

## Promoting Healthy Asian Communities

Asian Nutrition and Physical Activity Forum Programme

Sorrento in the Park, 6<sup>th</sup> November, 9am-3.30pm.

	9.00am	Tea and coffee, chance to network	
	9.30am	Welcome	
	9.35am	Ministry of Health Perspective	<b>Barbara Lusk</b> Ministry of Health
	9.45am	Overview of CVD in South Asians	<b>Dr Geeta Gala</b> Public Health Registrar Ministry of Health
	10.15am	Lifestyle and Obesity in Asian Adolescents	<b>Shirin Foroughian</b> Research Fellow University of Auckland
	10.45am	Guidelines for Overweight and Obesity in New Zealand	<b>Purvi Chhichhia</b> Health Promotion Advisor ProCare Health Ltd
	10.50am	MORNING TEA	
	11.15am	Physical Activity in NZ Asian Communities	<b>Dr Scott Duncan</b> Auckland University of Technology
	11.45am	Asian Business People as Partners in Improving the Takeaway Food Environment.	<b>Kai Hong Tan</b> <b>Martin Dickson</b> <b>Joey Chang</b>
	12.15am	AROGYA Programme	<b>Dr Kawshi De Silva</b> Asian Health Foundation <b>Dr Ajith Fonseka</b> East Tamaki PHO
	12.45pm	LUNCH	
	1.30pm	South Asian Lets Beat Diabetes Action Plan	<b>Counties Manukau DHB</b>
	1.40pm	HEHA Promotion at Diabetes Seminars for Chinese and Korean peoples	<b>Grace Ryu &amp; Sue Lim</b> Waitemata DHB
	1.50pm	Towards Health Eating Healthy Action for South Asian Communities in the Auckland District.	<b>Kate Sladden &amp; Sarah Marshall</b> Auckland DHB
	2.00pm	ACTIVITY BREAK	



2.15pm	<b>WORKSHOPS</b>	
	Key areas of concern related to nutrition and physical activity in Asian communities have been identified. Workshops provide an opportunity for participants to take stock of current initiatives that successfully address these issues and possible strategies for the future.	
<b>1. Ways to increase breastfeeding rates in Chinese mothers.</b>		
2.15-2.30	Improving Breastfeeding Rates in Chinese Women	<b>TBC</b>
2.30-3.30	Workshop	
<b>2. How to best communicate healthy eating messages to South Asian People</b>		
2.15-3.30	Workshop	
<b>3. Practical ways of working with South Asian families to reduce the fat in cooking, increase fruit and vegetable consumption and physical activity rates.</b>		
2.15-2.45	Understanding the Barriers to Healthy Eating and Physical Activity in Fijian Indians	<b>Faieza Ali</b> Diabetes Nurse Specialist Auckland DHB
2.45-3.30	Workshop	
<b>4. Creating a metro - Auckland HEHA strategy for South Asian Communities.</b>		
2.15-3.30	Workshop	
3.30pm	<b>Wrap up and Evaluations</b>	

