

TONGAHEALTH NEWS

JULY - DECEMBER EDITION

INSIDE THIS ISSUE

- Schools FUNSHAKE zumba initiated at Tonga High School
- National NCD Strategy 2020-2025 Implementation Ongoing
- New Staff Recruitment
- Staff Capacity Building - Maxwell Leadership Training
- TV/Radio Programs (July - December)
- Grants Recipients 2020
- Sponsorship Recipients 2020
- Gallery



May Joy be your gift at Christmas and may Faith, Hope, and Love be your treasures in the New Year.

ABOUT US

The Tonga Health Promotion Foundation (TongaHealth) was established by the Health Promotion Foundation Act 2007 as an independent body to act as a link between the community, NGOs and the Government to promote health by fighting Non-Communicable Diseases (NCDs).

PRIORITY AREAS - TongaHealth focuses on four priorities for program delivery: **Healthy Eating, Physical Activity, Tobacco Control and Reduction of alcohol related harms.**

VISION: FOR A HEALTHY TONGA WHERE EVERYONE IS RESPONSIBLE FOR PROMOTING HEALTH AND EVERYONE SHARES IN THE BENEFITS OF A HEALTHY POPULATION

Tonga High School



TongaHealth initiated Schools FUNSHAKE zumba

On July 14th 2020, TongaHealth launched its first ever School FUNSHAKE zumba program at Tonga High School being the first of the six schools who initiated the program. The program, funded by the European Union through TongaHealth contracted the Breakthrough Nation zumba instructors to run a weekly 30minute to 1hour (demand driven) zumba exercise session in 4 schools in Tongatapu; Tonga High School, Queen Salote College, St Andrew High School and Liahona Middle School. The program was also run in 'Eua High School and Vava'u High School, with local instructors. The program focused mainly on girls but participation from the whole school was highly acknowledged. Data collected from the Global School Health Survey and STEPS 2017 showed that there are significantly more women and girls who are overweight and obese than boys and men. So this action was to target girls to increase their involvement in physical activity. The event was called the 'FUNSHAKE Zumba' because zumba was chosen as the most suitable way to engage girls in physical activity because it is fun. Group fitness classes are one of the most common types of exercises in Tonga. Girls also like to exercise with friends and overcoming these individual barriers to exercising is very important in encouraging greater exercise. Throughout the program, it trains volunteer teams from each school consisting of one or two teachers with eight students to continue on with program once the program ends. FUNSHAKE is changing attitudes towards publicly exercising. FUNSHAKE is free and thus financially accessible to school students. People can participate without special exercise gear. We have successfully run FUNSHAKE in community settings for over two years now and we have worked with small based community groups (village/churches/men & women groups) in Tongatapu and outer islands in promoting physical activity.



LDS Middle School - Liahona



Vava'u High School



National NCD Strategy 2020-2025

Development Ongoing

The National NCD Strategy 2020-2025 development team held workshops in July and August with relevant stakeholders to review and discuss ideas for the ongoing development of the new strategy. Facilitating these workshops is the team to develop the new strategy 2020-2025; Dr Veisia Matoto, Mrs Iemaima Havea, Mr. Tsutomu Nakao and Ms Debra Allan with assistance from the TongaHealth team. These workshops were held at Vava'u, 'Eua, Ha'apai and Tongatapu.

STAFF RECRUITMENT

Karen Nemaia Fukofuka - NCD Advisor for TongaHealth

Karen Nemaia Fukofuka started working with TongaHealth on 20th July 2020 as our NCD Advisor. The main purpose of her role is to provide technical and strategic support to TongaHealth and stakeholders in implementing the national NCD Strategy. Before joining TongaHealth, she worked for the Pacific Community (SPC) also as an NCD Adviser - Food Security for seven years and five years as a Nutrition Adviser. Her professional background is in nutrition, dietetics and public health. She completed her undergraduate and post-graduate studies in these areas through the Otago University. Over the course of her career, Karen said, "My family is my inspiration for what I do. My dad who was a medical doctor, was a firm believer in 'prevention is better than cure'. I have tried to model this in my life and in my family as much as I can. Raising a family of seven children has certainly tested my ability and passion to model healthy lifestyle behaviours. This is my lifetime mission to model healthy lifestyle behaviour for my family and share my experiences with others through the work I do." TongaHealth is fortunate to have Mrs Fukofuka in its team.



STAFF CAPACITY BUILDING

On September 8th, the TongaHealth team held Leadership training with Mrs Katrina Ma'u Fatiaki on the 15 Invaluable Laws of Growth by John C. Maxwell. The training runs over a period of 6 weeks. It was an emotional, fun and well-informed discussion that not only helps with our growth within the workplace but also our personal growth.



Random photos from TongaHealth events



Television/Radio Program July - December 2020

TongaHealth hosts a regular TV/Radio program twice a month on Television Tonga and radio Broadcom 87.5FM, highlighting its Program deliveries, International Health Awareness Days, NCD-related events and make known of our partnering projects.



Sevaki Fe'ao, 'Epalahame Vaeatangitau (COC) & 'Olive Mafi (TYEE)

Starting in July, we invited our Sponsorship/Grants Program recipients to share upon our partnership to promote healthier living. The Sponsorship is the smaller grants program with TOP\$2000 max and the Grants Program is the massive program which can exceed TOP\$10000 or more.

For the 3rd episode (July) we invited Loisi Tukia (principal) of Nakelo Pre-school and Mr. Siale Hola of the FWC Hala'ovave Youth whom we donated sporting equipment to them through our Sponsorship Program. We also invited Louena Tokotaha from the Ha'alalo LDS women who shared that the seedlings and assistance from TongaHealth encouraged their families to eat healthier diets including vegies in their daily meals. Highlighted at the end of this episode was one of our Grants recipients, Breakthrough Nation Tonga and was represented by Mary Nau. She highlighted the excitement of bringing zumba to every community in Tonga with their hope that physical activities are encouraged in churches and our daily routines. The Breakthrough Nation is one of TongaHealth longest dedicated partners.



Tevita Vaikona (Foefoelua), Vaimoana Mafi (MAFF) & Sevaki Fe'ao (TongaHealth)

On the 4th episode (July), TongaHealth invited Vaomaile Lokotui from the 'Amanaki Lelei Community women's group (Pili) and Mr. Penisimani Tonga who represented the two Niuas. Both groups received sporting equipment. For the Niuas we also donated seedlings and gardening tools to different communities, churches and schools. Mele Prescott from Salvation Army as one of our Grants recipient was also featured in this episode. Though their grants program, they are hosting awareness programs on radio and television about alcohol related harms.



Baba 'Amanaki & Dr 'Ana 'Akau'ola

On the 5th episode (August), it featured 'Ainise 'Ofanoa representing the Queen Salote School of Nursing where TongaHealth funds their Nurses FUN RUN program and their school zumba. Another invited guest on this episode was Kalolaine Tatafu from the Ministry of Education. Kalolaine represented the Special Education Class at Ngele'ia GPS, as it is one of our Grants recipients. This project has enabled the children with disabilities to enjoy healthier morning tea as well as an upgraded playground.

The 6th episode (August) featured Vaimoana Mafi from MAFF and Tevita Vaikona from the Ha'apai Foefoelua Committee. They are recipients of our Grants program and we have been working collaboratively from the past years.



Sevaki, Siale Hola, Louena Tokotaha, Mary Nau & Loisi Tukia (3rd episode)

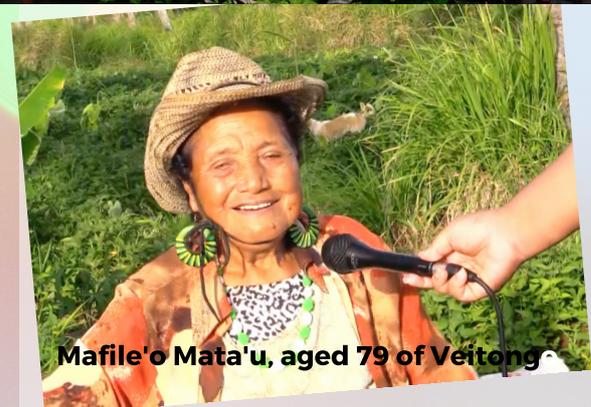
On the 7th episode (September) we talked about Gestational Diabetic Mother (GDM) for which we invited Dr. Falahola Fuka from the Ministry of Health - Antenatal Clinic. She explained in this episode the backgrounds of GDM along with precautions to take note if you are GDM. At the end she outlined the importance of early pregnancy tests to determine if the mother is a GDM so that they can monitor her progress.



Sevaki Fe'ao, Kalolaine Tatafu & Sr 'Ainise 'Ofanoa

On the 8th episode (September) we called Mrs Eleni Leveni Tevi, Project Coordinator of the European Union in Tonga who underlined their partnership with TongaHealth. Through this partnership, TongaHealth now implements projects funded by the EU. Featured with Eleni was Sioana Fili, Project Coordinator for TongaHealth who explained the programs implemented by TongaHealth. That includes the School Funshake zumba that was piloted in six schools in Tonga and the move to engage outer island communities in physical activities.

The Tonga Youth Employment & Entrepreneurship Inc (TYEE) (Pinktober) as one of our Sponsorship recipient was represented by 'Olive Mafi on the 9th episode shared that our support helps with their activities to prevent NCDs. They hosted activities targeted mainly for youth such as zumba and cooking competitions. Joining this program was Mr. 'Epalahame Vaeatangitau from the Church Outreach Centre whom received sponsors to their sporting event. The last program for Pinktober, 10th episode, was with Dr. 'Ana 'Akau'ola, Radiology Department of MoH who presented an informative program with regards to breast cancer and breast screening which it is an opportunity for women 50+ (40's also) years old to check up for free. Breast Cancer is the world's second affected cancer to its population and it is the most common cancer found in Tonga's women. Dr. 'Akau'ola urged asymptomatic women for check up to reduce the risks of having to develop this cancer. A screening mammogram is the best method to detect breast cancer early for women and it's free here in Tonga. November came and on the 11th episode featured Dr. Duke Mataka from the Ministry of Health's Eye Clinic. Dr Duke is the current ophthalmologist for the Ministry, specializes in eye and vision care. He describe the activities carried out at the clinic and highlighted a common eye problem in Tonga that is the Diabetic Retinopathy. DR is a diabetes complication that affects the eye. The last episode for November, 12th episode, we interviewed Mafile'o Mata'u aged 79. Mafile'o is a disable spinster but living a normal life where she has her own crops and look after it well. She talks about being able to living a healthy life on her own and providing sweet potatoes and taro for her brothers and their families. She also reminisces to when she was growing up.



Mafile'o Mata'u, aged 79 of Veitong

TV Programs for the rest of the year will include a series of TV zumba and the 'Ofa Atu TV series. It will run twice a week from December until the last week of January. 'Ofa Atu series is a Television program focused on alcohol related harms.

TongaHealth Grants & Sponsorship Recipient 2020

This grants/sponsorship program is designed to encourage healthy lifestyles through effective promotion of health messages relating to TongaHealth's four main priority areas. Here are some of the approved Sponsorship/Grants for the 2019/2020 & 2020/2021 Financial Year. Some of the grants/sponsorship recipients have already been featured in our TV/Radio episodes.

Amongst the Sponsorship applications received, the two main prioritized areas being proposed were for **Healthy Eating and Physical Activity.**

Healthy Eating Sponsorship recipients

Here are some of the groups that requested for either; seedlings, top soils and vegetable gardening tools (watering can, hoses etc) to maintain their vegetable gardens.

'Amanaki Lelei group - Nukunuku



Ahi 'o Ulakai - 'Ahau



FWC Alo'italau, Vava'u



Si'isi'i kae Femolimoli'i Group, Tofoa



Physical Activity Sponsorship recipients

Here are some of the groups that requested for sporting equipment such as volleyball, rugby ball, tennis set, speaker for zumba, etc to boost their health.



Vai Ko Tolo'pona - Tatakamotonga



FWC 'Alo 'i Talau, Vava'u



Tonga National Guards, Tonga Defense



GPS NAVUTOKA



Hu'atolitoli Prison Guards



GPS Faleloa, Ha'apai



FWC Tongoleleka, Ha'apai



FWC Filipai, Nomuka Ha'apa



Tortoise Ha'apai



City Impact Church Health & Fitness program

Grants' Recipients 2020

The Grants program is an agreement between TongaHealth and a Ministry/Organization to work towards a targeted goal and purpose relating to the reduction of NCDs. These agreements can exceed \$2000TOP or more than \$10,000 pa'anga. TongaHealth over the years has funded numerous programs through the Grants programs. That includes the Tobacco Campaign with the Ministry of Health, Salvation Army Public Awareness on Alcohol & Drugs, MAFFF's Livestock Division poultry services, Fiefia Sports with the Ministry of Internal Affairs, Breakthrough Nation Community Exercises and more. Here are some of the Grants program we've funded in this Financial year.

Foefoelua 'o Ha'apai Veu Sports 2020



Fiefia Sports 2020



MAFFF -Food Division



MAFFF -Livestock Division



Lavame'ata'e'iloa Inc - Disability programs



Special Education Class - GPS Ngele'ia



PINKTOBER EVENTS - FUN RUN & WALK WITH ZUMBA



New Strategy 2020-2025 Development workshops' photos



STAFF BOOTCAMP



Photo Gallery

FUNSHAKE HIGHLIGHTS

Toloa boys after graduation FUNSHAKE at the bus stop



Foefoelua Ha'apai, FUNSHAKE



Vava'u Lahi zumba



Navutoka FUNSHAKE



Tonga Health Promotion Foundation
Taufa'ahau Rd, Tofoa
PO Box 2026
Nuku'alofa, Tonga
Phone: +676 25721
Website: www.tongahealth.org
facebook: <https://www.facebook.com/tongahealth1/>