

PIF study Findings
Where to from Here
???



Translation of Pacific
Island Families (PIF) Study
into Community Action



Translation through Research

- Better understanding of PIF findings (Quantitative Research) through Qualitative Research.
- To explore understanding and opportunities to improve food security for Pacific Families.





Food security







Food Security means -Your ability to get, every day, enough nutritious food to maintain a healthy and active lifestyle for your family

Food Insecurity: fusimo'omo



Food security is a real problem

Pacific Island Family Study

- In 2000 due to lack of money
 - Food runs out  4/10
 - Eat less  4/10
 - Variety limited  4/10
 - Rely on others  3/10
 - Use food banks  1/10
 - Stressed  2/10
 - Stressed for social occasions  3/10



PIF Findings

- At 6 weeks (2000), **43.6%** PI mothers said that either '**sometimes**' or '**often**' ran out of food – Food insecurity
- In comparison : Tongan & Niuean – have higher levels of food insecurity





Evidence Based Practice: Relevance of the PIF study findings to Food Security for Tongan families

Aims:

1. To explore Tongan Health Provider's and Tongan mother's **perceptions** on PIF findings related to Food Security
2. How this information may be used to help improve Food Security within the Tongan community and to extend to the Pacific community in New Zealand





Participants:

- Two Groups:**
- 1. Tongan Mothers – Family size with at least 4 children, 2 of whom are under 5 years old.**
 - 2. Tongan Health Workers – working with the Tongan Community.**

***Talanoa* Methodology**

- Open ended questions – used as a guideline**





Open-Ended Sample Questionnaires

- Meanings of Food security
- Experiences
- Impacts on behaviours (Church, Extended Family)
- Barriers and Supports

- What do you suggest to improve food security?





Conclusions & Benefits of the study?

- Exploring the Tongan perceptions about food security:
 1. Pacific People needs to take ownership of the PIF study Findings and move forward
 2. Raising awareness and increase understanding
 3. Improve Pacific families health through improved access to food
 4. Recommendations to MOH & other stakeholders to assist Policy makers

