

KIA ORANA FROM THE PRESA

MA 2020 – VISION 2020





ways of developing Cook Islands specific initiatives over the next decade, to address the

health and disability needs of Cook Islands peoples in NZ. The conference will take place over two days - Thursday & Friday, June 21st & 22nd, 2007, at one of Auckland's premier conference venues, the Waipuna Hotel and Conference Centre. So mark these dates in your calendar! We're in the process of confirming the conference programme, costs and other details and we will keep you informed once this information is available, or check our website (www.cihna.org.nz) for updates. CIHNA looks forward to seeing you there!

What people had to say!

Late last year we conducted a brief survey with our members and others in the community to collect information and feedback that would assist us with planning and organizing this event. We thank those who participated in survey, who were overwhelmingly in support of the conference. Here is what some of the respondents had to say:

~~Alb~~
~~pop!~~ -
manager

health service

~~pp~~
papa metua

~~pp~~
~~pp~~
health worker.



Skip around the motu!

The Cook Islands Health and Disability Workforce Development Project 06-07

CIHNA is fortunate to receive funding from the Ministry of Health to continue with the workforce development projects initiated in the inaugural 2005-2006 phase. For the 2006-2007 project

there are three workforce development initiatives including:

- a Needs Assessment;
- a Cook Islands Models of Care document; and
- a health and disability conference (Turama 2020 - Vision 2020).

As well, CIHNA continues to develop and strengthen its organizational infrastructure and membership activities. Meitaki ma'ata to the Ministry of Health, especially the Pacific branch, for their ongoing support of this important body of work. We would also like to thank our members and the Cook Islands community in NZ for your support.

Porirua shows how it's done - pakau tikai!!

CIHNA members Metua Fa'asisila and Tai Richard were invited by the Cook Islands Porirua Health Support Group (CIPHSG) to present at their meeting/health workshop in November last year. The meeting was held at Te Akapua'anga Hall in Cannons Creek, Wellington where the key presenter was another CIHNA member, Dr Kiki Maoate. CIHNA would like to thank Kitiona Taura, Suzanne Nio and Metua Ngutu of CIPHSG for inviting us, as well as the mama's and papa's for making us feel very welcome. The meeting also included a graduation ceremony of sorts for participants of the weight-loss programme run by the group. The day's events concluded with an unforgettably healthy and scrumptious kaikai! Au'e te roro - meitaki atupaka tikai! CIHNA would like to acknowledge the wonderful work that the group is doing in promoting healthy lifestyles among our people in Porirua - keep up the great work!

CIHNA hits the airwaves!

Tai Richard hit the airwaves twice, on Access Radio in Wellington. Both interviews were opportunities to promote CIHNA as well as the workforce development project. Many thanks to Ina Tekeu and Maui Maui of Wellington for the invitation.

Big ups to Caren!

Last year, CIHNA members Caren Rangī and Reverend Kora Tuaiti were selected among hundreds of applicants from the Pacific including Australia and New Zealand, to participate in the Emerging Pacific Leaders' Dialogue (EPLD) program. The program is designed for men and women with leadership potential who are likely to become, within the next decade, the people making decisions on the way their organisations, businesses, communities or nations respond and adapt to change. Caren was also elected as one of the team leaders! We hear that both did us proud while visiting abroad and the homeland! Congratulations to you both - thanks for being great ambassadors for our people. Visit <http://www.cscaustralia.com/epld/> for more info about the program.

Conference Planning and Organising Committee

CIHNA is pleased to announce the establishment of the conference planning and organizing committee which includes the CIHNA executive committee, project manager and the following:

- Kiki Maoate (Christchurch)
- Lee Marie (Christchurch)
- Caren Rangī (Wellington)
- Josiah Teokotai (Waikato)
- Berry Rangī (Napier/Hastings)
- Pr. Alfred Ngaro (Auckland)
- Pr. Paora Teakura (Auckland).

Partnerships in action!



CIHNA in collaboration with Alfred and Mokauina Ngaro from Tamaki Community Development Trust, recently submitted a joint proposal to

launch their successful SKIP program nationally. This program is developed for and by Cook Islands peoples. SKIP is a Ministry of Social Development initiative aimed at promoting positive parenting and includes effective discipline, without the physical aspect. Following a successful implementation in Auckland, numerous requests from Cook Islands community groups in other

regions for the programme to be delivered in their communities were received. CIHNA is always looking for opportunities to collaborate with other Cook Islands community groups and organizations - feel free to contact our office or attend one of our general monthly meetings. Pokara mai no Alfred, Papa Tere Tarapu e Mokauina - great stuff!!

A home at last!

CIHNA gains its first dedicated office. This is a key milestone for CIHNA as it continues to grow from strength to strength. CIHNA's new office is located at the Cook Islands Community Trust, level 1, 283 Kirkbride Road, Mangere, Auckland. Feel free to pop in for a chat or check the place out - better still bring some bikkies for a cuppa!

IMPORTANT DATES AND EVENTS

📅 **TURAMA 2020 – VISION 2020** - Thursday 21st and Friday 22nd June 2007 at the Waipuna Lodge. Further information check our website or contact our office on 09 255 5157.

📅 MEETINGS

Monthly General Meetings - first Monday of every month (except June which will be held on the 11th). First meeting this year will take place at 6pm Monday 5 March 2007 at the Cook Islands Community Centre, Mangere, Auckland.

Executive Committee Meetings (quarterly) - 6pm Thurs 22nd Feb 2007 at the Cook Islands Community Centre 283 Kirkbride Rd, Mangere, Auckland. Subsequent meeting dates: Thurs 28 June; & Mon 22 Oct; 6-8pm at the Cook Islands Community Centre, 283 Kirkbride Road, Mangere, Auckland.

Conference Planning and Organising Committee - 7pm Thurs 22nd Feb, Cook Islands Community Centre, 283 Kirkbride Road, Mangere.

Subsequent meeting dates: 22 Mar; 19 Apr; 24 May; 14 Jun; and 28 Jun.

CONFERENCES

Young Pacific Leaders Conference - March 8th & 9th 2007. Aotea Centre, Auckland. "Pasifika in Aotearoa - Aotearoa in Pacific" is the theme of this conference aimed at nurturing and growing emerging young Pacific leaders in New Zealand. Visit www.firstfound.org for more info.

Cook Islands Health Conference - July 2007 Rarotonga, Cook Islands. This is the international Cook Islands health conference held every



year in Rarotonga. With local and international speakers, this event is an opportunity to keep abreast with what's happening in health back home and around the region.

Pasifika Medical Association Annual Conference - Sept 2007 Apia, Samoa. PMA's annual conference is a key feature of the Pacific health calendar in the region - go along and network with our Pacific brothers and sisters in health. Check out their website for more details www.pacifichealth.org.nz.

Did you know....?

The Cook Islands recently featured in Forbes magazines' "World's Fattest Country" top five list? In the American magazine's latest list of the countries with the greatest percentage of overweight people, Nauru tops the list with other Pacific countries such as the Federate States of Micronesia, the Cook Islands, Tonga and Niue rounding off the top five. Experts blame "Western ways of life" including fast food choices, little or no exercise and stressful employment. Forbes bases its rankings on the most recent estimates by the World Health Organization



(WHO) - (source: CI Herald online Feb 19th 2007 www.ciherald.co.nz).

A dengue fever outbreak in the Cook Islands is causing major concern for local health officials. A range of measures at community level are being explored by health authorities to address this issue. "We are looking at a number of environmental approaches to help curb the problem" says health secretary Dr. Roro Daniel, "such as mosquito spraying blitzes and imposing fines on those who do not comply with government health guidelines". Health authorities here are advising travelers intending to visit the Cook Islands to see their doctor before departure or seek help upon return if they're feeling unwell - (source: CI News online Feb 21st 2007 www.cinews.co.ck).



Cook Islands peoples in NZ are more likely to experience mental health issues than their peers? A recent mental health survey confirmed that Cook Islands peoples have the highest rate of mental disorder (29%) compared with other Pacific ethnic groups. Anxiety, mood and substance disorders were the most common disorders experienced by Pacific peoples - (source: Spasifik Magazine Nov-Dec 2006 issue).

Contributions

We welcome your stories or news about what's happening in your community! So feel free to drop us a line or two at CIHNA Newsletter PO Box 23055 Hunters Corner Papatoetoe Auckland ph 09 255 5157 fax 09 255 5158 or email secretary@cihna.org.nz.

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www.cihna.org.nz