

ONCE UPON A TIME...

THERE WERE TWO FRIENDS WHO SAT NEXT TO EACH OTHER IN CLASS.

VANUATU TEAM: BEN - ROBIN - FILIMONO AND ROBEA DANIEL

THEY WERE BEST FRIENDS, THEY LIKED THE SAME MUSIC AND MOVIES. THEY WOULD OFTEN SIT AND EAT THEIR PACKED LUNCHES TOGETHER...



...EVEN THOUGH THEIR LUNCHES WERE QUITE DIFFERENT.

AND THEIR AFTER-SCHOOL ACTIVITIES WERE ALSO JUST AS DIFFERENT.

ONE LOVED TO PLAY OUT-DOORS AND DO SPORTS...



...BUT THE OTHER PREFERRED TO STAY INDOORS.



HE WOULD SPEND HOURS ON THE COUCH PLAYING VIDEO GAMES.

...AND THIS CONTINUED ALL THROUGH SCHOOL.

20 YEARS LATER...



STILL GREAT FRIENDS, THEY HAVE CARRIED ON WITH THEIR LIFESTYLES, BUT ONE OF THEM DEFINITELY NOTICES THAT HE IS NOT AS HEALTHY. HE IS OBESE AND HAS BEEN DIAGNOSED WITH DIABETES AND HIGH BLOOD PRESSURE.

LET'S BE MORE MINDFUL OF THE HABITS WE PASS ON TO OUR CHILDREN. LET'S GIVE THEM A BETTER FUTURE.



THINK TWICE

THIS COMIC STRIP WAS CREATED BY YOUTH FROM VANUATU AS PART OF THE WAKE UP! PROJECT DESIGNED TO SUPPORT NON-COMMUNICABLE DISEASE CONTROL EFFORTS. THE PROJECT IS BEING CARRIED OUT BY THE PACIFIC COMMUNITY (CPC) PUBLIC HEALTH DIVISION WITH THE FINANCIAL SUPPORT OF THE FRENCH PACIFIC FUND (FONDS PACIFIQUE) AND THE AUSTRALIAN DEPARTMENT OF FOREIGN AFFAIRS AND TRADE (DFAT) © PACIFIC COMMUNITY (CPC) 2019