



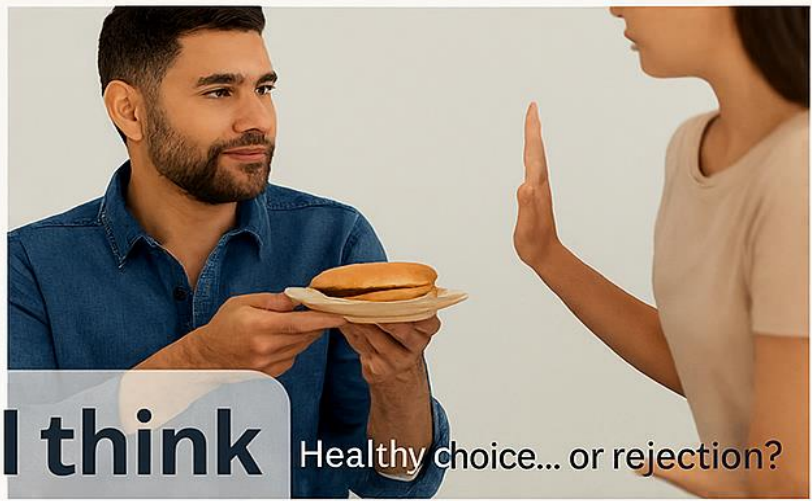
Shell-Shocked

Are we ready for each other's culture?

A conversation about food, faith & health across Australia, New Zealand & the South

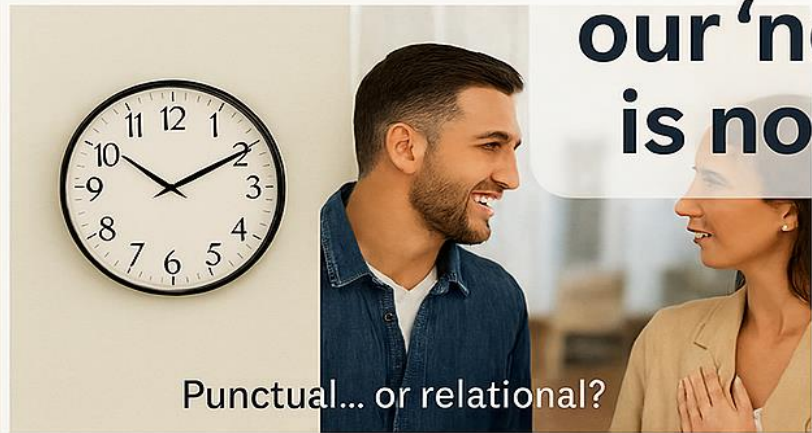


Comfort... or disrespect?

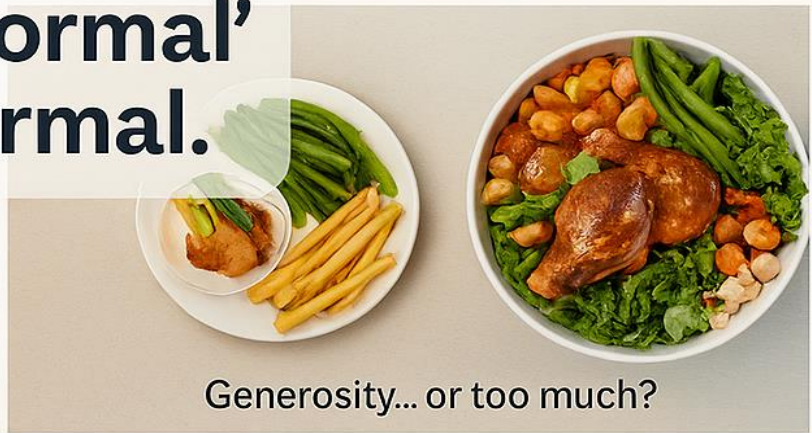


Healthy choice... or rejection?

**We all think
our 'normal'
is normal.**



Punctual... or relational?



Generosity... or too much?

**None of this is right or wrong—
it is meaning shaped by culture.**





Stepping from Vanuatu to Australia


The
10,000 TOES
Campaign

Interactive Time



Scenario 1: Someone is very quiet in a group discussion

Scenario 2: Someone asks personal questions the first time you meet.

Scenario 3: Someone immediately starts helping without being asked

Scenario 4: Someone says “yes” very quickly



Respectful Dress & Cultural Etiquette





Same gathering. Different expression.

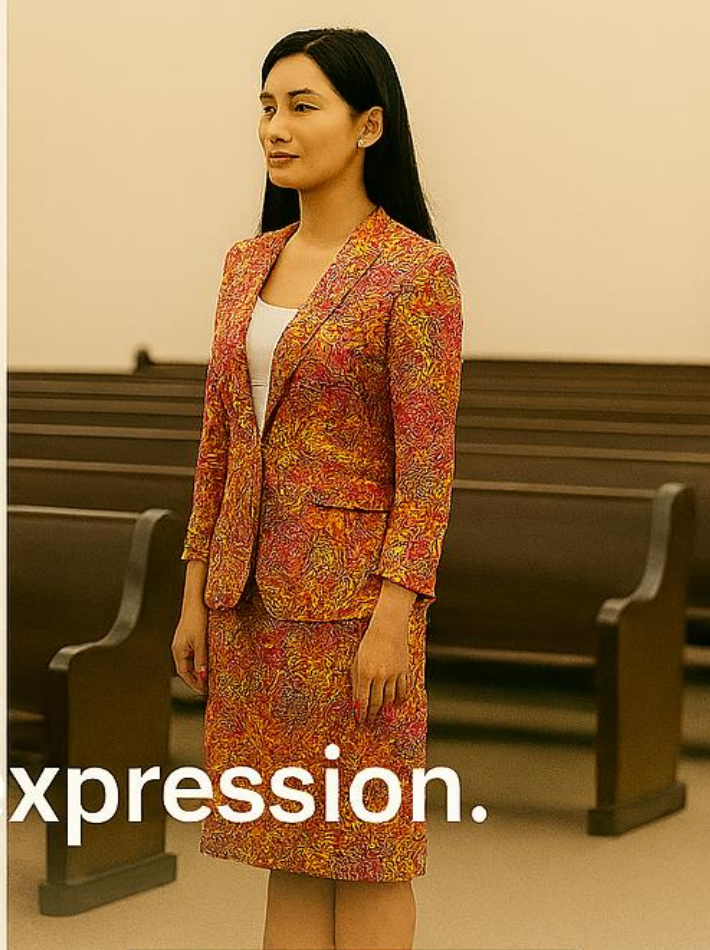
**Formality
= Respect**

**Formality
= Respect**



Casual ↔ Formal

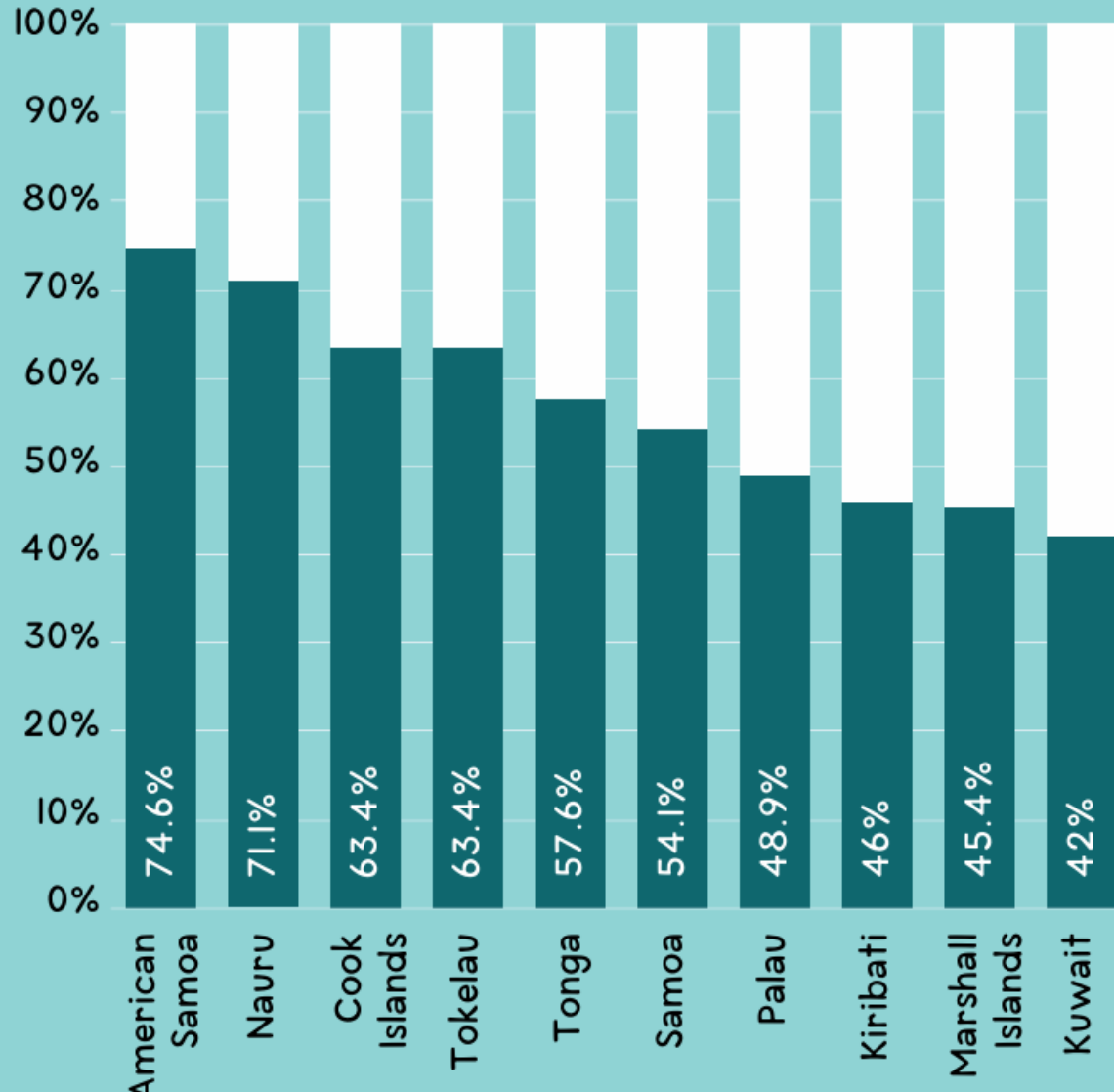
Australian



**Presentation
= Honour**

Chinese

Top 10 Most Obese Nations



It is the fastest-growing chronic disease



20 min



The 10,000 Toes Campaign

Every 20 minutes, an amputation occurs in the South Pacific due to diabetes or an associated lifestyle disease.



The
10,000 TOES
Campaign




The
10,000 TOES
Campaign

Impact Story



TURNING
the Tide
ON DIABETES

in the South Pacific

- 10,000 Toes is equipping villages to prevent, detect, and manage lifestyle diseases.
- Training local people to become ambassadors to run community health checks and lifestyle programs.
- Upskilling Health professionals and advocates in lifestyle medicine.



Prepare

- Research
- Talk to people
- If going to TPUM4 Christ, reach out to your contact person and ask questions

Prepare

- **Acknowledge that you are not coping.**
- **Make sure you are self-sufficient, eg. come prepared for sickness.**

How You Can Help Support Health

- Encourage healthy meals during your mission trip
- Participate in local health events or screenings
- Learn a few words in the local language to show respect



- Avoid bringing sugary or processed snacks to share
- Be aware that natural remedies are big in their cultures.
- Share positive stories of change.
- Speak positively about wellness and local foods.
- Learn about the 10,000 Toes initiatives – they are proud of the Campaign.



**Most misunderstanding
comes from confusing
behaviour with meaning.**

Different Worlds. Same Care.

WEST → PACIFIC

Come as an Ambassador



Food is Sacred

- Costly
- Prepared with care
- A gift of honour



Don't waste it

- Avoid processed "junk" foods
- Think long-term health

PACIFIC → WEST

Adjust Expectations



Hospitality is Different

- Less hosting
- More independence
- People may seem busy



It's not rejection

- It's a different kind of care

**One culture shows care by doing everything for you.
Another shows care by giving you space.**

Q & A

“People may forget what you said, but they will never forget how you made them feel.” –
Maya Angelou



Danny, berusia 52 tahun, baru-baru ini harus menjalani amputasi pada salah satu jari kaki kirinya karena diabetes. Sayangnya, kisah seperti ini terlalu sering terjadi di seluruh kawasan Pasifik, di mana diperkirakan setiap 20 menit seseorang kehilangan anggota tubuh akibat diabetes atau penyakit lain yang berhubungan dengan gaya hidup.



Tahukah Anda?

Di Papua Nugini dan Indonesia, sekitar 69,9% orang dengan diabetes bahkan tidak menyadari bahwa mereka menderita penyakit ini.

PANDUAN MAKANAN

Hijau:
Konsumsi
makanan ini
dalam jumlah
banyak

Kuning:
Konsumsi
dengan
moderat

Merah:
Hindari atau
batasi
makanan ini

Minum cukup air putih
penting — terutama pada
cuaca panas. **10+ gelas**

Tips Hidup Sehat:
Menambahkan hanya satu porsi buah
dan sayuran ke dalam pola makan
Anda dapat menurunkan risiko
diabetes hingga 25%.



TOES

Adventist
Health



ROT BILONG KAMAPIM
GUTPELA HELT

10,000 TOES
Campaign

Adventist
Health



The
10,000 TOES
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