

31 July 2006

PREVENTION PROGRAM

NUTRITION

| FUNCTION | TAUSIA o le TINO | |
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| (1) Planning | (1) Taumafa Tatau : Aotelega o Fuafuaga | <p>Faamanino le aotelega, faamoemoega ma Sini Autu o le Polokalame:</p> <p>AOTELEGA:</p> <p>(1) Ina ia tetee atu ma laveai mai tulaga faaletonu ua oo i ai le soifua maloloina o le toatele o le mamalu o le atunuu e auala mai i mafatiaga o faamai le pipisi.</p> <p>(2) Aoaoina ma faalauiloa faamatalaga e faaaupagaina ai le mamalu lautele e faia filifiliga tatau faale-soifua maloloina ina ia puipuia mai faamai le pipisi.</p> <p>TAUNUUGA:</p> <p>(1) Ina ia toe faafoisia le soifua maloloina ma le soifua laulelei o tagata Samoa, ma faaitiitia i se tulaga pito sili ona maualalo mai ma mafatiaga mai faamai le pipisi.</p> <p>(2) Toe fuatai ma faaosofia le ola ma soifua e tusa ai ma aoaoga tatau faale soifua maloloina</p> <p>(3) Ia avea Samoa ma se atunuu soifua maloloina.</p> <p>SINI AUTU:</p> <p>Faatinoina ni polokalame faalauiloa e iloiloina ma aoao atu ai tulaga tau taumafa tatau.</p> |
| (1) Planning | (2) Faatinoga – Vaevaega o Galuega Faatino | <p>Polokalame mo le Faalauiloa o Taumafa Tatau;</p> <p>(1) Polokalame TV</p> <p>i. 10 sessions</p> <p>1. Food Pyramid, JHP – Healthy Eating at schools, vegetable garden and workplaces – LUPE &</p> |

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| | | <p>LESA</p> <ol style="list-style-type: none"> 2. Healthy lunches – cooking demo – preparing healthy sandwiches, light meals, servings LUPE & LESA 3. Dishes – Dark Green leafy vegetables only: using local materials – laupele, tamaligi, visit to Garden. LUPE & LESA 4. Dishes - alternative ways of cooking etc Celebrity cooking LUPE & LESA 5. Dishes – cooking with herbs – Vegetable salads, fruit salads. CELEBRITY COOK 6. Dishes – different types /cuts of meat. 7. Dishes – Desserts. Low fat, low sugar cooking. 8. Dishes – Special Events cooking. 9. <p>(3) Polokalame i aoga ma faalapotopotoga:</p> <ol style="list-style-type: none"> (1) Polokalame faasolo, mo le faailoa o togalaau fualaau aina faisua (2) Polokalame mo Faalapotopotoga a Tina, Auuso Fealofani Metotisi, Mafutaga a Tina – EFKS etc. (3) Polokalame mo |
| (1) Planning | (2) Faatinoga – Suesuega o le mafuaaga e alai ona soona taumamafa ma le paleni le taumafa. | <p>(1) Baseline survey: Faamoemoega: Fia iloa amio ma masaniga a tagata taitasi o vaega eseese – i tulaga o taumafa o meaai ma meainu (eating and drinking habits).</p> <ul style="list-style-type: none"> • Tusitusia e tagata taitasi meaai ma meainu e latou te tausamia mo le 3 aso. Faamatalaga moomia e tusitusia: (1) Taimi na tausami ai eg: 6.30am (2) Taumafa poo le meainu na tausami eg: falai puua e fai I le kapisi (3)O le tele o le taumafa eg: ipu mafolafola 8 inisi le lautele, 3 asuga. Poo le 4 ipu apa koko Samoa. (4) Na e fia tausami I le taimi na e ai ai? Afai e leai, o a ni lagona na oo ifo |

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| | | <p>ia te oe na faaosofia ai oe ete taumafa? (5) Na e maona lelei e aunoa ma le ova ai poo le le maona foi? (6) O le a lau faalogona ina ua uma ona e taumafa? Fiafia ua ai, poo le oso le ita ona e lei fia ai, ae tei lava ua toe ai foi. (7) E te malamalama I taumafa tatau mo le tino? (8) O e tausisia ia taiala e tusa ma le taumafa tatau – o meaai talafeagai, ma le tele o ia meaai e mafai ona tausamia I aiga taitasi? (9) Afai e te le o tausisia ia tulaga, faamatala manino mai pe aisea e le mafai ai ona tausisia ia taiala. Faataitaiga o tali: E taugata ia fualaaui aina. E taugofie ia meaai lololo e pei o pipi, e le mafai ona gafatia e lou totogi ona faatau povifasi ma isi mealelei.</p> |
| | (3) Analysis of Survey Results | <p>(2) Analysis of Survey Results/Iloiloga o Tali o le Survey: Faamoemoega: Ina ia iloa poo le a tonu le mafuaaga e soona aai ai nisi, poo le a foi ituaiga taumafa e matele i ai le tausami. O le a foi amio ma masaniga a nisi e alai ona lapopoa poo le tino vale foi. O tali mo tagata taitoatasi e avea lea ma faavae o lana polokalame mo le taumafa tatau. Example: O nisi e tele ina taumafa i meaai e le aoga mo le tino, example: faguinu suamalie, poo tele i manufasi ae le ai ni fualaaui aina, poo le tele foi i meaai lololo. O nisi e taumafa tusa lava poo ua maona ae ua masani ai i le taumafa ai lava se i oo ina uma lava meaai – o lona uiga ua le toe faalogo i le manava ae ua suamalie lava i le gutu le tausami ai pea.</p> |
| | Identification of Causes of Inappropriate use of food: | <p>(3) O le faatulagaina o le polokalame e faaosofia ai le taumafa tatau:</p> <p>O fesili nei e tatau ona sueina muamua lona tali ona fuafua lea I ai le polokalame:</p> <ul style="list-style-type: none"> • O fea lea e matele i ai le faafitauli i taumafa? <ul style="list-style-type: none"> ○ O le soona aai tusa pe le fia aai? ○ O le taumafa i meaai e le aoga mo le tino e pei ona taua i luga? ○ O le soona tele o aiga taitasi e silia mamao ma manaoga a le tino? ○ O le tulaga o le malamalama i |

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| | | <p>taumafa tatau?</p> <ul style="list-style-type: none"> ○ O le a itu e le mafai ai ona taumafa i taumafa talafeagai? <p>O le tali mo le foia o faafitauli ia ua maua mai i lau survey o iina o le faavae ai le polokalame.</p> <p>Faataitaiga:</p> <ol style="list-style-type: none"> (1) Mo le silafia o taumafa e aoga mo le tino e tatau ona faia le aoaoga e toe faamatala ai ia tulaga. – O fea e maua mai ai lea fesoasoani – Nutrition Center a le Matagaluega o Soifua Maloloina. (2) O le faia o se diet poo ni taumafa faatulagaina e tausamia i aso taitasi, mo le faaitiitia o le tino lapoa. Aoaoga ina ia faia ma le saogalemu le faaititia o le tino lapoa e ala atu i le faatapulaaina o meataumafa. (Nutrition Centre & Penny) (3) Afai e faigata ona maua fualaaui aina, ona tatau lea ona i ai se fuafuaga e mafai ai ona fai togalaau fualaaui aina a tagata taitoatasi. O se tasi o laau e faigofie ona toto ma e ola lausiusi ma e lelei tele mo le tino o laupele ma laumanioka ma le lautamaligi ma le lau polofe, lautogotogo. Faailoa ituaiga taumafa faapenei – le pepa mai le Nutrition Center. |
| | (2) Faamalosia tino | <p>Baseline Survey: Faamoemoega: Ia manino faamatalaga uma I tagata taitoatasi – mamafa, tele o le gao i le toto (Cholestrol), apple or pear? Tui toto ma ave feau vai mo le suesuega faafomai.</p> <p>O a faamalosia tino talafeagai, e fuafua lea i tusaga o lona soifua ma le mamafa o lona tino o loo i ai nei?</p> <p>Faafefea ona faamalosia le faia ma faaauaua pea mo se taimi umi le polokalame faamalosia tino?</p> |
| | | <p>Polokalame Faamalosia Tino:</p> <p>Ia tatau ona manino sini autu o tuliloaina mo tagata taitasi:</p> |

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| | | <p>For Example: Ia faaitititi I le 5% le mamafa o tagata taitoatasi I totonu o le 4 – 6 vaiaso Ia faaititia gao I le toto (cholesterol)</p> <p>E taua le fausia o se polokalame e feagai ma faafitauli ua maua mai I suesuega a foma'i. For example: diabetes – faapau le mamafa o le tino etc fai exercise.</p> |
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