

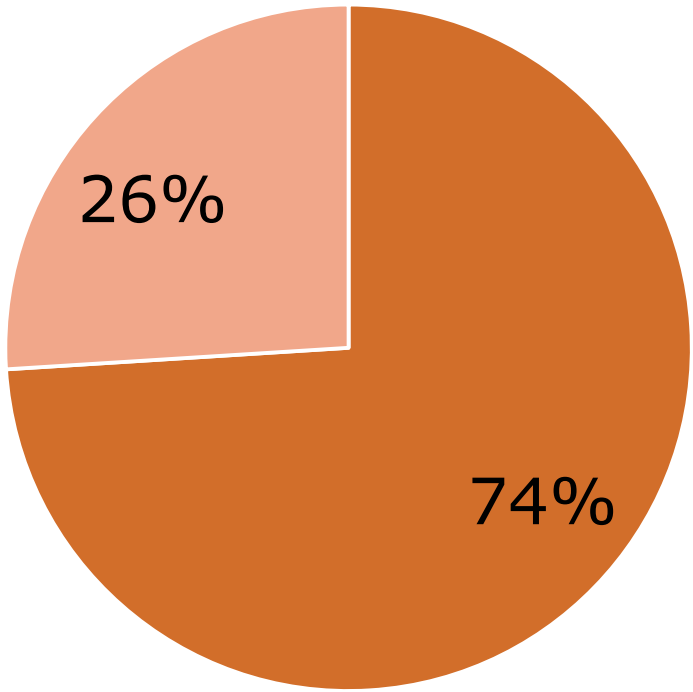
Health vs Attitudes to Health in Rarotongan High School Students

Mayor Pokino
University of Auckland

Supervisors: Mark Vickers, Jacquie Bay and Neti Herman

NCDs in the Cook Islands

Percentage of deaths in the Cook Islands



36% die before age 60

1.3 fold higher than average rates globally for low-and middle-income countries

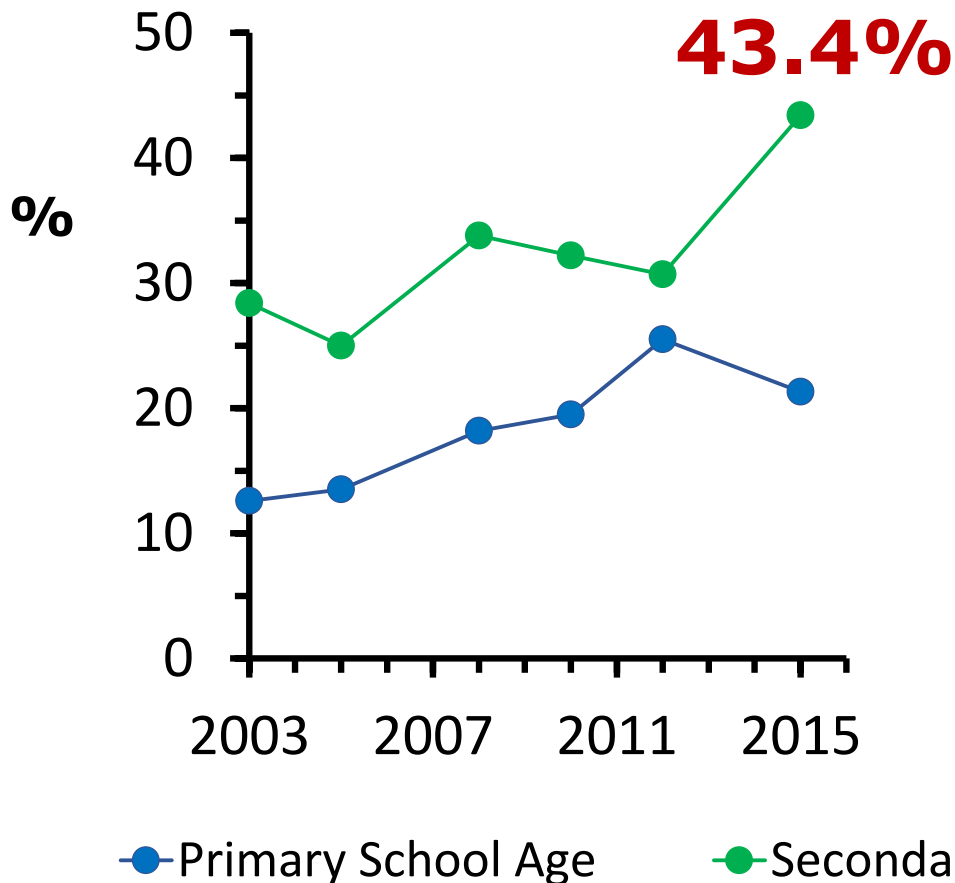
World Health Organisation. Non communicable diseases country profiles 2011: Cook Islands. Cook Islands; 2011.

Cook Islands Adult NCD Risk 2004-2015

NCD Risk Factors	%Adults aged 25-64 years	
	2004 (n=2,629)	2015 (n=1,271)
Overweight	88.5/61.4	91.1/72.2
Hypertension	33.2	32.9
Elevated blood glucose	23.6	26.8
Elevated blood cholesterol	75.2	50.9
Fruit and vegetable consumption < 2 fruit and 3 vegetable servings daily	81.8	84.8
Low daily physical activity	75.3	33.0

Cook Islands Ministry of Health, NCD STEPS Fact sheet report, 2011, 2016

Overweight Children and Young People in the Cook Islands 2003 - 2015



Between 2003 and 2015, overweight in 5 to 12 years old increased from 12.6% to 21.3%

13 to 18 years-olds, Overweight increased from 28.4% to 43.4%

STEPS 2015
18 – 24-years old
Overweight: 87.2%
Obesity: 68.5%

Adolescence: Window of Opportunity

- Defined by World Health Organisation as young people between 10 – 19 years
- Adolescence is the period for the establishment of lifelong behaviours
- Associations between health-related behaviours in adolescence and increased risk of NCDs in adulthood
- Adolescence - an optimal time for interventions to prevent future risk of NCDs

Bay JL, Morton SM, Vickers, MH. Realizing the potential of adolescence to prevent transgenerational conditioning of Noncommunicable disease risk: multi-sectoral design frameworks. *Healthcare*, (4): 39. 2016

Proimos J, Klein JD. Noncommunicable diseases in children and adolescent. *Pediatrics Perspective*. 2012

Aim and methods

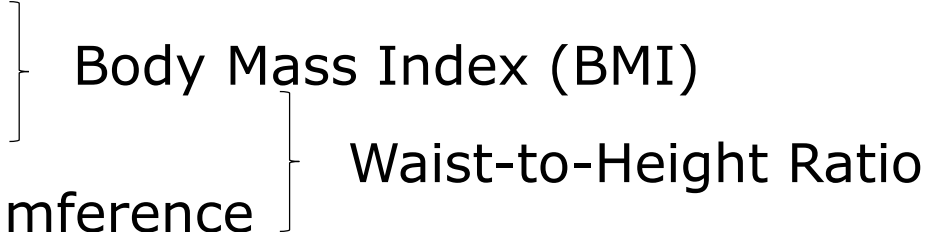
Aim

- To investigate associations between NCD risk factors and health/lifestyle related knowledge, attitudes and behaviours in Rarotongan adolescents prior to participation in Pacific Science for Health Literacy Project learning programmes

Method

- Cross sectional study: utilizing two sets of data
 - Adolescence health data from Ministry of Health biannual school physical health examinations
 - Matched with data examining knowledge, attitudes, and behaviour data from the Pacific Science for Health Literacy Project
- Cohort of 173 Year 9 students across the three main colleges, 163 consented, 144 students have available health data

Adolescent Health Data

1. Weight
 2. Height
 3. Waist circumference
 4. Blood pressure
 5. Blood lipids
 6. Blood glucose
 7. Cholesterol
- Body Mass Index (BMI)
- Waist-to-Height Ratio
- 

Cross sectional study

**Knowledge,
attitudes
and
behaviour**

?

**Adolescence
NCD risk
factors**

Summary

- 36% of NCD-related deaths before age 60
- Health-related behaviours established during adolescence stage more likely to increase risk of NCDs in adulthood
- Adolescence a critical window of opportunity for prevention – focus NCD intervention on adolescents
- Baseline study

Acknowledgements

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