with key stakeholders to translate the evidence into practical, accessible tools and education for frontline health care staff. Assoc Prof Mark Vickers will give an overview of key research findings relevant to Asian families and those that care for them, and Jackie Gunn will introduce us to the new education curriculum under development.

Assoc Prof Mark Vickers is an Academic Director at the Liggins Institute. He is also a Gravida Principal Investigator and leads a number of project teams looking at developmental programming. He is particularly interested in the association between maternal nutrition issues and risks of diabetes and obesity in children, as well as investigating therapies that may reverse metabolic disturbances and assist in better health outcomes. More here <http://www.liggins.auckland.ac.nz/uoa/markvickers>

Jackie Gunn is the Head of Midwifery at AUT and founding member of the NZ College of Midwives. She is also the lead education curriculum developer for Gravida's new workforce development project. Her team is designing a range of courses that explain how the new key principles from DOHaD and other related fields can enhance and support the work of those working with mothers, children and families.

Waitemata and Auckland Collective Project

The Waitemata DHB, in association with the Auckland DHB and a wider Collective, is undertaking a number of public health initiatives to prevent Maternal and Child Obesity in the region by improving nutrition and physical activity. This is an ambitious undertaking which seeks to co-ordinate a wide range of players, but with particular emphasis on the priority population groups; Maori, Pacific, Chinese and South Asian. The project is divided into two phases - the establishment phase which covers the period from June to December 2013, and the implementation phase which covers the period from 1st January 2014 to the end of June 2015. This presentation will briefly traverse the processes, rationale, outcomes and the learnings to date in respect of the establishment phase of our project.

Counties Manakau Improving Infant Nutrition Project

The Counties Manakau Improving Infant Nutrition project will support optimal infant and toddler nutrition through engagement of wider family environments by developing community action and building capacity of child health, maternity and primary care services. Pam Henry, Portfolio Manager Child Health & Maternity, at Counties Manakau DHB will outline project progress and direction.