



# Pacific Community-Led Collaboration to Empower Change

**COLLABORATION:**

Everyone's Business

**TE MAHITAHĪ:**

Hei Painga Mo Te Katoa



8<sup>th</sup> Activity and Nutrition  
Aotearoa Conference  
**21 – 22 May 2019**  
Auckland

# Project Background

- Initial brief, by HPA to address 'better quality & reduced quantity' of foods/drinks with a focus on Pacific feasting occasions



Pacific church communities opposed messages against their feasting

HENCE NEW CONVERSATIONS LED BY THE COMMUNITY

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# Stages of Behaviour Change

## DESIRE TO CHANGE

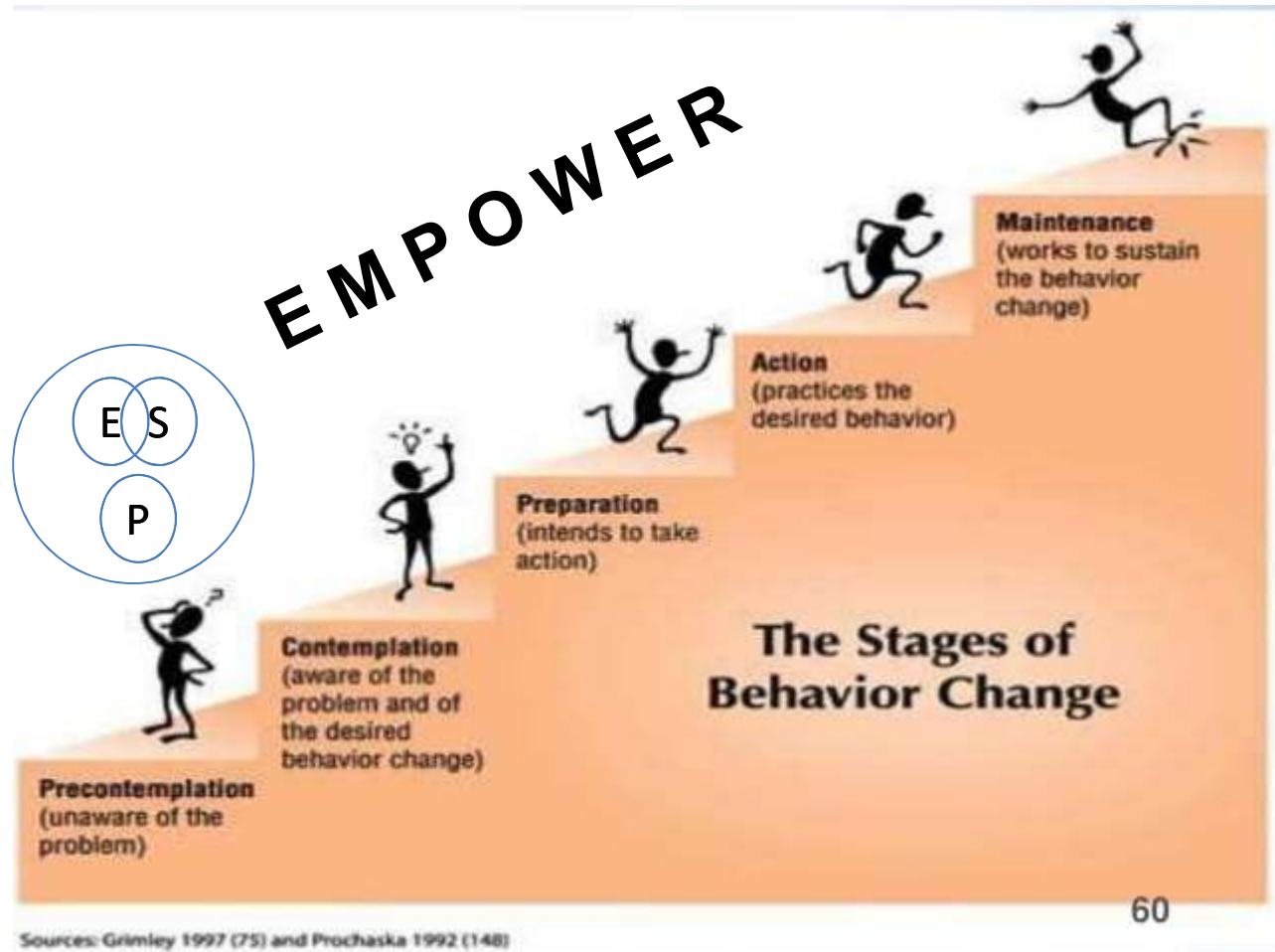
Giving a reason to change

## CONFIDENCE TO CHANGE

.. self-belief they can change

## TOOLS FOR CHANGE

.. practical ways to change



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# Akoteu Kato Kakala Early Childhood Centre



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# CHOOSE LIFE



This verse anchors  
WHY for change

*“Today I have given you the **choice between life and death**, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would **choose life**, so that **you and your descendants might live**”*

*Deuteronomy 30:19*

# 7 week Engagement programme



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# Talanoa Flow

- Welcome / Prayer
- Food tasting / sharing lunch
- Recap and stories
- Nutrition interactive session
- Reflective feedback & discussion
- Thank you / Closing prayer

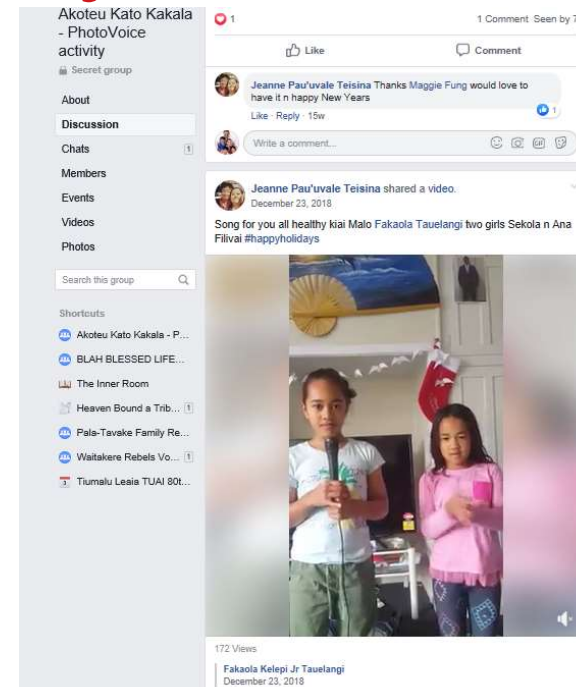
**Informal, Relaxed, Interactive & in Tongan**



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# Photo Voice Activity

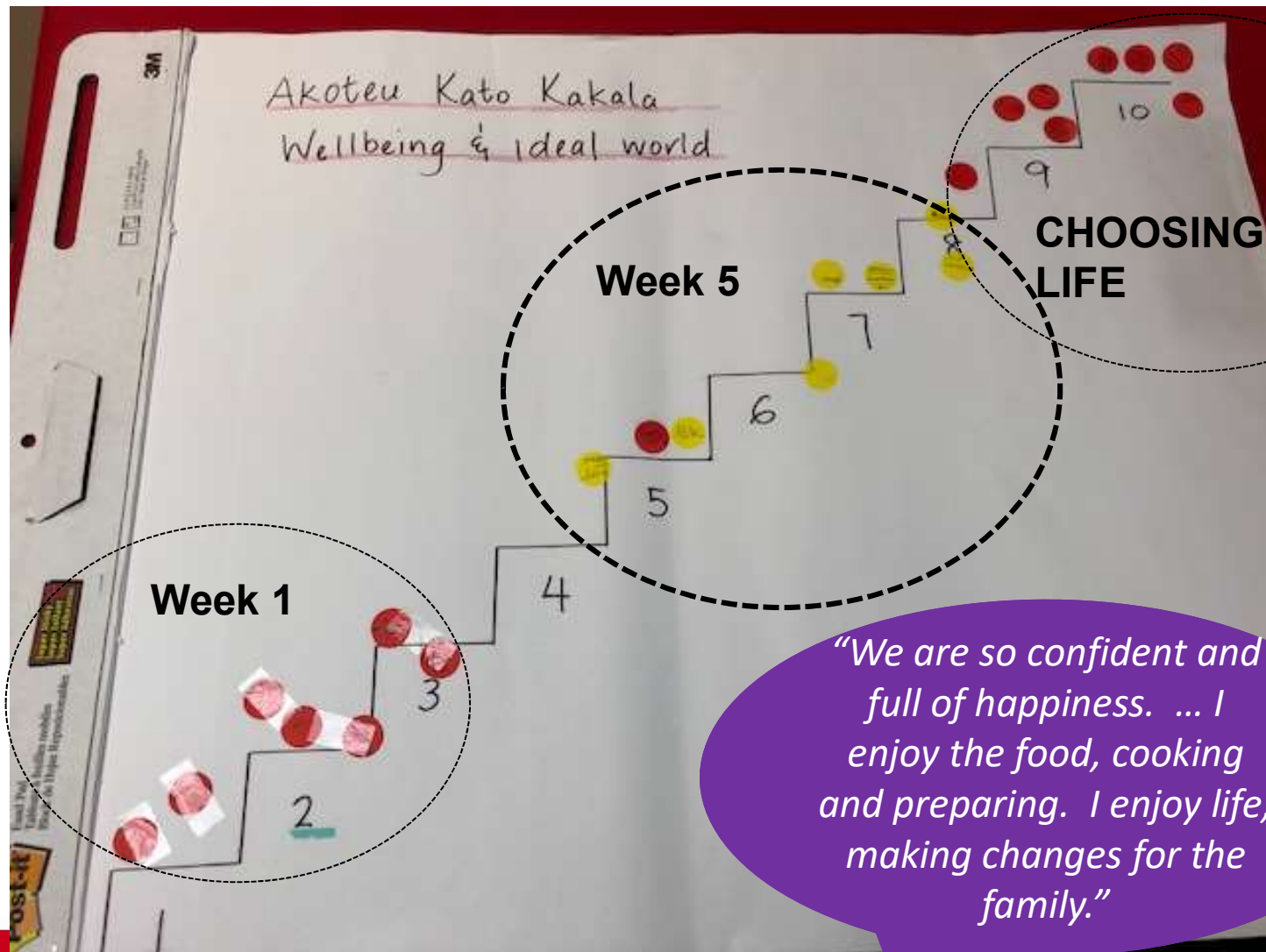


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# Choosing Life



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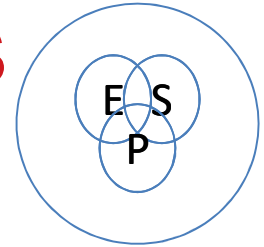
# Empowering Changes

HOME – WORK - CHURCH - COMMUNITY



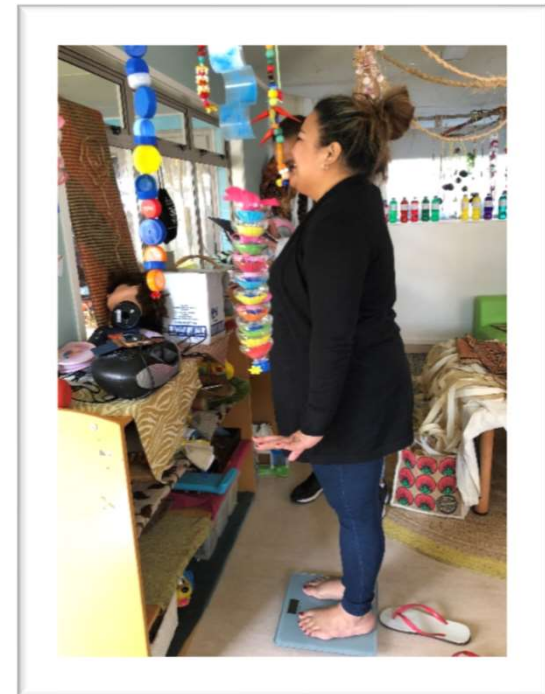
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# Empowering AKK Outcomes



- Strengthened physically, emotional & spiritually
- Happier family & work environment
- Shared learnings
- Self confidence
- Learning from failures
- Creating own solutions
- **Collectively lost 40kg as a group**

*"You know overall as a team ever since we started, we are so much happier. We are happy to see each other in the morning, share what we did"*



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“.. that you would **choose life**, so that you and your descendants might live”



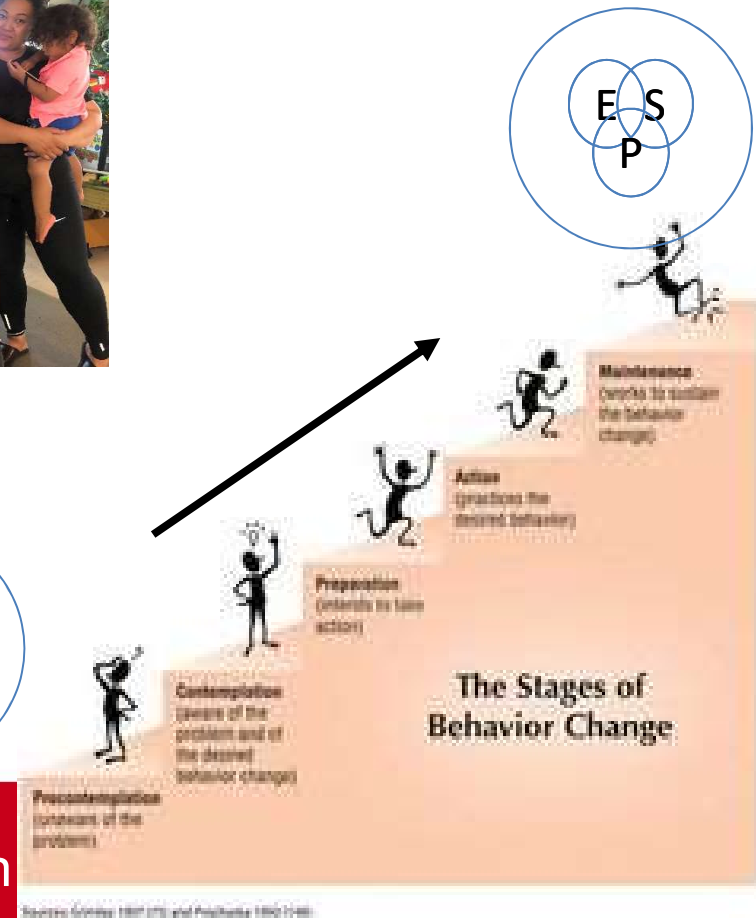
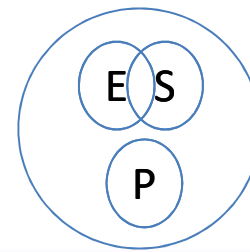
Aug 2018



Dec 2018



Mar 2019



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# Questions & talanoa