

JANUARY - JUNE 2025

TONGA HEALTH PROMOTION FOUNDATION NEWSLETTER

Welcome to our Semi-Annual Update!

In this issue, we share highlights of the recent activities of the Tonga Health Promotion Foundation, an autonomous body established in 2009 under the Health Promotion Foundation Act 2007.

Our work focuses on promoting health and well-being across Tonga, with a strong emphasis on the fight against Non-Communicable Diseases (NCDs).

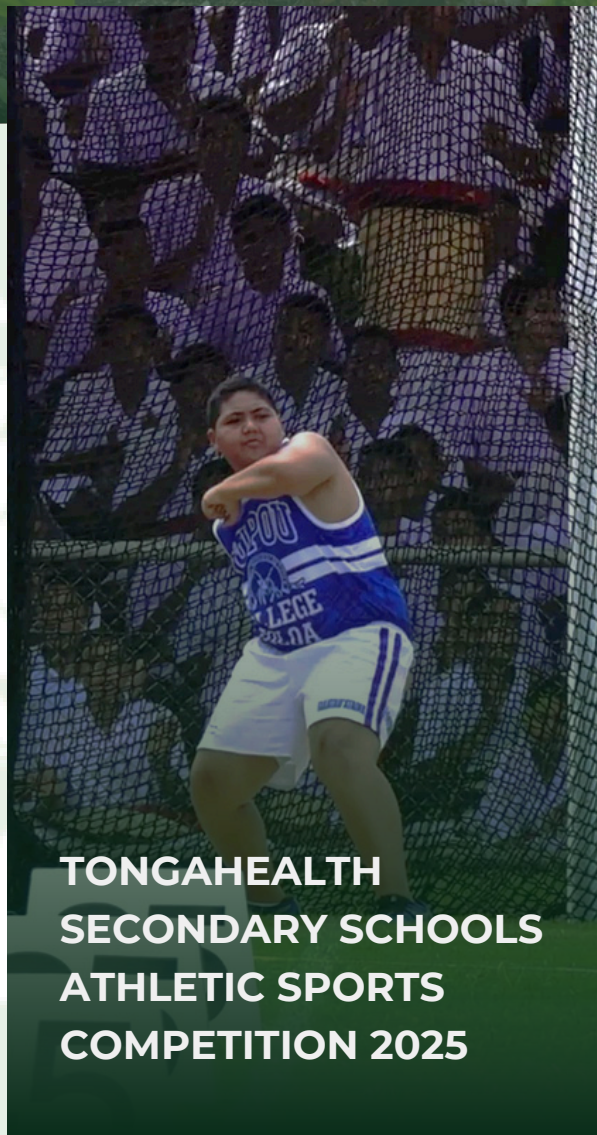
We would like to sincerely thank the Australian Government for their continued support and generous funding. As our main donor, their partnership makes it possible for us to carry out all our programs and initiatives aimed at building a healthier Tonga.

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HEALTH PROMOTING SCHOOLS
PLAYGROUNDS



TONGAHEALTH
SECONDARY SCHOOLS
ATHLETIC SPORTS
COMPETITION 2025



L-R: CEO 'Ofeina Filimoehala, Elder Tui'one, Dr Reynold 'Ofanoa & his secretary

STRENGTHENING OUR COMMITMENT TO A HEALTHIER TONGA

Memorandum of Understanding (MOU) Signed with the National NCD Committee (NCCDC)

On 6th February, TongaHealth proudly signed a Memorandum of Understanding (MOU) with the National NCD Committee (NNCDC) to reaffirm our shared commitment to tackling Non-Communicable Diseases (NCDs) in Tonga.

The MOU was signed by the CEO of the Ministry of Health, Dr Reynold 'Ofanoa, the Chairman of the TongaHealth Board, Elder Sione Tu'ione, and TongaHealth CEO, Mrs. 'Ofeina Filimoehala.

This renewed partnership marks a significant step forward in strengthening the governance, coordination, and implementation of programs and policies that address the key risk factors contributing to NCDs. By working together, we aim to foster a healthier future for all Tongans through collaborative action and shared responsibility.



L-R: Talita Helu, Ofeina Filimoehala, Ipolito Mafileo, Tupou Maasi & Suliana Fakatava

HONORING WORLD CANCER DAY

On February 4th, TongaHealth joined the global movement to mark World Cancer Day by proudly wearing lavender, a color symbolizing all types of cancer awareness.

Our CEO and dedicated staff stood together in solidarity—raising awareness, showing support for those affected, and promoting early detection and healthy living as vital tools in the fight against cancer.



7 PLAYGROUNDS, 7 SCHOOLS, 1 HEALTHIER FUTURE

Beulah Adventist Primary School, GMS Tokomololo, GMS Fatai, GMS Te'ekiu, GMS Kolomotu'a, GMS Longoteme to St. Francis of Assis

We're proud to have launched seven new playgrounds across seven schools—safe, fun spaces where children can grow, move, and thrive.



GRANTS SIGNING

BACKING OUR YOUTH: TONGAHEALTH SIGNS ON AS MAIN SPONSOR FOR INTERCOLLEGE SPORTS 2025



On April 1st, our CEO signed a grant agreement with the Sports Committee to support the 98th TongaHealth Secondary Schools Athletic Sports Competition 2025

FIEFIA SPORTS

EARLIER IN MARCH, WE SIGNED A GRANT AGREEMENT WITH THE MINISTRY OF INTERNAL AFFAIRS – LOCAL GOVERNMENT DIVISION TO SUPPORT THIS YEAR'S FIEFIA SPORTS 2025.



INVESTING IN YOUTH WELLNESS THROUGH SPORT

ON MARCH 24, OUR CEO SIGNED A GRANT AGREEMENT WITH THE CEO OF THE MINISTRY OF EDUCATION & TRAINING (MET), MR. ISIKELI OKO, TO PROVIDE FINANCIAL SUPPORT FOR THE TONGATAPU GMS SPORTS PROGRAM,



ON JUNE 27, OUR ACTING CEO - LOSALINE FONUA (FINANCE MANAGER) SIGNED A GRANT AGREEMENT WITH TONGA POLICE TO SUPPORT THE 2025 ALCOHOL, DRUGS & TOBACCO ENFORCEMENT OPERATION IN VAVA'U.



SUPPORTING SAFER COMMUNITIES IN VAVA'U

STRENGTHENING ENFORCEMENT FOR A HEALTHIER TONGA

ON MAY 9, OUR CEO SIGNED A GRANT AGREEMENT WITH THE TONGA POLICE TO SUPPORT THE 2025 ALCOHOL, DRUGS & TOBACCO ENFORCEMENT OPERATION—A NATIONWIDE INITIATIVE LED BY THE CRIME PREVENTION UNIT.



PARTNER WITH 'AMANAKI FO'OU

IN OUR CONTINUED PARTNERSHIP WITH AMANAKI FO'OU, TONGAHEALTH JOINED WITH THE MINISTRY OF HEALTH AND FAITH LEADERS FROM ACROSS TONGA IN A POWERFUL SHOW OF UNITY BETWEEN HEALTH AND FAITH BASE, WORKING TOGETHER TO BUILD HEALTHIER COMMUNITIES.

THIS YEAR BEGAN WITH A HEARTFELT LUNCHEON ON MARCH 4, WHERE FAITH LEADERS FROM VARIOUS DENOMINATIONS GATHERED WITH THE MINISTER OF HEALTH AND OUR TEAM TO EXPLORE THE ROLE OF THE CHURCH IN PROMOTING HEALTH AND WELLBEING.

THAT SAME SPIRIT OF UNITY CONTINUED AT THE FIRST PO LOTU FAKATAHATAHA, HELD ON JULY 13, 2025 AT THE BASILICA—A POWERFUL EVENING OF WORSHIP AND PURPOSE, BRINGING TOGETHER VOICES AND HEARTS FROM ACROSS FOUR DIFFERENT DENOMINATIONS.

WE LOOK FORWARD TO CONTINUING OUR PARTNERSHIP WITH AMANAKI FO'OU AS WE WORK TOGETHER TO FIGHT DIABETES AND NON-COMMUNICABLE DISEASES (NCDS) IN TONGA.



'EUA ISLAND VEGETABLES DISTRIBUTION

On May 5, TongaHealth proudly supported a free vegetable distribution initiative led by 'Eua High School agriculture students as part of their school gardening program.

The event was held in 'Eua, with the active presence of our 'Eua Island officer Mrs. Linda Helu. The students harvested and distributed fresh vegetables to local families, promoting not only healthy eating but also youth engagement in food security and sustainable living.



SPORTS NEWS



TONGAHEALTH JOINS THE 2025 FIEFIA SPORTS!

From March 14th to 28th, TongaHealth proudly joined the 2025 Fiefa Sports alongside other workplaces across Tonga. Our all-staff team participated in both aerobics and netball, coming together in the true spirit of unity and wellness. We're excited to share that our team placed 4th in the Aerobics competition — a great achievement that reflects our energy, effort, and teamwork.

98TH TONGAHEALTH SECONDARY SCHOOLS ATHLETIC SPORTS COMPETITION 2025

From April 6th to 11th, TongaHealth was proud to once again be the main sponsor of the 98th TongaHealth Secondary Schools Athletic Sports Competition 2025 held at Teufaiva Stadium. The week-long event brought together students from across the country to compete, showcase talent, and celebrate physical activity.

In line with our commitment to promoting healthier lifestyles, we continued our policy of banning the sale of unhealthy food and drinks inside the stadium—ensuring only healthy options were available for students and supporters throughout the week.

As part of the week, we also hosted our exciting School Zumba Competition. Congratulations to our top winners:

- 🥇 Winner – Tonga College 'Atele
- 🥈 1st Runner-Up – Tonga High School
- 🥉 2nd Place – Liahona High School

We're proud of all the students, teachers, and schools who took part—not just in competition, but in making healthier choices for a better future.



WORKSHOPS & MEETING WITH KEY STAKEHOLDERS



Workshops & Meetings – Strengthening Capacity in Ha’apai

TongaHealth visited Ha’apai in June and held two capacity-building workshops in the districts of Pangai and Foa, engaging with our small and large grant recipients from 2023 up to the present.

These workshops aimed to strengthen the skills and understanding of our community partners in areas such as:

- Health and wellness promotion
- How to develop effective project proposals
- Completing fund- ing application forms correctly



- Project monitoring and evaluation to ensure real impact

The sessions were opened by our CEO, ‘Ofeina Filimoehala, who emphasized that good health is not just the responsibility of

TongaHealth or the Ministry of Health it is everyone’s responsibility.

During the trip, the TongaHealth team led by the CEO, also held a special meeting with the Ha’apai Health Committee, chaired by Governor Dr. Pita Taufatofua to discuss on how Ha’apai can strengthen its fight against non-communicable diseases.

NCD Strategy Review Workshop

On April 6, TongaHealth hosted a 2-day Non-Communicable Disease (NCD) Strategy Review Workshop in collaboration with the Ministry of Health, National NCD Committee (NNCDC), SPC, THSSP3.

The workshop brought together key stakeholders to:

- Review progress on NCD efforts
- Share ideas and challenges
- Plan the next steps toward a healthier Tonga by 2030



SBC Co-Design Workshop

TongaHealth hosted a 3-day Social and Behaviour Change (SBC) Co-Design Workshop from 14–16 May, led by Dr. Robyn, our consultant from Fiji. This workshop focused on planning our upcoming national obesity campaign and brought together key stakeholders to help shape the approach.

Discussions covered:

- Key messages and target audiences
- Campaign goals and timelines
- Roles and responsibilities
- Activities and rollout strategy

The workshop helped ensure all partners are aligned and ready for the next phase of the campaign.



TongaHealth Office Extension Officially Handed Over

TongaHealth is deeply grateful for the support and generosity shown through the successful completion and handover of our office extension—made possible by a generous contribution of TOP \$500,000 from the Church of Jesus Christ of Latter-day Saints under their humanitarian aid program.



L-R: CEO Dr. Reynoald 'Ofanoa
& Brother Fineasi Tamale

The project was carried out by Taufalele Construction and was officially handed over in a special ceremony attended by key guests and partners.

This new space will allow TongaHealth to continue its mission with greater capacity and comfort, serving the people of Tonga more effectively.



(L-R): Faka'anau, Losaline,
Tupou, Suliana & Halafatai



Viliami Mahe

To celebrate the Easter holiday, TongaHealth staff enjoyed Hot Cross Bun Day on Thursday 17th April.

Staff gathered to share freshly baked hot cross buns, marking the Easter weekend with warmth and togetherness before heading into the long break.

Hot Cross Bun Day at TongaHealth



TongaHealth

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