



Pacific
Community
Communauté
du Pacifique

Resource catalogue:

Non-communicable diseases (NCDs)



Public Health
Division

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Non-communicable diseases (NCDs)

by


The Public Health Division of the Pacific Community

Noumea, New Caledonia, 2018



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The Pacific Community's (SPC) Public Health Division (PHD) produces a range of resources to promote healthy living in Pacific Island countries and territories. Our resources are available free of charge to Pacific Island countries and territory governments that are members of SPC. (We may need to limit the number of copies per member.) To place an order or request for electronic copies of these resources, please contact SPC's Public Health Division, health-enquiries@spc.int or SPC's Publishing Team, publicationssection@spc.int.



Cookbooks



Pasifika plates

50 p. A recipe book showcasing healthy Pacific Island foods

(English and French versions available)

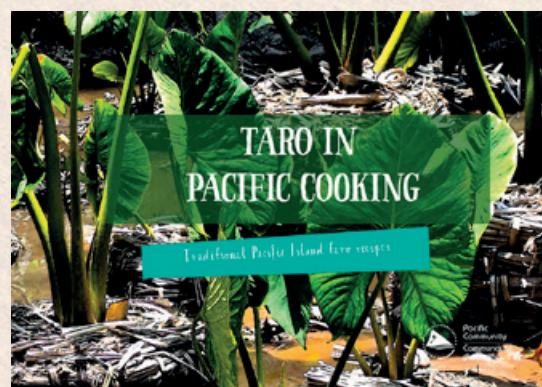
<http://purl.org/spc/digilib/doc/hwtoz>

Taro in Pacific cooking

16 p. A compilation of traditional taro recipes from Pacific Island countries and territories

(English and French versions available)

<http://purl.org/spc/digilib/doc/5sz9c>



Children



Vili's healthy island adventure

32 p. Take a healthy journey with Vili as he learns about healthy eating and protecting the environment

(English)

<http://purl.org/spc/digilib/doc/tmzgm>



Pacific nutrition bingo

A bingo game promoting healthy Pacific foods. Each pack contains cards for up to 30 players

(English and French versions available)

<http://purl.org/spc/digilib/doc/txzav>



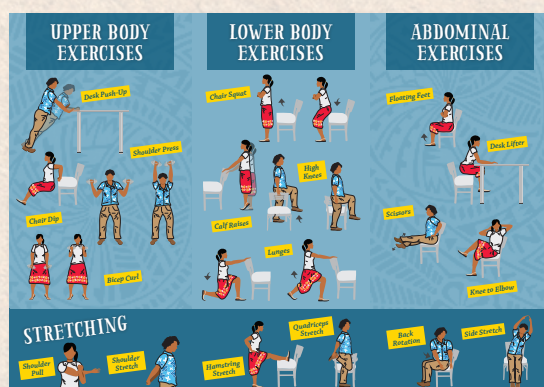
Community

Live healthy, stay healthy

16 p. A 60-day wellness challenge to reduce risk factors for NCDs

(English and French versions available)

<http://purl.org/spc/digilib/doc/5p2xy>



Office exercise

2 p. A brochure illustrating simple exercises that can be done in the workplace

(English and French versions available)

<http://purl.org/spc/digilib/doc/cb3ax>



Health professionals



Sugar-sweetened beverage tax in Pacific Island countries and territories: A discussion paper

58 p. A comprehensive review of research literature and policy options for introducing sugar-sweetened beverage taxes in Pacific Island countries and territories

(English)

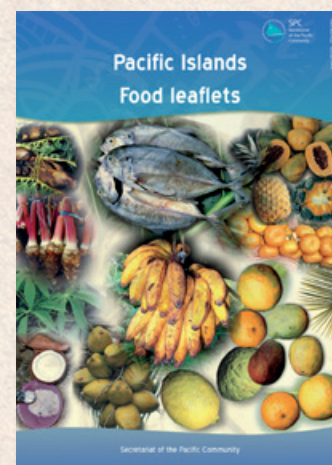
<http://purl.org/spc/digilib/doc/27w3g>

Pacific Islands food leaflets

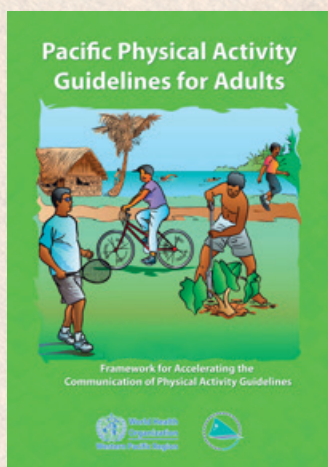
174 p. A compilation of 19 leaflets on Pacific Island foods, including nutrient content, preparation techniques and recipes

(English and French versions available)

<http://purl.org/spc/digilib/doc/vbnzo>



Health professionals (contd)



Pacific physical activity guidelines for adults

32 p. Produced in collaboration with the World Health Organization, this document presents the Pacific guidelines for physical activity, and provides a framework for communicating, disseminating and evaluating the guidelines in Pacific Island countries and territories

(English and French versions available)

http://www.who.int/dietphysicalactivity/publications/pacific_pa_guidelines.pdf



Alcohol factsheet

8 p. This factsheet explains the health effects of alcohol

(English)

<http://purl.org/spc/digilib/doc/uvkj4>



Tobacco factsheet

8 p. This factsheet explains the health effects of tobacco use

(English)

<http://purl.org/spc/digilib/doc/s4ztm>



Pacific guidelines for healthy living; a handbook for health professionals and educators

44 p. Presents the Pacific guidelines for healthy living and the technical explanatory notes for each guideline. It also provides guidance for monitoring and evaluating the dissemination and communication of the guidelines

(English and French versions available)

<http://purl.org/spc/digilib/doc/zzvug>





Posters

Taro: A symbol of the Pacific's rich cooking heritage

A series of eight posters showcasing traditional taro recipes from Pacific Island countries and territories

(English and French versions available)

<http://purl.org/spc/digilib/doc/vgcat>



Pacific guidelines for healthy living (version for health professionals)

A poster illustrating the 10 Pacific guidelines for healthy living

(English and French versions available)

<http://purl.org/spc/digilib/doc/zansz>

Pacific Guidelines for healthy living (version for community)

A shorter version of the 10 Pacific guidelines for healthy living

(English and French versions available)

<http://purl.org/spc/digilib/doc/tq4zi>



My healthy meal

A poster promoting the three Pacific food groups, and eating a 'healthy plate'

(English and French versions available)

<http://purl.org/spc/digilib/doc/m93za>

Posters (contd)



What's in my food? Hidden sugar, salt and fat

A series of three posters illustrating the amounts of sugar, salt and fat in a range of unhealthy foods

(English and French versions available)

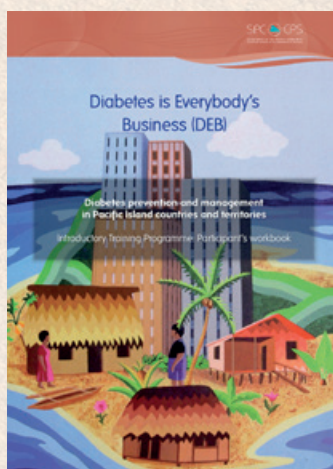
<http://purl.org/spc/digilib/doc/24vei>

<http://purl.org/spc/digilib/doc/tsjnp>

<http://purl.org/spc/digilib/doc/tw9mw>



Training material



Diabetes is Everybody's Business (DEB): Participant's Workbook

108 p. A workbook for participants (health and community workers) receiving training on diabetes prevention and care. For use in conjunction with the facilitator's manual

(English and French versions available)

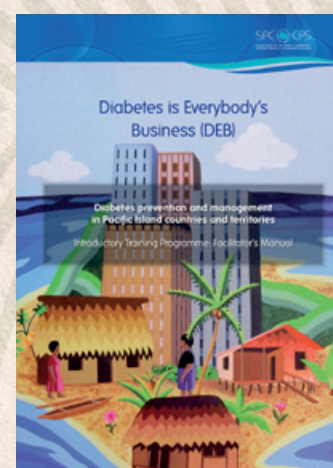
<http://purl.org/spc/digilib/doc/gazsi>

Diabetes is Everybody's Business (DEB): Facilitator's Manual

108 p. A manual for facilitators, to assist with providing training to health and community workers on diabetes prevention and care. For use in conjunction with the participant's workbook

(English and French versions available)

<http://purl.org/spc/digilib/doc/y5bw5>



Training material (contd)



Healthy Living Healthy Life

184 p. Facilitator manual for training health and community workers on NCD prevention and management

(English)

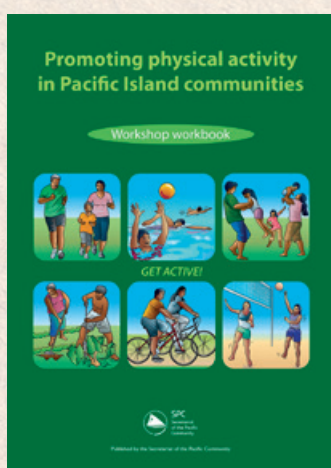
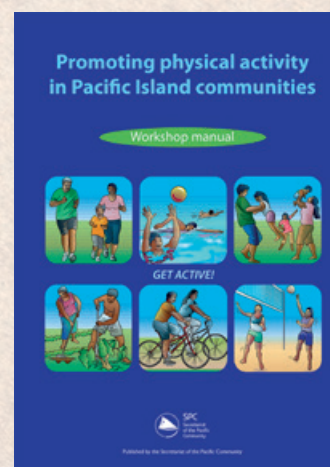
<http://purl.org/spc/digilib/doc/jo8ya>

Promoting physical activity in Pacific Island communities – workshop manual

68 p. Facilitator manual for training health and community workers to promote physical activity in their communities. For use in conjunction with the workshop workbook

(English)

<http://purl.org/spc/digilib/doc/ncj56>



Promoting physical activity in Pacific Island communities – workshop workbook

42 p. Participant workbook for training health and community workers to promote physical activity in their community. For use in conjunction with the workshop manual

(English)

<http://purl.org/spc/digilib/doc/zwpsz>



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information about
nutrition in the Pacific, visit:
PacificDiets.com

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