

Taking DOHaD to the People of the Cook Islands

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Aim

To engage representatives of the Cook Island community in the co-construction of a local early-life nutrition resource.

Recruitment

- 60 participants across 10 focus groups
- House of Ariki & Koutu Nui (traditional leaders)
 - Mothers of young children
 - Pregnant women
 - Clinicians
 - Nurses
 - Public health staff (community health, oral health, water safety and mental health workers)
 - Child Welfare Association
 - Internal Affairs
 - Takamoa Theological College students

Method

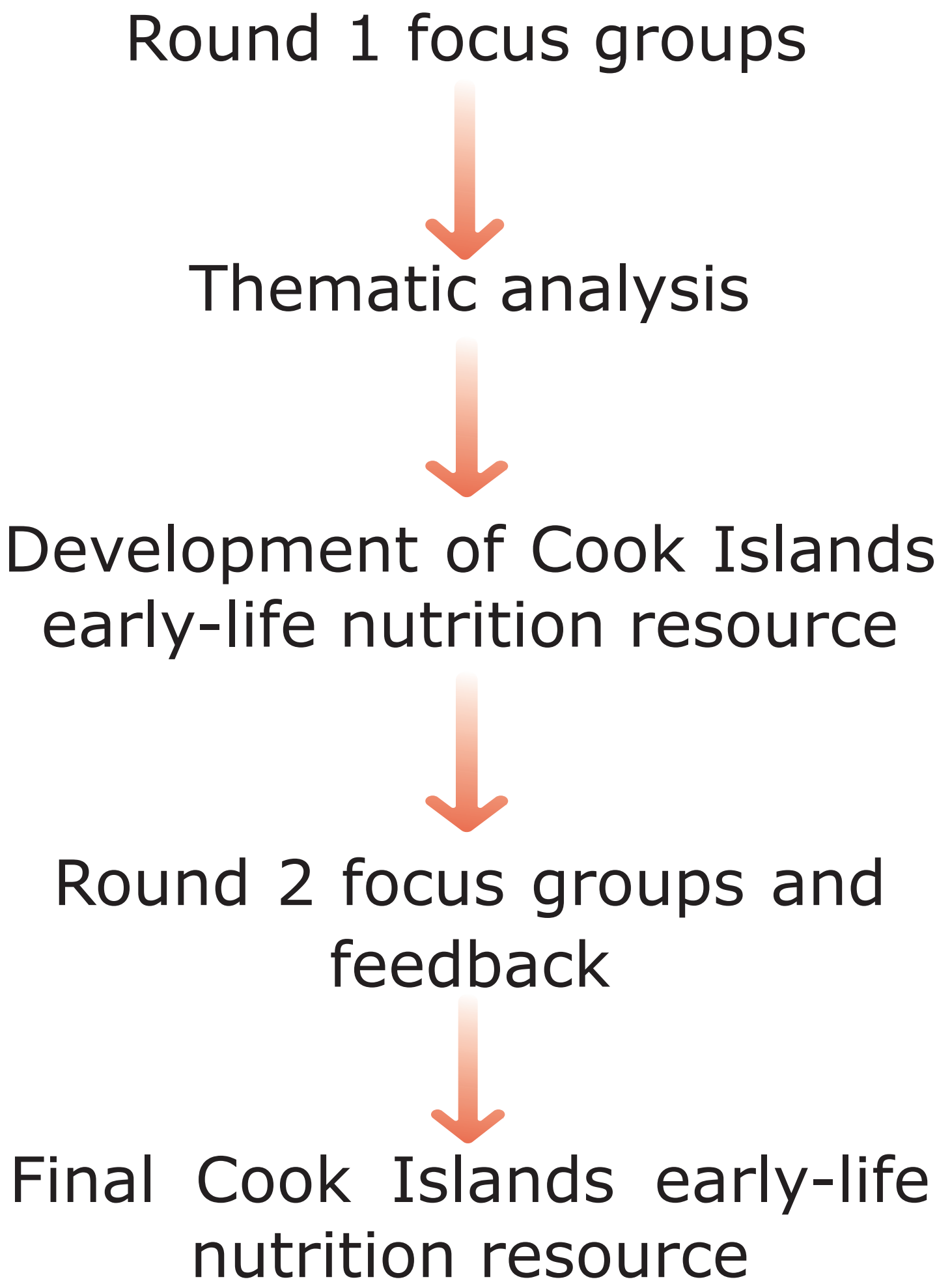


Figure 1. Original early-life nutrition resource with recommendations created by the Australia and New Zealand Early Life Nutrition Working Party for new mothers.

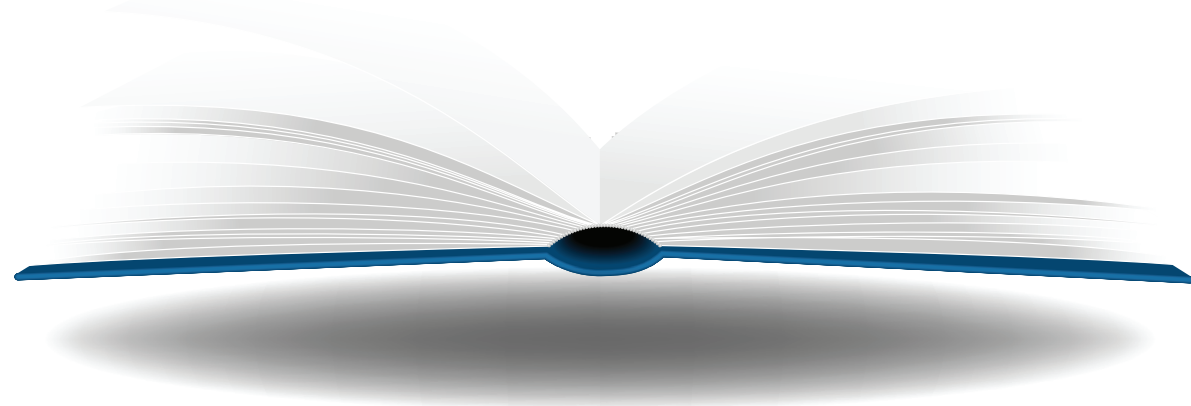
Round 1



Knowledge of the importance of early-life nutrition

“I’d just like to say I support this – this is a great concept. This is probably my first time seeing something like this especially on preconception (in the Cook Islands). As I always tell my other colleagues – it’s all about focusing on what is not born. Change our NCD pattern in the future. And if we start early and get parents involved, changing behaviours – all these kids will continue to eat healthy and become healthy in the future. I wish my Mum and Dad had this information.”

- Clinician



Recognition of the need for an early-life nutrition resource

“Yeah we don’t really have books like this... I mean I’m always going to Uncle Google for advice. But this is quite cool - especially if you’re able to contextualise it to how we live over here.”

-Youth Council Member



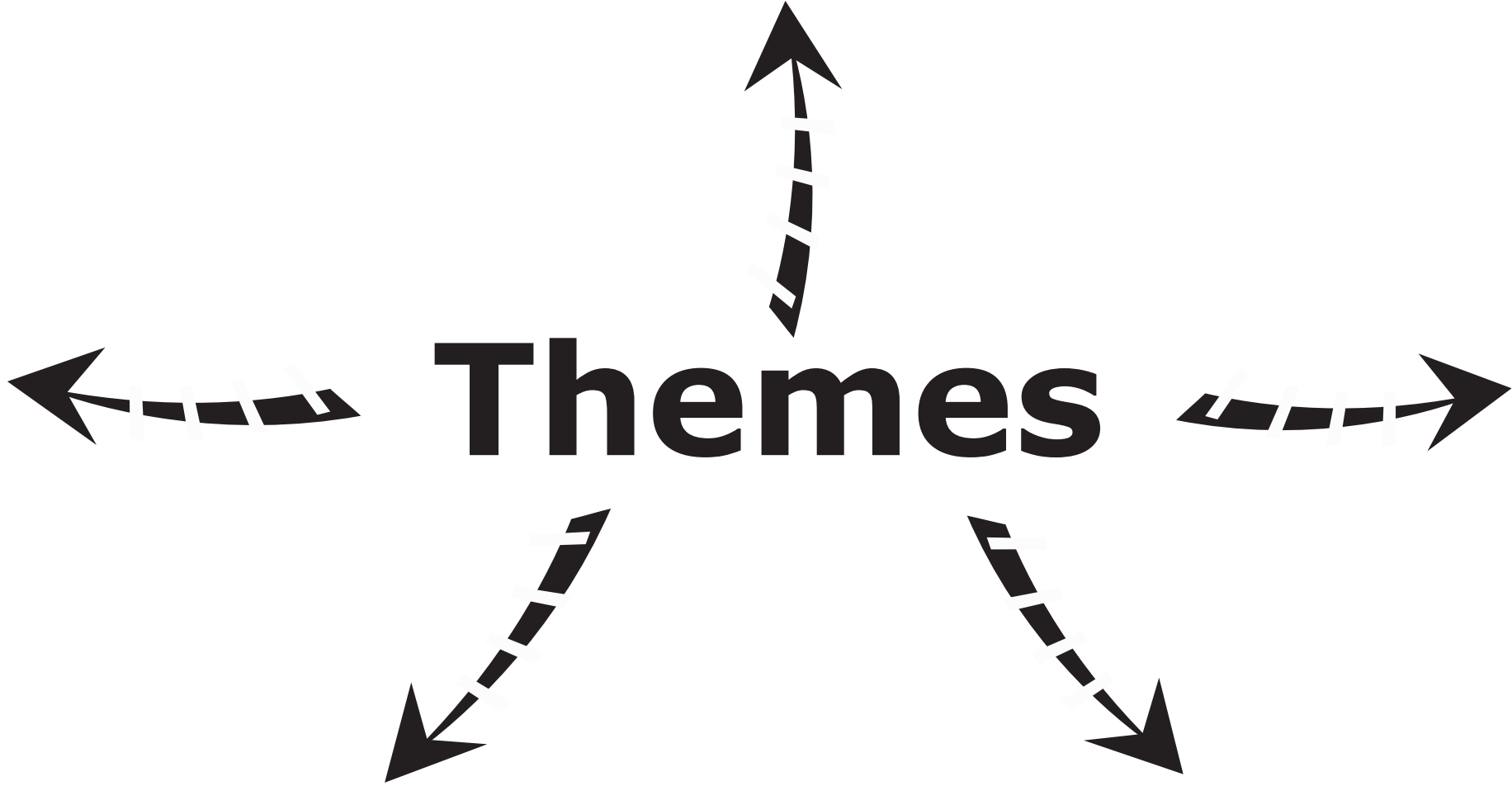
The importance of recognising context

“I would suggest that in addition to the language, the content must be local from beginning to the end. It has to be local.”

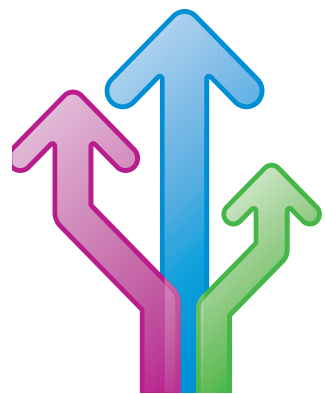
-House of Ariki & Koutu Nui

“I think some things might have to be simplified. I’m just looking at the language... just things like “build a healthy gut flora”. Like I don’t think many people here would know what that means. Yeah just simplifying it to its simplest form without being you know... without losing its purpose.”

-Mother



Round 2



Further suggestions for improvement

“Just looking at this I think what is necessary is a glossary. Because many of our people don’t know these words BMI – what is BMI? The word depression – what does it mean? If we are directing to the local people - simple everyday English.”

-House of Ariki & Koutu Nui



Hearing the voices of the community

“In terms of the content itself, it’s remarkable. We wanted this thing to be Cook Islands and everything in here is Cook Islands. The other thing that really came out really strong is that we are addressing the beginning of life. We are not only looking at children, we are not only looking at infants or babies, we are looking at the future of the Cook Islands. So it’s very important.”

-House of Ariki & Koutu Nui

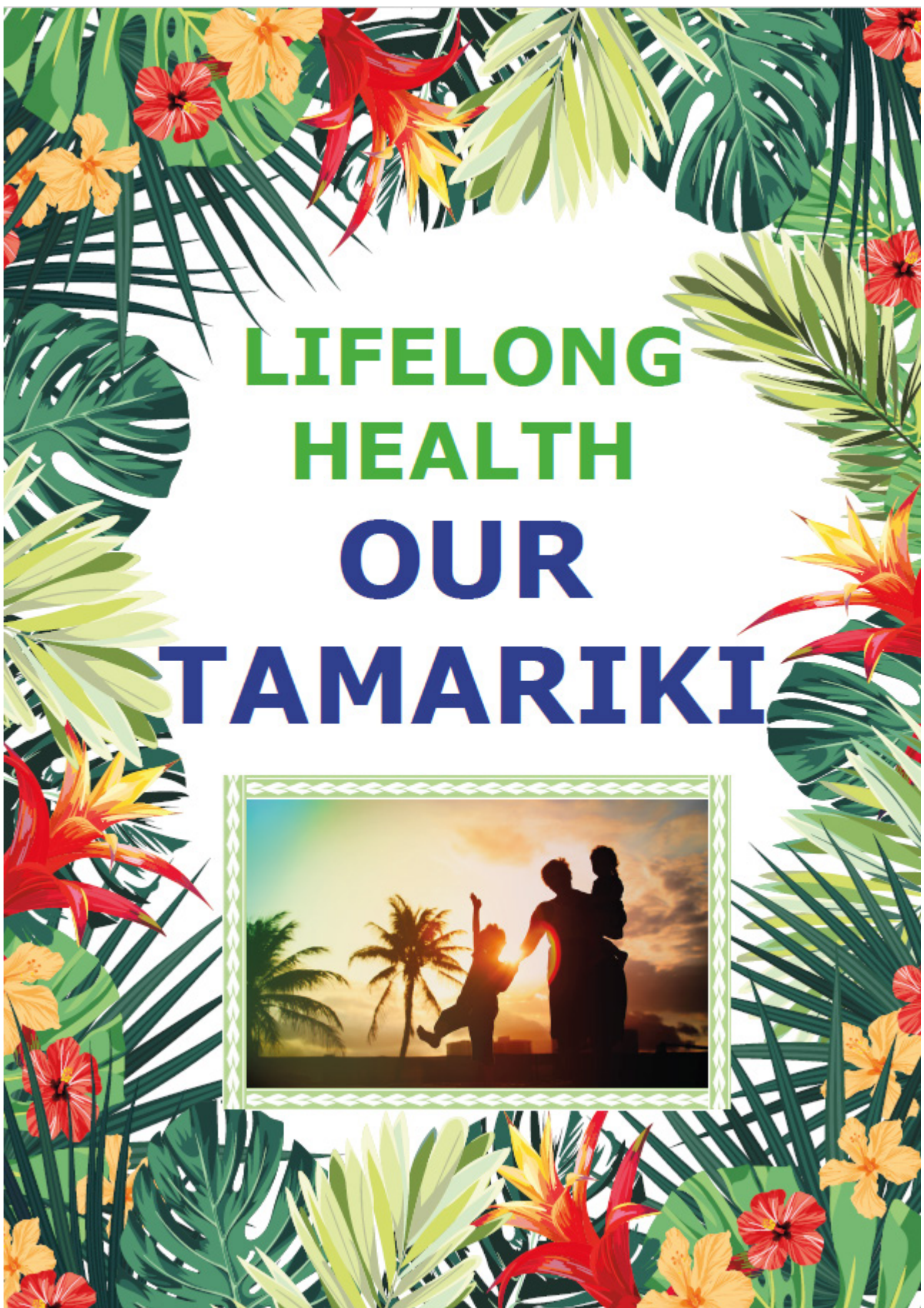


Figure 2. Cook Islands early-life nutrition resource

We acknowledge the Australian and New Zealand Early Life Nutrition Working Party for the permissions to adapt the early-life nutrition resource, “First 1000 days: Nutrition Matters for Lifelong Health”, originally developed by: Professor Peter SW Davies, The University of Queensland; Professor John Funder, Prince Henry’s Institute; Associate Professor Debbie Palmer, University of Western Australia; Professor Mark Vickers, University of Auckland; Associate Professor John Sinn, University of Sydney; and Associate Professor Clare Wall, University of Auckland.