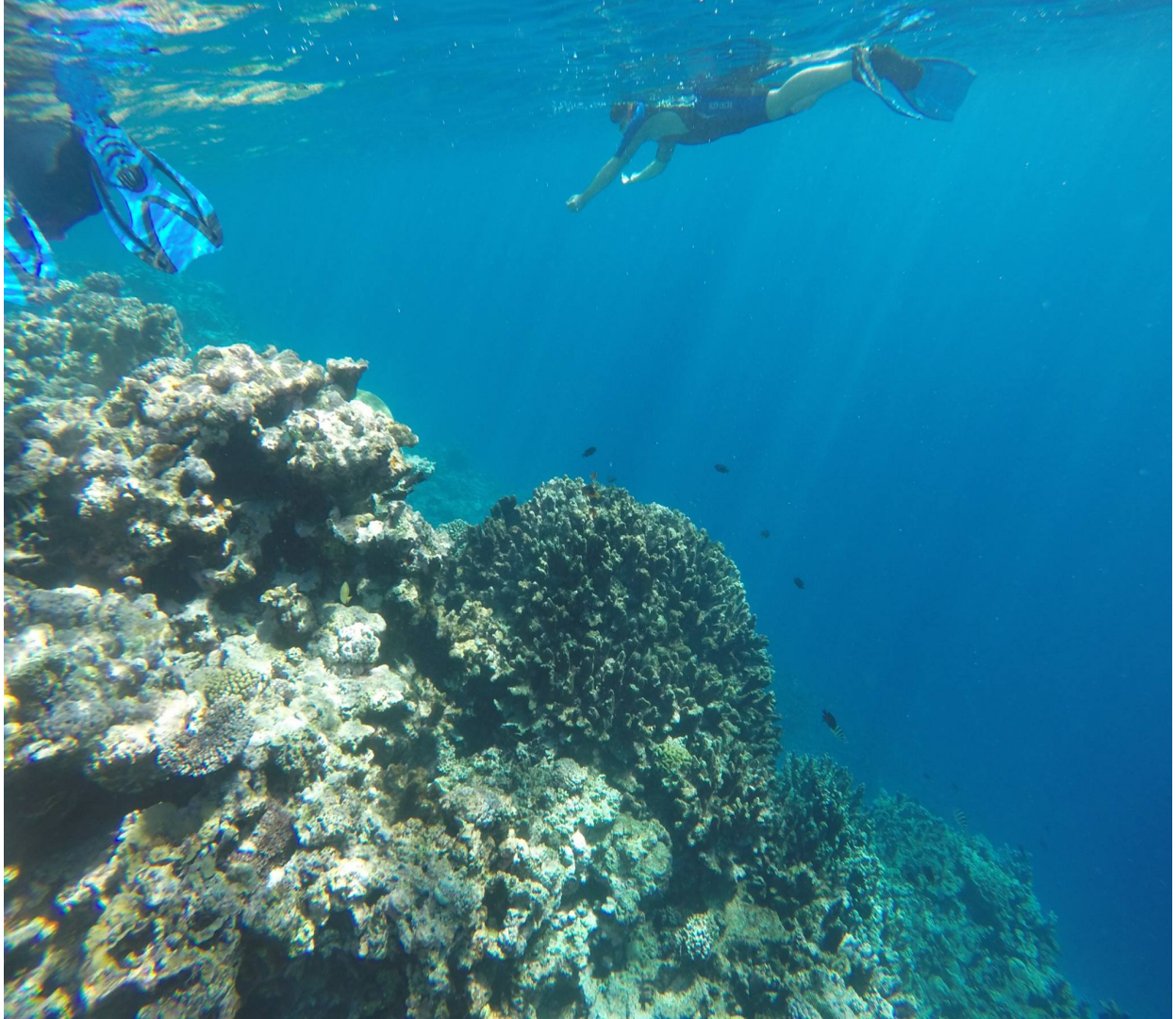
Tonga Trip

2016

Non-communicable disease in Tonga

- NCDs account for 74% of all adult deaths within the kingdom
- 38% CVD, 5% T2DM, 9% cancers, 7% respiratory disease
- 25-64 year olds: prevalence of raised blood glucose 16.4%, obesity 68.7%, raised cholesterol 49.7%.
- 43.9% of 15-64year olds reported low level of total physical activity

TAKE CONTROL



Plans for this year

- Healthy eating, exercise, lifestyle information brochures
- Travel to the local high school - educate about healthy eating and lifestyle.
- Provide people with score-cards, with easy to understand instructions on what to do next.
- Travel to nearby, smaller villages and plan for NCD clinics there
- Continue to help at the hospital and run our own NCD stall at the market/around the town.

Costs

Accommodation $500 for 2 weeks

Flights $1000 return (Fiji airways)

Food/activities $500 for 2 weeks

Total: approximately $2000

Dates & Itinerary

Mid year break - June 10th - 24th

10-14 days

Travel via fiji - direct to Vava’u

Mon - Fri: NCD clinic, ward rounds at the hospital, school visits, travel to nearby villages

Sat & Sun: Explore Vava’u, snorkelling, boat trips, traditional Tongan feast, beach

Any questions?