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NCD SMALL GRANT PROGRAMME

Introduction

The Pacific Island countries are battling heart disease, cancer, diabetes, stroke, high blood pressure and many other non-communicable diseases (NCDs). The cost of NCDs is high in many Pacific Island communities in terms of lives lost, poor health and quality of life, reduced productivity, and the escalating costs of medical care.

To combat the toll of NCDs on the Pacific Island community, the South Pacific Commission Community Health Services has established the NCD Small Grants Programme. The programme is part of SPC's effort to reduce the incidence of NCDs and their risk factors (such as smoking, lack of exercise, etc.) in the Pacific by supporting community-level pilot projects that increase awareness of NCDs and promote healthy lifestyles.

Over 40 small grant proposals (see attached table) have been received by the Commission from Ministries and Departments of Health, women's and youth groups and non-governmental organisations. Many have been creative in their NCD prevention activities on the community level. Details of several projects being funded by the Commission are given below.

If you want to start a NCD prevention activity in your community, talk to groups, put your ideas in a one- to two-page small grant proposal and submit it to the South Pacific Commission through the official government channel (see the criteria at the end of this circular for more information).

Speaking out in Tonga

The Cancer, Hypertension, Arthritis, Diabetes and Ulcers (CHADU) Society of Tonga has developed an NCD radio promotion programme proposal which aims to reduce the prevalence of non-communicable diseases by using the media to promote public awareness.

CHADU plans to hold a workshop for teachers, health personnel, agriculture extension workers,

church groups, and youth and women's groups on script-writing and producing spots for radio programmes.

During the 5-day workshop the participants will be trained in NCD primary prevention and will develop radio scripts that will promote healthy lifestyles and feature topics such as promotion of local foods, weight reduction, exercise and regular health check-ups. CHADU plans to broadcast a weekly 15-minute programme and 1-minute spot over Radio Tonga on different NCD topics.

At the end of the workshop, the participants should be able to use the information and skills not only in their own regular radio programmes but also in their outreach activities. After the first year of radio promotions, a quiz show and knowledge poll will be done to find out if people understood the messages. Based on these results, revised programmes, spots and messages will then be developed.

Palau promotes local food

The Palau Community Action Agency (PCAA) has started the campaign, 'Avoid lifestyle disease, eat local food' to focus on the promotion of local food production and consumption to reduce NCDs. The PCAA plans to reach youth and young parents along with those individuals at high risk of illness – middle-aged town dwellers, overweight, leading sedentary lifestyles.

The campaign will include production of a short video, a radio spot and interview, a newspaper article and a printed handout on the themes: *How diet changes lead to NCDs; Recreation and good food, have fun while losing weight; Stop child tooth decay the local way; and Food and cancer.* Other activities of the campaign will be the production of healthy lifestyle recipes and displays, World Health Day activities and a song contest on how diet, food and NCDs are linked.

The PCAA will assess how far its campaign and materials have increased community knowledge, attitudes and practices in the prevention of NCDs.

Women leading the way in Niue

The Niue Women's Advisory Council (NWAC) held a workshop on NCD prevention to better inform Niuean women of all ages on what the non-communicable diseases are, the effects they have on younger women, mothers and elderly women and their families and how to prevent others from developing them. The workshop participants will be encouraged to hold sessions at village level and inform others.

The NWAC is also starting a vegetable-growing project in each village. Agricultural personnel will be requested to assist with advice on the types of vegetables to grow and how to improve and maintain the soil.

Kiribati Kares

The Ministry of Health, Family Planning and Social Welfare is planning a community-level project on the prevention of non-communicable diseases in Kiribati. The Ministry's goal is for at least 40 per cent of the youth and adult men and women (15–35 years) in South Tarawa to be aware of common non-communicable diseases and how to prevent them.

This project will collaborate closely with the National Food and Nutrition Committee, women's movement, sport and youth programmes in a primary health care approach. Activities will include a workshop for women and youth group leaders and church organisations on the prevention of non-communicable diseases, and production of posters, radio spots and a special radio feature programme.

The success of the workshop will be measured by tests at the beginning and end of the workshop concerning NCDs and the NCD situation in Kiribati. Participant interest and workshop participation along with NCD activities started in response to the workshop will be monitored. The effectiveness of the posters, radio spots and long radio programmes will be measured by the numbers of posters distributed and listeners, and the understanding of and action taken on the messages.

What's cooking in the Cooks?

The National Food and Nutrition Committee has cooked up a pilot study for obesity reduction for Tutakimoa village on Rarotonga. The goal of the study is to reduce the amount of obesity in school

children and adults from Tutakimoa by 20 per cent in a year's time. The committee is aiming for: half of the participants to be physically active; 20 per cent of the smokers to have quit; 30 per cent of the drinkers to have cut down their intake of beer and other alcoholic beverages; 60 per cent of homes to have a home food garden; 60 per cent of the home cooks able to prepare low-calorie meals; and 60 per cent of participants to know the importance of nutritious food and a healthy lifestyle (no smoking, moderate consumption of alcohol, and regular exercise).

At the beginning and end of the pilot study, the participating families of the village will have their heights and weights measured and be given short pre- and post-test questionnaires to measure their knowledge of the importance of physical activity and weight loss (or maintaining a healthy weight).

A range of activities is planned. Weekly weighing sessions will be held, along with twice-weekly exercise classes using local island dancing, aerobic exercise, walking, bicycling, etc. Self-help materials on giving up smoking and a quit-smoking group meeting will be provided. Weekly cooking demonstrations will be held using both local and store foods, including sessions on reading food labels to help shoppers select nutritious store food.

Several competitions will be held including: cooking (best tasting Island-style low-calorie meals); home gardening; an Island glamour contest for the women and a Mr Fit contest for the men.

Information on the importance of good nutrition, losing weight, exercise, not smoking and moderate drinking will be provided during the meetings and in the media. Healthy lifestyle messages will be produced for the radio, television and in the *Cook Island News*. Posters and pamphlets will be produced on weight reduction.

To measure the effectiveness of the pilot study, a behavioural risk factor survey of the village will be done before and after study activities; village groups will evaluate the effectiveness of materials produced.

Quit smoking in Fiji: doctors and nurses first

The National Anti-Smoking Society of Fiji is planning a national anti-smoking programme for 1992–93. Its goal is to reduce the rate of smoking among health professionals and to persuade them to become active anti-smoking lobbyists. Through its

educational efforts, the programme aims to decrease the very high rate of smoking among high school senior students.

The main target audience will be health professionals (mainly doctors and nurses). The Society believes that knowledge of the health hazards of smoking is lacking in Fiji partly because the health professionals themselves are not fully aware. They must be educated first so that they are convinced and feel confident delivering the message to their clients.

The main activities planned will be day-long workshops in each district. They will include lectures and video tapes on the hazards of smoking e.g. coronary artery disease, lung disease, cancers, and the dangers to pregnant mothers, unborn children and non-smokers of passive smoking. Participants will be doctors, nurses, nursing aides and other health professionals.

Surveys on smoking knowledge, attitudes and behaviour will be performed at the beginning and end of each workshop. One person will be selected from the group to be the society representative in that district to co-ordinate the anti-smoking lobby.

Stop strokes in Fiji

The Counterstroke Fiji organisation has developed the Counterstroke Fiji Stroke Prevention Project to assist stroke victims and educate the general public about stroke risks and preventive measures. Targeted for the project are people suffering high blood pressure, diabetes and obesity, women on the Pill and those who smoke, are physically unfit or have a diet high in cholesterol.

Counterstroke Fiji plans to prepare and widely distribute brochures and posters about stroke prevention in Fijian, Hindi and English. They will also publish a quarterly newsletter in these languages to provide notices of current activities, share experiences and articles on stroke and stroke prevention. The Ministry of Health, Diabetes Centre, Red Cross and Bayly will work together on these activities. The organisation will evaluate the success of the campaign through interviews with members of the project's target audience.

Guam gears up

The Guam Bureau of Community Health Services has launched a National Nutrition Campaign to

increase public awareness of nutrition and its role in non-communicable disease prevention, with a focus on heart disease risk factors.

The Campaign aims for the people of Guam to understand the seriousness of the NCD problem and how their own diet can prevent NCDs. This campaign will also help increase collaboration among many public and private organisations such as the Department of Public Health and Social Services, University of Guam, Guam Memorial Hospital, U.S. Navy, American Cancer Society, Guam High Blood Pressure Council, Chronic Disease Council, Health Maintenance Organisations and various private businesses for the purpose of health education and promotion.

Activities will run over a month and include radio messages about heart disease prevention, to be broadcast three times a day; production of a television ad; health fairs with screening for blood pressure, cholesterol, and blood sugar; a billboard and banner to be displayed on a main road; advertisements for the health fair on radio and in the newspaper; and Sunday evening health segments on a local television news programme. Members of the target audience will evaluate the campaign's media messages and other activities.

Format and criteria for NCD small grant proposals

Submissions should include the following information:

Title of project

Starting date and project duration

Agency to be funded (include telephone and fax numbers)

Co-ordinator of grant activities (include title)

Target group (defined by age group(s), sex, occupation & area (urban/rural) involved)

Background and justification

- NCD problem in target group should be described using available information.
- Past activities in NCD prevention and control within the target group should be listed.

- Method of integrating project into long-term planning of organisation should be described. All proposals must be submitted through the official SPC contact.

Objectives

- Objectives of project should be explained.
- The proposal itself should be clearly written and well defined.
- Proposed results should be able to be measured and evaluated.
- It should focus on behaviour change to reduce risk factors.

Strategies/activities planned

- The purpose of activities (e.g. producing materials, running workshops, etc.) should be clearly defined.
- Activities must be realistic given the proposed budget and available resources.
- Schedule of activities should be definite and practical.

Evaluation (How do you plan to measure progress made, review process and review impact?)

Interactions with other programmes and groups

- List community organisations actively involved and their role.
- List appropriate governmental offices actively involved and their role.

Project budget

- Itemised budget breakdown must be provided.
- Purchase (rather than rental) of equipment must be justified.
- All costings should be reasonable.

In-kind contributions (personnel, travel costs, etc.)

American Samoa: Office of the Governor
Cook Islands: Secretary of Foreign Affairs
FSM: Secretary, Depart. of External Affairs
Fiji: Permanent Secretary for Foreign Affairs
French Polynesia: Président du Gouvernement
Guam: Office of the Governor
Kiribati: Secretary for Foreign Affairs
Marshalls: Secretary for Foreign Affairs
Nauru: Secretary for External Affairs
New Caledonia: Délégué du Gouvernement
Niue: Secretary to Government
Northern Marianas: Spec. Assistant for Admin.
Palau: Chief, Division of Foreign Affairs
PNG: Secretary of Foreign Affairs
Pitcairn: Commissioner for Pitcairn
Solomons: Perm. Secretary Foreign Affairs
Tokelau: Official Secretary
Tonga: Chief Secretary & Secretary to Cabinet
Tuvalu: Secretary to Government
Vanuatu: Secretary for Foreign Affairs
Wallis & Futuna: L'administrateur supérieur
Western Samoa: Secretary for Foreign Affairs

A copy of the proposal for SPC comments should be faxed or mailed to:

The Secretary-General
 South Pacific Commission
 B.P. D5, NOUMEA CEDEX
 New Caledonia
 Fax no. (687) 26.38.18

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COUNTRY NAME	TITLE	ORGANISATION
COOK ISLANDS	OBESITY REDUCTION - PILOT STUDY	GOVERNMENT OF THE COOK ISLANDS
FIJI	NATIONAL ANTI-SMOKING PROGRAMME 1991-92	NATIONAL ANTI-SMOKING SOCIETY OF FIJI
FIJI	STROKE PREVENTION PROJECT	COUNTERSTROKE FIJI
FIJI	NUTRITIONAL STATUS IMPROVEMENT IN RA	MINISTRY OF HEALTH
FIJI	COMMUNITY BASED ANTI-SMOKING CAMPAIGN IN RA	MINISTRY OF HEALTH, RA YOUTH COUNCIL
FIJI	NUTRITION & GARDENING COURSE FOR THE WOMEN'S PROGRAMME	PACIFIC THEOLOGICAL COLLEGE
FIJI	DEMONSTRATION PROJECT FOR THE PREVENTION & CONTROL OF NCDs	MINISTRY OF HEALTH
F.S.M.	PONHPEI COMMUNITY ACTION AGENCY AWARENESS PROGRAMME WORKSHOPS	PCAA'S COMMUNITY ASSESSMENT PROGRAMME
FRENCH POLYNESIA	DEPLIANT 'DE LA CANTINE AU RESTAURANT SCOLAIRE'	SERVICE TERRITORIAL D'EDUCATION POUR LA SANTE
GUAM	NATIONAL NUTRITION MONTH CAMPAIGN	DEPT. PUBLIC HEALTH & SOCIAL SERVICE BUREAU OF COMMUNITY HEALTH SERVICES
KIRIBATI	PREVENTION OF NCD IN KIRIBATI (1419)	MINISTRY OF HEALTH/PLANNING & SOCIAL WELFARE
NEW CALEDONIA	CAMPAGNE ANTI-TABAC	COMITE CONTRE LE TABAGISME, LA TUBERCULOSE ET LES MALADIES RESPIRATOIRES
NIUE	WORKSHOP ON NCD PREVENTION	NIUE WOMEN'S ADVISORY COUNCIL
PALAU	AVOID IMPORTED DISEASES, EAT LOCAL FOOD	PALAU COMMUNITY ACTION AGENCY
PALAU	NUTRITION EAT LOCAL FOOD	PALAU COMMUNITY ACTION AGENCY
PAPUA NEW GUINEA	PREVENTION OF NCD IN PAPUA NEW GUINEA	DEPT. OF COMMUNITY MEDICINE - UNIVERSITY OF PNG
PAPUA NEW GUINEA	NON COMMUNICABLE DISEASE PREVENTION PROJECT	DEPT. OF EASTERN HIGHLANDS, HEALTH DIVISION
PAPUA NEW GUINEA	WORKSHOP ON NCDs	DEPT. OF SIMBU PROVINCE, HEALTH DIVISION
PAPUA NEW GUINEA	RESEARCH ON NCDs	DEPT. OF THE EAST SEPIK PROVINCE
PAPUA NEW GUINEA	NCDs CONTROL PROGRAMMES	DEPT. OF WESTERN HIGHLANDS, HEALTH DIVISION
PAPUA NEW GUINEA	DIABETES MALNUTRITION AWARENESS CAMPAIGN	DEPT. OF CENTRAL PROVINCE, HEALTH BRANCH
PAPUA NEW GUINEA	NUTRITIONAL STATUS ASSESSMENT - SANDAUN PROVINCE	DEPT. OF SANDAUN, DIVISION OF HEALTH
PAPUA NEW GUINEA	HOSPITAL NUTRITION KIOSK	NUTRITION SECTION & ORO PROVINCE FOOD NUTRITION COUNCIL
PAPUA NEW GUINEA	NCD PROGRAMME IN EAST NEW BRITAIN PROVINCE	DEPT. OF EAST NEW BRITAIN & DIVISION OF HEALTH
SOLOMON ISLANDS	IN CONTROL OF DIABETES	THE NUTRITION UNIT & CENTRAL HOSPITAL DIABETES
TOKELAU	WORKSHOP FOR GOVERNMENT AND NON GOVERNMENT LEADERS	HEALTH DEPARTMENT
TOKELAU	WEIGHT REDUCTION & FITNESS PROJECT	WOMEN'S COMMITTEES
TONGA	NATIONAL WORKSHOP ON NCD: FOCUS ON YOUTH	TONGA NATIONAL YOUTH CONGRESS
TONGA	NCD RADIO PROMOTION PROGRAMME	CANCER HEART DISEASE ASTHMA DIABETES AND ULCERS
TUVALU	OBESITY REDUCTION	NATIONAL PRIMARY HEALTH CARE ADVISORY COMMITTEE
VANUATU	INFORMATION SEMINAR ON NCD	NATIONAL FOOD AND NUTRITION COMMITTEE
VANUATU	PRODUCTION OF NUTRITION EDUCATION MATERIALS	NUTRITION SECTION & URBAN WOMEN & YOUTH HEALTH EDUCATION PROJECT
WESTERN SAMOA	ANALYSIS AND REPORTING OF MULTIPURPOSE SURVEY	HEALTH DEPARTMENT
WESTERN SAMOA	VEGETABLE GARDEN	TIMU O LOIMATA GROUP
WESTERN SAMOA	NCD PROGRAMME FOR JUNIOR SECONDARY SCHOOLS IN WESTERN SAMOA	

