

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

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**PACIFIC
HEALTH
SYMPOSIUM**



LOTUMOUI
mindbodysoul
1st & 2nd December, 2004



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 2006 census, over 80% of Pacific Peoples surveyed identified themselves as affiliated to a church or religious organisation
- There are over 120 pacific churches in the Counties Manukau District
- Congregations ranging from 30 into the thousands.
- CMDHB recognises these churches as valuable structures to address health inequalities within its pacific population.



Why Churches?

- Default role of the village concept
- Church Ministers taken the default role of the village leaders
- The village = the congregation
- Influencers = Church leaders and Minister's wives, church committees
- Faith and trust
- It works – international evidence



Symposium – Dec 2004

Objectives were to:

- Inform Pacific church leaders about CMDHB's 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 LotuMouï 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 members trained in health promotion
- 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

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**COUNTIES MANUKAU DISTRICT
HEALTH BOARD**
A Community Partnership

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*



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

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



Improving Access

Breast Screening

- SME Pacific Nurse
- Linking with ethnic specific churches
- Providing information and education sessions in ethnic specific Pacific languages
- Enrolling women
- Mitigating barriers – transport, cost, fear
- Using the Pacific sense of fun – motivator



Pacific Mama's Pamper Day

- Women transported to venue
- Sense of celebration
- Activities to encourage well being
- Opportunistic screening activities
- Music
- Dancing
- Healthy food
- Reinforcing health messages



Success of Church-based Health Promotion & Education Programmes

Pacific Mamas Pamper day

- 3 half days
- 386 women participated in education sessions
- 87 women screened (breast)
- 43 screened (cervical)
- 10 minute profile on Tangata Pasefika
- 120 participants in Pamper days



Pampering....



Pampering...



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Our Mamas



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Our Mamas - Our Team



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LotuMoui Team

- LotuMoui Team established 2007
 - 2x Community Development Officers
 - 1x Admin Support Co-ordinator
 - 1x Programme Manager
 - 1x SME Nurse Educator
- 108 active LotuMoui Churches



Partnerships & Relationships

- The success of LotuMoui relies on the strengthening of partnerships between CMDHB & Pacific churches within a supportive and collaborative environment.
- It relies on a Pacific workforce to interface with the Churches and the community
- Service development based on need
- Remove access barriers



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



Vinaka Vaka Levu

Malo lava



Tasks

1. Discuss and agree 2 recommendations for engaging and working with Pacific Communities
2. Identify 2 issues that the Health Sector needs to be mindful of, over the next 10 to 20 years in relation to Pacific communities or population.

