

THE

WAKE-UP CALL

HELP!

I need an ambulance!!



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Pacific
Community
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THIS COMIC STRIP WAS CREATED BY YOUTHS FROM FIJI AS PART OF THE WAKE UP! PROJECT DESIGNED TO SUPPORT NON-COMMUNICABLE DISEASE CONTROL EFFORTS. THE PROJECT IS BEING CARRIED OUT BY THE PACIFIC COMMUNITY (SPC) PUBLIC HEALTH DIVISION, WITH THE FINANCIAL SUPPORT OF THE FRENCH PACIFIC FUND (FONDS PACIFIQUE) AND THE AUSTRALIAN DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (DFAT)

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WHAT HAPPENED TO ME?

YOU HAD A SEVERE HEART ATTACK... I TOOK A BLOOD TEST AND RESULTS SHOW THAT YOU HAVE 'TYPE 2' DIABETES.

THIS IS NOT UNEXPECTED OF A MAN YOUR SIZE AND YOUR 'UNHEALTHY LIFESTYLE' LEADING UP TO THIS INCIDENT...

OH MY... I NEED TO CHANGE MY LIFESTYLE! I DON'T WANNA DIE LIKE THIS. I'M ONLY 25 YEARS OLD, I'M TOO YOUNG TO DIE

...BUT THERE'S HOPE!



...YOU STILL HAVE A CHANCE! YOU CAN STILL MAKE A CHANGE.

YOU HAVE TO MAKE SOLID, HEALTHY CHANGES TO YOUR DAILY ROUTINE...

EXERCISE MORE...

7:00am

7:00am

MUNCH!

MAINTAIN A BALANCED DIET...

AND CHOOSE WISELY HOW YOU SPEND YOUR LEISURE TIME...

UNLESS YOU FOLLOW THESE NEW LIFESTYLE CHANGES, IN THE NEXT 4 MONTHS... YOU WILL DIE.

1 YEAR LATER...



A FEW MONTHS LATER AFTER I CARRIED OUT MY DAILY ROUTINE, IT HAD A POSITIVE IMPACT ON MY LIFE AND ON THE PEOPLE AROUND ME.

IT WASN'T AN EASY JOURNEY BUT I PULLED THROUGH, AND SO CAN YOU...



...AND THAT'S MY STORY KIDS. SO MY ADVICE TO YOU IS JUST SIMPLY EAT HEALTHY AND EXERCISE DAILY.

I'M HERE AS AN ADVOCATE ON NCDs AND HOPE YOU CAN LEARN A FEW THINGS FROM MY EXPERIENCE.

THANK YOU.

WAKE UP!

COMIC STRIP WRITTEN AND ILLUSTRATED WITH THE TECHNICAL SUPPORT OF RAIJELI FAMOANA TILLEY.

