



Tonga Diabetes Association Strategic Plan 2023–2027





Tonga Diabetes Association
Strategic Plan 2023–2027

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Contents

<u>Acknowledgements</u>	<u>V</u>
<u>Foreword</u>	<u>VII</u>
<u>Background</u>	<u>1</u>
<u>Executive summary</u>	<u>2</u>
<u>About Tonga Diabetes Association</u>	<u>3</u>
<u>Action Area 1: Diabetes advocacy, awareness and communication</u>	<u>4</u>
<u>Action Area 2: Diabetes prevention and control</u>	<u>5</u>
<u>Action Area 3: Diabetes education and training</u>	<u>6</u>
<u>Action Area 4: Research and data management to strengthen diabetes care</u>	<u>7</u>
<u>Action Area 5: Strengthen financial support for TDA to achieve its goal</u>	<u>7</u>
<u>Monitoring and evaluation framework</u>	<u>8</u>



HRH Princess 'Ofeina Fakafanua at the Tonga Diabetes Association launch.

Acknowledgements

We are indebted to Her Majesty Queen Nanasipau'u Tuku'aho, our Patron, for her dedication and commitment throughout the years towards the establishment of the Tonga Diabetes Association and her keen interest to assist the people of Tonga to fight diabetes through education, lifestyle changes and availability of treatment. We thank you very much.

The development of this strategy was informed by consultation meetings with stakeholders in 2019 in Nuku'alofa, Tonga. Acknowledging Dr Viliami Puloka, Dr Veisia Matoto and staff of the National Diabetes Centre, Ministry of Health, Tonga Health Promotion Foundation and members of the Tonga Diabetes Association for contributions towards the drafting and reviewing of this strategy. We also acknowledge the support and technical assistance of the NCD team of SPC for the drafting, editing, layout and printing of this Tonga Diabetes Association Strategic Plan 2023–2027.

Foreword



Dr Taniela Palu

It is a privilege and honour for me to present the Tonga Diabetes Association Strategic Plan 2023–2027, the culmination of extensive consultations and support from our committed technical volunteers. This marks progress and growth of the Association and dedication towards improving the health and well-being of the people of Tonga who suffer from diabetes. Tonga continues to struggle with people developing diabetes and action is now more urgent than ever.

This strategic plan is a milestone and sets the direction for the next five years for what the Association can contribute to prevent further illness due to diabetes and encourage people to live well with diabetes.

Five key actions will be prioritised and addressed by the Association that are in line with the Government of Tonga's development plans. A whole-of-society approach with the person suffering from diabetes as the central focus of this plan will ensure efforts are made to increase awareness and knowledge to empower people with diabetes to live a happy and productive life. Tonga's greatest asset is its people so let us work together and act now to become a healthier country.

A handwritten signature in red ink that reads "T. Palu".

Dr Taniela Palu

President Tonga Diabetes Association

Background

Diabetes is a complex condition that is associated with serious and costly comorbidities that have significant socioeconomic impacts on people living with diabetes, the carers, the health system, the government, and the whole country. People living with diabetes should be encouraged and supported to achieve optimal management and care of their diabetes on a day-to-day basis with a focus on the quality of life. While the Ministry of Health of Tonga continues to provide overall levels of care to people living with diabetes in Tonga, there are opportunities to improve and strengthen diabetes care by engaging, empowering and supporting people living with diabetes and their support systems, as active partners in the management of their own diabetes, supported by the Tonga Diabetes Association.

The management and control of diabetes as a chronic illness requires an approach that considers not just the delivery of quality care by the health provider but more so, what the person living with diabetes can do, chooses to do or not to do. Optimal diabetes control is achieved and sustained when the health provider and the person living with diabetes work in partnership, with the patient recognised as a person in his/her own context, is informed and involved in and becomes the centre of care. The support system to facilitate collaborative efforts in this approach is critical to ensure empowerment and support is provided to both parties for favourable sustainable outcomes. This strategic plan provides a framework for a coordinated approach across different areas and sectors to address the burden and impact of diabetes on our communities.

There is an increasing number of people with diabetes in Tonga and evidently a lot more are at risk of developing diabetes. Collaboration among all stakeholders in communities, including youth, churches, NGOs and civil societies, is required to prevent diabetes and ensure that everyone lives well with it.

The Tonga Diabetes Association Strategic plan framework identifies five key action areas with specific activities and timelines for implementation from 2023–2027. It includes diabetes advocacy, awareness and communication, diabetes prevention and control, diabetes education and training, research and data management to support diabetes care and ensuring sustainability of financial support. The responsible stakeholders who will lead these activities are indicated.



Executive summary

The Tonga Diabetes Association (TDA) strategy aims to support Tonga's national response to diabetes, identify resources that can be accessed and utilised to achieve its goal over the period of 2023 -2027. This strategy identifies effective and appropriate interventions that TDA can contribute to reduce the impact of diabetes on individuals, families, communities, government and all of Tonga.

Improving diabetes knowledge, prevention and care requires a multi-sectoral response led at the highest level of government and implemented at community and individual levels. This strategy provides a framework for collaborative efforts of the Tonga Diabetes Association, its members, key partners and stakeholders to reduce the incidence of, and morbidity and mortality due to diabetes and the associated complications.

This strategy aims to strengthen TDA partnership with key sectors in developing, implementing and evaluating an integrated and coordinated approach to reduce the social, human and economic impact of diabetes in Tonga. To achieve this, the strategy outlines five Key Action Areas that TDA and partners will focus on with strategic activities, impact indicators, responsible stakeholder, timeline for implementation, cost for the activity and a monitoring and evaluation mechanism.

The strategy aims to build on core functions of TDA and its stakeholders to enhance investment in diabetes awareness and self-care. It provides for TDA to improve good governance practices, work force capacity development, resources, essential medicines and supplies. TDA will endeavour to support updated information collection and research capacity, strong partnerships and networks . The key partners include Ministry of Health and divisions such as Health Promotion Unit (HPU) and the National Diabetes Centre (NDC), Tonga Health Promotion Foundation (TongaHealth), and civil society groups and youth.

About Tonga Diabetes Association

Tonga Diabetes Association (TDA) is a registered entity under the Incorporated Societies Act. Her Majesty Queen Nanasipau'ū Tuku'aho is Patron. The President is elected each year at an Annual General Meeting together with nine other members of the Executive Committee, including the Secretary and Treasurer.

The Executive Committee meets at least once a month. The key role of the Executive Committee is to develop a business plan and implement the activities as set out in the plan.

TDA is a member of the International Diabetes Federation (IDF) and is an important link to international forums and current knowledge and practice related to diabetes care and treatment.

Our vision: To live in a Tonga without diabetes (To live well with diabetes)

Our mission: To empower individuals, people living with diabetes, with knowledge and healthy behaviours to be able to control, prevent and promote diabetes management and care.

Our goal: To improve diabetes knowledge and self-awareness of all people in Tonga to take ownership of their health and wellbeing.

Strategic framework for action: This strategy provides a structural approach focusing on five Key Action Areas with key activities identified in each action area, a proposed timeline for implementation and the responsible stakeholder. A monitoring and evaluation framework is included in the document to provide a mechanism for tracking of implementation progress and impacts of actions. Financial support will be at the discretion of the Tonga Diabetes Association and the stakeholders.

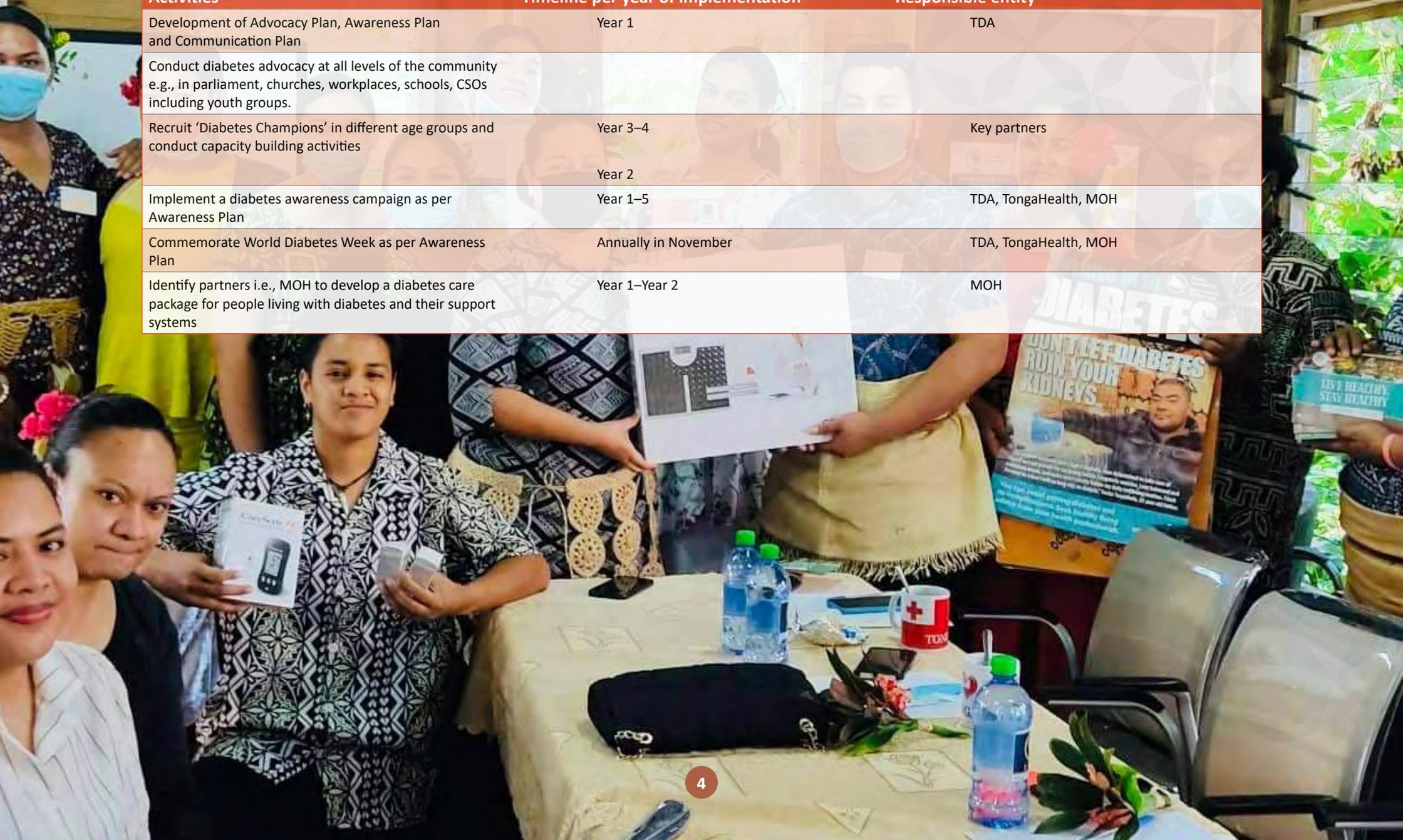
The following are the five Key Action Areas:

- **Action Area 1:** Diabetes advocacy, awareness and communication
- **Action Area 2:** Diabetes prevention and control
- **Action Area 3:** Diabetes education and training
- **Action Area 4:** Research and data management to strengthen diabetes care
- **Action Area 5:** Strengthen financial support for TDA to achieve its goal.



Action Area 1: Diabetes advocacy, awareness and communication

Activities	Timeline per year of implementation	Responsible entity
Development of Advocacy Plan, Awareness Plan and Communication Plan	Year 1	TDA
Conduct diabetes advocacy at all levels of the community e.g., in parliament, churches, workplaces, schools, CSOs including youth groups.		
Recruit 'Diabetes Champions' in different age groups and conduct capacity building activities	Year 3–4	Key partners
	Year 2	
Implement a diabetes awareness campaign as per Awareness Plan	Year 1–5	TDA, TongaHealth, MOH
Commemorate World Diabetes Week as per Awareness Plan	Annually in November	TDA, TongaHealth, MOH
Identify partners i.e., MOH to develop a diabetes care package for people living with diabetes and their support systems	Year 1–Year 2	MOH



Action Area 2: Diabetes prevention and control

Activities	Timeline	Responsible entity
Provide opportunities for stronger engagement and education of people living with diabetes and their support systems through connecting and facilitating access to available support services (for example, healthy cooking classes, diabetes support groups, mental health support, etc.)	Year 1	National Diabetes Centre (MOH)
Support initiatives to promote healthy living at national level through advocacy	Year 1	National Diabetes Centre (MOH)
Support initiatives to reduce diabetes risk for all through the promotion of healthy living at community level – through promotion of healthy cooking, focus group education, etc.	Year 1–5	Health Promotion Unit (HPU at MOH)
TongaHealth		
Community Health (MOH)		
Support development and dissemination of resources to promote healthy living and prevent diabetes, in all settings.	Year 1–5	HPU (MOH) TongaHealth
Support people living with diabetes to have access to diabetes testing kits e.g., glucometers and testing strips, blood pressure monitors, etc.	Year 2	TDA, MOH
Support people living with diabetes to have access to quality care and management, available in Tonga e.g., specialist care, multidisciplinary care for people living with diabetes, essential medicines for diabetes	Year 1–5	MOH, TDA

Action Area 3: Diabetes education and training

Activities	Timeline	Responsible entity
Develop diabetes information toolkit for people living with diabetes	Year 1	MOH, TongaHealth
Support Ministry of Health with capacity building on diabetes knowledge and skills for staff and relevant diabetes stakeholders	Year 1–5	MOH, TDA
Support National Diabetes Centre with education sessions for people living with diabetes	Year 1–5	MOH
Conduct training for community health assistants on diabetes (Tokoni mo’uilelei fakakolo)	Ongoing Year 1–5	
	MOH, TongaHealth	
Provide trainings and education sessions for health settings in the communities		
	Ongoing Year 1–5	MOH
Support Tokoni mo’uilelei fakakolo initiative through facilitating and establishing connection with other like programmes and organisations	Ongoing Year 1–5	MOH, TongaHealth, TDA

Action Area 4: Research and data management to strengthen diabetes care

Activities	Timeline	Responsible entity
Support NCD Registry	Year 1	NDC (MOH)
Set up a mechanism for monitoring and evaluation of implementation and progress of the Tonga Diabetes Association Strategy 2022–2027	Year 1	TDA
Develop a diabetes operational research agenda to systematically identify innovative approaches and good practices to scale up diabetes services in Tonga	Year 2	TDA, TongaHealth
Facilitate publications and presentations of national diabetes related actions at regional and international platforms	Year 2	TDA

Action Area 5: Strengthen financial support for TDA to achieve its goal

Activities	Timeline	Responsible entity
Membership drives to recruit TDA members	Year 1–5	TDA
Develop a TDA business plan with budget identification and allocation	Yearly	TDA
Develop funding proposals for TDA projects	Yearly	TDA
Conduct a diabetes awareness/promotion event	Year 2, 3 and 5	TDA/MOH/TH

Monitoring and evaluation framework

Activities	Timeline	Responsible entity	Impact
Action Area 1: Diabetes advocacy, awareness and communication	<ol style="list-style-type: none"> 1. TDA advocacy plan, awareness and communication plans developed 2. Media initiatives strengthened to increase public awareness and knowledge 3. Community champions and groups are established throughout Tonga 	Diabetes awareness, knowledge and self-care management is improved among all people and those living with diabetes	<p>Improved management of diabetes</p> <p>Improved compliance and control of diabetes</p>
Action Area 2: Diabetes prevention and control	<ol style="list-style-type: none"> 1. Involvement of people living with diabetes (PLWD) in healthy living activities at community level 2. Provision of information packages, testing kits and self-care kits to PLWD 	PLWD are actively involved in Diabetes prevention and control	<p>Improved management of diabetes</p> <p>Improved compliance and control of diabetes</p>
Action Area 3: Diabetes education and training	<ol style="list-style-type: none"> 1. Develop education and self-care resources to be available to PLWDs 2. Support community workshops for PLWD 3. Annual forum on diabetes to be organised 	<p>Better informed Tongans on diabetes self-care and management</p> <p>Increased level of knowledge and awareness</p>	
Action Area 4: Research and data management to strengthen diabetes care	<ol style="list-style-type: none"> 1. Commission research topics each year on diabetes care 	Improved evidence-based practices and knowledge	
Action Area 5: Strengthen financial support for TDA	<ol style="list-style-type: none"> 1. Recruit a part-time worker for TDA 2. Increase membership of TDA 3. Commemoration of World Diabetes Day/ fundraising 4. Annual General Meeting 	<p>Improved perception of TDA</p> <p>A functional TDA with increased membership</p>	



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