



Towards Healthy Eating Healthy Action for South Asian Communities in the Auckland District

Background

- Asian Health Conference, CAHRE (2006)
- 2006 Census
- Refugee, new-migrant & Asian health Planning & Funding manager (2006)
- Cardiovascular Disease and Diabetes Health Improvement Plan (2006)

ADHB Service Development Activities

- Workshop 1 - South Asian Diabetes / CVD
27th February 2007
 - What is contributing to the high rates of Diabetes and CVD in peoples of South Asian ethnicities?
 - What can we do about it?
 - What resources are available?

ADHB Service Development Activities

- Workshop 2 - 8th August 2007
- Updates on knowledge development from academics
- Updates on service developments from service providers
- Update on ADHB progress against the February 2007 action plan
 - New funding to increase the competency and capacity of the ADHB diabetes centre to respond to the needs of the South Asian population, and to influence primary health care service delivery.

ADHB Service Development Activities

- Workshop 3 – 18th June 2008
- Update on progress against the February 2007 Action Plan
 - new funding for health promotion intervention focussed on the Mt Roskill / Avondale ward of Auckland City
- Input into service specification

South Asian HEHA Programme

- South Asian HEHA coordinator
- Geographic area – Roskill/Avondale ward
- Settings based approach
 - e.g. Indian grocery stores, places of worship
- Plan and deliver programmes to increase the visibility and availability of healthy food choices and physical activity opportunities in identified settings.

South Asian HEHA Programme

- Promote and support physical activity opportunities
 - e.g. Mt Roskill Green Prescription Programme
- Work in collaboration with:
 - PHOs, NGOs, Sport Auckland, South Asian diabetes nurse specialist
- Communication
 - Nutrition and physical activity information that has meaning and impact to people from South Asian ethnicities
 - Appropriate media and supporting resources

Variables from ANGELO Workshop

- Analysis Grid for Environments Linked to Obesity (ANGELO) conducted by SWAASTHH
- Use of ghee
- Low vegetable and fruit intake
- High sugary drink intake
- Large portions
- High screen time
- Lack of culturally appropriate physical activity opportunities, particularly for women

Progress

- Have received proposals for the South Asian HEHA programme
- Currently being evaluated
- A provider will be selected
- Envisage the programme will begin Jan-Feb 2009

Regional Approaches

- Auckland Regional Settlement Strategy, Health Workstrand Steering Group, improving health outcomes for people from refugee and migrant backgrounds
 - Budget bid in 2008 for funds to improve accessibility of health care services
 - Make interpreting services available in primary care
 - Increase the cultural competency of the primary and secondary workforce
 - Improve disability support for children and families from refugee and migrant backgrounds
 - CVD-Diabetes focussed Health Needs Analysis of Asians living in the Auckland Region (Dr Geeta Gala)
 - Ethnicity data