

# REGIONAL PUBLIC HEALTH

MARCH - JUNE 2014

## Wellington Region 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 increase and promote physical activity opportunities and improve access to healthy and affordable food in our community.

### BUILDING HEALTHY PUBLIC POLICY

CCDHB staff recently surveyed were extremely positive about the use of food policy as a health promotion strategy to role model healthy food options within its cafeterias, shops, vending machines and fundraisers.

RPH is working to extend this policy to cover all three DHBs. If your organisation would like help to develop a food policy please contact us to support this process at [Vicki.Robinson@huttvalleydhb.org.nz](mailto:Vicki.Robinson@huttvalleydhb.org.nz).

A workshop and guidelines were this year provided to stakeholders of the 2014 Porirua Creekfest to engage their support to sell healthy foods. This event was fizz free and awards were provided to stall owners most compliant with the guidelines.

### REORIENTING HEALTH SERVICES

We are currently collating the survey data that some of you have completed on ways to improve access to the Disability Allowance for food. A report of recommendations will be distributed via email and our website as soon as available.

### STRENGTHENING COMMUNITY ACTION

If you work with community groups who are preparing submissions to local or central government/licensing bodies you may find the RPH **Guide for Health Promoters: Working with communities to participate in the submission process** useful. The guide has four parts covering:

- The submission process
- Planning a submission with the community
- Workshops to identify community issues
- Key points to cover in preparing a submission

### CREATING SUPPORTIVE ENVIRONMENTS

Led by Wesley Community Action, the Eastern Porirua community commenced a six month pilot food cooperative this month to improve access to affordable fruit and vegetables. The co-op is modelled on one developed in Christchurch following the 2011 earthquakes and now serves over 2000 families a week. The Eastern Porirua pilot has proved popular with numbers doubling over the first month. For further details please contact Wesley Community Action, Salvation Army or Corrina School.



### DEVELOPING PERSONAL SKILLS

This newsletter and our website aim to keep you up to date with our work, new resources, research, events and emerging issues to support access to physical activity and affordable healthy food options in our community. Please give us 5 minutes of your time and complete this survey to support us meet your needs: <https://www.surveymonkey.com/s/3YKJ75T>.

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| <b>NEW RESOURCES</b>   | <b>Food Security</b> Do you want to prioritise healthy food for your clients but find it hard due to a reliance on food donations? This American research suggests nutrition based donation guidelines as a means of supporting client health and wellness |
| <b>Behind the Hype: Sports Drinks</b> (Health Promotion Agency)  | <b>UP &amp; COMING EVENTS</b>  |
| <b>How much sugar can you drink?</b> (Health Promotion Agency)   | <b>HUTT VALLEY</b>   |
| <b>Guidance for healthy weight gain in pregnancy</b> The Ministry of Health have recently released new guidelines guidance for health practitioners. Resources are also available on the <b>Ministry of Health website</b>                                     | <b>Te Aroha TRYathlon</b> A triathlon with an emphasis on the TRY. Perfect goal for people who wouldn't ordinarily take part in competitive events   |
| <b>USEFUL LINKS</b>  |   |
| <b>World Obesity</b> Join scientific, medical and research professionals keep up to date with global efforts at reducing, preventing and treating obesity  | <b>Taita FREE Zumba classes</b><br>When: Tuesday 9.30-10.20am; Wednesday 6.30-7.20pm<br>Where: St Matthews Anglican Church Hall, cnr Reynolds & Taine Streets, Taita   |
| <b>INFORMAS benchmarking food environments</b> You will be hearing more about this University of Auckland research which aims to monitor, benchmark and support public and private actions to create healthy food environments                                 | <b>Hikoi for HUHA</b> – come walking with you dog!<br>Sunday 20 July, 2-3:30pm. Meet at Hutt Park, 93 Hutt Park Road, Seaview and walk to Te Whiti Park via Riverside Drive (short loop option also available)   |
| <b>Community based obesity prevention network</b> Links research, policy and practice to ensure best practise and cooperation to promote healthy eating and activity   | <b>Connex</b> 10 days of Winter this school holidays (7 - 18 July)   |
| <b>RESEARCH</b>  | <b>Valley Fit Gym Class Upper Hutt</b> For Hutt Valley residents who don't feel comfortable in a gym but want help to get active   |
| <b>FOOD SECURITY</b>   |  |
| <b>Food Policy: Healthy Food Procurement policies and their Impact</b> This review finds food procurement policy is an effective way to impact the availability and purchases of healthy food especially when combined with pricing and promotional strategies |  |

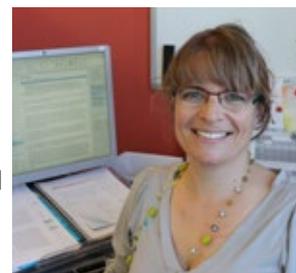
## INTRODUCING OUR NEW STAFF MEMBERS

The departure of Hayley Goodin and Anita Taggart has led to the appointment of two new team members.

**Jessica** will fill the role of workplace health promoter. She has come from a nutrition health promoter role at Community and Public Health, South Canterbury. She has worked with a range of settings including early childhood centres, schools, workplaces and community groups. She is looking forward to partnering with others working in the workplace health field.



**Emmeline** has joined the team from her role as national coordinator of the National Fluoridation Information Service. Emmeline is a registered nutritionist with the New Zealand Nutrition Society. Prior roles have included community nutritionist for Ngati Porou Hauora on the East Cape and FSANZ nutrition risk assessor.



## THE NUTRITION & PHYSICAL ACTIVITY TEAM

**Vicki Robinson**, Public Health Dietitian 04 578 2969 - [Vicki.Robinson@huttvalleydhb.org.nz](mailto:Vicki.Robinson@huttvalleydhb.org.nz)  
**Jessica Jones**, Workplace Health Promoter 04 587 2554 - [Jessica.Jones@huttvalleydhb.org.nz](mailto:Jessica.Jones@huttvalleydhb.org.nz)  
**Emmeline Haymes**, Public Health Advisor 04 570 9193 - [Emmeline.Haymes@huttvalleydhb.org.nz](mailto:Emmeline.Haymes@huttvalleydhb.org.nz)

If you have anything that you would like promoted in this update please email details to [Vicki.Robinson@huttvalleydhb.org.nz](mailto:Vicki.Robinson@huttvalleydhb.org.nz)

*Regional Public Health*  
Better Health For The Greater Wellington Region

