

ANA

ASIAN FORUM

A one-day forum for health professionals who are working with Asian people to promote healthy eating and physical activity.

Tuesday November 24th 2015
Sorrento in the Park, Auckland

Speaker biographies and presentation descriptions

Nivedita Sharma Vij

Master of Ceremonies



Nivedita trained in nutrition and dietetics in her home country of India and moved to Auckland in 2002. She is a New Zealand registered nutritionist and Stanford Master Trainer in the chronic disease and chronic pain self management programme. She has extensive experience in professional training, workforce development, facilitating health, nutrition and well-being consultations and workshops for individuals and groups of people from all different walks of life.

Nivedita holds a number of community governance, and volunteer roles. She is a Justice of the Peace, an advisory member of the Khushi Project (which creates awareness & prevents neglect and abuse of the disabled and elderly) at Shanti Niwas, a board member of the Manukau East Council of Social Services, a member of the Botany and East Tamaki area Rotary club, and is a board member & health advisor for the Bhartiya Samaj Charitable Trust and Jaagriti (a wing of Roopa Aur Aap which is a charitable trust that provides support to victims of domestic, emotional and verbal violence).

Nivedita is passionate and proactive about people's health and wellbeing. She finds satisfaction and purpose when able to empower people with self-confidence, self-efficacy and positive behaviour change. Nivedita is always looking for new challenges and ways to achieve improved health outcomes, and promote well-being in the wider community.

Dr Annette Mortensen

Programme Manager: Asian, Refugee & Migrant Health Action Plan, Northern Regional Alliance Limited



Annette Mortensen graduated as a Registered Comprehensive Nurse in 1980 and worked as a Public Health Nurse until 1989 in deprived areas of Auckland and South Auckland. From 1990 Annette worked in the Auckland Regional Sexual Health Service where she was Nurse Manager from 1996 to 2000. From 2000 to 2007, she worked as the Refugee Health Coordinator for the Auckland Regional Public Health Service. In 2007, Annette was presented with the supreme harmony award for her contribution to Muslim relations in New Zealand. The annual award given by the Federation of Islamic Associations of New Zealand (FIANZ) is for a non-Muslim person. Since March 2007 Annette has worked as the *Auckland Regional Settlement Strategy*, refugee and migrant health programme manager for the Northern Regional Alliance Ltd. In May 2008 Annette received a doctorate from Massey University. The subject of her thesis was '*Refugees as 'Others': Social and Cultural Citizenship Rights for Refugees in New Zealand Health Services*'.

This event is hosted by ANA (Agencies for Nutrition Action) with support from the Ministry of Health.

Annette is going to be setting the scene for us at the forum by presenting “**Asian Populations and Health Status in New Zealand**”. The following links and documents are suggested as complimentary reading:

- Health Needs Assessment of Asian People Living in the Auckland Region (August 2012). Summary data and the full report is available here: <http://www.adhb.govt.nz/healthneeds/asian.htm>
- Visit the eCALD™ site where there is a range of CALD (culturally and linguistically diverse) courses and resources developed for the New Zealand health workforce: www.ecald.com
- Access the Asian Health Research Reviews: <http://www.researchreview.co.nz/nz/Clinical-Area/Other-Health/Asian-Health.aspx>
- Asian Health in Aotearoa in 2006 - 2007: trends since 2002-2003. Scragg, R.: Northern DHB Support Agency, 2010: <http://www.asianhealth.govt.nz/Publications/Asian%20Health%20Trends%20Scragg%202010.pdf>

Dr Geeta Gala

Public Health Physician, Northern Regional Alliance Limited



Dr Geeta Gala is a Public Health Physician, working at the Northern Regional Alliance. She leads and advises on many of the cancer projects across the Northern Region, led by the Northern Cancer Network.

She completed the Asian Health Needs Assessment for Counties Manukau DHB in 2007, which has been highly influential in highlighting the cardiovascular and diabetes burden in South Asians. Since then, she has actively advocated for improvement of Asian health in New Zealand.

She is the South Asian Advisory board member for the Vitamin D Assessment Study and the VIEW programme (Vascular Informatics using Epidemiology and the Web), a cardiovascular risk prediction research at the University of Auckland. She is also a panel member of the New Zealand Research Review and provides commentary for the Asian Health Review.

Varsha Asrani

Auckland Senior Clinical Dietitian, Auckland District Health Board



Varsha is a senior clinical dietitian and team leader at Auckland City hospital for the acute medical and surgical team. She is also a lecturer and student supervisor at the University of Auckland and Massey University. Varsha works in private practice at primary health care centers across Auckland and often works with public health and community groups on health and nutrition awareness.

Learning about the PODOSA trial, an RCT from the UK (Prevention of Diabetes & Obesity in South Asians): Lessons & implications for the NZ context.

New Zealand researchers, clinicians and health promoters have much to learn from the experience of the PODOSA study which is one of the first community-based, randomised lifestyle intervention trials to focus on South Asian populations in Western nations.

While New Zealand now has good data regarding the health of Asian populations, there is minimal information on health promotion interventions. There are very few studies that demonstrate the effect

of lifestyle interventions in South Asian populations in Western societies - so it is pertinent and timely for a close look at the experiences of the PODOSA trial.

Geeta and Varsha, with the endorsement of the UK-based PODOSA team, are going to share PODOSA trial learnings and resources, and discuss the implications and possibilities for New Zealand.

Jignal Bhagvandas

5th Year medical student and a founder of Arogya Mantra



Jignal is a 5th year medical student at the University of Auckland and volunteers her free time at Arogya Mantra - a registered charity set up by herself and like-minded friends. The charity runs multiple free exercise classes every week with up to 100 participants every weekend, along with regular screening programmes, health columns in Indian newspapers and health talks on Indian radio stations.

At the forum Jignal is going to lead us through a short demonstration of an **Arogya Mantra** exercise class, and later in the day she joins Jenny Lim in the “Walk the Talk” session. Click on these links for more information on Arogya Mantra:

- Arogya Mantra’s website: <http://www.arogyamantra.co.nz/>
- Arogya Mantra’s Facebook page: https://www.facebook.com/arogyamantranz/info/?tab=page_info

Dr Pamela von Hurst

Senior Lecturer in Human Nutrition & Co-Director Vitamin D Research Centre, School of Food and Nutrition, Massey University



Dr von Hurst is a human nutritionist with a growing portfolio of research experience including clinical trials and population studies. Her interests include vitamin D in health and disease, child health and nutrition, bone, metabolic syndrome and physical activity. She is interested in the prevention of chronic disease by achieving optimum nutrition and lifestyle, including physical activity.

Vitamin D – issues for NZ Asian populations and public health implications

Suboptimal vitamin D can have serious implications for both the individual and their future children.

It is a nutrient deficiency that historically New Zealanders have not had a lot of awareness or concern for. With changing demographics and greater understanding, it is now known to be a deficiency having a significant impact on sectors of the New Zealand population. Dr von Hurst is going to share with us her knowledge and insights on issues of vitamin D deficiency amongst New Zealand-based Asian populations.

Samantha Taylor

Senior Advisor, Nutrition and Physical Activity, Health Promotion Agency



Samantha has a background in health promotion and community action. Her current role is at the Health Promotion Agency where she is working on the Health Star Ratings initiative, in particular the stakeholder engagement, education and consumer campaign.

Samantha has worked for more than 20 years for the public service both at a local and national level on a diverse range of programmes including alcohol, injury prevention, mental health and vitamin D. Samantha has a Bachelor of Arts with a major in Psychology and a Diploma in Sport and Recreation.

Reach for the Stars: Health Star Ratings – a quick, easy way for consumers to make healthier food purchases

The Health Star Rating is New Zealand's new voluntary front of pack labelling system designed to help consumers make healthier food choices. It is a visual system that is going to be useful for those with English as a second language or unfamiliar with NZ food products. Following Samantha's presentation you will be able to encourage clients and families to start using the ratings to make better food choices at the supermarket. Visit the website below for more information on Health Star Rating:

- <http://www.foodsafety.govt.nz/industry/general/labelling-composition/health-star-rating/>

Dr En-Yi (Judy) Lin

Researcher, SHORE & Whariki Research Centre, Massey University



En-Yi (Judy) is a researcher at the Centre for Social and Health Outcomes Research and Evaluation (SHORE) at Massey University. En-Yi's research platform focuses on the impact of people's living environments on their wellbeing, with an emphasis on socio-cultural determinants, neighbourhood characteristics, psychological/social outcomes, and physical activities. Her doctoral thesis 'Developmental, Social and Cultural Influences on Identity Conflict in Overseas Chinese' won the 2007 Outstanding Dissertation Award conferred by the International Academy for Intercultural Research.

Much of her recent work has focused on the wellbeing of children, specifically, she is involved in a number of studies investigating relationships between children's activity levels and independent mobility, and neighbourhood characteristics and parental safety discourses.

Where have all the children gone? – factors influencing children's independent mobility

Current urban neighbourhood built environments do not support children's independent mobility (outdoor play and active travel not supervised by adults) – essential for children's health and wellbeing. Over the last few decades independent mobility has declined substantially across most developed countries, including New Zealand. Understanding the barriers and facilitators to children being independently out and about in their neighbourhoods is an important first step in reversing this trend.

Our "Kids in the City" research has investigated opportunities and constraints on play and independent mobility for children aged 9-12 years living in Auckland. Children's mobility (independent and otherwise) was tracked using GPS units and trip diaries; and interviews with parents and children explored opportunities and constraints children experienced moving within and beyond their neighbourhoods. The goal has been to provide an evidence base to ensure the needs of children are taken into account by urban planners in our intensifying cities.

This presentation explores the extent to which family demographics, characteristics of the built environment and neighbourhood perceptions affect children's levels of independent mobility. It highlights ethnic differences and the impact of siblings. Children's and parents' safety and independence discourses are examined to help understand these differences.

Teresa Cleary

Team Manager - Services Delivery, Diabetes New Zealand, Auckland



Teresa is a New Zealand Registered Dietitian and has worked in diabetes-focused roles since the early 1990's. This has included work with Waitemata Diabetes Service in West Auckland in between two periods of employment with Diabetes NZ Auckland Branch. Her passion is to communicate nutrition information in down-to-earth practical terms; emphasising the "how to" rather than the "do not".

Teresa's current position with Diabetes NZ Auckland Branch is Team Manager - Services Delivery. This role involves oversight of the health promotion team and all education, information and awareness activities provided for members, support groups and the wider community.

During the design phase of the HOPE programme and subsequent HOPE Train the Trainer (TtT) development, Teresa has contributed dietetic expertise to the HOPE team. Since 2013 Teresa has had a substantial role in delivering HOPE TtT and mentoring health promotion staff involved in delivery.

Bringing HOPE to Asian Families

The main content of Teresa's session will focus on the HOPE programme (Healthy Options – Positive Eating). The HOPE programme is a family-centred diabetes prevention programme developed by Diabetes NZ Auckland Branch and was originally initially tailored to the needs of Maori & Pacific whānau/aiga.

It has subsequently been adapted and delivered in Asian communities with great success.

Teresa will provide a brief update to participants on Diabetes NZ resources designed for the Asian community.

Jenny Lim

Sport Capability Project Manager, Harbour Sport



Jenny Lim is a Malaysian-born Kiwi whose career in physical activity and sports started when she was 16 as a swimming instructor on the North Shore of Auckland. After completing a Bachelor of Science majoring in Sport and Exercise Science and Physiology at the University of Auckland 5 years ago, she joined the team at Harbour Sport, worked on a number of programmes including Green Prescription, Active Families, and now manages the KiwiSport fund and the ActivAsian project.

Her ability to speak multiple languages and relate personally to people from different cultural backgrounds allowed her to engage with the local migrant community.

Combined with the passion for all things sports, Jenny and the team at Harbour Sport has successfully implemented a number of initiatives with the aim of increasing sport participation and physical activity levels in the Asian community on the North Shore, including walking groups, have-a-go days, cycle skills training, and an ActivAsian volunteer group. Harbour Sport is committed to ensuring all people in our community have equal access to sport and recreation, in our very own melting pot of cultures on the North Shore.

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Jenny is leading **Walk the Talk** - a practical session where service providers will go away with actions they can take to encourage greater Asian participation in sport and physical activities.

Jenny has experience in implementing the ActivAsian initiative at Harbour Sport, and will be joined by Jignal Bhagvandas from Arogya Mantra, and Sharon Yang, Asian Community Sport Coordinator at Counties Manukau Sport.

This session will be relevant to:

- Sport/ physical activity providers planning to engage or improve relationship with their culturally diverse community
- Agencies working with the migrant community or cultural specific groups looking to implement a physical activity component to their existing services
- Culture group interested in physical activity or sports
- Anyone who has experience in this area and would like to have an input in the session and potential projects

No preparation is required to participate in this session, but an understanding of the ethnic make-up of your community, and what their current physical activity levels could be useful.

Sue Lim

Operations Manager, Asian Health Services, Waitemata DHB



Sue Lim QSM, is the Operations Manager of Asian Health Services in Waitemata DHB since 2000. Sue has developed a range of Asian culture-specific services, interpreting services as well as Asian cultural perspective training. She is the founder and developer of eCALD™ courses and resources.

Sue was one of the collaborators in the development of the Eight C's framework for smokefree health promotion interventions which is a partnership project between the Auckland Regional Public Health Service, Harbour Health (now known as Comprehensive Care - Waitemata PHO) and the Health Gain team. This project team won two health awards (for innovation and for excellence) in 2006 as a result of their innovation and the improved health outcomes for smokefree service users.

Sue has won ten Waitemata Clinical and Health Excellence Awards since 2000. In 2013, Sue was awarded a Queen Service Medal for her contribution to Asian communities.

Asian cultural beliefs and the impact they have on decisions around nutrition and physical activity: a local example of a culturally appropriate approach.

Asian groups are not homogenous in nature. They are very diverse in terms of cultural values, beliefs, customs, religious practices, education, acculturation levels and social structures, although they do share certain collective cultural values and orientation. Understanding differences between migrant groups is important. In New Zealand, we have “Westernised Asians”, (those born in New Zealand or well settled in New Zealand) and there are “Asian Asians”, (those who still maintain traditional cultural values, ideas of health and wellbeing, health beliefs, and hold different healthcare expectations). When considering health promotion strategies or interventions to reduce inequalities for Asians in New Zealand, a number of challenges and considerations may arise.

The session will help to increase your awareness of Eastern collective cultural values and health beliefs in the context of nutrition and physical activity, and the implications on decision-making, with a specific focus on East-Asian and South-East Asian groups. A locally developed culturally appropriate health promotion framework will be discussed which will demonstrate the process of programme development from the conception stage, through to building workforce capacity, implementation, and finally evaluation.

Update on e-CALD™: courses and resources developed for those working with culturally and linguistically diverse clients and families – now available to a wider workforce across New Zealand

Key learnings or outcomes:

- An understanding of what cultural and linguistically diverse (CALD) competence refers to and why the need for CALD competence development
- Gain knowledge about the face to face and online courses, and resources available for the health workforce to develop CALD cultural competence
- Gain knowledge about how to access the courses and resources and eligibility to access the free courses
- Quick facts about CALD course uptake and evaluation results

Visit the eCALD™ site where there is a range of CALD (culturally and linguistically diverse) courses and resources developed for the New Zealand health workforce: www.ecald.com