



Waitemata District Health Board - *Making a Healthy Difference*

Developing a plan

- Prioritisation process – 25 health needs ranked
 - #1 Lack of appropriate physical activity; # 2 Overweight and obesity particularly in South Asian; # 7 Lower consumption of fruit and vegetables.
- 3 Target Asian groups
- 2009 South Asian; 2010 Korean, Chinese



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South Asians

- Objective: to engage the South Asian community in group physical activity sessions and nutrition and health education workshops as part of a lifestyle change support programme for the South Asian community, families and individuals living in West Auckland.



Prevalence of diabetes and cardiovascular disease hospitalisation and mortality rates among South Asians are higher than any other ethnic group in New Zealand.

~ 22 000 South Asians in WDHB

~ 1/4 of the Asian population

~ 2/3 in Waitakere

New Lynn Community Centre
45 Totara Ave, New Lynn

FAMILY PASS



presents

Funded By



Free Fitness For Families

BOLLYWORX

WORKOUT WITH BOLLYWOOD MUSIC

CONDUCTED BY FITNESS INSTRUCTORS

It's
EASY

It's
FUN

It's a
WORKOUT
NO JHATKA MATKA

Workouts that are **just plain fun body movements** with Bollywood music.
It's **exceptionally easy and fun**, suitable for **all age groups** and all fitness levels

SAT 14 NOV 09 6pm to 8pm
NEW LYNN COMMUNITY CENTRE
45 Totara Avenue, New Lynn

Bring your water bottle and hand towel

This programme is for residents of Waitemata DHB (which includes Waitakere, North Shore and Rodney).

Weekly Bollyworx one hour sessions every Saturday from 11.15am
starting on 21st Nov 09 at New Lynn Community Centre

Enrol yourself and your family for these sessions at New Lynn Community Centre
or visit www.sprout.net.nz



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Intervention Components

- Workforce development: Net Fit community coach, ongoing mentoring from WDHB HLS team
- Weekly physical activity sessions for the community. Encourage other physical activity opportunities
- Sustainability: Gold coin donation, sponsorship
- Quarterly nutrition/healthy lifestyles education sessions
- Evaluation



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Programme Launch

- WOW bus – 20 free health checks for eligible people.
- BollyworX session