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Qualitative Enquiry is Essential to Indigenous Health Promotion Response for Obesity Epidemic in Fiji Islands

Kamal Singh^{1*}, Marguerite Sendall² and Phil Crane³

¹Charles Darwin University, Australia

²Queensland University of Technology, Australia

³Sunshine Coast University, Australia

Introduction: This research provides an overview of the findings from my doctoral research relating to the factors affecting obesity in a rural village in Fiji.

Method: The study was a community based participatory research that engaged with community members from a rural iTaukie village on Viti Levu, approximately 3 hrs from Suva. A Community Based Participatory Research Approach was utilised. The research strategies included community consultation, a health survey and interviews, dissemination of findings to the community and feedback from the community. Data was analysed using the ANGELO framework.

Results: Interview analyses revealed food intake and physical activity were associated with sociocultural, economic, political and physical environmental factors that influenced obesity. Participants revealed previous health promotion programs were not culturally designed to meet the cultural values, beliefs and traditional ways in the community. The findings indicated healthcare providers and policymakers need to be involved with the community culture, to recognised and appreciate community culture and traditional ways to promote equitable participation in decision making.

Discussion: Recommendations from this research include calls for new social policy that supports active participation of the local community, that incorporates community goals, cultural wellbeing and fairness and results in culturally competent approaches to health promotion.

Biography:

Kamal Singh he has been nursing for the last 19 years. His nursing background extensively involves emergency care nursing, community health, indigenous health and primary health care nursing. His other research interests include indigenous health care access, health promotion and Non-Communicable Diseases, CBPR Approach and Obesity prevention in the community setting. It is his goal that by sharing his talents and experiences, that he might help to better the greater whole, demonstrated through his interactions with patients, students and colleagues, in hospitals, at institutes of learning and in our world community.