



TongaHealth

# TONGA HEALTH PROMOTION FOUNDATION

NEWSLETTER

OCT-DEC 2022



46 schools in Tongatapu were awarded with Gold, Silver and Bronze certificates on Thursday 24<sup>th</sup> November 2022

**MAY THE CELEBRATION OF CHRISTMAS BRING ALONG  
THE BLESSING OF SUCCESS, JOY AND HEALTH FOR THE  
COMING YEAR**



**MERRY CHRISTMAS AND A HEALTHY NEW  
YEAR FROM THE CEO & STAFF OF TONGA  
HEALTH PROMOTION FOUNDATION**



TongaHealth

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- Breast cancer Awareness Month
- TongaHealth new office launched in Vava'u and Ha'apai
- Fiefia Sports 2022
- And more ....





GMS Tokomololo won the platinum award for being the best Apiako Ma'alahi and who won gold award for 3 consecutive years.



Siaatevolo Young Cubs

## 'Apiako Ma'alahi Awards 2022

46 schools in Tongatapu were awarded Gold, Silver, and Bronze certificates on Thursday 24<sup>th</sup> November 2022, an accreditation-recognized primary, middle schools, and high schools that have established vegetable gardens and healthy eating programs. The 'Apiako Ma'a Lahi program is a platform that was established by the Ministry of Education and Training in collaboration with the Ministry of Health, WHO, the Japanese Embassy, and other stakeholders including the major sponsor Tonga Health Promotion Foundation through DFAT.

GMS Tokomololo won the best overall with a platinum award as the only school whose been awarded with gold for 3 consecutive years. This program was established in 2019 and despite the challenges faced by many schools in Tonga during the Covid-19 pandemic and the Hunga Tonga Hunga Ha'apai volcanic eruptions, these schools manage to fulfill their duty in making this platform accomplished.

This program is key to educating young students in promoting a healthy lifestyle, as we have witnessed in Tonga that our people are being affected by NCDs and we have lost so many lives. This program will enhance our younger generations to practice and learn how to prevent NCDs and to live a healthier lifestyle.

The CEO of Tonga Health Mrs. Ofeina Filimoehala attended the program to co-present the awards together with the Prime Minister of Tonga/ Minister of Education and Training Hon. Hu'akavameiliku, the Minister of Health Hon. Saia Piukala and the Ambassador of Japan to Tonga H.E Mr. Munenaga Kensaku to the school who took part in this Apiako Ma'alahi program. The program was held at the Fa'onelua Convention Center.



## TongaHealth sponsorship award to Sia'atevolo Young Cubs

Sia'atevolo Young Cubs received different materials from TongaHealth, including sports equipment, a First Aid kit, Speaker, and a kid's vest.

This assistance was under the TongaHealth Sponsorship program, awarded in 2021-2022.

The young kids were happy with their new sports equipment, they're ready to utilize these items in practicing and promoting a healthy lifestyle.

TongaHealth mission is to prevent NCDs in Tonga and has provided grants to villages, churches, schools, and workplaces in settings to promote healthy living by addressing four main factors, Healthy Eating, Physical Activity, Tobacco Control, and Reducing Alcohol Consumption & Related



## TongaHealth Harvesting Day

It's harvesting day, Yes, TongaHealth is leading by example through this workplace vegetable garden. Today, the CEO of TongaHealth Mrs. 'Ofeina Filimoehalā harvested our vegetable garden in the front yard of Tonga Health Promotion Foundations' Office in Vaiola Hospital.

TongaHealth in its mission to prevent NCDs in Tonga, also lead an example in growing vegetables for a healthy diet and maintain a healthy lifestyle.



Left: TongaHealth Team while in Ha'apai: Right: TongaHealth Team together with the Government and NGO's representatives from each workplaces in Vava'u.

## New TongaHealth Office in Vava'u and Ha'apai

The CEO and a few of the team from TongaHealth travelled to Vava'u and Ha'apai Island on the 7th and 15th of November 2022 respectively, to establish a new Tonga Health Promotion Foundation office in the two Islands. While in Vava'u a visitation and talatalanoa session was held in the Capital, Western and Eastern District of Vava'u including the Island of Ofu, Vava'u High School and all Government and NGO workplaces in Vava'u were also included. These talatalanoa sessions were based on the Tuiaki 'I he 'Amanaki Ki Ha Tonga Mo'ui Lelei the new Tonga National Strategy for Prevention and Control of Non-Communicable Diseases 2021-2025 which was launched in June this year, 2022. A Zumba session was also carried out after each program to mark the TongaHealth vision in promoting a healthy lifestyle.

On the 16<sup>th</sup> of November, the team continued to Ha'apai Island and established the new office as well as talatalanoa sessions were held in some of the districts and Pokotala Island in Ha'apai, including Ha'apai High School. The People's representative of Ha'apai 13 and also a member of the TongaHealth Board of Directors Hon. Veivosa Taka was in Ha'apai and accompanied the team while they toured around Ha'apai doing their Talatalanoa sessions.

Our office in Vava'u is located in Neiafu at the People's Representative's Office (Vava'u 15) in the Otto G Sanft Vava'u Ltd Building and in Ha'apai our office is located at the People's representative's Office in Ha'apai 13. TongaHealth will establish its new office in Niuaus next year.



Top: Visitation in Vava'u to the districts and Vava'u High School.  
Bottom: Visitation to the districts in Ha'apai and Ha'apai High School





CEO and Staff of TongaHealth at the Breast Cancer Awareness Fun walk fun run 2022

## PINKTOBER FUN WALK/RUN 2022

"AWARENESS IS POWER - EVERY RIBBON MAKES A DIFFERENCE."

"KOE 'ILO KOE MALOHINGA- LIPINE KOTOA KO HA MAKEHE'ANGA."

The CEO and Staff of Tonga Health Promotion Foundation showed their ongoing support for Breast Cancer Awareness Month by distributing water bottles and joining other organizations on the special event to raise funds to support the Tonga Breast Cancer Society. This popular annual event was held on Saturday 29th October 2022 at the waterfront (facing Fa'onelua Park at Vuna Road)

## BREAST CANCER AWARENESS MONTH 2022

"Awareness is Power-Every Ribbon Makes a Difference" is the message for Pinktober Breast Cancer Awareness Month launched at Tanoa Hotel, by the Tonga Breast Cancer Society Inc., with their Patron Princess Pilolevu Tuita as the guest of honor.

The CEO of the Ministry of Health, Dr. Siale 'Akauola stressed that Breast Cancer is a major global health problem. According to the World Health Organization data in 2020, there were 2.3 million new cases of breast cancer diagnosed globally, 605000 lost their lives in the same year, and 7.8 million people are currently living with breast cancer.

However, Dr. Akauola urged women to change their lifestyle to reduce the chances of NCDs, including breast cancer. It is important to maintain a healthy diet, exercise daily, avoid food with high sugar and salt, reduce alcohol and stop smoking cigarettes.

Hengihengi Fusitu'a Taufateau a survivor of breast cancer encouraged women to take advice from their doctors, always stay alert to the symptoms, and don't be afraid.

The CEO of TongaHealth Mrs. Ofeina Filimoehala attended the event, together with the other representatives from other stakeholders. October month is all about PINKTOBER.

Launching the Breast Cancer Awareness Month at the Tanoa Hotel





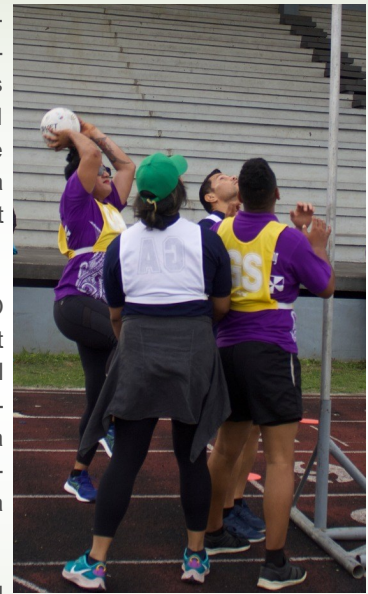


# Fiefia Sports 2022

The Minister of Internal Affairs Lord Vaea opened the Fiefia Sports 2022 at Teufaiva Stadium, Nuku'alofa. In his remark, he emphasizes how important for civil servants to be healthy and become role models to the rest of the public. He suggests that this program could help every civil servant in promoting a healthy lifestyle and prevent NCD, as most times everyone is busy doing office work and have no time to do a bit of exercise. This could be a chance to encourage those who are not physically active to participate.



Mrs. Soana Fili Lavemai the Acting CEO emphasizes in her opening speech that Fiefia Sports is not only about physical activities, it's an opportunity to bring together all civil servants to work as a team and to socialize but most importantly to exercise and promote a healthier lifestyle and to prevent NCD.



Fiefia Sports aims to encourage physical activities to fight NCD in Tonga through weekly sports with office workers. This is a joint initiative of the Ministry of Internal Affairs, the Ministry of Health, and other Ministries including Tonga Health Promotion Foundation which is the major sponsor every year at the Fiefia Sports.



The Fiefia sports started on the 23<sup>rd</sup> of September 2022, and in marking the opening program, all civil servants were marching from Vuna Wharf to Teufaiva Stadium followed by a Zumba session before the games begin. The Fiefia Sports ended on the 2<sup>nd</sup> of December 2022. This year was the first time for the outer Islands to host a Fiefia Sports for the civilians in Vava'u, Ha'apai, and 'Eua.







CEO and Staff of TongaHealth after the Retreat at Ukuma Garden House

## Retreat 2022

A day off from the Office is such a relief, The CEO and staff of TongaHealth took a day off from office work and spend a day out on a retreat workshop at the Ukuma Garden House at Fangaloto. A talanoa session in reviewing the work policy and sharing ideas on what will help improve the performances of individuals and also the workplace. New officers from the outer Islands participated in this retreat.

Thank you Tapuaki mei Langi Consultancy for having us and also for the outstanding hospitality, we all felt the warm welcome in your Ukuma Garden House.



## First Sponsorship Grant Awards 2022

Women's Group of Niutu'utolu from Kanokupolu and SUTT Youth of Tokomololo received on the 12th of December 2022 our first sponsorship grant awards for 2022. These awards include sports equipment that could help promote a healthy lifestyle.

This assistance is under the Tonga Health Promotion Foundation Sponsorships Program and for this new financial year, there were 34 recipients awarded.



TongaHealth in its mission to prevent NCDs in Tonga, TongaHealth has provided grants to villages, churches, schools, and workplace settings to promote healthy living through promoting four main factors of Healthy Eating, Physical Activity, Tobacco Control, and Reducing Alcohol Consumption & Related Harms.





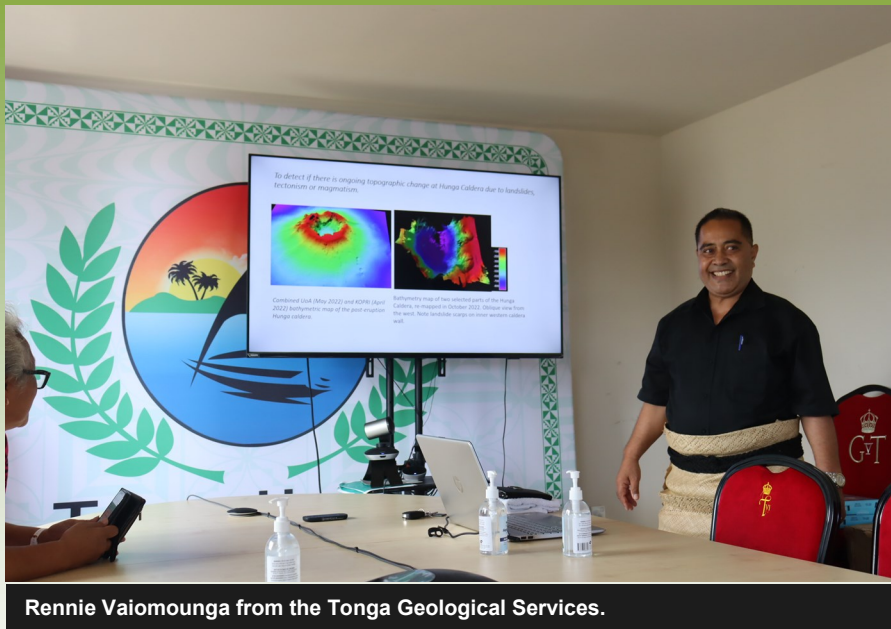
## Tonga Health vegetable and fruits seedling distribution in Tonatapu.

This is a partnership between TongaHealth and the following nurseries Nukulau Nurseries (Ha'avakatolo) Dassah Nursery (Kolovai) Sam's Farming (Hologna) Meleane Vaioleni Taufu Filiai (Tofoa) Loto Tonga Nursery (Veitongo) and Papa's Light Nursery (Fanga) to provide fruit and vegetable seedling to communities and households in Tongatapu so people can grow their own fruit trees and vegetables.

The project was also TongaHealth's contribution to national recovery efforts from the volcanic eruptions. Support was provided to the nurseries to fix the damage from the eruption so they can continue to provide seedlings for people beyond the life of the project. TongaHealth acknowledged the funding support from DFAT for this project.







Rennie Vaioumonga from the Tonga Geological Services.

## Natural Disaster Awareness Program

A Talanoa session was held at the Tonga Health conference room on Thursday 15<sup>th</sup> December 2022 with Rennie Vaioumonga from the Tonga Geological Services. This special program was to educate and inform the Staff of TongaHealth about the importance of preparedness for a natural disasters such as earthquakes, tsunamis, and especially volcanic eruptions. Due to the recent volcanic eruptions that we experienced earlier this year, TongaHealth believes that this talanoa session would advance the knowledge of the Staff to be aware of and prepared for the future.

## FUN SHAKE ZUMBA 2022

Our Funshake Zumba with Tonga Health Promotion Foundation is still very popular. It's a fun way to add more physical activity to your day. This year our Funshake program resumed in June 2022, and from June to the very last day of our Funshake Zumba session on the 15<sup>th</sup> of December.



This initiative is to encourage the public to be physically active and to maintain a healthy lifestyle and prevent NCDs.

TongaHealth acknowledge the partnership with Elite Zumba and breakthrough Nations Sports Inc to run these Zumba activities in the communities.



The CEO of TongaHealth believes that this program is very important for the well-being and especially with the mental health issues faced by those who were being affected by the natural disaster, which was also affect the health of individuals and the number of NCDs could-increase.

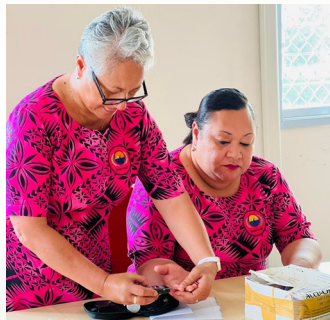
Futhermore, there was also a talanoa session with the Tonga Meteorological Services concerning our weather bulletin and climate outlook.





# LDS Church supports the Tonga Health Promotion Foundation

Tonga Health Promotion Foundation received a new vehicle from the LDS in October 2022, The LDS also supported the Tonga Health by funding a project to help construct a new ramp with handrails making it more easier for anyone to use especially those with disability. They also assist to repair the office floor, as some of the floors are in need of repairing. The work is still on going, and hopefully it'll be complete by early next year 2023.



A healthy lifestyle will improve your heart's health so you can be active and enjoy life. Its never too late to adopt healthy habits that can enhance your quality of life.

Regular exercise , healthy diet and staying connected with your co-workers improve your overall health and reduce your risk of NCDs.





## TONGA HEALTH NEW STAFF PROFILE



**NAME:** Tupou Falepouono Ma'asi

**VILLAGE:** Ha'avakatolo

**What is your role?**

Program Officer

**How long have you been with the organization?**

8 months

**What are you most proud of accomplishing in your current role?**

Managing sponsorships and grants projects

**Tell us about yourself?**

I am 28 years old, married with 2 children now. I graduated with a Bachelor of Arts from Tonga International Academy in 2017. My profession is management and I am looking forward for more studies to further my knowledge in management in the future. It's been only 8 months with Tonga Health, and I feel like I've been there for how many years. I've learned more within only 6 months and looking forward for more sponsorships and grants to manage.

**What do you see yourself in the future with TongaHealth?**

1 or 2 years from now, I see myself perfecting the role of senior project officer 😊. I am very passionate about assisting the project manager in the management, and coordination of projects. In the long term, I'd like to assume more leadership responsibilities by using my strengths in management, organization, and communication. Also looking forward for further studies to expand my knowledge.

**Favorite Quote:** "Ilonga ha ngaue temou fai , mou ngaue fie ngaue kiai hekoe ngaue kihe Eiki, 'ikai koe ngaue ki ha kakai" (quote from bible verse Kolose 3:23)



**NAME:** Fakaanaua Tonga

**VILLAGE:** Leimatu'a (Vava'u)

**What is your role?**

Program officer

**How long have you been with the organization?**

Six months in December 7



**How long have you been with the organization?**

Six months in December 7

**What are you most proud of accomplishing in your current role?**

Working with people in promoting health

**What do you see yourself in the future with Tonga Health**

I see myself having a managerial role in this company. That would be a dream come true. Of course, I know that I am just starting my professional career, and have to start from the bottom, just like everyone else in the company. I need to learn a lot and prove my skills, to get a chance to apply for a managerial job later. But I believe that with my motivation, enthusiasm, and willingness to sacrifice something for success in my professional career, I can achieve this goal in the future.

**Favorite Quote::** Viision without action is a daydream, action without a vision is a nightmare. And always remember that you are the author of your life if you want it to work for it, if the plan doesn't work change the plan but never the goal.



**NAME:** Tapuna Asau

**VILLAGE:**Ha'ateiho

**What is your role?**

M&E Officer

**How long have you been with the organization?**

6 month

**What is your most proud accomplishing in your current role?**

To learn more about my role at Tonga Health

**Tell us about yourself?**

I'm a priest at EKT Tuvalu Church, referee at Tonga Football Association, fitness instructor for Tortoise Fitness, I got a diploma in Theology (Sia'atoutai, Diploma Level 5 and 6 in School of Sport Science (TTI) I'm currently a student at TTI

**What do you see yourself in the future with TongaHealth?**

Tonga Health Staff

**Favorite Quote:** " I DON'T BELIEVE IN LUCK, I BELIEVE IN GOD"



## TONGA HEALTH NEW STAFF PROFILE



NAME: Nukonuka 'I Melita Tu'ineau

VILLAGE: Tofoa

What is your role?

M&E Officer

How long have you been with the organization?

-6 months

**What are you most proud of accomplishing in your current role?**

- There are a lot of elements that interest me about this role from the job description, but one of the key elements that really appealed to me is that I feel I would be a great fit within Tonga Health. I really enjoy working with my progressive M&E team and the collaboration of this organization is something that interested me in this job. Also interest in promoting a healthy population and reducing the burden of NCD's. I am so proud to be in this role to support our M&E Manager in all Data Collection and also work closely with the Program teams to assess and facilitate the collection of our project quality data.

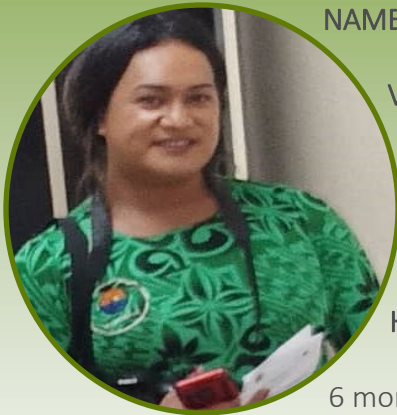
**Tell us about yourself?**

-I am a young confident woman who truly believed to implement what I have learned in order to achieve the organization's goals and also address issues at the international level. I am a hard-working person unassuming and always trying to do everything to the best of my abilities. I had the nature of a self-motivated worker with an outstanding attitude toward any burden. I was also very cooperative and enthusiastic.

**What do you see yourself in the future with Tonga Health?**

- " In five years, I see myself as an M&E Leader. I believe I can gain enough experience to grow into such a position. I am planning to learn more skills, such as Data Collection, Monitoring and Evaluation, and also Computer skills, which could be valuable assets for myself as well as the M&E team and also Tonga Health."





**NAME:** Diamond Vea

**VILLAGE:** Mataika (TBU)

**What is your role?**

Corporate Communication Officer

**How long have you been with the organization?**

6 months

**What are you most proud of accomplishing in your current role?**

Well, for the past 6 months of working for Tonga Health, I have accomplished a lot and that includes meeting all the criteria of my role as a corporate communication officer for Tonga Health. Up to date with our latest activities via Facebook and website. Hosting TV and radio programs, and also developing my skills in media production.

**Tell us about yourself?**

A credible well respected, journalist and interpersonal skills with experience, working multitalented in different environments. Outgoing and engaging, well-presented, and excellent at building good working relationships with a range of different people. A former pageant winner with a passion in supporting organizations and projects such as youth, gender equality, and not forgetting promoting a healthy lifestyle to prevent NCDs.

**What do you see yourself in the future with Tonga Health?**

I see myself as the ambassador for Tonga Health, and hope to see my face on billboards as the number one model for Tonga Health. Hahaha

**Favorite Quote:** Just Be You



## TONGA HEALTH STAFF IN THE OUTER ISLANDS



**NAME:** Linita Helu

**VILLAGE:** Sapa'ata 'Eua Niuafo'ou & Kolofo'ou, Fasi Mo e Afi

**What is your role?**

('Eua) Program Officer

**How long have you been with the organization?**

4 months

**What are you most proud of accomplishing in your current role?**

As a Program Officer in Tonga Health, I met many people who are in need of funds and other guidelines in promoting healthy lifestyle. One of my accomplishment, I was able to participate and become a zumba instructor in our community and in my Island 'Eua.

**Tell us about yourself?**

I'm married, have 3 kids all boys. My family is my first priority. My hobbies are singing, reading, play netball. I love to eat Tongan kind of food. Watermelon and pineapple are my favorite fruits. Always love hanging out with people and share positive vibes.

**What do you see yourself in the future with TongaHealth?**

Still working with TongaHealth and be a Role Model to the people, promoting an active and healthy Tonga

**Favorite Quote:** "Mo'ui ke Fiefia"



**NAME:** Ma'ata M. A Fakasi'i'eiki

**VILLAGE:** Neiafu, Vava'u

**What is your role?**

(Vava'u) Program Officer

**How long have you been with the organization?**

15 weeks (Sept 5<sup>th</sup> – Dec 21<sup>st</sup>)



### What are you most proud of accomplishing in your current role?

Deliver NCDs public awareness to outer islands (Vava'u) Assist stakeholders with completing their sponsor & grant forms and help them write a new project proposal to ensure that is aligned with the priorities of the NCD National Strategy. Assist in managing sponsors and grants funded through Tonga Health for Vava'u Island. Assist in monitoring, reporting, reviewing, following up and evaluating sponsors & grants project activities for Vava'u and Tongatapu. Able to maintain a good working relationship with outer islands (Vava'u communities) and network with stakeholders.

### Tell us about yourself?

I graduated from the University of Hawaii at Hilo with a BSc in Biology with a concentration in Biomedical Science (Cell and Molecular Biology) During my course of study, I have been actively involved in many lab science research projects at the university and two were published; *"Genetic Analysis identifies the Ostreostentaria/auporia/equestris oyster species complex in Hawaii"* and *"Regulation of Cell Division"* looking for a clue to cure cancer. My strengths are my positive attitude, punctuality, multi-tasking, and strong interpersonal and communication skills, as a fresher to TH, I'm passionate and love to work for this organization and my goal is to help achieve the vision of Tonga Health and the National NCDs Strategy 2021-2025.

### What do you see yourself in the future with TongaHealth?

I see myself becoming a Senior Project Manager that will assist stakeholders, the government of Tonga, and all the people of Tonga in implementing plans of action to address NCDs in our beautiful island kingdom and in the Pacific too.

### Favorite Quote:

Be Kind, Be Happy & Put God First in Everything You Do!



## TONGA HEALTH STAFF IN THE OUTER ISLANDS



NAME: Silivia Va Tukutau

VILLAGE: Lotofoa

What is your role?

(Ha'apai) Program officer

How long have you been with the organization?

2 months

What are you most proud of accomplishing in your current role?

As a program officer, I've accomplished so many things including abiding my time to work, discipline, and also getting to work as a team, serving the public and guiding them with the Tonga Health guideline visions.

Tell us about yourself?

I'm 22 years old, I love to spend the most time with my family, I'm fun, and I love helping others and working as a team. I love eating healthy food and sports, especially volleyball and basketball.

What do you see yourself in the future with TongaHealth?

I would love to learn more about Tonga Health and its visions, I hope that I'll continue on my journey working for Tonga Health and become a good role model for the rest of my community.

Favorite Quote:

Coming together is the beginning. Keeping together is the progress. Working together is a success.

## Tonga Health Special Awards and Christmas Party 2022



Isileli Kaumavae won the Tonga Health annual challenge as he lost 7.7 kg and he was awarded in our Family Christmas Dinner at Little Italy on Saturday 17th December 2022. Saiatua Filiai was the 1st runner up as she lost 6.5 kg, 2nd runner up was Lossaline Fonua, 5.5kg, 3rd runner up, Nukonuka Tu'ineau, 2.5kg and 4th runner up was Talita Helu with 2.2kg. However, this on going 8-weeks challenges has been going since the beginning of the year, hence we awarded those who lost the most weight in our most recent 8-weeks challenges.

The Tonga Health Board of Directors and Staff held their family Christmas dinner night at Little



Italy with the special theme, Luau Christmas Party 2022. Everyone came with their plus one, those who are married, came with their spouse while those who are still single, invited their siblings, friends and family member.

It was a night of fun, food and enjoyment, as all board members attended the event together with the CEO and all staff.







**Strengthening Nurseries to distribute vegetable seedling to public**

## Contact Us

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# Merry Christmas and a Healthy New Year

**FUN SHAKE ZUMBA 2022**

**DEAS (DROP EVERYTHING AND SHAKE)**

TUNE IN TO KELE'A VOICE, 87.5 FM, 88.6 FM & 88.1 FM

MONDAY—FRIDAY (11:00 AM & 3:00 PM)



**TONGA MO'UI LELEI**

**MO'UI FIEFIA**



TongaHealth