



Pacific Community Action Project – Enea Ola

Introduction

The purpose of the Enea Ola Project is to reduce obesity in the Pacific communities of Waitemata DHB through increasing levels of physical activity and improving nutrition, using a community action approach.

Objectives

The specific objectives of the Enea Ola Project in general and for the 2009/10 financial year are:

- To provide a community-based support mechanism for Pacific people to make lifestyle changes in the social environments where they are most comfortable.
- To have at least 690 people actively participating in a programme that includes a weekly group physical activity and a monthly nutrition class.
- To have 23 groups participating in the programme.
- To complete baseline data collection for the Enea Ola evaluation.
- To strengthen collaboration between the community, Waitemata DHB, West Fono Health Trust, Pacific Integrated Healthcare, Pacific Heartbeat, Sport Waitakere, and Waitakere City Council.
- To implement the Enea Ola Workforce Development Plan for 2009/10.
- To award scholarships for nutrition and physical activity tertiary qualifications for 2010 to 2012.

Description of Initiative

The Project uses a community action approach. The following community mechanisms have been established to allow the Pacific community to be involved in the design and delivery of the Project:

- Each of the 23 churches / groups involved has to establish a health committee that is responsible for implementing the contract that the DHB has with the group / church.
- Each of the ethnic communities in West Auckland; Samoan, Cook Island, Tongan, Niuean, Fijian and Tuvalu have established a health committee or a health trust.
- The Waitakere ethnic health committees choose two representatives, (three for Samoan) to represent them on the Enea Ola Steering Group.
- The North Shore Pasefika Forum nominated seven members to be on the Enea Ola Steering Group to represent the North Shore Pacific communities.
- The Enea Ola Steering Group is made up of 13 community leaders from West Auckland, seven from the North Shore, and representatives of Waitemata DHB, Pacific Heartbeat, Sport Waitakere, West Fono Health Trust and Pacific Integrated Healthcare.
- The Steering Group meets bi-monthly and makes recommendations to Waitemata DHB as to the allocation of funds, programme content delivered through the Project, evaluation design and implementation, workforce capacity building and other issues related to the Project.

Enua Ola Programme Content

Waitemata DHB contracts with 23 churches/community groups, with the following requirements for each:

- Establish a health committee.
- Enrol at least thirty people in the Enea Ola programme and ensure that they actively participate in the programme for the two-year duration of their contract.
- Undertake a one-hour group physical activity session weekly for 48 weeks of the year. (This session is to be delivered by a qualified physical activity trainer.)
- Introduce participants to different forms of physical activity such as walking, water walking, dancing, etc.
- Deliver a nutrition education session once a month for ten months of the year. The nutrition tutor must have attained the AUT Certificate in Pacific Nutrition.
- Participate in nutrition and physical activity training as identified in the Enea Ola Workforce Development Plan.
- Participate in the evaluation of the programme.
- Encourage participants, particularly men aged 35 years and over and women aged 45 years and over to undertake cardiovascular risk assessment through their GPs.
- Participate and support health promotion activities as requested by the DHB.

In addition to the above, Waitemata DHB contracts with West Fono Health Trust to co-ordinate the programme in West Auckland (0.5FTE) and with Pacific Integrated Healthcare to co-ordinate the programme on the North Shore (0.5FTE).

Workforce Development

The Enea Ola Workforce Development Plan includes:

- At least two people from each group will complete the AUT Certificate in Pacific nutrition and a community physical activity qualification in 2009/10.
- Development of on-going mentoring for the physical activity tutors.
- Hold workshops for the nutrition tutors supporting them in the delivery of the nutrition curriculum.
- Award scholarships for nutrition and physical activity tertiary qualifications for 2010 to 2012.