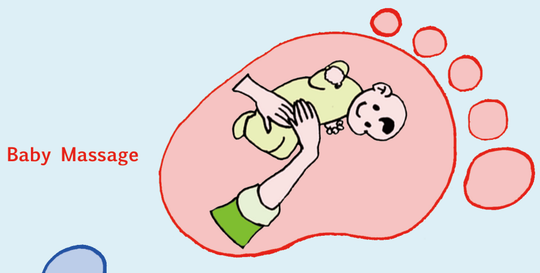
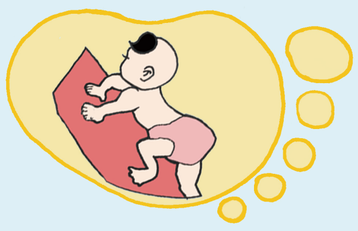
Healthy Babies, Healthy Futures - Asian Programme

건강한 아기 건강한 미래 健康宝宝,快乐家庭 健康な赤ちゃんとママの未来のために

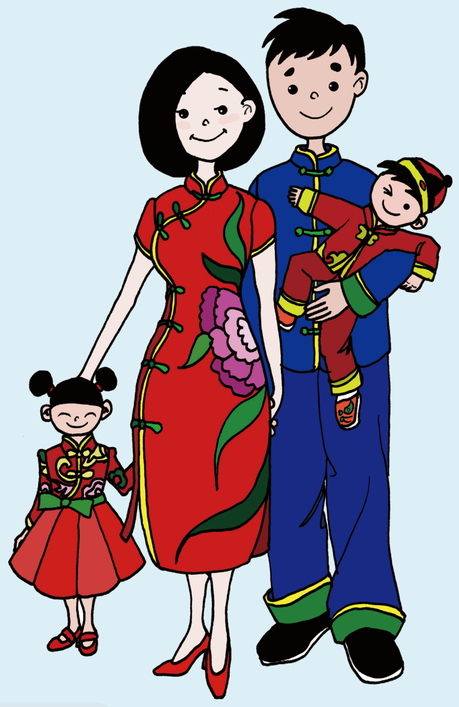


Baby Massage



Active Movement

Learn to Swim



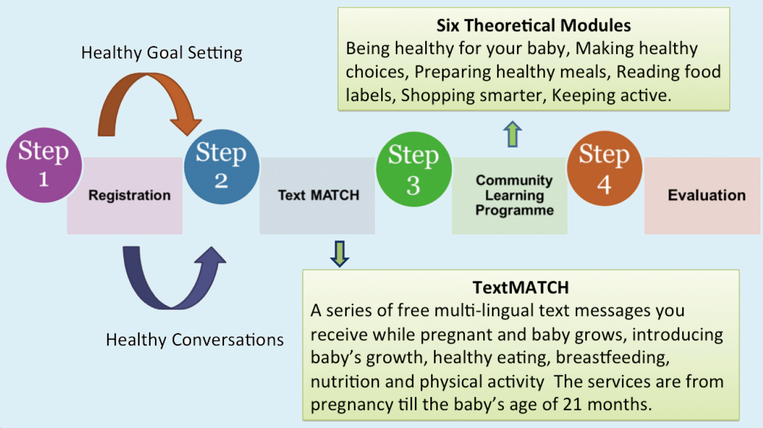
Cooking Demonstration

PURPOSE
To promote healthy eating and exercise in children and pregnant women for healthy lifestyle and prevent obesity

TARGET
Pregnant Asian women, Children Aged 0-4, their Mums and Families in ADHB/WDHB

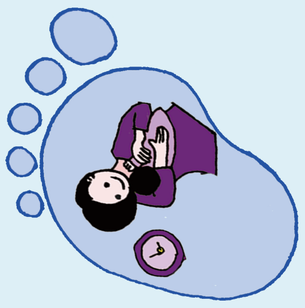
Nutrition/Healthy Eating

HBHF Journey



RATIONALE
Good Health of the Increased Asian Population in ADHB/WDHB 2014 Stats NZ Population Projections forecast the Asian population to grow to 31.0% (ADHB) and 21.3% (WDHB) in 2016/17.
By 2026, the Asian population in the WDHB region is projected to reach 178,000 (25%). In the ADHB region the Asian population will increase to 211,450 (33%).
HBHF Asian Programme provides equitable options for the Asian Community towards culturally appropriate nutrition Info and exercise/physical activity routines.
HBHF Vision: "That all New Zealand mothers and their infant children shall enjoy good health."

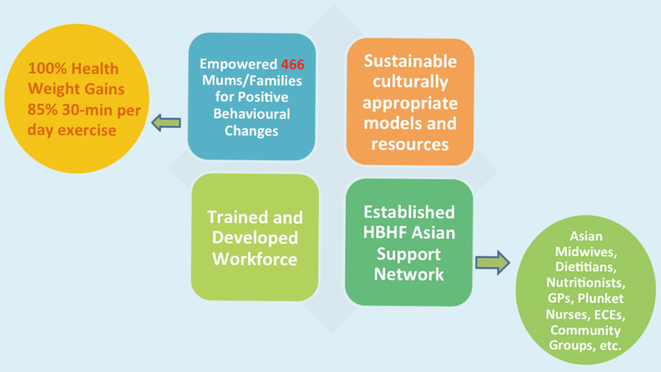
Solid Food Introduction

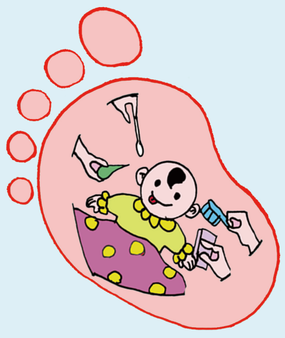


Breastfeeding Support

TextMATCH

Outcomes

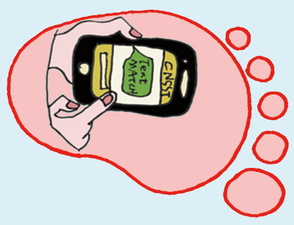




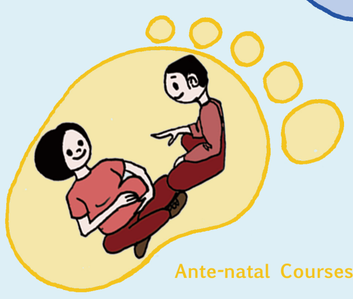
Learn to Care New-born Babies

HBHF CHALLENGE
Need resources to meet the same need of the children, mums and families in CMDHB area.

Learn to Breastfeed



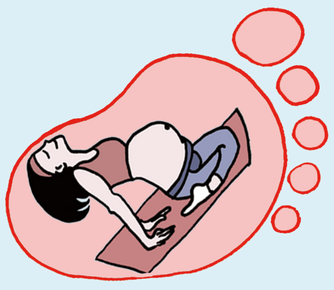
TextMATCH



Ante-natal Courses

Nutrition/Healthy Eating

Cooking Demonstration



Pregnancy Yoga

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