



Launch of the Pacific School Food Network

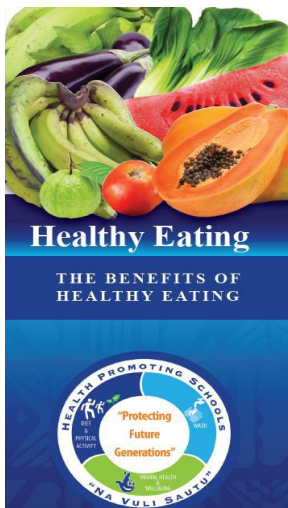


Health Promoting Schools FIJI

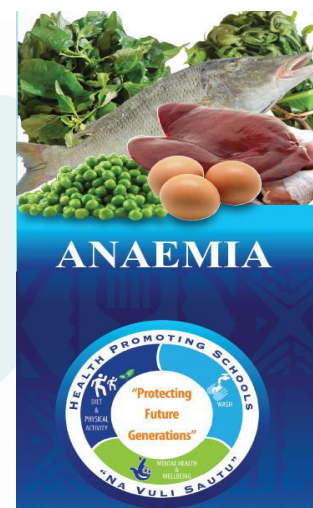
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27 October 2021

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INTRODUCTION



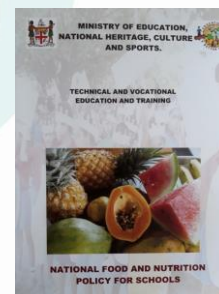
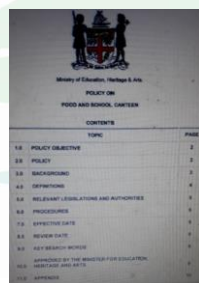
- Health Promoting Schools
 - Policy
 - Environment
 - Capacity Building
 - Challenges
 - Opportunities
- Changes to diets in both rural and urban populations in Fiji
 - High availability of 'unhealthy', or highly processed/nutrient poor foods around schools
 - Very few outlets sold fruits and vegetables
- Causes, Effects and Impacts on Children



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POLICY

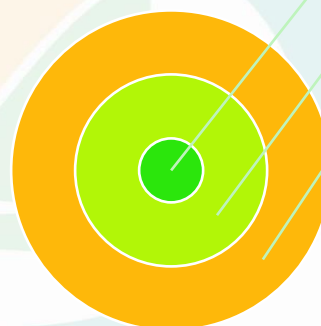
- 5-Year and 20-Year National Development Plan
- Fiji Policy on Food and Nutrition Security 2021 (pending Cabinet approval)
- School Canteen Toolkit 2021 (awaiting approval)
- School Food and Nutrition Policy 2017
- Fiji School Health Policy 2016
- School Canteen Guidelines 2013
- HPS MOU 2009



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ENVIRONMENT

- 3-pronged approach that contributes to ultimate outcomes, with supportive structures
- Children as vehicles for translation of knowledge from school to homes and communities
- Making healthier food choices at tuck shops and canteens
- Water only in school – access to safe drinking water
- School gardens
- Space for PA – indoors, outdoors
- Demarcated roles for both ministries, teachers, parents and communities



**Diet and
Physical
Activity**

School

**Community
and home**



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CAPACITY BUILDING



- Provision of Learning and Teaching Resources package for training and workshops
- Teacher Professional Development
- HPS Advocacy sessions
- Advice and guidance from MEHA, with professional support from MHMS
- Partnerships with the community to enhance parental knowledge on food choices and preparation
- Collaboration and support from WHO, SPC, UNICEF, FAO
- Student empowerment for school-wide campaigns
- Provision of national Policies and Guidelines to drive action
- Provision of support for school organic gardening
- Training for school canteen operators and food handlers
- School visits that included canteen inspection to promote healthy canteens



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CHALLENGES

- Lack of knowledge on healthy food choices
- Lack of awareness on hygiene during food preparation, handling and storage
- Poor quality food for sale in some school canteens
- Lack of available funding for school gardening programs
- Financial pressures (profit)
- Limited school space for gardening and PA
- Offers of sponsored items (less healthy)
- Perception that children won't eat healthier items
- Teachers who won't conform
- Environment – hawkers, advertisements

OPPORTUNITIES

- Policies and guidelines
- Institutionalization
- Dedicated Dietitians for SHTs
- Collaboration and more community engagement
- Translation of healthy practices from schools to homes, children as influencers
- Delivery of health initiatives in schools eg supplementation, deworming, meals
- Improve child, parent and teacher health
- Work with local vendors and stores for healthier child-priced options



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WAY FORWARD



Healthy Eating Tips

- Eat Fruit & Vegetables Everyday
- Drink Water
- Snack on Fresh Fruit
- Reduce Unhealthy Snacks

NEED PROMOTING SCHOOLS
"Protecting Future Generations"

- Need for multisectoral engagement and collaboration of all the school stakeholders
- School based approach and assessments
- Monitoring
- Sustainable school nutrition programs







NFNC
National Food and Nutrition Centre

MINISTRY OF HEALTH & MEDICAL SERVICES

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My Kana

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Thank You

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