



# Healthy Eating & Health Activity Promotion at Diabetes Seminars for Chinese and Korean peoples



*Promoting Healthy Asian Communities*  
**Asian Nutrition and Physical Activity Forum Programme**  
**Sorrento in the Park, 6th November 2008**  
**Presenters: Sue Lim and Grace Ryu**  
**Waitemata DHB - Asian Health Support Services**



# Presentation Outline

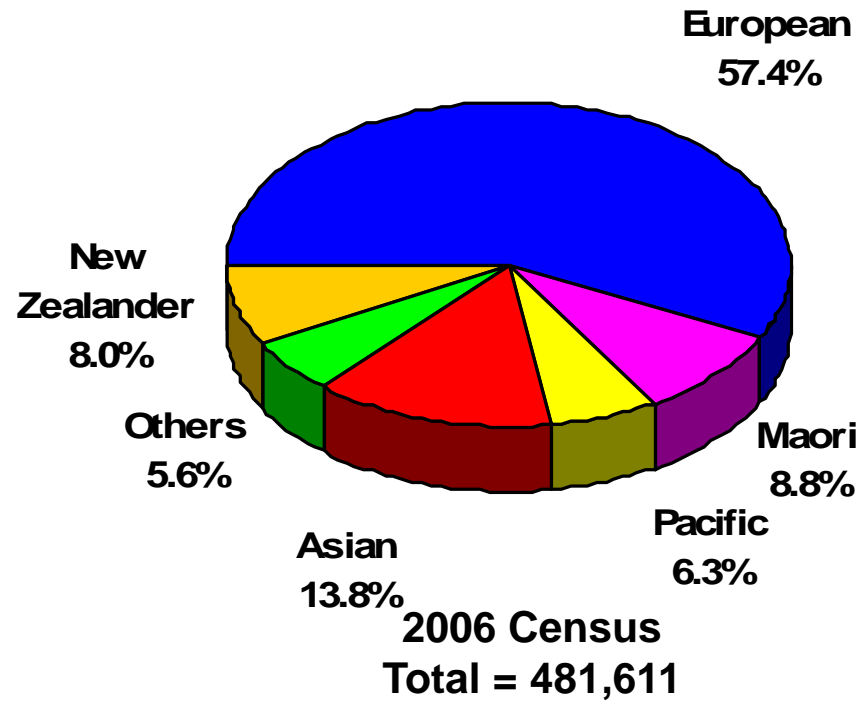
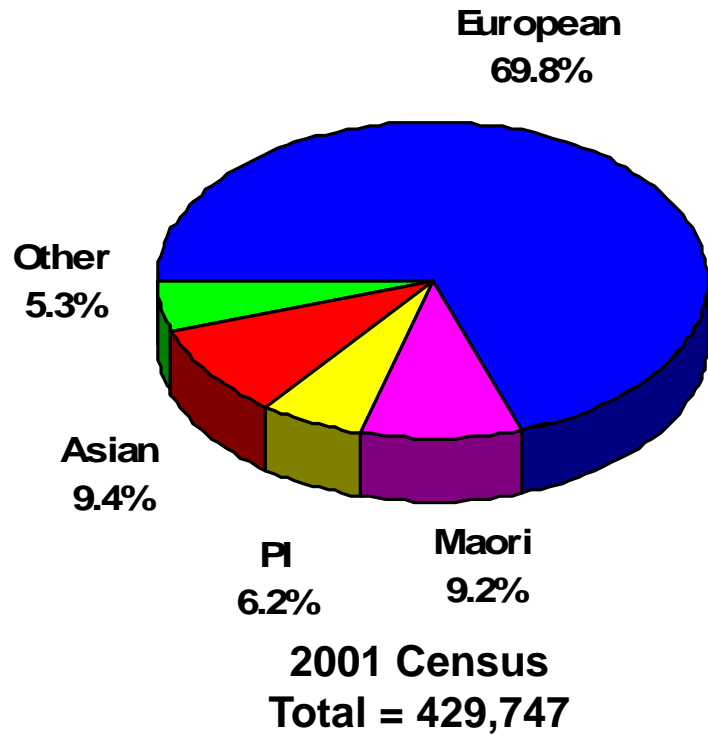
- Why
- What
- How
- Results (Evaluation findings)
- Where to from here



## Why

- Reducing inequalities (MoH - Health Targets)
- MoH - DHB Operations Policy Framework (2006-7)
- WDHB: DSP 2005-2010: Health Gain & Service Improvement: Reducing Inequalities
- WDHB: Asian population: fastest growing (2<sup>nd</sup> Largest)
- WDHB: Asian Health Survey Findings (Ngai, 2000):
  - Language & Culture barriers
  - Lack of cultural sensitive service
  - Unfamiliar with NZ health system
  - *Identified the need for Cultural and Language appropriate health seminars / education*
- Growing number of culturally and linguistically diverse migrant population
  - Interpreting utilisation annual growth at an avg. 20%
  - Year 2002 (4,000 epi) to Year 2008 (9,400 epi) = increased by 135% over 6 years
  - Asians make up 81+% Non-English speaking (NES) patient population (60%+ are Mandarin, Korean and Cantonese NES patient population)

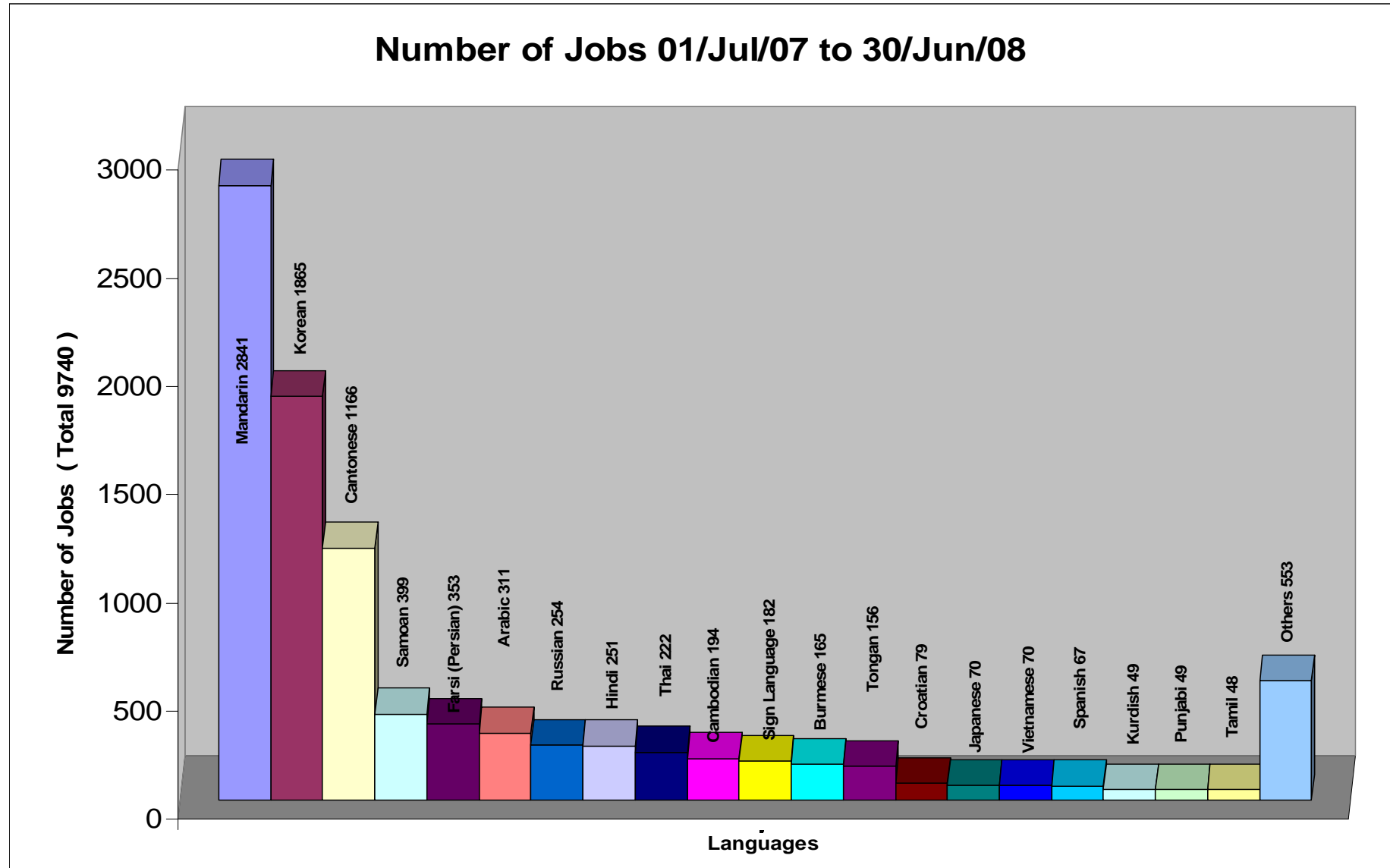
# Population by Ethnicity Waitemata DHB





<b>Asian Group</b>	<b>Number</b>	<b>%</b>
<b>Chinese</b>	<b>27,330</b>	<b>39.6%</b>
<b>Indian</b>	<b>15,015</b>	<b>21.8%</b>
<b>Korean</b>	<b>12,210</b>	<b>17.7%</b>
<b>Filipino</b>	<b>4,941</b>	<b>7.2%</b>
<b>Japanese</b>	<b>1,827</b>	<b>2.7%</b>
<b>Sri Lankan</b>	<b>870</b>	<b>1.3%</b>
<b>Cambodian</b>	<b>810</b>	<b>1.2%</b>
<b>Vietnamese</b>	<b>267</b>	<b>0.4%</b>
<b>Other Asian</b>	<b>5,661</b>	<b>8.2%</b>
<b>Total Asian Respondent</b>	<b>68,931</b>	<b>100.0%</b>

# Language issues





## History

- 2000: Started Chinese Diabetes Education/Support Group in North Shore
- 2002: Started Korean Diabetes Education/Support Group in North Shore
- 2005: Started Chinese & Korean Diabetes Education/Support groups
- 2006: Focus on promoting healthy lifestyle topics



### Programme: Aim

To improve access to information and provide health education for Chinese and Korean population residing in WDHB region

### Programme: Goal

To increase knowledge and prevention of further chronic illness

*Working collaboratively with Diabetes Service, Harbour Health and Healthwest PHOs, North Harbour Sport, and a network of providers and practitioners to improve healthy lifestyle of Chinese and Korean peoples in WDHB district*



## ***What do we provide***

- Bi-monthly talks on healthy lifestyle topics chosen by the groups – North and West
- Organise speakers according to the topics
  - Database of Chinese/Korean b-lingual health professionals speakers
  - Database of other health professionals
- Provide interpreters for non-Chinese/Korean speakers to assist with communication process (Mandarin, Cantonese, Korean languages)
- Translate powerpoint and handouts prior to talk in appropriate Chinese/Korean languages
- Opportunity for members to network and share information
- Registered members and non-members have access to translated resources if unable to attend



*Topics provided on requested by members*

- Food (Nutrition) – Healthy eating
- Exercise (active life), Fit for life,
- Tai Chi sessions for Chinese; Aerobic sessions for Koreans and Chinese
- Green prescription (North Harbour Sport/HealthWest PHO)
- Diabetes Type 1, Type 2
- Diabetes Complications (Eyes, Kidney etc)
- Tips for managing Diabetes
- How to control cholesterol level
- Diabetes and Foot care
- Heart
- Stroke
- Supermarket tour
- Benefits of going smokefree
- Etc.



## Programme Outline

- Registration
- 1 hour - Health talk
- 15min – Tea break with healthy food (fruit or sugar free foods etc)
- 35 min – Q & A time or Health Check or Activities – Tai Chi or Aerobic or sometimes free spinal check for the members
- 5min - Evaluation (translated forms provided)



## Promotion methodology

- Media (Chinese and Korean news column)
- Community- promotion
- Information to Diabetes registered members (314)
  - North Shore (145 Chinese; 90 Koreans)
  - West Auckland (45 Chinese; 43 Koreans)

## Referrals

- Referrals from Diabetes Service; GPs, community groups, self (word of mouth)



## **Outcomes since 2000 to present**

- 30 registered members to 314 registered members (2007) = 947% incr.
- Average monthly regular attendees from 20 to 107 (2007) = 435% incr.
- Average 5 sessions per year to 15 sessions (2007) = 200% incr.
- Expanded from 5 Chinese sessions to 7 Chinese sessions and 8 Korean sessions (2007)
- Other DHB practitioners requested information for their clients
- Ongoing provision of translated handouts/information from those who couldn't attend or would like information for friends/family members



## Evaluation

- Average 30-40% of participants complete evaluation form
- Overall feedback on North and West programme
  - Very good and useful information
  - Good network
  - Good Asian nutrition and food information for diabetes patients
  - Thanks for exercises (Tai Chi and Aerobics)
  - etc
- Feedback on Nutrition topic (11/9/08) West Auckland
  - 26 attended; 10 provided feedback
  - 100% agreed the topic was suitable and relevant to their needs
  - 100% agreed the presenter demonstrated good knowledge of topic
  - 90% agreed the length of time for the session was appropriate
  - 90% agreed the key messages were clearly conveyed
  - 100% agreed with good sound system and voice was clear
  - 90% agreed with appropriate use of visual aids/resources
  - 70% agreed with appropriate interaction with group
  - What was the most useful advice received for the day?
    - » Translated information was very clear and very useful
    - » Good introduction
    - » Exercise (sports) and diet (nutrition etc)
    - » Gain knowledge about healthy food
    - » Liked the identification of different types of food for health (diet)
  - Other comments
    - » Would like more health expo and activities



## Healthy Eating



## Healthy Lifestyle Seminars





## Healthy Lifestyle seminars



## Healthy Check





## Healthy Activity





Where to from here?