

National Asian Health Forum: Speaker Profiles

Ruth De Souza

Ruth is a senior research fellow with a passionate interest in issues relating to migrants and refugees and their incorporation and engagement in a bicultural society. Ruth is currently completing her PhD about the discursive constructions of migrant motherhood. Ruth is a Board member of Counties Manukau District Health Board, Board member of the Asia New Zealand Foundation, a Member of the Lottery Community Sector Research Committee and member of the Guidelines Technical Advisory Group (GTAG) for the development of evidence based guidelines for the management and treatment of overweight and obesity for children/ youth and adults in New Zealand.. Ruth will be facilitating the forum.

Robert Scragg, Associate Professor in Epidemiology, School of Population Health, University of Auckland

Dr Scragg is a graduate of Adelaide Medical School in South Australia, where he also received his training in epidemiology. He has worked on many epidemiological studies, mostly of cardiovascular disease, since arriving at Auckland in 1984. His main current research interests are the relationship between vitamin D and health, and prevention of obesity and tobacco smoking in children. He is a co-author of the report "Asian Health in Aotearoa" released by The Asian Network Inc (TANI) in 2005. He is currently analysing data collected in the NZ Health Surveys carried out in 2002/03 and 2006/07 for the Ministry of Health. He will present key findings comparing data on lifestyle, health status and access to health care from Asian participants in these two surveys.

Katherine Zhongxian Zhang Msc (China), DipGrad, PGDipDiet

Katherine is a New Zealand registered dietitian. She was contracted by Partnership Health Canterbury to conduct a nutritional needs assessment among East Asians living in Christchurch between Dec 2008 and April 2009. She also works as a public health dietitian for Older Persons Health Specialist Service, Canterbury District Health Board. Dietary acculturation and geriatric nutrition are her special interests.

Ram Lingam & Anjana Bonesetter.

Ram Lingam is one of the founder Trustees and Secretary of SPROUT. Anjana Bonesetter is SPROUT's BollyworX & Fitness Co-ordinator. Sports Recreation and Outdoors Trust (SPROUT), is charitable, voluntary and non-profitable trust established to educate, encourage, promote and provide opportunities in sports, recreation and outdoor pursuits to achieve greater wellbeing for people of Indian origin in New Zealand. This presentation will provide insight into some of the projects run by SPROUT followed by a practical example of how they are getting people moving.

Sue Lim: Facilitator: Cultural Awareness and Skills for working with culturally diverse populations

Sue Lim is the Service Manager for Asian Health Support Services at Waitemata District Health Board. She also facilitates the 'Culturally and Linguistically Diverse (CALD) - Cross Cultural Training Course for health practitioners working with CALD clients'. This workshop will provide participants with insight and understanding into how

different cultures function and respond as well as knowledge and skills to work confidently and sensitively with communities from different cultures and backgrounds.

Pamela von Hurst

Pamela von Hurst is a lecturer in Human Nutrition and Physiology at Massey University's Albany Campus. Her area of interest is vitamin D and consequences of vitamin D deficiency on the development of disease, especially type 2 diabetes and osteoporosis. Pamela was the study leader of the Surya Study, an investigation of the health and lifestyle of South Asian women living in Auckland, which was conducted in 2007 - 2008. She will report on some of the findings of the Surya Study, including the outcomes of a vitamin D supplementation trial in women who were vitamin D deficient.

Dr Elaine Rush & Gael Mearn's

Dr Elaine Rush, Professor of Nutrition at AUT University has been involved in health and education for all her working career. Her research interests include ethnic differences in body composition, energy expenditure, physical activity, nutrition and risk factors for disease. Gael Mearns is a PhD candidate and a lecturer in pharmacology and biological sciences at AUT University. Her research interests focus on life-course approaches for reducing the risk of chronic conditions and on understanding factors that influence adherence with the management of prescribed health regimes. This presentation will provide insight into the causes and implications of B12 deficiency in the Indian population, followed by an overview of a collaborative project with the Indian community aimed at effective and sustainable strategies for increasing vitamin B12 stores in Indian women of childbearing age.

Dr Scott Duncan

Dr Scott Duncan is the Associate Director of the Centre for Physical Activity and Nutrition Research at AUT University. Areas of expertise include the measurement of physical activity, community health intervention, and programme evaluation. Scott is involved in a new project that will develop and evaluate a series of intervention models for promoting physical activity, healthy eating and weight management in primary care and workplace settings. In this presentation Scott will provide an overview of the project with emphasis on the intervention elements specific to the South Asian community.

Varsha Asrani and Chris Cook

Varsha and Chris, are both dietitians at Auckland City Hospital. One of their most recent projects involves the development of a healthy eating resource for South Asians. The presentation will briefly discuss the need for the resource, the consultation process followed, the information contained in the resource and how it can be ordered.

Parul Dube

Parul Dube is the Nutrition Advisor at the Heart Foundation, a role responsible for providing nutrition advice and capability into the overall work and policies of the foundation while overseeing the development of all forms of HF communication around nutrition. This presentation will showcase some of new resources produced by the foundation that may be useful for working with Asian communities.