



**Our vision is that Pacific children have the best possible start to life.**

TAHA Well Pacific Mother and Infant service (TAHA), is part of the Pacific Health Unit, based at Auckland University's School of Population Health.

TAHA meaning 'one' in a number of Pacific languages aims to improve the health and wellbeing of Pacific mothers and infants during pregnancy and the first year of life.

TAHA provides a range of training and education opportunities. One rich gem is Tapuaki, a Pacific pregnancy and parenting education training programme that is suitable for health professionals caring for Pacific pregnant women, infants and their families. The training is designed to guide health professionals in:

- gaining a better understanding of Pacific cultural beliefs and contexts during pregnancy and parenting.
- applying best practice engagement strategies and tips on delivering key pregnancy and parenting health messages to Pacific families.



An important role for TAHA is ensuring the scientific evidence that is available is translated into tools and initiatives that will benefit Pacific pregnant mothers, infants and their families. Improving health literacy among Pacific families is a key goal for TAHA, ensuring key messages and discussions are expressed in a language that our Pacific mothers, fathers and families are able to understand well, in addition to transferring it into positive behaviour changes. A growing library of resources relating to Pacific maternal and infant health can be found on the [TAHA website](#) or the mothers-focused website [Tapuaki](#).



TAHA's work and advocacy at the recent New Zealand Population Health Congress was showcased via two presentations and a panel discussion: A time for action: what will it take to eliminate child and youth poverty and inequity in Aotearoa? The discussion acknowledged the impact of poverty on the early years of life. Improving health outcomes for Pacific pregnant women, infants and their families cannot be addressed solely at the primary or tertiary healthcare level as income, household and environmental factors have been shown to impact significantly on health outcomes. Pacific infants carry some of the greatest burdens of diseases that follow a social gradient such as respiratory infections, sudden unexpected death of an infant (SUDI) and stillbirth.

Working collectively and collaboratively with other stakeholders towards the needs of our Pacific mothers, fathers and families is fundamental to TAHA's focus and more recently TAHA has become a key partner in the Healthy Babies Healthy Futures programme led by Auckland and Waitemata District Health Boards.

TAHA is supported in their activities via a variety of funding streams including the Ministry of Health and the Tapuaki project is funded through the Pacific Innovations Fund. Initially focussed in the greater Auckland region, TAHA's professional development opportunities are now being rolled out nationally with training completed in Hamilton and Christchurch.

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**“O au o matua o fanau” (Our children are our treasures).**

Treasure your children from the start, as what you do during pregnancy and during the early years of your child's life can determine how strong and intelligent your children become when they are older. Ia manuia - God bless.

**- Samoan proverb**