

Healthy Babies Healthy Futures Asian Programme Newsletter

华社服“健康宝宝，快乐家庭”信息简报

– Winter Edition issued on 22nd of July 2019

Celebrate our success:

A total of 164 mothers (including 67 pregnant mothers and 97 mothers) completed our Healthy Babies workshops from 1st of July 2018 to 30th of June 2019.

The majority of respondents reported that they had gained new knowledge and confidence that they could put into practice what they had learned during Healthy Babies workshop:

- 93% scored 7 or more out of 10 when asked how much new information they had gained from the session
- 92% reported feeling “confident” or “somewhat confident” that they could use their new knowledge and skills at home with their whanau.

Overall, respondents reported a range of positive changes as a result of the HBHF programme:

- 82% reported feel better about themselves
- 84% described feel more confident
- 61% have met new people in the community
- 86% reported receiving help for themselves and their whanau
- 85% said they are now more confident that they can cook healthy meals

- 91% of respondents had made at least two positive changes to eating behaviours
- 34% having made a least six positive changes
- 58% said that they have at least four positive changes



The types of changes to eating habits are presented:

- 56% now drink more water
- 34% saying they eat more low-fat dairy products
- 63% eat more vegetables
- 49% eat more fruits
- 50% said they put less salt/sugar in their food
- 53% eat more regular meals
- 25% eat smaller portions
- 39% prepare the evening meals at home, instead takeaways



Give us a call...

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Our achievements:

349 mums were introduced to Asian – HBHF programme

309 mums talked to us about their's and their babies' health goals

249 people joined our free TextMATCH service with NIHI

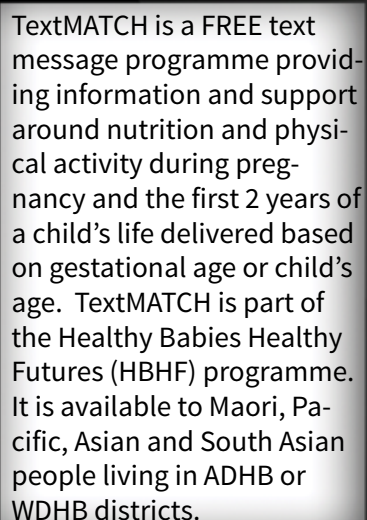
164 mums learnt how to prepare and cook healthier meals, shop on a budget, read food labels and be more active

Join our free TextMATCH programme



Our successful story:

Ning, who attended CLP workshop in March 2019 in Unsworth Heights said that our programme helped her a lot. After taking our HBHF workshop, she realized the importance of doing physical exercise. She now does three different types of exercise every week, including walking, yoga and swimming, and does more than 30 minutes almost every day. In terms of diet, she will eat more vegetables and fruits and reduce her carbohydrate intake. She has now lost 4kg and feels better about her sleep and physical fitness. She has two children, ages 1 and 13, and feels more energetic about taking care of them. She was also lucky enough to win a 250 dollars baby factory voucher on June 25, 2019.



TextMATCH is a FREE text message programme providing information and support around nutrition and physical activity during pregnancy and the first 2 years of a child's life delivered based on gestational age or child's age. TextMATCH is part of the Healthy Babies Healthy Futures (HBHF) programme. It is available to Maori, Pacific, Asian and South Asian people living in ADHB or WDHB districts.

