

# HEALTHY BABIES HEALTHY FUTURES

An exciting project, Healthy Babies Healthy Futures (HBHF) has now been running successfully at The Asian Network Inc (TANI) since June 2014. This project is a collaborative arrangement between The Asian Network Incorporated, West Fono Health Trust, HealthWEST Ltd, Chinese New Settlers Services Trust, Waitemata and Auckland DHBs, Waitemata Plunket, Waitemata and Auckland DHB Nutrition Services, Waitemata DHB Maternity Services in association with the National Institute of Health Innovations and the Evaluation Services of the University of Auckland.



The main goal of HBHF is to promote the health and wellbeing of pregnant women, women with children under 4, and their whānau/families and communities through improved nutrition (including breastfeeding), and increased levels of physical activity.



Bharitya Samaj Walking Group

TANI supports Asian (e.g. Indian, Fijian Indian, South African Indian, Sri Lankan, Pakistani, Afghanistani, Bangladeshi, Nepalese...) mums who are expecting along with those that have children from 0-4 years old, with a healthier lifestyle. The aim is to reduce their risk for diabetes (especially gestational diabetes), increased blood pressure, and heart disease. Participants and their wider family are provided with healthier eating and physical activity options to suit their health needs.

All participants who enrol in this program receive advice from experts in the field of pregnancy, breastfeeding, food safety, nutrition and physical activity via a **Text MATCH**

program which sends out friendly messages and reminders on these topics to busy mums via text. Moreover, those who enrol for the project's various activities are supported in a number of ways. Specifically with a one-on-one nutrition session wherein mums who are eager to get back to their pre-pregnancy weight are supported in reaching their healthy weight range while also benefiting from a customised healthier eating and food preparation plan along with targeted focused physical activity moves which help strengthen and tone the body's various muscles.

Mothers living in close proximity to one another are connected and brought together for social and educational 'chai time' sessions and walks in the nearby park.



Chai Time sessions

The 'chai time' sessions cover a range of topics from (a) overview of diabetes and heart disease, (b) food choices, (c) food preparation and menu planning, (d) food labelling, (e) shopping on a budget and (f) benefits of physical activity. These workshops help extend mothers' social networks, reduce isolation and enhance their wellbeing. They also have the opportunity to attend wider workshops wherein experts will be invited to speak on a topic of their interest.

Fun active recreational family events are also organised for families, in which they have the opportunity to play some local and cultural sports along with enjoying a healthy picnic basket.



For more information please get in touch with Parul Dube, co-ordinator at 022 464 7448 or at [parul.dube@asiannetwork.org.nz](mailto:parul.dube@asiannetwork.org.nz)