

9th Annual Asian Forum

Asian Youth Health & wellbeing: Healthy body Healthy mind

Forum Programme

08:30am Registration begins

09:00am Welcome by chairperson, TANI

09:15am **Opening Address**

Anita Balakrishnan, Acting Policy Manager,
The office of Ethnic Affairs, *Te Tari Matawaka*

09:35am **Key note speaker**

Ministry of Youth Development: A Perspective on Asian Youth in New Zealand

Peter Carr, Policy Manager
The Ministry of Youth Development

The presentation will review the data held by the Ministry on New Zealand's communities of Asian youth and provide some observations on issues and opportunities around promoting youth health and wellbeing and how these might differ, or not, for young people of Asian descent.

10:15am Morning Tea & Networking

10.30am-
12.15pm Presentations and discussions in the groups

- **Biological Health of young Asian New Zealanders**
 - ***You, Your Health, Your GP- what you need to know***
Dr Denis Lee GP at Pakuranga Medical Centre and GP Trustee at East Health PHO
 - ***Sexual health pilot project and findings from Women's health symposium***
Ruth Davy, CEO, WONS

- **Physical activity and Nutrition**
 - ***Revisiting physical activity in Asian New Zealanders***
Dr. Scott Duncan, Associate Director, Centre for Physical Activity and Nutrition, AUT University
 - ***Feeding the future -window of opportunity for youth***
Dr. Elaine Rush, Professor of Nutrition, AUT University

<ul style="list-style-type: none"> • Psychosocial Health <ul style="list-style-type: none"> - <i>Psychosocial health of the 1.5 Generation Asian Young People</i> Hyeeun (hae-en) Kim, Counsellor - MNZAC, MEd. Counselling (Hons.), PhD applicant - The University of Auckland
<ul style="list-style-type: none"> • Case studies from the research on the behaviors of Asian youth towards physical activity Janet McDonald, Director, Atlas Communications

- 12:15pm Delicious Lunch (*Asian cuisine & Networking*)
- 1:00pm Cultural performance
- 1:15pm ***Believe in yourself, and you shall succeed***
A success story from an inspiring Asian youth
Miss Tin Ma Ma Oo
- 1.30pm WORKSHOPS - The entire participants will be divided into 2 groups;
Group A : Youth aged 15 years – 24 years
Group B : All above 24 years

Group A (Youth group)	Group B (all others)
Subgroup 1: Biological health	Subgroup 1: Biological health
Subgroup 2: Physical activity and nutrition	Subgroup 2: Physical activity and nutrition
Subgroup 3: Psychosocial health	Subgroup 3: Psychosocial health

Discussion questions for each group have been provided in the participant's workbook.

- 2:15pm Report back from each workshop and discussion (*Please sum up your discussion with 5 bullet points*)
Facilitator: Hyeeun (hae-en) Kim
- 3:15pm Sum up and conclusion
- 3:30pm Evaluation
- 3:45pm Networking & Afternoon Tea / Close