

TONGA HEALTH PROMOTION FOUNDATION

NEWSLETTER

APR-JUN 2023



TongaHealth CEO Ofeina Filimoeala and NCD Adviser, Karen Fukofuka at the Launching of the new Tonga Guidelines for Healthy Living.



Tonga Mo'ui Lelei
Mo'ui Fiefla
Mo'ui Fuoloa

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Launching the new first ever Tonga Guideline for Healthy Living



The first ever Tonga Guideline for Healthy Living was launched by the Hon. Hu'akavameiliku, Prime Minister of Tonga and guest of honour on Thursday 13th of April. Many individuals and organizations have contributed to the development of the Tonga Guideline for Healthy Living including local experts from the Ministry of Health (MOH), Ministry of Agriculture, Forestry and Food (MAFF), Tonga Health Promotion Foundation (TongaHealth), the Pacific Community (SPC) and the Food and Agriculture Organisation (FAO) and other stakeholders.

The Hon. Hu'akavameiliku remarked that 'good health is a major resource for personal, social and economic development'. He emphasized that health is not just a responsibility of the health sector, and that we all have a responsibility to mitigate different interests in society to pursue health.



CEO of MOH Dr Siale Akauola, presenting the Tonga Guideline Book to the Prime Minister Hon. Hu'akavameiliku

Healthy choices should be easy choices for people to make in pursuit of health for personal, social and economical prosperity. He acknowledged the great work that has gone into the development of the guidelines to help the people of Tonga pursue health.



Students from the Akoteu SUTT of Kolovai performing an item.

The Tonga Guidelines for Healthy Living aims to help people choose healthy lifestyles and reduce the impact of NCDs.



Guests and students at the launch of the Tonga Guidelines for Healthy Living.

The performance from the children from the Akoteu Siasi Uesili-ana 'o Kolovai put out a challenge to all Tongans to 'tuku ho fakapikopiko' and choose healthy lifestyles. The guidelines provide a way for people to do this. Guests and students at the launch of the Tonga Guidelines for Healthy Living.

Dr Siale 'Akauola (CEO, MOH), Dr Viliami Manu (CEO, MAFF) and Ms 'Ofeina

Filimoehala (CEO, TongaHealth) all supported the importance of these guidelines in helping Tongans to choose healthy life-styles.

The launch was held at the Fa'onelua Convention in Nuku'alofa. Representatives for government ministries and agencies, diplomatic corps, churches and community groups were present at the launch



'Eua Schools participated this year's Inter College Zumba Competition 2023

TongaHealth Inter-College Zumba Competition 2023

Maamaloa Side School was declared the winner of the TongaHealth Inter-College Zumba Competition held on the 26th April 2023 at the Teufaiva Stadium. The winning prize was \$2,000. 'Eua Sports Team took home the second place prize of \$1,500 and the third place prize of \$1,000 went to Queen Salote College. Fourteen schools in Tongatapu participated in the competition and one from 'Eua. T



Winner of the Zumba competition, Maamaloa Side School.

he schools were judged on their creativity and innovative choreography as well as how well they engaged and motivate the crowd to join them.

The judges noted Tonga Side School's impromptu and creative performance, but it was not enough to win a prize.

This is the second year of the competition and all the schools were excited to participate in the event.

Watch this space in 2024



Tonga High School Students rocking their Zumba



3rd Place, Queen Salote College.

First cohort of New Colombo Plan Students back to Tonga following COVID 19

TongaHealth was pleased to have a few of the students from the University of Canberra which is the first cohort of New Colombo Plan students back to



Tonga following COVID -19. Twenty occupational working therapy and nutrition students spent one month in Tonga working with the Tonga Health Promotion Foundation, the Ministry of Health, and the Mango Tree Centre in developing interven-

tions and projects to assist families, community, education campaigns, and other resources to assist their Tongan colleagues.

TongaHealth CEO and staff would like to wish them all the best with their future studies and career, hopefully, this could be the beginning of decades-long educational and professional partnerships.

Talanoa A'usia with Salote Sisifa (CEO of Tonga Netball Association)

I've given up smoking cigarettes for 14 years. I had to alter my way of life. I had a lot of coughing fits and was frequently short of breath when I smoked. I started smoking tobacco primarily due to peer pressure, but I was able to stop. I felt better as soon as I stopped smoking tobacco; my circulation improved; I coughed less; and my breathing became easier. I also made a significant amount of savings. My desire to protect my children's health was another factor in my decision to give up smoking.



I just want to remind mothers who are still smoking that it's never too late to stop. Smoking is unhealthy for you, particularly for your children. Share this message in support of World No Tobacco Day in the hopes that it may inspire people to value their health and

give up smoking.

(2023 World No Tobacco Day)

TongaHealth Stakeholder engagement in action

TongaHealth hosted a half day meeting with key partners working on reducing harm from Alcohol, Tobacco and other Drugs, to discuss opportunities to work together. Partners present included Ministry of Health Health Promotion Unit, Tonga Prison, Life line Tonga (FWC), NATA, Tonga Family Health, Tonga Police, Dare to Dream and Salvation Army.



It was a great opportunity for partners to share the work they are currently doing and the opportunities to collaborate. TongaHealth is committed to working together with our partners by providing grants that partners can apply for to

support the work they are doing to address the harm caused by alcohol tobacco smoking and other drugs

<https://www.tongahealth.org/forms--applications>

World No Tobacco Day 2023



TongaHealth marked the World No Tobacco Day (WNTD) 2023 on 31st May by hosting events that supported the theme **“WE NEED FOOD, NOT TOBACCO.”**

TongaHealth distributed vegetables and fruits seedling to encourage people to grow vegetables and fruit trees instead of tobacco. Tobacco use is one of the leading preventable causes of death. WNTD is an opportunity for countries to continue to raise awareness on the dangers of using tobacco and to educate policy makers and the public about the tobacco industry's nefarious and harmful tactics as well as inform people of what they can do to claim their right to health and healthy living and to protect future generations.



Ha'apai Officer and Students of Ha'apai High School

TongaHealth Officers in Vava'u, Ha'apai, and 'Eua raised awareness on the dangers of tobacco use in government secondary schools in their islands with poetry competitions on the WNDT theme. Winners of the competition received gift

vouchers from TongaHealth. Other activities in Tongatapu included a radio program on Kele'a Voice FM, 87.5 BroadcomFM and 88.1 Le'o 'o Tonga, promoting the WNTD theme with another live on air poetry competition. Winners received fruit vouchers worth \$20 pa'anga.



Eua Officer & Students of Eua High School



Vava'u Officer & Students of Vava'u High School



Talanoa with Dr. Joseph Takai

How does smoking tobacco affect our health?

One of the key risk factors for any medical disease, notably NCDs, is tobacco use. Dr. Joseph Takai claims that smoking causes emphysema, chronic bronchitis, heart disease, stroke, lung illnesses, diabetes, and chronic obstructive pulmonary disease. Additionally, smoking raises the chance of rheumatoid arthritis and immune system issues like TB. Men are typically more impacted by smoking, which is a high-risk cause of death. Additionally, children are more susceptible to the negative effects of secondhand smoke from tobacco use, including frequent coughing, sneezing, shortness of breath, and other breathing issues.



Do you think smoking Tongan tobacco is better than overseas imported tobacco?

While the majority of us believe that Tongan tobacco is acceptable and even somewhat healthier, according to Dr. Takai, Tongan tobacco nevertheless has an impact on our lives. Smoking tobacco from Tonga will still harm our lungs and produce respiratory issues because to the amount of smoke we breathe in.

What advice would you give to the public on this special international day?

As well as being "World No Tobacco Day" internationally, today is a very significant day in Tonga. This emphasizes an essential message to remind us of the value of our life and health treatment. If you are a tobacco victim, you must love yourself and others who are close to you since you might have an impact on their lives. In addition, the price of cigarettes has gone up every year, which would be a significant financial factor in family problems.

QUOTE: To improve your habits and way of life, you must accept and cherish your health. Avoid smoking or STOP smoking.

TongaHealth New Staff's Profile



Name: Tautu'u Vaolupe

Village: Hihifo, Niuatoputapu

Tell us about yourself?

- I'm a 26 years old mother of two children and I grew up in Hihifo, Niuatoputapu. I'm happy to be given this opportunity to work for TongaHealth to promote healthy lifestyle behaviors among the people of Niuatoputapu. I look forward to working together with the people of Niuatoputapu to choose and adopt healthy

lifestyle behaviors.

What is your role?

I am the Program Officer for the TongaHealth Office in Niuatoputapu. I have been in this role now for 6 months and I have a lot to learn. My key responsibilities include:

- Manage the grants and sponsorships for Niuatoputapu and ensure timely monitoring and reporting of project activities
- Maintain good working relationships and networks with stakeholders and raise awareness of TongaHealth's vision, mission and its work
- Any other duties as required by line manager or CEO

What do you see yourself in the future with TongaHealth?

I joined TongaHealth because I believe in TongaHealth's vision of everyone sharing in the benefits of a healthy nation. I want to be the best role model of health for my family and my community.

Favorite Quote

- "If you are working on something that you really care about, you don't have to be pushed. The vision pulls you." - Steve Jobs.



Name: 'Ofa He Lotu Kalu Mafi

Village: 'Esia, Niuafo'ou

Tell us about yourself?

My name is 'Ofa and I am 28 years old and recently married. I grew up in Niuafo'ou and I'm proud of it. I just recently married five months ago. I love my family, friends and my community and I want to be a healthy role model for them.

What is your role?

I am the Program Officer for the TongaHealth Office in Niuafo'ou and I have been in this role now for 6 months. I have learned a lot during these 6 months and I look forward to learning more so I can be a better role model for my family and community. This role is an opportunity to help my community learn more about NCDs and how we can work together to prevent NCDs from taking the lives of our loved ones.

5. What do you see yourself in the future with TongaHealth?

I want to be a better role model for health and be an agent for change, supporting and enabling others to choose and adopt healthy lifestyles. I want to grow in my role and hopefully be able to take on more senior roles in the organization.

6. Favorite Quote

- Be the change that you wish to see in the world.

TongaHealth on it's mission to take the lead to prevent NCDs in Tonga.



TongaHealth is leading by example to promote healthy lifestyles in the workplace with different activities including taking a 5-minute break at 11:00 am and 3:00 pm for a Zumba workout.

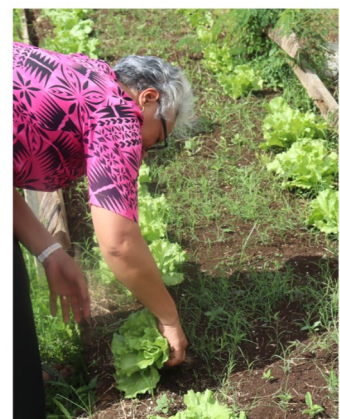
The staff also participate in a 30-minute Zumba session in front of the Tonga-Health parking area at 4pm each day.

NCDs such as heart disease and diabetes are responsible for the majority



of preventable deaths in Tonga. Overweight and obesity increase the risk of these and are linked to unhealthy diets and physical inactivity.

TongaHealth also have a vegetable garden in front of the office. The most recent harvest was enjoyed by Mrs. Karen Fukofuka, NCDs Advisor (TongaHealth) and Talita Helu (Admin Manager) . The vegetables were shared by all the staff.



Legacy Leadership Symposium 2023

*"A Leader is one who knows the way, goes the way, and shows the way."
Quoted by John C Maxwell an American author, speaker and pastor who
has written many books, primarily focusing on leadership."*



The TongaHealth CEO leadership team attended this 3-day leadership Symposium on the 10th -12th of April 2023 at Fale Masiva Hall, Nuku'alofa. The symposium was organized by Mrs Katrina Ma'u Fatia-ki.

The symposium recognized that legacy leadership is about values and authenticity. Different Governments, NGOs, Business Companies and others were part of this symposium to empower leaders to walk in purpose and to serve better .



FUN SHAKE ZUMBA

We still have a lot of people interested in Funshake Zumba with Tonga Health Promotion Foundation. It's a great method to increase your daily physical exercise. Due to weather concerns as well as the restoration plan for our site (Sunia Mafile'o GYM and Hala Ano Rugby Field), FunShake Zumba has been postponed for the remainder of June and July. The

schedule for the upcoming sessions is August, and we're hoping that everything will be ready at the FunShake Zumba location by then.



TONGA MO'UI LELEI MO'UI FIEFIA



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