

**KINGDOM OF TONGA**  
**PASIFIC ACTION FOR HEALTH PROJECT**  
“Working in partnership to promote healthy life style”  
**PAHP UPDATE REPORT OF ACTIVITIES**  
(As of February 16, 2005)

Component 1: National NCD Policy Implementation

**Objective:** Healthy public policies implemented to address the priority NCD risk factors for young people.

1.1. **Planning process strengthen at the National level to develop multi-sectorial support for healthy public policies for the selected NCD risk factors of tobacco and alcohol.**

ACTIVITY: National NCD Committee

**PROGRESS:** The National NCD Committee have been continuously holding their meeting once every month since it was establish last year and the other four sub-committee (PATH- Physical Activity, Alcohol Misuse, Tobacco, Control & Healthy Eating) have been meeting once and sometimes twice every month depending on the need of each respect committee. The National NCD Committee aims to guide police development and oversee the implantation of the activities that are aligned in the NCD Prevention & Control Strategy. These four sub -committee had appointed their own chairperson and secretariat to support them and to ensure their on-going sustainability, but their main aim was to be responsible for their operation implementation of activities contained within the plan.

**STRATEGY:** Each Sub Committee was asked to provide update progress to date and be submitted to the National Committee every month. This Sub Committee are continuously holding their meeting and focus on trying to implement their first three or more priorities activities from the NCD plan. Followed is what each Sub Committees has been chosen to start working on.

PAHP was funding these meetings to make sure that all committees are actively participating and to implement the activities contained within plan. Up to now, the Cabinet has approved to help out the NCD Committee in running their own activities and meeting.

**PHYSICAL ACTIVITY:** - They chose these activities to start up with

- I. Receive inter- department sports competitions
- II. Conduct ½ day workshop for school teachers (Nukualofa area) on the importance of physical experience
- III. Run Aerobics Competition for Primary Schools
- IV. Complete the Foot-Path Project

**ALCOHOL MISUSE:** - They are trying to achieve these during the period

- I. Enforce school regulation regarding drinking on school ground (both teachers & Student)
- II. Reduce Duty Free alcohol allowance
- III. Introduce Random Breath Testing

**TOBACCO CONTROL:** - They are looking at implementing these activities

- i. Ratification of the FTCT

- ii. To construct “NO SMOKING or SMOKE FREE” signage in all public area like government offices etc. and poster to distribute to all retailers regarding laws of not allowing to sell cigarette to children under the age 18
  - iii. Law Enforcement
  - iv. Creating tobacco Awareness programs
- HEALTHY EATING:** - They focus on trying to finish these before the end of the year
- I. Translation and adaptation of healthy eating poster develop by SPC
  - II. Perform school nutrition and CDV risk factors survey to children in schools

**Activity:** NCD Health Foundation

**Progress:** The Health Promotion Foundation workshop was held on November 1 & 2 , 2004 at the Tonga Reserve Bank Conference Room.

**Strategy:** Data of on-going using in NCD Strategy & as advocacy material for establishing a Health Foundation.

### **1.2 Current NCD public framework reviewed.**

**Activity:** Review of Framework Convention on Tobacco

**Progress:** There have been recent amendments on Tobacco Act and it is the “Tobacco Control (Amendment) Act, 2004. The amendments include the ban of selling of lose or single cigarette etc. The NZAID program has taken the lead role on this work.

**Strategy:** Support adoption of the legislation and ran the Law Enforcement Training Workshop in last October in collaboration with the NZAID program.

### **1.3 Response plans to address gaps in improving public policy are agreed upon and document.**

**Activity:** NCD Plan of Action

**Progress:** Completed

**Strategy:** The NCD Strategy was officially launched on March 16 , 2004 by Dr Viliami Tangi ( Minister of Health) thereby making Tonga the first country to have initiated such a plan as recommended at the last meeting of Pacific Health Minister.

### **1.4 NCD policy response plans for priority risk factors affecting young people implemented**

**Activity:** Policy Initiatives

**Progress:** Refer to 1.1 – National NCD Committee

**Strategy:** Refer to 1.1 – National NCD Committee

## **Component 2: Community- based Interventions**

### **2.1 – Urban community – based capacity to coordinate and implement selected interventions established.**

**Activity:** Tobacco & Alcohol Training Workshop for youth service providers.

**Progress:** I have been able to run sessions on tobacco, alcohol & drugs at some of the schools and youth groups. I had a session (1-2 hours) with the Tupou High School ( Fasi Campus) Under 21 Boys Soccer Team for 4 consecutive weeks during the month of October and early November, 2004 (only on Wednesday & Thursday nights). This team was granted with fund from the PAHP Small Grant. They have been the champion of this category for the last previous two years and again won it last year. I also had time to attach in to these schools as well and that included Lavengamalie College, St. Andrew High School and Takuilau College and run sessions on tobacco, alcohol, drugs and other youth and health related issues.

**Strategy:** Maintain conduct of workshops for youth providers on a needs basis.

**Activity:** NCD media promotions for annual events relevant to tobacco issues

**Progress:** Smoke free signage at the main rugby stadium has been installed. Additionally, work has also been done on developing the smoke free signage to be put on the goal post & pad and flags for the main stadium as well. These were presented out to the Tonga Rugby Football Union and the Tonga Rugby Referee Association to take care of and to make sure that they are put up in the stadium in every games that s= are going to be held there. This is just to remind everyone that the stadium is a smoke free place.

**Strategy:** Follow up on every game and any other activities like athletic sports etc. as relevant.

**Activity:** Cessation program

**Progress:** The first pilot program has been finished but the next program is delayed because of various reasons especially the need to look at a more appropriate way of running it and be more manageable to achieve a better result.

**Strategy:** Evaluate pilot of cessation and determine methods to expand its scope.

**Activity:** KAP Study

**Progress:** We had completed the KAP Study with Christine McMurray from December 8-10, 2004. There were only 8 participants ( 3 boys & 5 girls ) and they were divided up in to 4 pairs and worked together in doing the interviews, translation and typing at the same time. Although there was not enough time for the group to carry out the survey but they have managed to finish off everything before Christine left Tonga. They have managed to interview focus groups from the community with the need to gather information on how to improve the PAHP project in the future and other issues identified to be of important to the overall running of PAHP in Tonga. The analysis and interpretation of the results of the survey was carried out by Christine and she had submitted a report of the survey of Tony Lower.

**Strategy:** Report of the KAP Study to be distributed to those who need it.

## **2.2 – Young people’s healthy lifestyle skills extra curricula education program implemented**

**Activity:** Theatre a youth issues, substance abuse and role modeling

**Progress:** The Fill Tonu drama group has been able to reach out to many people during the last quarter (October – December) of last year. They have managed to perform dramas on various youth and health related issues including Decision Making Skills, Tobacco, Alcohol & Drugs abuse. NCDs, Teenage Pregnancies, STI & HIV / AIDS. School Drop- out & Delinquencies, Family Planning, etc. in various schools and youth groups in the community. They have performed at the Tonga High School National Form 7, Constitution Church of Tonga youth camp at Pahu, Nukunuku, 'Ahau, and in many youth activities around Nuku'alofa. The drama group has also toured to two of the main outer islands and these were 'Eua and Ha'apai Island. During these tours they have been able to cover the whole of these islands by performing at the village halls of each village. They been invited from Ha'apai to help out with their hospital week and this was the first Hospital Week ever to be implemented in Ha'apai. It has been estimated that the drama group has reached out to 5,000 or more people within this quarter. On the other hand, some of the members of the drama group were helping out the youth groups in the churches and schools by sharing their skills and experience in producing skits and role plays etc. The same thing when they were at the islands of 'Eua & Ha'apai. The drama groups are now planning to visit Vava'u sometimes this year but it will all depend on various issues that are needed to be considered later on. They will also attach in to the Tobacco Compliance and Enforcement Committee in their community and school outreach programs starting this month to perform drama and skits based on the Tobacco Act and the new amendments.

**Strategy:** Some modifications to the performance have been suggested and these will be incorporated with future activities.

**Activity:** Pacific Stars

**Progress:** Still running in Tongatapu and as well in outer islands. The most significant part of the training was the chance to run an evaluation camp late last year with all the trainers including those from the outer islands. During this camp, they have put up new policies for them to follow this year. One of these policies is that a trainer must not be smoking or drinking. As a result, those who were still smoking and drinking made a commitment not to smoke anymore before the end of the camp. They finally made the decision to quit smoking and drinking. They also have new modules which are to be included and it is on Tobacco, Alcohol & drugs with the support from SPC.

**Strategy:** Follow up as relevant.

**Activity:** Drug Awareness Week

**Progress:** Last year's awareness week was cancelled due to the running of the Pacific Youth Camp on December 7- 13, 2004 but the weekend camp was still running. The Pacific Youth Camp was organized and implemented by the Free Wesleyan Church of Tonga, Christian Education Department and the Langikapo mei Hevani Crisis biggest ever youth camp to be held here in Tonga. The camp was held at Tupou College.

**Strategy:** Follow up as relevant.

### **2.3– Modeling of positive behavior for young people within the family and in the community**

**Activity:** Role Model Program

**Progress:** Work has been done with the TRFU and other relevant agencies in conducting promotional activities.

**Strategy:** Follow up as relevant.

**Activity:** Parenting Skills training

**Progress:** Work is in progress to work together with the MOH to organize future trainings in collaboration with the Health Committees in the villages.

**Strategy:** Follow up an relevant.

### **2.4– Health alternative activities for young people available within the urban community**

**Activity:-Rugby – Smoke free Junior Cup**

**Progress:** - The TRUF has been able to run last year's competition in collaboration with the Ministry of Education Youth & Sport and the Primary School as well. The Office Equipment and others business has contributed to the overall running of the tournament by providing gift and vouchers for the best players of each game. The competition was run in October 15-29 because more and more teams were registered for this year's competition. It was divided in to 2 categories which were the under 10 and under 12. Not only that but it was the best time to do it was when the Primary School finish their Examination. For the main island only, there were more than 40 teams participated in the competition. It's was run in the district before the semi and the final at the main stadium. They had their final at Teufaiva for the "SMOKE FREE " cup. The competition was also enlarged to the outer islands and that include Vava'u, Ha'apai, 'Eua Island. They had run their own competition in their own respective island. There was very media coverage of the tournament right from the beginning up to the final (radio, TV& Newspaper as well). The kids were really enjoy the competition and parents as well together with their teachers.

**STRATEGY:** - Maintain co –operative approach with the TRUF and Referees Association in the conduct of suitable program. The TRUF will submit their report to Tony Lower on the competition later on.

**Activity: - SOCER SMOKE FREE SECONDARY SCHOOLS CUP**

**Progress;** - The competition starts on the first week of August last year with the under 13 and under 17 categories for both boys and girls respectively with a total of 12 girls team and boys team. The under 21 competitions were then completed in late October, 2004.

**STRATEGY:** - Follow – up as relevant

**Activity: - HOCKEY**

**Progress:** - The competition was delay last year due to the running of the Pacific Youth Camp here in Tonga from 7 – 13 of December. All village groups were participated in this camp and there was no time for the preparation

**Strategy:** - Follow – up as relevant

**Activity:** - **HANDICRAFT / CARVING/ TAPA TRAINING**

**Progress:** - Pending because the young Mums Program has run the same program at the TFHA Youth Center but will look for the other option.

**Strategy:** - Follow – up as Relevant

**Activity:** - **AEROBICS**

**Progress:** - Pending due to the same program run by the Health Promotion Unit

**Strategy:** - Follow – up as Relevant

## **2.5 – Advocacy networks for young people function effectively**

**Activity:** -**National Conference on NCDs**

**Progress:-** At this stage there is a plan to run a review meeting of the National Strategy to Control and Prevent NCD Tonga and is now schedule to be run in February 17 before the Ministers meeting in March 2005.

**Strategy:** - Other alternative are consider in how to run this conference and to be more effective and productive in the future.

## **2.6 - Influential young people within communities providing leaderships and promoting healthy behavior**

**Activity:** Youth Trainer Activities

**Progress:** The follow-up train-the-trainer course that was originally scheduled for February this year and at this point it is postponed until further discussion and notice from Tangata Vainerere (SPC Youth Bureau) who was going to run the training.

**Strategy:** Follow-up as relevant and keep in touch with Tangata for future implementation of the training.

**Activity:** Under- age tobacco service program

**Progress:** May be used following phrase-in of new legislation and training of enforcement officers- see 1.2. The MOH together with the TFHA are distributing the Under-age stickers to all retailers in Tongatapu.

**Strategy:** Follow up with Steve Anthony and Matthew Allen from NZAID on how the program will be implemented after the first six months of the year. The Minister of Health suggested to first run the awareness programs to the public in order for them to be fully well aware of the laws and the new amendments before the prosecution takes place and this is run from January to June, 2005.

**Activity:** National Youth “Smoke Free” Sports Awards

**Progress:** Due to internal issues in the Ministry of Sport, the awards have been postponed from last year.

**Strategy:** Currently examining the option of the awards being run through TASA.

## **2.7 – Special Purpose Community Project Grant Funds rationally and effectively applied**

**Activity:** Small Grants

**Progress:** There are a few applications that were already submitted for this quarter's (January-March, 2005) small grant fund.

**Strategy:** Call a meeting with the Small Grant Committee before the end of March, 2005 to look at the applications received.

### **Other Activities not specified in the AWP:**

#### **1. PAHP Phase 2 Proposal**

The Draft project proposal for phase two of the PAHP to be funded under bilateral funding has been written and it has been approved from the Ministry of Health and it will be submitted to the Development Coordination Committee in their next meeting (time is not yet confirmed).

#### **2. GPS System**

There was a request from the MOH to run the same survey for the whole of Tongatapu and it is again done by Siaosi Polovili from the TFHA but this is delayed until the distribution of the Tobacco Control (Amendment) Act, 2004 is finished hopefully before the end of February, 2005.

#### **3. Quit Book Translation**

I have been working on the translation of the Quit Book in to the Tongan language in the last few weeks. This was first translated before but still there are many things to be corrected and done. So, I was asked by the MOH to translate it again and to be published. I'm now in the midst of typing the translation and to be submitted to the Vava'u Press to finalize it and be published.

#### **4. Smoke Free Tonga Coalition (STC)**

This was formed up last year and made up of 8 NGOs at the time being. They had agreed to work together to support the control of tobacco in Tonga with the goal 'to reduce smoking prevalence and consumption rates'. Their mission statement is to provide an advocacy platform and to improve the health of all Tongans by reducing tobacco use. The Coalition has not yet formed up their plan for the year due to the unavailability of most of the members but they will complete this by the end of the month at the earliest. The STC really needs financial support for the implementation of future programs and activities but that will be confirmed in their next meeting.

#### **5. PAHP PCC Meeting**

The last PCC Meeting is scheduled to be held in Noumea on March 1- 2, 2005. The PAHP national counterpart and the in-country coordinator will attend this meeting.