Pacific Islander Health Partnership (PIHP)

Childhood Obesity & Nutrition
Native Hawaiian Pacific Islander

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Indigenous Peoples from the Pacific

- Micronesia
- Polynesia
- Melanesia

Map showing countries and islands in the Pacific region, including
- Micronesia: Guam, Hawaii
- Polynesia: Samoa, Cook Is, Tahiti, Easter Is
- Melanesia: Fiji, Tonga, New Zealand
- Other regions: Australia, USA, South America, Asia, Japan, equator
ALOHA

- Talofa (Samoan)
- Malo e lelei (Tongan)
- Kiorana (Tahitian)
- Ki ora (Maori)
- Hafa adai (Chamorro)
- Iakwe (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

- 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, kommol tata

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