

July - December 2025

# NEWSLETTER

TONGA HEALTH PROMOTION FOUNDATION



**Welcome to our Semi-Annual Update!**

**In this issue, we share highlights of the recent activities of the Tonga Health Promotion Foundation from July to December 2025**

**Our mission is to prevent and reduce harm from Non-Communicable Diseases (NCDs) in Tonga.**

**We would like to sincerely thank the Australian Government and the Government of Tonga for their continued support and generous funding. As our main donors, their partnership makes it possible for us to carry out all our programs and initiatives aimed at building a healthy Tonga.**

# CELEBRATING 16 YEARS OF TONGA HEALTH PROMOTION FOUNDATION ONGOING COMMITMENT TO TONGA



This year marks a significant milestone as TongaHealth celebrates 16 years of dedicated service to our community.

Our core mission remains steadfast: 'to prevent and reduce the harm of non-communicable diseases (NCDs) in Tonga'

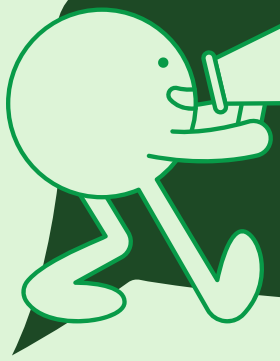


## TONGAHEALTH JOINS MINISTRY OF HEALTH TO LAUNCH "LIVE LIGHT" CAMPAIGN

With a staggering 93% of Tongans identified as overweight or obese according to the latest STEPS survey, the need for action has never been clearer. In a decisive move to address this national health crisis, TongaHealth was proud to stand with the Ministry of Health for the official launch of the "Live Light" campaign on Thursday, 25 September 2025.

This vital six-month campaign aims to directly reduce obesity rates across the kingdom. As a core partner in the fight against Non-Communicable Diseases (NCDs), TongaHealth is fully committed to this initiative. We are excited to collaborate with the Ministry and our communities to promote healthy lifestyles and empower Tongans to live lighter and more healthier lives. This campaign represents a critical step forward in safeguarding the well-being of our nation.





# MEETINGS & WORKSHOPS



## TOBACCO CONTROL MEETING STRENGTHENS NATIONAL EFFORTS

ON 26 AUGUST 2025, TONGAHEALTH HOSTED THE TOBACCO CONTROL ADVISORY SUB-COMMITTEE MEETING.

THE MEETING FOCUSED ON STRENGTHENING THE DESIGN AND ENFORCEMENT OF NATIONAL STRATEGIES TO REDUCE TOBACCO USE AND FIGHT NCDs. THESE EFFORTS ARE ALIGNED WITH TONGA'S COMMITMENTS TO THE MANA DASHBOARD.

## ADVISORY COMMITTEES UNITE TO STRENGTHEN TONGA'S NCD FIGHT



On 7 July 2025, TongaHealth convened a joint meeting of the four Risk Factor Advisory Committees with a specialist team from the Pacific Community (SPC), led by Dr. Ilisapeci Kubuabola.

As the national leader in the NCD response, our role was to align our experts with regional partners and solidify a unified strategy.

The meeting successfully advanced our work on the MANA Dashboard, translating data into a clear action plan to strengthen Tonga's fight against NCDs. This collaboration marks a significant step forward in our shared mission to protect the health of our people.

## NATIONAL M&E TASKFORCE WORKSHOP!

ON 15 JULY 2025, TONGA'S NATIONAL M&E TASKFORCE HELD A HIGHLY PRODUCTIVE WORKSHOP WITH KEY PARTNERS TO REFINE HOW WE MONITOR AND EVALUATE THE NATIONAL FIGHT AGAINST NON-COMMUNICABLE DISEASES (NCDs).

THIS SESSION WAS CRUCIAL FOR ENSURING OUR COLLECTIVE EFFORTS ARE EFFECTIVELY TRACKED AND LEADING TO TANGIBLE RESULTS. THE FOCUS WENT BEYOND DATA COLLECTION; IT WAS A POWERFUL COLLABORATION TO SHARE INSIGHTS AND ALIGN OUR STRATEGIES. THIS ENSURES OUR WORK IS TRULY MAKING A DIFFERENCE IN THE HEALTH AND WELL-BEING OF THE PEOPLE OF TONGA.



SUVA, FIJI: 9TH - 11TH SEPTEMBER 2025, TONGAHEALTH PARTICIPATED IN A KEY REGIONAL WORKSHOP IN FIJI TO LAUNCH A 3-YEAR SPORT & HEALTH CAPACITY DEVELOPMENT INITIATIVE.

THIS PROGRAM, LED BY ICSSPE AND THE UNIVERSITY OF THE WEST INDIES FOCUSES ON USING COMMUNITY SPORTS TO BUILD HEALTHY SOCIETIES. THE PARTNERSHIP AIMS TO STRENGTHEN TIES BETWEEN SPORTS AND HEALTH SECTORS AND SUPPORT POLICY DEVELOPMENT TO GET MORE PEOPLE ACTIVE. THIS COLLABORATION REPRESENTS AN IMPORTANT STEP IN USING SPORTS AS A PRACTICAL TOOL TO FIGHT NON-COMMUNICABLE DISEASES AND IMPROVE COMMUNITY WELLBEING ACROSS TONGA AND THE PACIFIC REGION.



## SPORT & HEALTH CAPACITY DEVELOPMENT INITIATIVE – CONSULTATION WORKSHOP

## PACIFIC NCD ALLIANCE WORKSHOP & CSO NETWORKING!

FIJI: 4TH - 7TH NOVEMBER 2025, TONGAHEALTH JOINED HEALTH LEADERS FROM ACROSS THE PACIFIC TO PLAN REGIONAL EFFORTS AGAINST NON-COMMUNICABLE DISEASES. WE CONTRIBUTED OUR EXPERIENCE IN COMMUNITY HEALTH PROMOTION TO HELP DEVELOP PRACTICAL STRATEGIES THAT WORK FOR TONGAN COMMUNITIES



AS THE PACIFIC NCD ALLIANCE PREPARES FOR ITS 2026 LAUNCH, TONGAHEALTH WILL CONTINUE BRINGING COMMUNITY VOICES TO REGIONAL PLANNING. OUR PARTICIPATION ENSURES TONGA'S APPROACH TO HEALTH PROMOTION HELPS GUIDE COLLECTIVE ACTION TOWARD BUILDING HEALTHIER FUTURES FOR ALL PACIFIC PEOPLE.

## ANOTHER FOUR SCHOOLS PLAYGROUNDS FUNDED BY TONGAHEALTH

22 OCTOBER 2025 - TONGAHEALTH FUNDED NEW PLAYGROUNDS THROUGH MINISTRY OF EDUCATION AND TRAINING (MET) AT FOUR TONGATAPU SCHOOLS BRINGING THE TOTAL TO ELEVEN PLAYGROUNDS PROVIDED THIS YEAR. THE NEW PLAY AREAS ARE LOCATED AT:

- GMS MA'UFANGA
- GMS LONGOLONGO
- GPS PEA
- LAVENGA CHRISTIAN ELEMENTARY SCHOOL

THESE PLAYGROUNDS GIVE CHILDREN SAFE, FUN SPACES TO BE ACTIVE HELPING THEM BUILD HEALTHY HABITS EARLY IN LIFE. THIS WORK IS PART OF TONGAHEALTH'S ONGOING EFFORT TO FIGHT NON-COMMUNICABLE DISEASES BY MAKING PHYSICAL ACTIVITY ACCESSIBLE TO CHILDREN ACROSS OUR COMMUNITIES.

WITH THESE ADDITIONS, MORE STUDENTS NOW HAVE PLACES TO PLAY AND STAY ACTIVE CONTRIBUTING TO A HEALTHY FUTURE FOR TONGA'S FUTURE GENERATION.



## HEALTH PROMOTING SCHOOLS ASSESSMENTS

From September to October, TongaHealth officers in Tongatapu, 'Eua and Vava'u teamed up with officers from the Ministry of Health (MOH) and the Ministry of Education and Training (MET) to conduct the annual assessment for all schools.

As a follow-up from previous years, schools that pass the assessment and achieve a Platinum award for three consecutive years become entitled to have a new playground built for their school.

This program helps children learn to build their own vegetable and fruit gardens at school, teaches them about healthy eating & hygiene and keeps them active. The goal is to reduce early obesity and fight other Non-Communicable Diseases (NCDs) while children are still young.



---

## A New Era for Tonga's Markets: Pay by Weight, Not by the Bag!

---

Get ready for a fresher, fairer way to shop! In an exciting new step for our community, TongaHealth is proud to support the Ministry of Trade and Economic Development (MTED) in rolling out weighing scales to roadside market vendors across Tonga.

This means you can now say goodbye to pre-packaged bags and hello to choice! Pick the exact fruits and vegetables you want and pay by the kilo.



What This Means for You:

- **More Flexibility:** Buy exactly how much you need, reducing waste and saving money.
- **Fairer Pricing:** Pay for the true weight of your produce, ensuring you get what you pay for.
- **Empowering Choice:** Select each piece yourself, creating the perfect mix for your family's meals.

It's all about making fresh and healthy food more accessible.

On August 16, TongaHealth continued its partnership with 'Eua High School's agriculture students for a second community vegetable distribution this year. Fresh produce harvested by students from their school gardens was shared with local families further promoting healthy eating habits and sustainable agriculture.

Our 'Eua Island officer Mrs. Linda Helu again joined the students supporting their efforts to address food security while encouraging youth leadership in community health initiatives. This ongoing supporting from us demonstrates TongaHealth's commitment to practical solutions that combine healthy eating, nutrition education, youth development and community engagement.



---

## ‘EUA ISLAND SECOND VEGETABLES DISTRIBUTION

---

# BREAST CANCER AWARENESS MONTH



## A Month 'United for Hope'

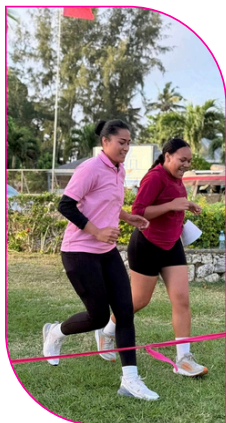
This October, our community stood "United for Hope" in a powerful show of support for the Tonga Breast Cancer Society Incorporated as they led the charge in raising awareness for women's health throughout Breast Cancer Awareness Month.

The month officially launched at Tanoa on the 1st of October with TongaHealth staff and our CEO in attendance to kick-start the activities. This was followed by a wonderful series of events championed by the Society, including church services at Siatoutai, vibrant night markets, a quiz night and fundraising luncheons.

A key highlight was our annual Fun Run & Walk proudly sponsored by TongaHealth. This event successfully promoted physical activity supporting both women's health and the fight against Non-Communicable Diseases (NCDs).

A crucial focus throughout the month was on early detection. The Society offered free transportation almost daily for breast screenings at Vaiola Hospital for women from all across Tongatapu.

This month was a true demonstration of community spirit, combining awareness, fundraising and vital health services to make a real difference. Malo 'aupito to the Tonga Breast Cancer Society Inc for their leadership and to everyone who participated and donated.



# SPORTS NEWS

## FIEFIA SPORTS PHASE TWO

Building on the energy and success of our first outing, the TongaHealth team is proud to continue our funding and participation in the second phase of the 2025 Fiefia Sports led by Ministry of Internal Affairs (MIA).

The games continue from October 3rd and will run through to the end of the year. This round we've moved to Teufaiva to compete in a new set of challenges including Touch Rugby, Netball and Hockey. We carry the same spirit of unity and wellness forward and are excited to build on our achievements. Let the games continue

## TONGA MARATHON 2025



On August 23, our CEO, 'Ofeina Filimoehala and the TongaHealth team completed a 5 km walk from Manuka to the Ha'amonga in the Tonga Marathon 2025. We joined this event in support the Tonga Animal Welfare Society and promote physical activity. We are proud to participate in this annual marathon together with different teams from other workplaces all working together for community wellness.



---

## Celebrating a Decade of Dedication: Thank You, Losaline Fonua!

On October 15th, we came together for a truly heartwarming celebration honoring our Finance Manager: Mrs. Losaline Fonua for 10 years of dedicated service at TongaHealth.

The day was filled with joy and gratitude as we reflected on her hard work and commitment over the past decade.



On behalf of the CEO and the entire team, thank you Mrs. Fonua for your incredible contribution. Your dedication and hardworking are deeply valued by us all.

## Christmas Dinner Celebration



To celebrate the festive season and another successful year, TongaHealth's staff, Board Members and their families gathered for a special Christmas Dinner at Chef Zero Restaurant in Popua.

The evening provided an opportunity for everyone to come together in a relaxed and joyful setting, reflecting on the achievements and milestones of the year while strengthening the bonds that make our organization a family. Staff and Board Members enjoyed a delicious meal, doing gift exchange, shared laughter and created lasting memories with their loved ones.

---



# TongaHealth

## CONTACT US

Tonga Health Promotion Foundation,  
Vaiola Hospital, Tofoa Tonga.

Phone: (676) 25 721

Ucall: (676) 7747044 Digicel: (676)  
8745441

Email: [info@tongahealth.org.to](mailto:info@tongahealth.org.to)

Website: [www.tongahealth.info](http://www.tongahealth.info)

## Follow Us On

Facebook: [@TongaHealth](#)

Instagram: [@TongaHealth](#)

TikTok: [@TongaHealth](#)

Youtube: [@TongaHealth](#)