

Abstract

Development and Feasibility of a Low-Cost, Pacific Community-Focussed, Weight Management Programme in Glen Innes, Auckland †

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Background: Obesity is a significant nutritional public health issue in New Zealand, with 32% of adults (15 yrs+) classified as obese and a further 34% overweight but not obese, with Pacific people experiencing nearly double the rate. International research suggests that weight management programmes can be effective for improving eating and activity behaviours and weight control. In New Zealand, public health specialists have recommended that a comprehensive approach be adopted, incorporating improvements to the obesogenic food environment, coupled with behaviour weight management programmes. The aim of this research was to develop, implement and evaluate the feasibility of a low-cost, Pacific community-focussed, weight management programme.

Methods: The programme was adapted from the Pacific Heartbeat's Community Nutrition Course and implemented with ten participants of Pacific ethnicity in the Glen Innes suburb of Auckland. Feasibility and acceptability of the programme were captured through ease of recruitment, weekly attendance and participant feedback. Potential areas of benefit were measured by pre- and post- programme questionnaires on nutrition, physical activity and wellbeing. Participant body weights were measured and recorded at the first and last sessions.

Results: The programme was highly acceptable and enjoyed by participants and appeared to demonstrate improvements across all measures. In particular, there was marked improvements in weekly fruit, vegetable and breakfast consumption, the draining or trimming of fat from food prior to cooking, as well as the reading of nutrition information panels on food products before purchase. Wellbeing also markedly improved between the first and last sessions. Overall there was a mean group weight loss of 0.6 kg over the eight weeks.

Conclusion: The strategies employed in this feasibility study appeared to be acceptable, culturally appropriate and promising for improving nutrition and physical activity behaviours, controlling weight and enhancing wellbeing among a community-based population of Pacific adults.

Supplementary Material: The presentation is available online at www.mdpi.com/2504-3900/8/1/60/s1.



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