

Nutrition and Physical Activity Update

The work of the Nutrition and Physical Activity Team focuses on reducing the prevalence of obesity and chronic diseases, especially in our most vulnerable children and whānau. We utilise the principles of the Ottawa Charter to improve access to healthy and affordable food and increase and promote physical activity in our community.

The NPA Team

Vicki Robinson

Public Health Dietitian
Ph: 04 587 2629
Vicki.Robinson@huttvalleydhb.org.nz

Jessica Jones

Workplace Health Promoter
Ph: 04 587 2554
Jessica.Jones@huttvalleydhb.org.nz

Emmeline Haymes

Public Health Advisor
Ph: 04 570 9193
Emmeline.Haymes@huttvalleydhb.org.nz



Rimutaka Prison Health and Wellness in the Workplace

In late 2013 the staff at Rimutaka Prison decided to make a positive change to improve health and wellness in their workplace. A health and wellness committee was formed involving staff members from different areas within the prison. With assistance from Regional Public Health's Workplace Health Promoter and 'A Guide to Promoting Health and Wellness in the Workplace' (RPH 2012) the committee set to work.

The committee's first task was to run an anonymous employee health and wellness survey via survey monkey (online), using questions adapted from Regional Public Health's guide. The survey results provided baseline data and were used to guide the direction of initiatives. To build excitement within the workplace, the committee organised a health and wellbeing expo. Local and national agencies such as the Heart Foundation, Cancer Society and Te Awakairangi Health Network were invited and the day received great feedback from the staff.

During the expo staff members shared ideas with the committee as to what would aid their health and wellness in the workplace. As a result, a fleet of bikes was purchased for staff to use to increase physical activity opportunities during the day. A couple of committee members also trained as quit coaches to help with smoking cessation support. The onsite gym also received some maintenance to help keep staff members active.

The committee decided in 2014 to focus on a specific health or wellness topic each month. These events were promoted via notice boards, email and by word of mouth. Each event was linked to a national awareness day. With shifts running 24 hours a day, seven days a week, employees at Rimutaka Prison have staggered breaks. To enable most staff members to participate it was decided that an event should run all day, rather than just at lunch time.

One of the most successful events was Daffodil Day with a biking and rowing contest. The staff challenged management to see which team could row and bike the furthest distance, with the winners taking home bragging rights. The money raised was donated to the Cancer Society.



Staff in the rowing and biking challenge.

In the lead up to the event, staff trained a lot, with one staff member (who had previously been very sedentary) completing an hour on the bike. Other successful topics were a smoking cessation event that coincided with World Smoke Free Day and a women's wellness day where agencies such as family planning and women's only gyms participated.

To kick off 2015 the committee organised another expo at the end of January, again inviting a wide range of agencies to get employees enthusiastic for another year of health and wellness. Alongside this expo, the committee is going to launch some nutrition based initiatives they have been working on during 2014. Water bottles will be added to the vending machines and sugar sweetened beverages will be replaced with low calorie and sugar free options. High fat, sugar and salt snacks in the vending machines will be swapped with healthier options. Rimutaka Prison is also planning on introducing a workplace fresh fruit delivery, available for staff members to purchase as a healthy snack option.



Te Awakairangi's physical activity challenge.



Family Planning and Breast Screen Aotearoa at the Woman's Expo.



Daffodil Day fundraising.

For more information or if you would like support making changes in health and wellness in the workplace please contact:

Jessica Jones, Workplace Health Promoter, Regional Public Health, Jessica.Jones@huttvalleydhb.org.nz
Ph: 04 587 2554.

A Guide to Promoting

Health and Wellness in the Workplace is available at <http://www.rph.org.nz/content/a87180ef-7077-4465-9bcd-bd8c6c76e882.cmr>

Articles and Links of Interest

- Regional Public Health's recipes from the *East Porirua Fruit and Vege Co-op* <http://www.rph.org.nz/content/d296b240-1946-4e50-aa3f-194e845a7477.html>

Along with Wesley Community Action, The Salvation Army and Corrina School RPH is piloting a fruit and vege co-op in East Porirua. The purpose of the co-op is to improve access and affordability of fruits and vegetables for residents of Cannons Creek and Waitangirua. Recipes using ingredients found in the fruit and vege bags are included in the bags each week.

- *Managing patients who are obese: Encouraging and maintaining healthy weight-loss* <http://www.bpac.org.nz/BPJ/2014/December/docs/BPJ65-obesity.pdf>
- A new McKinsey Global Institute (MGI) discussion paper titled *Overcoming obesity: An initial economic analysis* can be downloaded from http://www.mckinsey.com/insights/economic_studies/how_the_world_could_better_fight_obesity
- Tackling the Growing Obesity Epidemic: a General Practice Perspective <https://www.rnzccgp.org.nz/assets/documents/Standards--Policy/16DecFINALPolicyBriefDecember2014.pdf23027997-the-obesity-fix>