



TongaHealth

TONGA HEALTH PROMOTION FOUNDATION

NEWSLETTER : JULY-SEPTEMBER 2023

Zumba Session in Pangai, Ha'apai after the first Fun Run & Fun Walk on the TongaHealth Week 2023.



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Westside Sports Development Incorporated Pickleball Tournament



CEO of TongaHealth and the owner of the Dassah's Nursery



Shelly Thompson, CEO of TongaHealth and the TongaHealth Officer of Ha'apai presented the special award to the eldest participants in the Fun Run & Fun Walk activity in Ha'apai.

TONGA HEALTH WEEK 2023 - HA'APAI MO'UI LELEI



The Governor of Ha'apai, Hon. Pita Taufatofua and the CEO and Staff of TongaHealth at Pangai, Ha'apai

Tonga Health Promotion Foundation marked its 14th Anniversary in Ha'apai on the 3rd to the 6th of September 2023. On Sunday 3rd of September, TongaHealth held a prayer service at the Church of Jesus Christ of Latter-day Saints in Pangai Ha'apai. Followed by a cake ceremony and a Fireside Program in the evening.

On Monday morning 4th and Tuesday 5th of September, TongaHealth held a Fun Run, Fun Walk and Fun Shake with the community in Pangai, Ha'apai and Loto Foa respectively. An outstanding turn out as TongaHealth leads the first ever Fun Run and Fun Walk program to be held in Ha'apai also guiding the Healthy Promoting Islands initiative. Different groups in Ha'apai participated at the Fun Run and Fun Walk program followed by the awarding of the sponsorship's awards of various sports equipment, Zumba speakers and garden kits to all successful sponsorship recipients by the First Secretary of Development, Australia High Commission Tonga, Ms Shelly Thomson and the People's Representative of Ha'apai No. 13 and Parliament representative to the TongaHealth Board Directors, Hon. Veivosa Taka. TongaHealth's assistance were much appreciated by these groups. TongaHealth's grants and sponsorship program is co-funded by DFAT and the Government of Tonga.



TongaHealth Staff after the Fun Run & Fun Walk Day 1

After the Fun Run and Fun Walk program on Tuesday morning, the program continue with site visits to 6 different schools in Pangai and Loto Foa District. CEO and staff were allocated to these 6 schools and the visit was fixed for 11am for all 6 schools. Primary students were glad to be part of this awareness program as they gained more knowledge about Tonga Health Promotion Foundation and their mission to promote healthy lifestyle and strengthen communities' capacity through financial support to fight against NCDs. A Q&A with some awesome goodies were provided after to those that answered the questions correctly. Some did Zumba after their awareness talk while some sang a song that will remind these young students the importance of living a healthy lifestyle.



TongaHealth CEO & Shelly Thompson from the Australian High Commission at the finishing line on the second day of the Fun Run & Fun Walk



Shelly Thompson awarded Malakai for the best male runner in the Fun Run & Fun Walk Activity.



GMS Fotua won the best Zumba Group on the Ha'apai Mo'ui lelei competition

Later that Tuesday night, TongaHealth held the Ha'apai Mo'ui Lelei Zumba and various competitions at the Maama 'o Mamani Hall, Taufa'ahau & Pilolevu college at Pangai, Ha'apai. The event was packed, and everyone were happy to cheer for the teams competing. Primary and secondary students competed in poetry and art, while community groups participated in a Zumba competition.



Hon. Pita Taufatofua and the Ha'apai NCD Committee

The event's honorary guest the Ha'apai Governor, Hon. Pita Taufatofua gave out prizes to all of the participants as well as the winners. The winner of our poetry competition was Selai

Taufatofua of GMS Fotua. Velonika Manu of GPS Faleloa came in second, and Christina Fifita of GPS Pangai took the third place. Meliana Ngata of GMS Fotua took first prize in the art competition, followed by Lily Latu of Ha'apai High School in the second place and Fatai Po'uha of GMS Fotua in third place. GMS Fotua took first position in the Zumba competition, followed by Houmale'eia Squad in second place and GPS Faleloa in third place.



Hon. Veivosos Taka awarded a special prize to Mataika Folau-mahina the Principal of St Joseph College

To conclude the TongaHealth Week in Ha'apai, TongaHealth established on Wednesday 6th of September 2023, the Ha'apai NCD Health Committee to strengthen multi-sectorial engagement and partnership as part of the Tuiaki 'I He 'Amanaki NCD Strategy and Program Work plan 2021-2025.



Shelly Thompson and Ofeina Filimoevaha with the students of Taufa'ahau Pilolevu.

In addition sponsorships and grants program will be screened by the committee, the committee is comprised of 10 members with the Governor of Ha'apai, Hon. Pita Taufatofua as the Chairperson for the committee. The first meeting was held at the Governor's Office in Pangai, Ha'apai.

TongaHealth's CEO and all Staff travelled to Ha'apai to mark this milestone event. TongaHealth would like to thank our sponsors for the Ha'apai Competition we appreciate our partnerships, Nishi Trading, Ucall Tonga, Billa Farming & Fishing Ltd, Anna Building Supplies, Asco Motors Tonga, Vete Electronics LTD and OE-Office Equipment.

‘EUA MO’UI LELEI, MO’UI FIEFIA



Primary Schools Zumba Activity and Youth's Sports Activity.



Physical Activities

‘Eua Mo’ui Lelei, Mo’ui Fiefia jingle fittingly describes the image of people of all ages in ‘Eua enjoying Zumba and playing sports. Through TongaHealth’s grants and sponsorship program, several community groups including Tele’a Lakataha and Sapa’ata Mo’uilelei Groups received sports equipment and GPS Ha’atu’a, GPS Houma and Tufuvai Women’s Group received speakers for their Zumba session.

Having all these necessities for physical activity is intended to encourage a healthy lifestyle and enable kids, teens, and adults to participate in physical activity. These groups have been planning a variety of events, including Zumba classes and sport competitions, the sports equipment received enable them to realise their plans.

Healthy Eating

TongaHealth’s grants and sponsorship program support community groups’ efforts to promote health. One of these groups is a men’s group, Kelesi Fakafo, successfully applied for a sponsorship grant for fishing equipment. With their new fishing gear, they have been able to provide fresh fish for their families and community, contributing to a varied and healthy diet for everyone.



Kelesi Fakafo Men's Group

Meanwhile the Toakase Mo’ui Lelei Group of the ‘Eua Bible Baptist Church is taking the lead to promote healthy diets in their church and wider community. Through TongaHealth’s grants and sponsorship program, members of the group now grow their own vegetables gardens which they enjoy eating. They are also saving money as they don’t have to buy vegetables from the market. Their mission is for every church member to grow and eat their own vegetables. Toakase Mo’ui lelei Group is grateful to TongaHealth for the support.



Toakase Mo’ui Lelei kids enjoying their vegetables

Several other groups in ‘Eua were successful in obtaining sponsorship grants for vegetable garden equipment.

These groups now cultivate their own vegetable gardens, which they enjoy eating. They also save money because they don’t have to go to the market to buy vegetables. TongaHealth’s assistance is much appreciated by these groups.

These were awarded last year as a part of TongaHealth’s health promoting Islands initiative. TongaHealth’s grants and sponsorship programs is co-funded by DFAT, Australia and the Government of Tonga.



Toakase Mo’ui Lelei Group of the ‘Eua Bible Baptist Church ‘Eua.

SET GOALS AND BE A ROLE MODEL



Linda Helu (TongaHealth Officer in 'Eua.

From Sapa'ata, 'Eua Island, Linda Helu, a 31-year-old mother of three, resides. She works as the Program Officer for the Tonga Health Promotion Foundation in 'Eua. Mrs. Helu loves to swim, play soccer, badminton, netball, and eat any type of native Tonga cuisine. Her primary source of motivation is her family. She is gregarious, positive, and enjoys learning from others. She also enjoys hanging out with friends.

Mrs. Helu took part in the Ministry of Internal Affairs' "KAU MAI TONGA KETAU FAKAMALOHISINO" Aerobics Instructor course last year. She was drawn to this program because she wanted to use her position promoting NCD awareness to train Zumba instructors. Mrs. Mele Nau of the Breakthrough Nation team inspired Mrs. Helu to become more confident in her ability to lead and present Zumba exercise sessions for the general public, so she decided to expand her knowledge about being a Zumba instructor. Since then, Mrs. Helu has been conducting

Zumba classes in Eua with success.

By giving up her old habits of overeating and eating late into the night, Mrs. Helu has been able to improve her lifestyle. She is happy that she lost so much weight—going from 123 kg to 113 kg—because she met her goals of eating healthily, reducing her portions, and exercising for 30 to 45 minutes each day.

People's criticism is one of the few obstacles Mrs. Helu faces in her work as a Zumba instructor, but she doesn't let it stop her from doing what she does. Mrs. Helu views this as a means of motivating oneself to perform better and to take a stand in favor of a healthy lifestyle in 'Eua. On the other hand, since most community and church hall require payment in advance, there is no set location for the Zumba class.

Linda would want to urge the residents of Eua to abstain from being lazy and indulging in food. Engage in physical activity and set aside 30 to 45 minutes each day for eating and exercising. In order for 'Eua to become a healthier Island, she also likes to exhort the locals, particularly the town official, church leaders, and all other leaders in the workplace, schools, and other institutions, to unite and promote healthy lifestyles.



Linda and her Zumba Group.

BE YOUR OWN INSPIRATION AND ENJOY LIFE



Malo e lelei, I'm Sione Palavi, a 34-year-old from Hala'ovave. I enjoy cooking, dancing, and singing. I was born in Vava'u Island and I am half Tongan and half Samoan. I've wanted to be a teacher since I was a young child. I changed careers and originally intended to work as a flight attendant. Now, I work as a fitness instructor and health advocate.

It is a success to be able to change the health path of numerous individuals, and it is also a success to manage a fitness team with more than 100 members. We have successfully conducted Zumba lessons for large groups of individuals in the Tonga region. I've been successful in my role as a Zumba instructor and fitness advocate, and I plan to keep going.

For me, attending fitness seminars and trainings, as well as by going through the difficult times and putting myself in my clients' position, I've learned which exercises are appropriate for which individuals and with what weights. Additionally to enjoy exercising.

On the other hand, there are a few challenges, namely locating a location for these exercise sessions and obtaining the government's and the Ministry of Health's support to promote these fitness sessions community outreach.



But as far as advice goes, it's your life and journey; the first step is to take action to improve your lifestyle. Never let negativity consume you; instead, take it easy, travel your own path, and maintain a positive outlook on life. Aim for a healthy weekly weight loss of 1 kg while maintaining a balanced diet, drinking enough of water, and avoiding starvation. Refrain from consuming junk food and drinking sweets. Exercise should be matched to your food intake if you consume a lot. Be your own inspiration and remember to have FUN.



Sione Palavi and his Zumba Elite Leaders Team after session.

WORLD YOUTH DAY 2023

On August 12, 2023, TongaHealth participated in the World Youth Day celebration with great excitement. On Saturday, the 12th, the event was hosted at the TCC Spots in Nuku'alofa, close to the bus station on Vuna Road. The Ministry of Internal Affairs, Youth Development Division organized a unique FUN WALK and FUN RUN event. This year's World Youth Day theme was **"THE TIME IS NOW."** TongaHealth employees were present during the function.

WESTSIDE SPORTS DEVELOPMENT INCORPORATED PICKLEBALL TOURNAMENT



TongaHealth CEO, 'Ofeina Filimoehala, Semisi Sika the President of the Pickleball Committee and a representative from the Ministry of Internal Affairs.

On September 16, 2023, the Tonga Health Promotion Foundation had the pleasure of serving as a primary sponsor for the Westside Sports Development Incorporated Pickleball Tournament. Along with Pitisi Veatupu from the Ministry of Internal Affairs and Semisi Sika, the President of the Tonga Pickleball Association, the CEO of Tonga

Health, Ofeina Filimoehala, attended the event's opening. The junior team rounds kicked off the tournament on September 16; the men's Level 3 competition, which included a pair's event, began on September 18 until the 23rd of September 2023.

In terms of overall standings, the Peauma'a Team emerged victorious in the junior divisions under 10, 13, and 16. The men's level 3 was won by Nukunuku Team, while the women's level 3 was won by Hahake Dolphins. Men's and women's level 4 were won by Va'ingaola, women's level 5 was won by Fisi'isaafa's Team, and the women's senior competition was won by Fuekafa Club. The Men's Level 5 and Senior Men's round first prizes went to Matahau's team.

MONITORING AND EVALUATION MEETING 2023

On Wednesday, September 27, 2023, the TongaHealth M&E Taskforce Meeting was conducted in the TongaHealth conference room. This meeting's goals were to ensure timely and accurate information on the expected outputs, key outcomes, and the M&E Framework for policymaking, planning, research, and general use, as well as to follow up on the multi-sectorial body in charge of coordinating and implementing the national M&E framework for the Tonga NCD Strategy. Included are sector involvement, updated mapping of NCD initiatives, and sources, collection, analysis, and reporting of NCD data.

Other stakeholders were able to attend the meeting which was chaired by Viliami Mahe the M&E manager for Tonga Health Promotion Foundation.

15th PACIFIC HEALTH MINISTERS MEETING IN TONGA.

The Ministry of Health, Tonga hosted the 15th Pacific Health Ministers Meeting (PHMM) on September 20th to 22nd at the Fa'onelua Convention Centre. Tonga Health Promotion Foundation



CEO of TongaHealth, 'Ofaina Filimoevala presented a gift to the Health Minister of Australia.

was thrilled to have Assistant Health Minister, the Hon. Emma McBride and other delegation from Australia supported by senior officials from Department of Foreign Affairs and Trade and Department of Health visited one of the school in Nuku'alofa that received a grant from TongaHealth funded by DFAT

As part of the health-promoting school program that places an emphasis on physical education for younger students in schools TongaHealth funded a request from GMS Nuku'alofa for a playground for the school. Hon. McBride had the honour of visiting the playground at GMS Nuku'alofa.

Few of Australian delegates came to the TongaHealth Office to learn more about the work that TongaHealth has been conducting. Australia's Department of Foreign Affairs and Trade (DFAT) provides funding to the Tonga Health Promotion Foundation.



CEO of TongaHealth presented the work that TongaHealth has done in the Nuku'alofa Playground along with Shelly Thompson and the vice principal of GMS Nuku'alofa.

The Pacific has the chance to talk about common health issues during the 15th PHMM, like improving digital health, addressing obesity and NCDs, building health system resilience, and improving health human resources.

DR. REYNOLD 'OFANOA THE NEW CEO OF THE MINISTRY OF HEALTH



Dr. Reynold 'Ofanoa the new CEO of the Ministry of Health.

Dr. Reynold 'Ofanoa, was a member of the Tonga Health Promotion Foundation's board of directors, he was successfully appointed as the Ministry of Health's new chief executive officer. Dr 'Ofanoa tendered his resignation from the board as his new position as the CEO for Health he is also the Chairman of the National NCD Committee .

At the mid-year family dinner hosted by TongaHealth at the Ancient Tonga, Fangaloto Tongatapu, we were able to give Dr. 'Ofanoa a farewell gift and best wishes for his journey in his future endeavours are sent by the TongaHealth CEO, staff, and board of directors.

TONGA HEALTH NEW STAFF PROFILE

Name: Ilisa Topui

Village: Fasi moe Afi

WHAT IS YOUR ROLE?

I am the Senior Program Officer

HOW LONG HAVE YOU BEEN WITH THE ORGANIZATION?

For 6 months now.

TELL US ABOUT YOURSELF?

I am nobody I do not matter; the only one that matters is JESUS and I am here just to do the will of the Lord. My passion to use my talent to serve the Lord and HIS people the best way I know is to promote good health and well-being. I only got one life to live so as you. So, use it wisely.

WHAT TO YOU SEE YOURSELF IN THE FUTURE WITH TONGAHEALTH?

TongaHealth is becoming a more resourceful Health Promotion Foundation. It drives changes in Tonga by help implementing the National NCD Strategy's. I offer my service to TongaHealth and will continue to serve for as long as it takes.

FAVORITE QUOTE

"Be still, and know that I am GOD" *Psalm 46:10*

TONGAHEALTH OFFICE ACTIVITIES

Office Exercise: In addition to fitness testing with Tapuna Asau, every staff member finished their first fitness test. TongaHealth employees were acting as role models by engaging in office exercise outside the TongaHealth parking lot after work. TongaHealth continues to exercise in the morning at 11 a.m. and in the afternoon at 3 p.m., enjoying themselves and constantly reminding themselves of the significance of leading a healthy lifestyle.



Faka'anaua doing Zumba,
You Gooo Girl

Vegetable Gardening: The TongaHealth employees demonstrated teamwork by tidying up the TongaHealth location and planting variety of vegetables in the office space's front and rear yards. This was done in anticipation of the visitation of the Australian Health Minister, other Australian delegations that came to Tonga to participate at the 15th Pacific Health Ministers Meeting held in Tonga.



Malo e ngaue 'Asau. Helping out with the Seedling distribution.

HEALTHY MEAL MENU

TARO VOVO

Ingredients

- 3 boiled taro, mashed
- 1 large spoon coconut milk
- 1 cup of cooked fish flakes
- 2 lemon juice
- 1 onion, chopped
- 1 teaspoon parsley, chopped



Method

- Add all the ingredients to a bowl and stir them in to mix
- Use your hand to take out portions by portions and roll them into small balls
- Serve on a plate decorated with slices of tomatoes



YAM SOUP

Ingredients

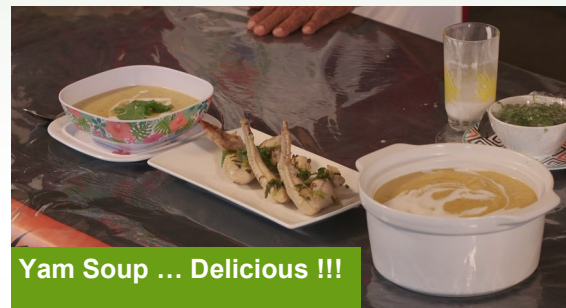
- 1 'ufilei peeled and cut into large pieces and soak in a pot of water with the squash
- squash peeled and cut or use 2 carrots
- 1 Celery cut the stalk and leaves into small pieces

- any kind of herbs like Tongan spring onions, parsley, or basil)
- 3 pieces of chicken wings
- 5 cups of water
- ½ cup of coconut cream
- 2 large spoons of olive oil or coconut oil
- 1 crushed garlic
- 1 onion cut into squares
- 1 chili optional
- 1 teaspoon Sinnamon powder optional



Method

1. Add cooking oil to a heated pot
2. Add crushed garlic
3. Add chopped chili and onions and stir
4. Add on the celery and stir
5. Add the chicken wings. If you have fish broth, it can be used instead of the meat to add flavour to the soup
6. Pour in the yam and squash together with the water
7. Add cinnamon powder
8. Boil the mixture in high heat until meat and yam is well cooked then turn off the heat
9. Remove the meat from the pot and use a stick mixer to blend the rest of the ingredients into a chowder consistency.
10. Then dish out soup and have it with chicken wings.





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Tonga Health Promotion Foundation

DASSAH'S NURSERY AND GARDEN GRANT AGREEMENT

In order to proceed with their Fructify Tonga Project, Dassah's Nursery and Garden and the Tonga Health Promotion Foundation signed a grant agreement on September 21, 2023. Since last year in 2022, Dassah's Nursery and Garden has collaborated with TongaHealth to provide fruit and vegetable seedlings to the general people. The proprietor of Dassah's Nursery and Garden was overjoyed at the wonderful chance to carry on with his nursery company and support the promotion of healthy eating, particularly with regard to cultivating fruits and vegetables.



TongaHealth signed an agreement with the Dassah's Nursery



TongaHealth