



“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” 3 John 1:2

WE REAP what WE SOW

Galatians 6:7



CHURCH CELEBRATES JAZZERCIZE ANNIVERSARY

Manurewa EFKS

For one year LotuMoui Jazzercize classes at Manurewa EFKS have run every Thursday evening and every Saturday morning without fail. It is a commitment to healthy mind, healthy bodies and healthy spirit that the congregation know



is worth celebrating

All of the 13 Church Health Committee members are regularly seen at jazzercize and with a congregation of 400 people, young, old and in between, up to 60% of them are regularly involved in the classes.

“The Church hall is small,” says the secretary, Meresieni Tapaleao, “and sometimes we have had so many people turn up we have had to hold the Jazzercize outside, in the dark at six o'clock in the morning. But we don't mind because it's awesome and we enjoy it!”

Throughout the year the Church has compiled a video diary of the progress they've made and the fun and laughs they've had.

An added celebration at the Jazzercize Anniversary is the presentation of First Aid and Coaching Certificates to 5 of the women who completed training during the year to support the Church classes. It is great recognition of their commitment to making the programme sustainable in the future as well as recognition of their own new skills.

Manurewa EFKS Jazzercize is supported by the CMDHB LotuMoui Programme.

MESSAGE FROM CMDHB

Talofa Lava; Malo e Lelei; Fakalofa Lahi Atu; Kia orana



The LotuMoui Team and the wider Pacific Health Team at Counties Manukau District Health Board would like to thank you for your participation in the programme during this year. We wish you all a very Merry Christmas and a safe prosperous New Year, full of many Godly blessings upon you and your families. We look forward to working with our Church Community in 2010.

God Bless
Silao Vaisola-Sefo
LotuMoui Team Leader

UPCOMING EVENTS

LotuMoui End of Year Function
Tuesday 15th December 2009
6pm – 8.30pm
Holiday Inn Auckland Airport (previously Centra)
Cnr Ascot & Kirkbride Rds
Mangere

LotuMoui Summit 2010
Wednesday 10th February 2010
8.30am – 4.30pm
Telstra Pacific Events Centre
Great South Rd
Manukau City

Workshops coming up in 2010:

- Smokefree
- Mental Health
- Alcohol & Drugs
- Womens Health
- And many more...

For more information on the above events contact
Diana Faleao on (09) 2629558.





MUCH MORE THAN JUST A PAIN IN THE BIG TOE

Many of our Pacific men live with the pain of gout. When the pain goes away it is easy to think that everything is okay but this is not the case. According to Dr Peter Gow, Rheumatology Specialist at Middlemore Hospital around 15% of our men suffer from this condition and it is much more serious than a pain in the big toe.

"Gout might seem just a discomfort for someone and not too much to bother about - but if gout is not managed well it can result in nasty ulcers especially on the feet and legs and severe kidney damage," says Dr Gow. "It is important to manage gout as early as possible so that men can continue working, providing for their families and enjoying life with their children," he says.

Many people inherit gout from their parents or grandparents. It can be passed down in the genes so it is helpful for all the family to understand what gout is and what they can do about it. There are a lot of myths about gout and it is important to get good advice about what to do.



Gout is a long term problem that happens because acid builds up in the joints (often beginning in the big toe). This acid is still in the body even when the pain is gone and the acid continues to damage joints and kidneys and worsens conditions like Type 2 Diabetes, heart disease and hypertension.

The good thing to know is that gout can be treated. Treatment usually includes being careful about what you eat. Watching what you eat and drink will help to prevent gout from causing pain and damaging joints and kidneys. Certain foods might trigger an attack of gout and these foods might be different for different people.

Treatment also often includes taking regular medication and having regular check-ups with your doctor. 4 out of 5 people with gout will need medication from their doctor to manage the levels of acid in their bodies. This medication needs to be taken every day and doctors should do regular tests to monitor the levels of uric acid.

Here are a few tips about what you can do if you have gout:

- Talk about it with your family
- Take someone along to the doctors visit with you
- Ask for regular checks
- Take your medicines and watch what you eat even when you have no pain
- Keep a healthy weight
- Eat three meals each day (include low-fat dairy foods every day and choose small servings of meat, chicken and seafood)
- Drink plenty of water (drink less alcohol and try to avoid sugary drinks).

People suffering from gout and their families should also ask their family doctor if they can be referred to Self Management Education workshops in their local area where they can learn more about managing their condition in a friendly group environment.

For more information see your family doctor

<http://www.pharmac.govt.nz/?q=gout%20booklet>

(The gout information booklet is available in English, Te Reo, Samoan and Tongan.)



THIS IS HOW WE BEAT IT!



DIABETES

EXERCISE IS FUN AND FREE!

Avoiding diabetes could be as simple as turning off the TV and getting out and having fun with family or friends. Daily exercise really is a great help in reducing the risk of you or your family getting Type 2 diabetes because being overweight is a major cause of this terrible disease. So the secret is to be active for at least an hour everyday. It doesn't matter what you do. You can walk, run, skip, jump, swim, dance, bike, play games or garden, as long as you're doing something that makes you sweat and puff, you're doing your body good. And you know what? You'll feel better too.

IT PAYS TO MAKE THE EFFORT

Diabetes is a very serious disease and over 27,000 people in Counties Manukau have been diagnosed with it. Diabetes can cause terrible health problems if untreated including: blindness, kidney failure, heart disease, ulcers and amputation. And the major cause of the most common form, type 2 diabetes, is being overweight.

IT DOESN'T HAVE TO BE THIS WAY

Getting out and exercising is one of the simplest ways you can prevent, delay or manage type 2 diabetes better. In Counties Manukau you've got

GET ACTIVE EVERY DAY AND REDUCE YOUR RISK OF DIABETES.

If concerned, contact your doctor or nurse, or visit: www.swap2win.co.nz



LotuMoui Ministers and Health Committee Fono

The LotuMoui Programme held it's last LotuMoui Ministers and Health Committee Fono for the year on Tuesday 3rd November 2009. 100 people, young and old, consisting of Ministers and Health Committee members from 28 Pacific Churches of various ethnicities and denominations were in attendance.



The team from VakaTautua initiated the Mental Health 'Like Minds, Like Mine' Programme which was presented to the LotuMoui Ministers Advisory Group in October. Following this presentation, Like Minds, Like Mine Workshops will be rolled out to individual churches that showed interest after the Fono.

Also highlighted at this Fono was the Lite Blue Milk Initiative. *More information below right.*



Key Smokefree Messages

- **Not starting is the best choice**
- **Thinking of quitting is next best**
- **Quitting smoking and encouraging others to do the same is even better**
- **Having smokefree environments is best for all.**

Message brought to you by



CHOOSE LITE BLUE

Collaboration between the Let's Beat Diabetes Programme and 2 dairy giants – Goodman Fielder and Fonterra and the 2 supermarket chains, Foodstuffs and Progressive, has resulted in raising the profile of lite blue milk in order to make a positive impact on the health of people in Counties Manukau.

The pilot phase of the lite blue milk initiative focuses on the Pacific Community and includes interactive presentations, sampling opportunities, taste tests, and a Pacific Church-based competition, which was launched at the LotuMoui Ministers & Health Committee Fono, Tuesday 3rd November 2009.

Counties Manukau District Health Board Dietitian Sarah Buzink says simple and achievable changes in behaviour such as swapping to lite blue milk are important steps to help people who have Type 2 Diabetes or other obesity related problems.

Counties Manukau has the highest rate of Type 2 Diabetes in New Zealand – a condition often driven by obesity.

WIN FREE MILK FOR A YEAR FOR YOUR CHURCH

COLLECT LITE BLUE MILK BOTTLE TOPS AND SEND IN TO THE LOTUMOUI TEAM
By the 11th December 2009



WINNERS WILL BE ANNOUNCED AT THE LOTUMOUI END OF YEAR FUNCTION TUESDAY 15TH DECEMBER 2009

For more information contact Suzanne Nio 09 2629550



Recap on 2009



TUNE IN to 531PI every Thursday morning at 7.45am to hear Manu Sione, General Manager Pacific Health for CMDHB, talk and address relevant health topics and issues relating to Pacific peoples in Counties Manukau



Childhood Immunisations are FREE!!

Immunisations protect against many serious illnesses. Immunisations are due at the following ages:- 6 weeks, 3 months, 5 months, 15 months, 4 years.

Contact your nurse or doctor to find out if your baby is up to date for their immunisations



For more information on this issue contact Diana Faleao (09)2629558