

# Healthy Babies Healthy Futures Asian Programme Newsletter

## 华社服“健康宝宝，快乐家庭”信息简报

– Spring Edition issued on 30th of Sep 2020

### Celebrate our success:

**A total of 171 mothers attended and completed our Healthy Babies workshops from 1st of July 2019 to 30th of June 2020.**

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

- 95% scored 7 or more out of 10 when asked how much new information they had gained from the session.

- 93% 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:**

- 97% feel better and more confident about themselves.

- 67% have met new people in the community.

- 95% who report receiving help for themselves and their whanau.

- 95% said they are now more confident they can cook healthy meals.

88% of respondents had made at least two positive changes to eating behaviours with 79% having made a least four changes and 54% at least six changes. The types of changes to eating behaviour are:

- 56% now drink more water.
- 55% drink less sugar drinks.
- 60% saying they eat more low fat dairy products.
- 54% eat more vegetables.
- 52% eat more fruits.
- 65% saying they put less sugar.
- 63% put less salt in their food.
- 59% eat more regular meals.
- 22% eat smaller portions.
- 44% now prepare the evening meals more at home, which is a proxy for fewer takeaways.
- 76% of participants reported that they are physical active more often and 7% saying they have tried some new physical exercises that they have learnt from the CLP e.g. pregnancy yoga, baby massage, baby wearing dance.
- 89% feeling very well supported by the programme and the rest of 11% feeling well supported.



Give us a call...

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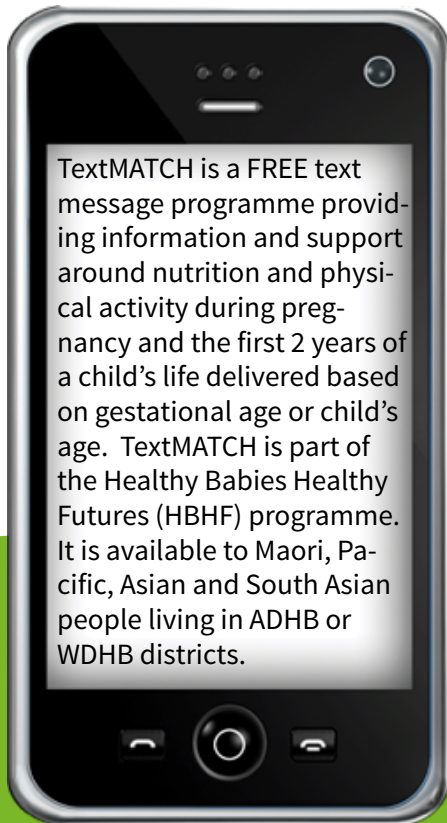
# Our successful story:

## Our achievements:

**264** people joined our free **TextMATCH** service with NIHI

**171** 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



"As a new mom, I am very glad to participate in the CNSST HBHF workshop. It gives me a chance to learn many useful parenting skills and knowledge, for example: baby massage, solid food introduction, how to choose healthy snacks for my baby. This increases my confidence in taking care of my baby and prepares me to face different issues. At the same time, taking the course also enriches my life as a new mother, giving me the opportunity to communicate and interact with other new mothers, forming friendships. Thank you to Fangfang's patience and kindness which made me feel supported and inspired. Thanks again for providing this meaningful and interesting course to our mothers."

"I was pregnant for the first time and didn't know anything and my family wasn't in New Zealand. Thank you very much for the HBHF workshop, which taught me a lot of nutrition knowledge; what you can and can't eat. I used to be a big fan of milk tea. After class, I knew that I should try to reduce the consumption of sugary drinks during pregnancy, so I started to drink milk tea without sugar. It also taught me how to shop for healthy food at the supermarket and read nutrition labels. I didn't exercise before, but after class I set a goal to walk for 30 minutes every day and my husband accompanies me. It was so useful. Thank you."

"I have been in New Zealand for several years, and I usually eat Chinese food and know nothing about Western nutrition. However, the courses of HBHF taught me a lot. I started to eat some dairy products, including drinking a glass of milk and eating two pieces of cheese daily. I started going to the supermarket to buy Western food like frozen vegetables or healthy canned food"

