



# Ngati and Healthy PREVENT DIABETES PROJECT



A collaboration between Ngati Porou Hauora and the Edgar National Centre for Diabetes Research, University of Otago

## AIMS

1. To undertake a diabetes prevention project in the predominantly Maori community of the East Coast region north of Gisborne. Ngati Porou Hauora provides primary health care for this area.
2. To evaluate and reduce the prevalence of diabetes and prediabetic states (impaired glucose tolerance, impaired fasting glycaemia and insulin resistance) through lifestyle modification. The project has been called Ngati and Healthy.



## POPULATION INTERVENTION

### STRUCTURAL INTERVENTION:

- ❖ Ngati and Healthy stickers on good food.
- ❖ Local shops providing certain foods that have been identified as beneficial (e.g. fresh produce).
- ❖ Approaching companies for the promotion of healthy foods (e.g. low fat milk, water and high grain breads).



### COMMUNITY INTERVENTION:

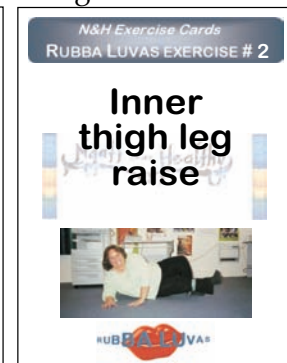
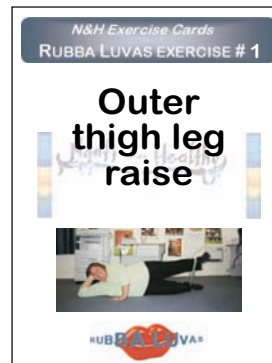
- ❖ Radio messages about nutrition and exercise.
- ❖ Education on insulin resistance, diabetes, weight management, smoking cessation and reducing alcohol consumption.
- ❖ Community vegetable gardens to act as a model for personal gardens.
- ❖ Targeting school lunches and canteens.
- ❖ Promotion of food gathering (e.g. kaimoana, fruit, poroporo, puha, watercress).
- ❖ Marae-based education and promotion days (e.g. cooking classes, weight checks, exercise advice and promotion).



### EXERCISE INTERVENTION:

The promotion of walking and pedometer usage as well as a resistance-based training programme developed by the Ngati Porou Hauora team have all been extremely successful.

Some of the exercise cards being distributed are:



## INTERVENTION IN HIGH RISK INDIVIDUALS

- ❖ These people are seen as messengers into the community - if they change others follow.
- ❖ High risk individuals were identified in a prevalence survey as having insulin resistance and a high risk of developing diabetes. They are therefore most in need of change.
- ❖ It is necessary to promote change in their family and whanau.
- ❖ They will be followed with 3-monthly weight, waist, blood pressure and fitness checks.
- ❖ They will be followed yearly for lipid, glucose and lipid profiles.



## ACKNOWLEDGEMENTS

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