

# Pitopito kōrero

Quarterly newsletter from Regional Public Health - Wairarapa  
June 2015

Issue 11

## Public Health: working with you in our community



### Nurturing baby

Breastfeeding Wairarapa held a breastfeeding promotion day 'Nurturing Baby' in February in Masterton. The event promoted that breastfeeding is free and one of the best things that families can provide for their children. Free fruit, a free sausage sizzle and entry into a free raffle were all given away to promote the idea that **breastfeeding is free, anywhere and anytime.**

The winner of the raffle was Carterton mum, Amy Arnold (pictured with baby Grace) who received a box of goodies for her and her baby. Nurturing Baby would like to thank the local businesses for their support to make the event happen: Tui Balms, Polka Dots, The Villa Beauty Therapy, Premier Beehive, Breadcraft, Countdown, Masterton District Council, the Smokefree Network, Arrow FM, Pak'nSave, The Radio Network and Wairarapa Midweek.

Breastfeeding Wairarapa is also promoting breastfeeding-friendly spaces in the community. Local businesses can sign up via the group's [Facebook page](#) (search Breastfeeding Wairarapa). Once a business or public space puts signs up, the group will provide publicity on their Facebook page and provide a 'breastfeeding welcome' sticker.



Kia kai hikareti te tangata i to waka, ka kai te **katoa** i te auahi

Make your car smokefree  
Kia auahi kore o tatou waka

Enter your smokefree car and WIN

Enter your smokefree car and you could win one of four \$250 Car Valet prizes! Entry is simple. Collect your FREE 'Smokefree' window shade from MediaWorks in Kuripuni or from Whatawa at Park St, Masterton and follow the instructions for your chance to win.

Make your car smokefree for the future. Call an expert quit coach from Whatawa on 0800 4 WHAIOA.

Supported by MediaWorks and The Health Promotion Agency

[www.smokefreecars.org.nz](http://www.smokefreecars.org.nz)

Tune in to our Talking the Walk programme on Arrow FM, 92.7FM, Wairarapa's only Community Access Radio Station on the first Tuesday of every month to hear about the latest public health issues. Podcasts are available at [www.arrowfm.co.nz](http://www.arrowfm.co.nz)

## Introducing...

Jacqui Ewington and Sindy Baker work across the Wairarapa as our vision and hearing technicians. They deliver vision and hearing screening in schools and undertake the B4SC check vision and hearing screening tests in medical practices.

Jacqui was born and raised in the Wairarapa and enjoys all the beauty this region has to offer, especially the beaches, which is where she loves to spend time with her husband and three school aged children.

Sindy has been working as a vision and hearing technician in the Wairarapa for 11 years. She enjoys working in a small community where her work can be seen to make a real difference.



Jacqui Ewington



Sindy Baker

## Seasonal Affective Disorder

Seasonal Affective Disorder (SAD) is a form of **depression** that can be related to the change of season from summer to winter and on into the winter months. It can also be known as the 'winter blues'.

**The exact cause of SAD is unknown.**

**Do not ignore SAD as it can be treated.**

Signs and symptoms of SAD usually build up slowly through late autumn and the winter months and can include:

- A persistent low, sad or depressed mood.
- Loss of interest and pleasure in usual activities.
- Irritable mood.
- Change in sleeping patterns.
- Change in appetite.
- Decreased energy and tiredness.
- Reduced contact with others.
- Thoughts of hopelessness and death.
- Difficulty thinking clearly.

**If you think you are experiencing SAD, talk to your doctor. The treatment of SAD will be tailored to your needs.**

(NZ Mental Health Foundation, 2015)

## Snackivity

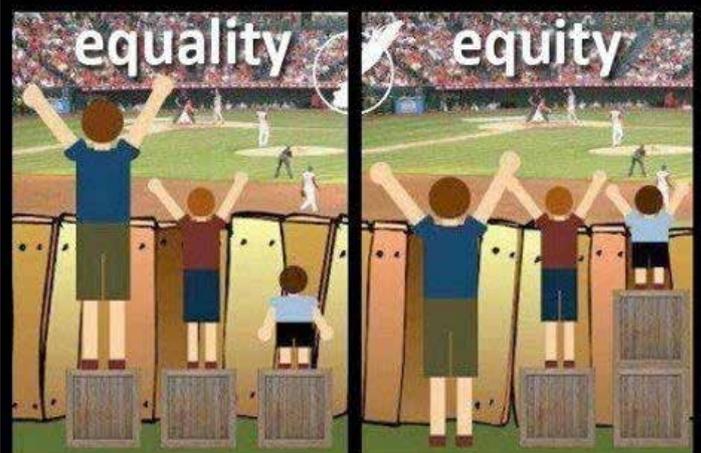
### Use your imagination!

Imaginative play is a great way to allow children to use their imagination and stimulate their creativity. It aids in developing self-esteem, self-awareness and self-confidence. As the cooler months creep upon us, lets create fun and interactive movement environments, indoors. Try the following simple and inexpensive ideas at home together:

- **Cardboard box:** redesign into a car, a horse, a tunnel, a play house, a sled.
- **Milo/coffee tins:** add chopsticks to make drums, attach a rope to make stills, fill with rice to make musical shakers.
- **Plastic bottles:** collect six bottles and have a game of skittles, cut a bottle in half to make a scoop to catch small balls or bubbles.
- **Obstacle course:** crawl under a row of chairs, over a mound of pillows, roll across a mattress and finish by throwing socks into a basket.

## Equality vs. equity

**Here at Regional Public Health we strive to ensure equity is promoted.** The World Health Organisation defines equity in health as *"minimizing avoidable disparities in health and its determinants – including but not limited to health care – between groups of people who have different levels of underlying social attributes"*. (WHO)



**Equality = SAMENESS**

Equality is about SAMENESS, it promotes fairness and justice by giving everyone the same thing.

**Equity = FAIRNESS**

EQUITY is about FAIRNESS, it's about making sure people get access to the same opportunities.

BUT it can **only work IF everyone starts from the SAME place**, in this example equality only works if everyone is the same height.

Sometimes our differences and/or history, can create barriers to participation, so we must **FIRST ensure EQUITY** before we can enjoy equality.

# Heating your home over winter – creating a warm, healthy environment for whānau

To support our families in the cooler months, we, as organisations and health professionals, can work together to share healthy homes information, and advocate on behalf of our families to support everyone living in the comfort of a warm, healthy home.



Your public health nurses and Whānau Ora teams are available to undertake healthy home assessments, contact them if you are concerned about the health of a family's home.

## Insulation

**If your home insulation is not adequate, you may be losing a lot of heat.** Two thirds of New Zealand homes were built before 1978, when it was not mandatory to have insulation. Insulation can not only help keep your home warm and your power bills low, but can also help reduce colds and other respiratory illnesses by limiting condensation, dampness and mould. Your family may be eligible to have insulation installed for free – just contact EnergySmart (phone 06 370 1019) for a free home assessment and to discuss your options.

Criteria for free insulation is:

### 1. Financial Criteria:

- Home Owner Occupant in the home currently has a Community Services Card or a Community Services Card endorsed SuperGold Card.
- Lead Tenant currently has a Community Services Card or a Community Services Card endorsed SuperGold Card.

### 2. Health Criteria:

- One or more of the occupants are under the age of 17 and/or over the age of 65.

**OR**

- One or more of the occupants are at risk of developing, or have a pre-existing condition, affected by cold, damp housing. For example, a respiratory condition, rheumatic fever, coronary/heart disease, skin conditions (eczema, cellulitis), mental health, diabetes.

For more information on how to keep your home warm this winter, visit [www.rph.org.nz](http://www.rph.org.nz) and go to 'public health topics' → 'housing'.

## Where there's smoke there's fire

Coming into winter, we tend to use our fires as a source of heat and enjoyment. Many people burn wood because it is economical, renewable and can heat your home well, if used properly.

Regional Public Health are working with Masterton District Council and Greater Wellington Regional Council along with our communities to put in place initiatives to reduce winter smoke pollution and adverse health effects, such as respiratory conditions. During winter, particularly in Masterton on still days, smoke hangs around in the air creating a nuisance. Greater Wellington Regional Council are currently offering a 'loan buy back scheme' for Masterton residents to assist in the installation of clean heating options. For more information contact Greater Wellington Regional Council.

The efficiency of wood burners varies, depending on their age and how they are managed. However, open fires can actually draw heat from your home and can be very inefficient.

A wood burner or open fire, when not being used properly, can produce excessive smoke, building up dangerous creosote which creates unwanted air pollution. This is a waste of energy and your money.

To reduce smoke and air pollution from wood burners, below are some 'GOOD WOOD' suggestions, including:

### When lighting a fire make sure you:

- Use enough kindling.
- Don't put too much firewood in at first.
- Stack wood loosely in the firebox so air can circulate.
- Always use dry wood (this is vital).

### Once alight make sure you:

- Keep the fire burning brightly.
- Keep the air control open for at least 30 minutes.
- Burn smaller logs rather than trying to burn a single larger log.
- If you add logs, open the air control to high for at least 20-30 minutes, before turning down.
- Don't damp down the fire (while this might keep the fire 'in' overnight it causes excessive smoke for long periods of time).
- Don't burn rubbish on the fire.
- Regularly remove the ashes from your firebox and store in a covered metal container away from your house to prevent a fire hazard.
- Do not burn treated timber. Timber is often treated with arsenic and burning can cause chemicals to collect in the air, both inside the house and outside in the environment.
- Have your chimney or flue swept/cleaned each year.

## Coughs and colds

The prevalence of coughs and colds significantly increases over the winter months. The Ministry of Health has identified 200 different strains of the cold virus. A cold is spread through the air when someone with a cold coughs or sneezes, or it is transferred by touching objects that a person with a cold has handled prior.

Take a look at your lifestyle conditions. You are more vulnerable to picking up a cold if you are overtired, emotionally or physically stressed, have a poor nutritional diet, are a smoker or live and/or work in crowded conditions.

(Ministry of Health, 2014)

To help stop the spread of coughs and colds:

- Stay at home if unwell.
- Avoid sniffing or wiping your nose – teach your children how to blow their nose.
- Use a tissue to blow your nose and to cover your mouth when you sneeze or cough.
- Throw used tissues in the bin, then wash hands with soap and water.
- Try to keep tissues handy.

**TRAP IT:** in a clean tissue.

**BIN IT:** throw the tissue away into a rubbish bin.

**WASH IT:** wash your hands with soap and water to kill any germs left on your hands.

Judi Harding, public health nurse, spent a day with Tuterumuri School to support students with a discussion about hygiene and hand washing. Students shared their messages with their school by designing these brilliant posters. Well done team!



## Head lice tip

If a child has head lice, encourage their parents or caregivers to **keep their nails cut short and clean**. This is so when a child is tempted to scratch their head they are less likely to break the skin, which may lead to an infection of the scalp.

## What the team has been up to...



PJ Devonshire, general manager at Kahungunu Ki Wairarapa, took Regional Public Health on a hiko, to give us an introduction to Wairarapatanga and an understanding of Māori identity within Southern Wairarapa. What a great day!

Ka nui to mātou mihi ki a Kahungunu Ki Wairarapa e whakaae ana kia noho mai mātou ki raro i te kaupapa o Wairarapatanga.

Ka rawe hoki te ako i ngā kōrero tawhito, kōrero tūturu o ngā kainga o te Wairarapa.

Hei te wā ka kite ai tātou katoa he hua ka puta, ā, ka mau tonu kia ita.

We would like to thank Kahungunu Ki Wairarapa for providing us with the opportunity to participate in Wairarapatanga.

We thoroughly enjoyed learning about the history and cultural significance of local places in the Wairarapa.

We look forward to using our knowledge when connecting with our community.

**Regional Public Health – Wairarapa works to keep the community healthy by providing services that promote good health practices and prevent disease.**

**We go where you work, learn, live and play to help you stay healthy; health begins before you need medical care. Our vision is health and well-being for the members of our community most at risk.**

**The team is available for advice and practical help. If you would like a public health nurse or advisor to come to see you or for more information about public health services in the Wairarapa call (06) 377 9111 or visit [www.rph.org.nz](http://www.rph.org.nz).**