



Choices for Wellness

Eating Patterns of Older Pacific People & Barriers to Achieving Optimum Nutrition

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PRESENTATION OUTLINES



- **Background**
 - **WHO IS PACIFIC PEOPLE?**
 - New Zealand Census - 2006
 - Ethnic groups - Diversity
- **Food and Nutrition – Pacific Perspectives**
 - **Food and Health**
 - Nutrition Related Diseases among Older Pacific people
 - NZ Food and Nutrition Guidelines
 - **Barriers to Optimal Health**
 - Socio-Cultural Factors
 - Roles of Food – Pacific Culture
 - Food Choices – Food Habits
 - Family and Community Activities
 - Socio-Determinants of Health
- **Summary and Recommendations**

WHO IS PACIFIC PEOPLES?



- **Groups with Diverse Cultures**
 - 22 different Pacific communities
 - Polynesian, Melanesian, Micronesia
 - French Polynesian, Kiribati, Papua, Solomon Islands

Ethnic Groups	2006
Samoan	131,103
Cook Island	58, 008
Tongan	50, 481
Niuean	22, 476
Fijian	9,861
Tokelauan	6,822

WHO IS PACIFIC PEOPLES ?



- **Diversity**

- Languages, Cultures and Protocols
- Historical and Political Relationships with New Zealand
- Perceptions of illness, treatment and Prevention
- Beliefs and Religions Factors
 - Christianity

- **Island born and New Zealand born**

- Older Pacific People
- Multi-ethnicity (2002 – 2004)
 - 54% - more than one ethnicity, 23% more than one Pacific ethnicity
 - 7% of Maori identified with Pacific ancestor (2006)

Similarities



FOOD & HEALTH – PACIFIC PEOPLES



- **Views, Beliefs and Approaches to Health**

- **Cultural Diversity**

- Perceptions, Access and Utilize Health Services
- Outcomes of Interventions
- Understand Individuals, Families and Communities
 - Roles and Responsibilities - ? By Age
 - New Zealand or Island born

- **2 Health Fundamentals – Pacific People Share**

- Holistic notion of Health
- Family concerns rather than Individual Matter

- **Nutrition Related Diseases**

- **Prevalence among Older Pacific Peoples**

FOOD ~ PACIFIC REGIONS



Food Groups – 3 Groups

- **Energy Food**

- Carbohydrate (Starchy Vegetables and Root crops)
- Fats and Oils (Coconuts)

- **Body Building Food**

- Meat, Fish, Chicken, Eggs, Nuts and Legumes

- **Health and Protective Food**

- Fruits and Vegetables

- **Traditional and Staple Food**

- **Fresh and Seasonal**

- **Cooking and Food Preparation Methods**

- **Health and Nutrition Education**



Barriers to Optimal Nutrition



Food in the Pacific Cultures

- **Socio- Cultural Context**

- Food is to enjoy rather than a source of nutrients
- Share - show respect, love and appreciation
- Kinship and Identity
- Family and Community Commitments

- **Christianity and Religion Background**

- Generosity - Blessing of Giving
 - Abundantly
 - ? Nutrients Quality
- Obligations and Sacrifices to God
- Identity - Roles and Status



FOOD HABITS



- **Food choices**
 - Available
 - Affordable
 - Flavours – Like and Dislike
 - Convenient
 - Habits and Traditions
 - Social Pressures – community and family celebrations
 - Nutrients Content – Health
- **Meal Patterns- Older Pacific Peoples**
 - Meal Times – daily activities
 - Community Activities & Celebrations
- **Cultural Roles and Values**
 - Traditional Values of Food
 - Cooking and Preparations
- **Socio-economic Values of Food**
 - Obligations and Commitments
 - Young population Perceptions



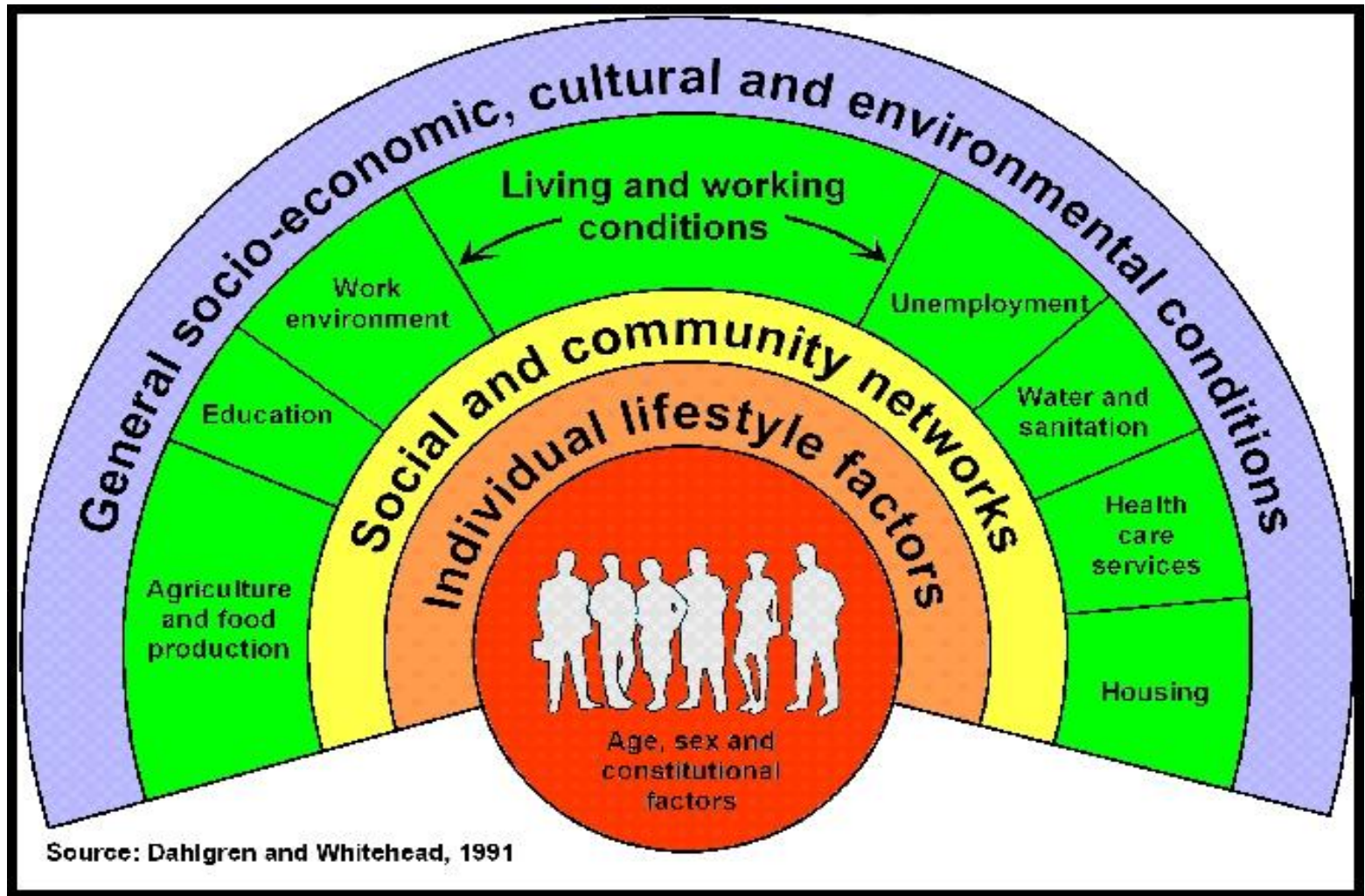
Pacific Views and Approaches



- **Connectedness – Sense of Belonging**
 - Community and Church groups
 - Family and Extended Family – Islands
 - Care Giver – Family Members
- **Responsibilities and Obligations**
 - Barriers to achieving these requirements
 - Dependence – Family Members
 - Roles in the Family – Leadership
 - Food Supplies - Supporting Roles
- **Healthy Cultures**
 - Living for Today – ? Future
 - Life Expectancy
 - Level of Comfortable
 - Investment – younger generations



Socio-Determinants of Health



Barriers to Physical Activity



- **Accessibility**

- Restricted compare to the Islands
 - Transports and Travels
 - Reliance on Family or Community Members
- Public Transport
- Service Provided Transport

- **Safety - Environment**

- Walking

- **Community Groups**

- Elderly Groups
- Social and moral supports

- **Roles in the Family**

- Care Givers – Baby sitting



Physical Activity – Enjoy & Purpose



Mode of Communication



Check out the fat
in takeaways
**THE HEART FOUNDATION
FAT KIT**



Body Fat



Education



One – to - One



Group Education



Food – Not Traditional



Types of Coconuts



- **Mature - Cooking Fats**

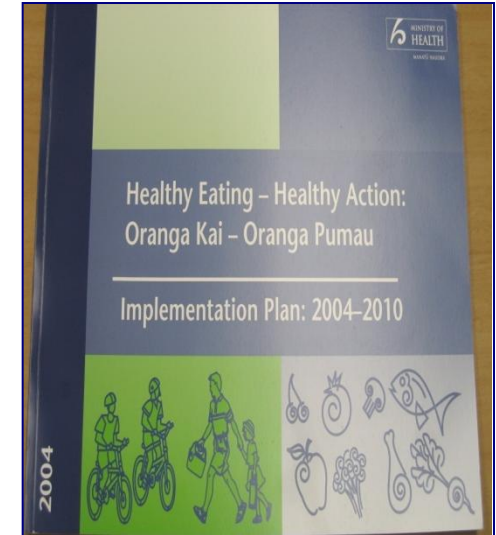
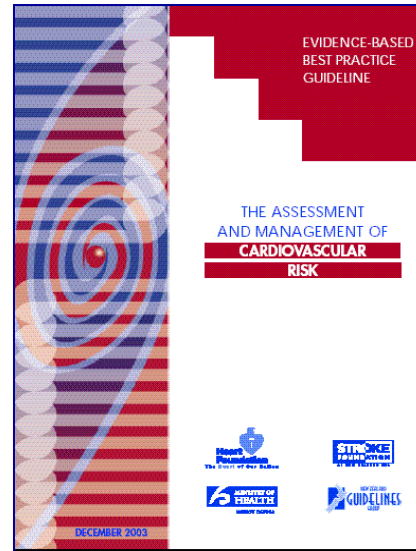
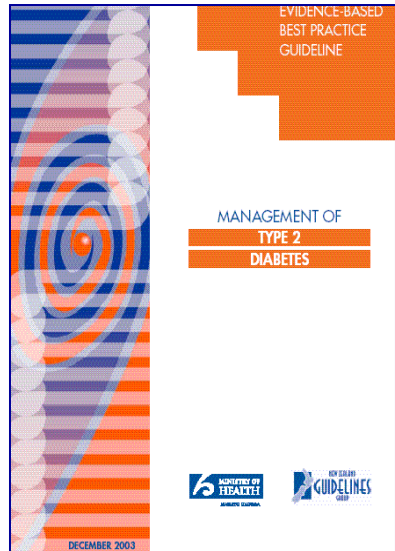


- **Green (Fresh) Drinks**





Guidelines



**In Practice use clinical judgment
& Consider Customer's Preferences**

Summary



- **PACIFIC PEOPLES – DIVERSE GROUPS**
 - Ethnic Groups
 - New Zealand and Island-born Generations
- **OPTIMAL NUTRTION**
 - Healthy Eating Guidelines
 - Traditional Food
 - Amounts and Types of Food
- **BARRIERS TO OPTIMAL HEALTH**
 - Pacific Views, Beliefs and Approaches to Health
 - Socio-Cultural Roles and Values of Food
 - Food Habits - Food Choices
 - Commitments and Obligations – Family and Community
 - Roles and Status
 - Socio-Determinants of Health - Equity
 - Health Services & Mode of Communications
 - Affordable, Accessible, Appropriate, On-going Support

Recommendations



- **Recognizes the Diversity – Pacific Peoples**
 - Build Capacity – Roles in the Family and Community
 - Health Models – High Risk Approach
- **Food and Nutrition Guidelines – Healthy Eating**
 - Target the Whole Family and Community
 - Create Supportive Environment
 - Church and Community Activities
 - Amounts and Types of Food Provided
- **Healthy Cultures – Concept**
 - Mindset – Provide Alternatives
 - Health Services
 - Affordable, Accessible, Appropriate, On-going Support
 - Mode of Communications
 - Verbal and Visual, Languages - Ethnic Specific
 - On-going and Repeat over and over again

Continuum of Care



Young...Old
Individual...Family...Community
Promotion..Prevention..Maintainence...Palliative



How Far We Go with Health of Older Pacific People

Depends on Our being Tender with the Young



Compassionate with the Aged



Sympathetic with the Striving

Tolerant of the Weak and the Strong

Because Someday We will have been all of These.