



Let's Beat Diabetes

Pacific Action Area

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LBD Information Sharing Workshop
6 November 2007



Pasefika LotuMoui Health Programme

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers”

3 John 1:2



LOTUMOUI
mindbodyspirit

Definition of LotuMoui

“Lotu” means “church” or “prayer” in most Pacific languages, while “Moui” is a Tongan and Niuean term that encompasses mind, body and soul.

The “mind, body, spirit” approach to health is holistic and inclusive. Importantly it is consistent with Pacific peoples’ concepts of health and wellbeing.



Background

- In the 2001 census, 84% of Pacific peoples surveyed identified themselves as affiliated to a church or religious organisation
- There are over 100 Pacific churches in the Counties Manukau District
- Congregations ranging from 30 into the thousands.
- CMDHB recognises these churches as valuable structures to improve the health status of the Pacific population.



Symposium – Dec 2004

Objectives were to:

- Inform Pacific church leaders about CMDHBs Pacific Service Plan and its strategic priorities for the CM district;
- Agree to commit to key public health goals for churches and religious community organisations;
- Launch a Pacific Church Health Grant to support health focused church projects;
(one off payment \$3,000 and \$5,000)



Operations Plan 2006-2010

- Plan for implementing the LotuMoui Programme over the next five years.

This includes:

- Setting goals and targets
- Agreed commitments
- Key activities and actions



Philosophy

- Collaborative partnerships
- Positive health values – service and caring for others
- Availability of church services in every community
- Access to church facilities and health promotion trained members
- Community-focussed interventions
- Health behaviour change, and
- Supportive social relationships and networks



Vision

- A vision of prosperity:

“To have a good safe journey” that holistically encompasses physical health, material wealth, emotional security, spiritual wholeness, and the wellbeing of families and the community



Goal

Build healthier church environments



Objectives

1. *Improve food and nutrition practices*
2. *Increase physical activity levels*
3. *Promote healthier weight*
4. *Reduce smoking prevalence*
5. *Improve engagement with health systems*
6. *Implement community education modules*



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Structure of activities

- Policy
- Increased knowledge and awareness
- Training
- Evaluation



LotuMoui Operations Plan

Key Outcomes



Outcome One:

- Improve nutrition practices:
 - Church Nutrition Policies
 - Nutrition Education Training
 - Certificate of Nutrition (PIHB)



Outcome Two:

- Increase Physical Activity Levels



- Physical activity toolkits
- Churches implementing physical activity schedules
- Physical activity training module



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Outcome Three:

- **Promote healthier weight**
 - Equipment for recording weight, waist and height measurements
 - Healthier weight and cardiovascular risk assessment education training
 - Specialised training in cardiovascular risk assessment



Outcome Four:

- Reduce smoking prevalence
 - Signage and Smoke-Free toolkits for Pacific churches
 - Smoke-free health promotion training
 - Access to information and courses on smoking cessation for LotuMoui churches

TAPU



WELCOME

Our Church buildings
and grounds are

SMOKEFREE

Outcome Five:

- Improve engagement with health systems
 - Biannual Symposium
 - Six-monthly Minister's forums
 - Quarterly Health Committee Fono
 - Quarterly newsletter



Outcome Six:

•Implement Community Education Modules

- Monitoring and governance training
- Men's health
- Women's health
- Child and youth health
- Disability services
- CVD
- Diabetes
- Cancer
- Mental Health
- Alcohol, drugs, addiction
- Family violence



Evaluation

- Programme Logic (refer to Ops plan)
Particular emphasis to address:
 - The impact of LM on indicators of health status
 - Effectiveness to engage with Pacific community
 - Qualitative reflections of participants in relation to CMDHB activities and penetration of key messages to influence healthier behavioural change



LotuMoui Milestones Acheived

- Pasefika Health Symposium 2004 and 2006
- LotuMoui Grants Scheme 2004
- Operations Plan 2005
- Smokefree Toolkits 2005



Cont ..

- Kai Lelei Community nutrition education training module 2006

Agencies involved:

ARPHS, Pacific Island Heartbeat,

NZ Guidelines Group, National Heart Foundation of NZ



Kai Lelei Nutrition Resources

- Kai Lelei Recipe Book
- Resource Toolkit
- Education Training Module



Cont..

- Moui Ola Community Physical Activity education training module 2007
- Agencies involved:
ARPHS, Counties Manukau Sport, NZ Heart Foundation, AUT, Pacific Island Heartbeat, Physio Rehabilitation Grp



Moui Ola Physical Activity Resources

- Service Directory providing information about low or no cost community based services and programmes available in CM district
- Moui Ola Resource Toolkit
- Education Training Module



Partnerships & Relationships

- The success of LotuMoui relies on the strengthening of partnerships between CMDHB & Pacific churches within a supportive and collaborative environment. Some of these activities are:



- Biannual Symposium
- LotuMoui Ministers Forum
- Health Committee Fono
- Ministers Advisory Group



- Youth Steering Committee
- Quarterly Newsletter



LotuMoui Team

- LotuMoui Team established 2007
 - 2x Community Development Officers
 - 1x Admin Support Co-ordinator
 - 1x Programme Manager
- 50 active LotuMoui Churches



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**COMMUNITY PARTNERSHIPS AND
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