

Healthy Lifestyle Pasefika Programme – Hutt Valley

*“What lies before us and what lies beyond us
is tiny compared to what lies within us”*

Henry David Thoreau



**This is a Quality Improvement Council
Accredited Organisation**



Faamalositino – Physical Activity

- Designed to reflect Pacific needs
- Encourage all different age groups from children – elderly
- Monday-Friday
- 1 hour per session
- Qualified Instructors
- One on One Support (if needed)
- Participants can opt to do it at their own pace
- Apply standard policies and regulation on health and safety practices & procedures



Nutrition Activity

- Healthy Cooking Sessions
- Information session
- Understand food labelling
- Counselling (to encourage moderation intake)
- Dietary advise (by Dietician)
- **Integration of primary health care intervention & Nutrition intervention**
- Behaviour change models & methods
- Extended families & community responsibilities



Nutrition Facts	
Per 2 slices (56 g)	
Amount	
Calories 160	
Total Fat 7.5g	15%
Sodium 350mg	7%
Total Carbohydrate 28g	56%
Dietary Fiber 2g	4%
Sugars 12g	24%
Protein 8g	16%
Vitamin A 20%	Vitamin C 10%
Calcium 4%	Iron 10%



Health Screening

- Health Needs assessment
- Health consultation & health check
- Develop and implement appropriate health action plan
- Feedback to GPs if requires



Health Monitoring

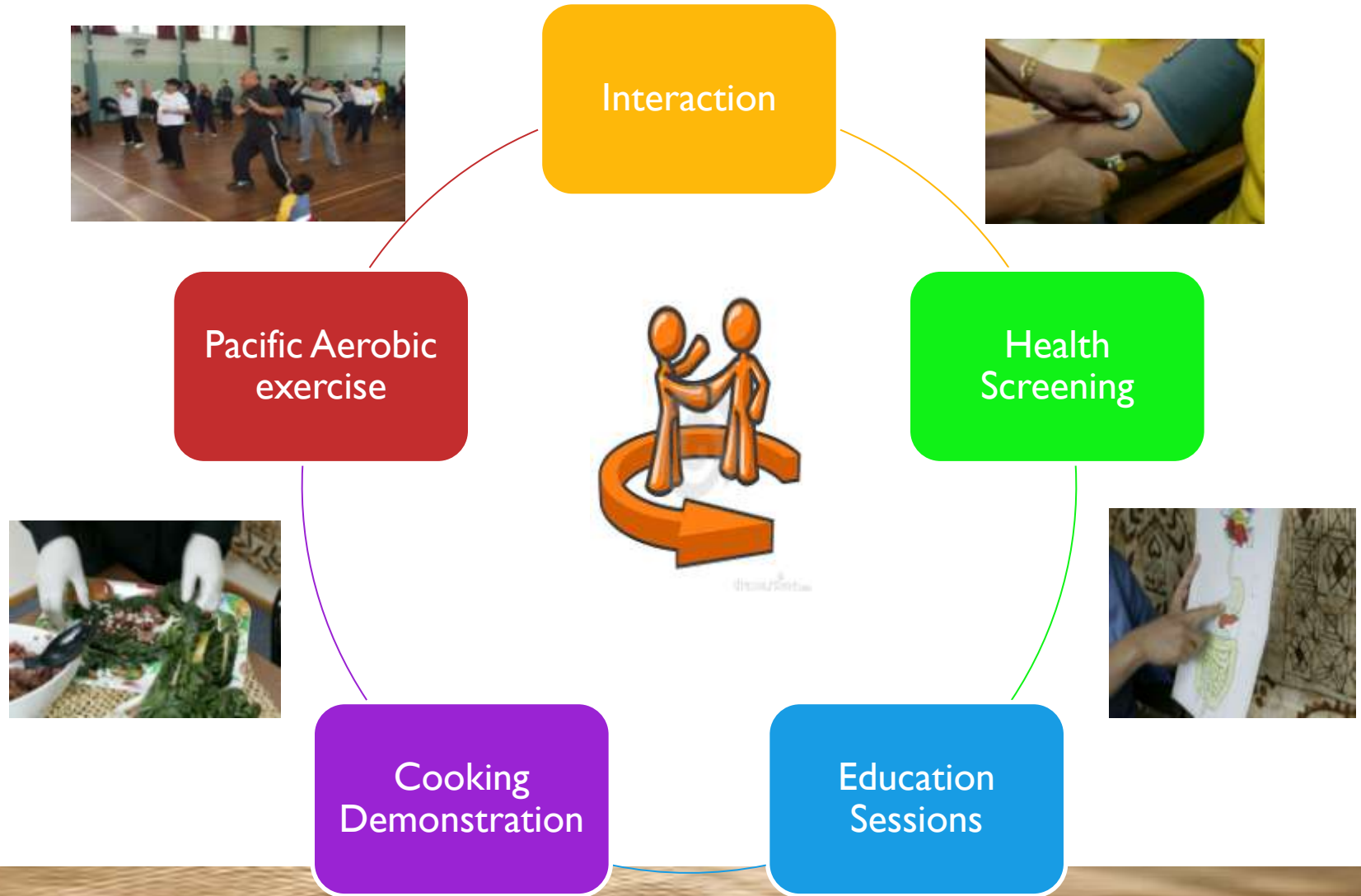
- 3-6 Monthly Health Action Plan review
 - BMI (body mass index)
 - BSL (blood sugar level)
 - BP (blood pressure)
- Referral to appropriate Agencies/Services
 - GP
 - Dieticians
 - Physio -Therapist
- Follow up visits



Health Promotion



Health Activity



Summary

- ***“Don’t find fault, find a remedy.”***

Henry Ford

The HLPP has been running for almost 10 years now providing a space for Hutt Valley Pacific people to:

- Recuperate & Revitalise
- Fellowship and make friends
- Learn & understand health system
- Receive appropriate health information
- Share stories



This is a Quality Improvement Council
Accredited Organisation

