



***Pacific Islander Health Partnership  
(PIHP)***

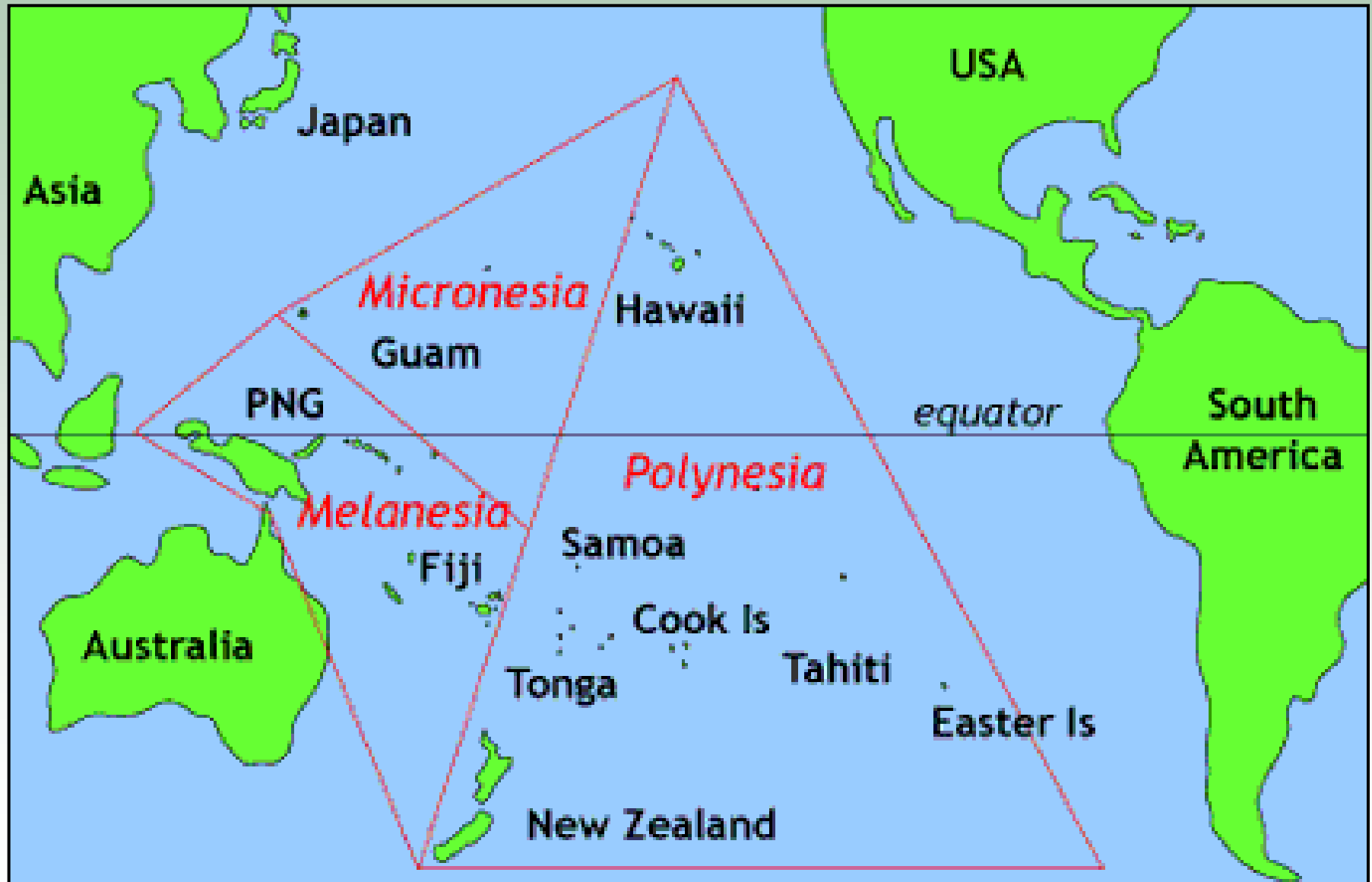
**Childhood Obesity & Nutrition  
Native Hawaiian Pacific Islander**

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# Indigenous Peoples from the Pacific



# ALOHA

- Talofa (Samoan)
  - Malo e lelei (Tongan)
  - Kiorana (Tahitian)
  - Ki ora (Maori)
  - Hafa adai (Chamorro)
  - lakwe (Marshallese)
  - Alii (Palauan)
  - Bula (Fijian)
- Polynesian-Micronesian-Melanesian

- *GREETINGS from the Pacific*



# Beginning of time: Mana, Life force

- **WAKEA** - "Sky," the wife **Papa** "earth";
- **Father Sky** and **Mother Earth** are the first parents of human life on earth; first born still birth; buried – grew **KALO**, elder brother of Hawaiians





# TARO – Soul Food of Hawai`i

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- Rich in fiber, calcium, potassium, iron
- Vit. A, B1, B2, C
- Poi: kinolau of **Kāne**, **giver of water**



# Hawaiian Cultural Values

- **Māna:** mother feeding infants ‘mouth – mouth’
- **‘Mai, mai, komo mai!**
  - Come, come, come in!
- **Mai e `ai!**
  - Come and eat!
- Food is **Life**
- Food - **tradition**
- Ho`okipa – **hospitality**
- Kuleana – learn roles with food preparation; **role**
- Learn through **observation**



# Hawaiian Food Preparation

- `Alaea: condiment
- Hāloa: first Hawaiian male, ancestor of chiefs
- Haupia: coconut pudding
- He`e: octopus
- Hō`i`o: endemic fern
- `Inamona: roasted kukui nut, relish salt
- Kokua: help, assist
- Laulau: steamed ti-leaf wrapped fish, pork, beef
- Lāwalu: ti-leaf wrapped, to cook over coals
- Limu: seaweed, algae
- Lū`au: taro leaves, feast
- Poi: Hawaiian Staff of Life
- Pulehu: to boil
- Ulu: breadfruit
- `Uala: sweet potato

# NHPI Health Disparities: Cancer, Diabetes, Heart Disease, Obesity

- **Cancer:** late, poor screening, late stage Dx with poorer outcome



- **Diabetes:** 1:5 w/ diabetics

- **Heart Disease:**

- **Obesity:**





Recognize that because childhood obesity is a complex, multi-level problem, efforts to address the problem must take place at every level of the community. Like every epidemic, everyone in the community, from **children and parents to teachers, business leaders and politicians** must be engaged, educated and informed



**Mahalo nui loa, fa`afetai, malo `aupito,  
si yu`us ma`ase, sulang, kommel tata**

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