

NUTRITION & PHYSICAL ACTIVITY UPDATE

QUARTERLY NEWSLETTER | MARCH 2018

Regional Public Health
HAUORA Ā IWI KI TE ŪPOKO • O TE IKA A MĀUI
Better health for the greater Wellington region

HEALTHY OPTIONS AT CREEKFEST



Creekfest provides a relaxed atmosphere for health, education and social services to showcase their services and share their knowledge with community. In its 14th year the event continues to attract thousands, this year's fantastic weather enticed over 30,000 people to a day filled of information, fun and food.

The day also includes amazing entertainment, this year's main stage was headlined by Stan Walker, Three Houses Down featuring General Fiyah and Ria who were all major draw cards. The smaller community stage played host to a number of talented local acts, who kept the crowd well entertained in-between the headliners. We are sure to see

some of these artists on the main stage in the future!

Regional Public Health (RPH) has been involved with Creekfest since the early days when it was located down at the "Cage". This year the RPH Community Liaison was part of the organizing committee and was responsible for facilitating mandatory food safety workshops for all food stall holders. The Fire Service briefed the food stall holders on safety when cooking food on either a barbeque or grill. Porirua City Council Environmental Health Officer briefed them on safe cooking and preparation practices. RPH alongside Compass Health shared the Creekfest Food and Beverage guidelines with them. A key focus for RPH was

working alongside the Creekfest organisers to make the event sugar sweetened beverage free. All vendors were informed that only zero sugar or diet drinks could be sold on the day. To support the move to no sugar sweetened beverages, a water tank was available, giving access to drinking water for everyone.

RPH supported the promotion of healthy food by sponsoring the 'Healthy Kai' award which focused on community fundraising groups, rather than the commercial food stall holders.

The award was to encourage positive efforts in providing healthy food and beverage options to the community at Creekfest. The award specifically encouraged them to be mindful of the food they sold and provide healthier options. On the day it was great to see the effort that some of the food stalls holders made in creating a healthier options.

Our future focus is to work alongside community groups to ensure healthy and nutritious foods are readily available. Making healthy options available at events like Creekfest is a step towards making the healthy choice the easy choice.

FRUIT & VEGE CO-OP A GREAT SUCCESS!



Photo by Jacqui Southwood.

The Wellington Fruit and Vegetable Co-op continues to grow. Regional Public Health and Wesley Community Action now support ten packing hubs in the greater Wellington region, spanning from Miramar to the Kapiti Coast. The newest hub is at Massey University where their students now have easy access to fresh and affordable fruit and veges. Keep an eye out in the Wairarapa region, a packing hub is coming your way soon!

RETURNABLE BAGS: The Kapiti Coast packing hub are about to start a re-usable cloth bag pilot. The aim is to minimize the use and number of plastic bags in our communities, preventing 2,500 bags (per week) entering our environment. The intention is to make the Fruit and Vege Co-op as sustainable as possible, removing plastic bags is just one step towards achieving this.

VOLUNTEERS: The Fruit and Vegetable Co-op is fortunate to have many amazing volunteers who turn up every week. Without these incredible people the Co-op would not be successful. The volunteers are essential to the smooth running of each weekly pack. They help with lifting crates, filling the fruit and vege packs, clean up and distribution of the packs. A heartfelt thank you to all the great volunteers involved.

If you are interested in volunteering or being a member of the Fruit and Vege Co-op head to the RPH website and check it out <http://www.rph.org.nz/public-health-topics/nutrition/fruit-and-vege-co-ops/>

INTRODUCING..

BRIANNA TEKII

Hi I'm Brianna, the new Public Health Dietitian in the Healthy Communities team. I have come from the Heart Foundation where I was Team Leader for Project Energize, and worked with schools and



ECEs on creating a healthy environment. After completing my Masters of Health Science in Nutrition and Dietetics, I decided to specialise in public health so am currently studying towards a Post Graduate Diploma in Public Health.

I enjoy staying active through playing netball, bike rides, walking and swimming. I have recently bought my first home in the Wairarapa with my husband, we are looking forward to exploring the walking tracks and the local community. I am a food enthusiast, and love to cook, bake, and use food to bring people together.

GEORGIA MAYER

Hi, I'm Georgia. I have recently graduated from the University of Otago with a Food Science degree and a Public Health Postgraduate Diploma. I absolutely love all things food, especially trialling and creating fun recipes, my favourite ones to try are healthier versions of baking and sweet treats!



I'm also an avid fan of the outdoors and exploring or going on adventures. I absolutely love mountain biking and I also enjoy tramping and yoga. I'm really excited to be part of the Hutt community, being so close to the ranges and parks is such a bonus. I can't wait to get out and see what the Wellington region has to offer.

HEALTHIER FOOD & DRINK ENVIRONMENTS WORKSHOP

On 14 March 2018, Regional Public Health held a workshop focusing on healthier food and drink environments. The workshop was well attended, with representatives from Porirua, Upper Hutt, Palmerston North and Napier City Councils, Local Government New Zealand, Victoria University, Healthy Families Lower Hutt and the Ministry of Health.

Jacqui Yip, Public Health Dietitian, Auckland Regional Public Health, Ben Maw, Council Lead- Food Systems, Healthy Families Manukau and Pete Caccioppoli, Senior Activation Advisor, Auckland

Council, facilitated the day.

They shared their experiences of creating a healthier food environment in their community. The question and discussion time was productive with everyone openly discussing their experiences within their communities and what had worked for other organisations and how this could be applied in their work.

Key learnings from the day were to “just start” and the importance of the wider team in the council supporting the work. The workshop provided participants with baseline

guidelines from which to start making changes and a support network of people to draw from.

The feedback from the workshop was overwhelmingly positive, with all attendees finding the workshop very useful. Attendees made the most of networking opportunities to learn more about what is happening in the food and drink environment space.

We will be continuing work in this area and hope to have further updates of success to share soon!

BIKES IN SCHOOLS

Twenty year 8 students from Holy Family and Corinna School went on a cycling adventure with the support of Partners Porirua, Wellington Regional Councils (Bikes in Schools Program), USO Bike Ride and Green Bikes Porirua.

Before heading off, the students were given the ABCs (Air, Brakes and Communication) about cycle awareness and helmet safety. The students cycled the flat scenic, track to Bothamley Park, a 3.7km double width walking/cycling track situated away from the Porirua City centre. Teachers and adults provided supervision and positioned themselves at the front, middle and tail-end of the group. Everyone safely reached their destination, where they enjoyed a morning tea provided by Partners Porirua.

It was an exciting day for many and wonderful to see so many children exerting their independence through being active.

