

Healthy Christchurch

Newsletter #57, Haratua (May) 2008

From the Healthy Christchurch Coordinators ANZAC Day reflections

You will be aware that the Healthy Christchurch Charter is grounded in, amongst other principles, the Ottawa Charter. So what is the link between the Ottawa Charter and ANZAC Day, you ask?

A look at some of the words from the Ottawa Charter will make that clear:

'Prerequisites for Health

The fundamental conditions and resources for health are:

- **peace**,
- shelter,
- education,
- food, income,
- a stable eco-system,
- sustainable resources,
- social justice and equity.

Improvement in health requires a secure foundation in these basic prerequisites.'

Let us be grateful for the relative peace we have as a country, because its opposite-war-would not be good for our health and wellbeing.

More about the short course

We're still feeling the afterglow of the Healthy Cities and Communities Short Course which Healthy Christchurch hosted in April and promised to tell you more about it.

An effective learning experience occurred on the third day of the course when groups of participants, armed with cameras and a tick list of qualities to look for, visited chosen sites around the city. Each participant was in a group based on the mode of transport he/she had selected (walk bus, or cycle). The sites to be assessed, selected by course organisers in advance, were:

- For the 2 groups of walkers: city public space (Victoria, Cathedral, Cranmer and Latimer Squares) and inner city regeneration (Central City South).
- For the 2 groups of those using buses: recent urban development (New Brighton pier and mall) and gentrifying suburban space (Sydenham)
- For the 2 groups of cyclists: revitalisation (Edgware) and commercial development (Riccarton-from Dean's Bush to Tower Junction via Riccarton Mall and comparing Rimu St and surrounds with Division St to Tower Junction).

The tick list and instructions for these hardy souls is attached.

Upon their return to Manca House, the groups put together presentations complete with the photos they had taken on their site visit (and in one case, guitar accompaniment!) and then presented to each other. Your trusty coordinators' impression from the presentations given by the six participant groups was that Edgware won out as the People's Choice!

We are looking to post the various power point presentations from the short course on the Healthy Christchurch Information Base over time.

New features in the newsletter

Commencing with this issue, two new headings will serve to highlight the two Healthy Christchurch priorities:

- To reduce health inequalities by working to improve the health status of those in Christchurch in disadvantaged groups.
- To improve the physical activity and nutrition of people living in Christchurch.

Reducing Health Inequalities

Higher Cancer Mortality in Maori, Pacific People and Native Hawaiians

Indigenous people from New Zealand and Hawaii have higher mortality rates for many cancers than Europeans in those countries according to a publication from the University of Otago, Christchurch. Culturally appropriate education on screening programmes, diet, and smoking might help reduce these mortality rates.

The findings are detailed in the first of a series of literature reviews on worldwide cancer disparities in the latest issue of the prestigious British medical journal 'The Lancet Oncology'. University of Otago Christchurch researcher, Dr Gabi Dachs and colleagues reviewed studies of cancer incidence and mortality, as well as cancer management and risk factors, across Polynesian island populations.

The major finding of the review is that although the likelihood of getting cancer in Maori was not very different from European New Zealanders, the overall likelihood of dying from cancer is about 1.6 times higher in Maori men, and 1.9 times higher in Maori women, than in European men and women in New Zealand.

The authors say: "The incidence of specific cancers differs by ethnic group, with cervical and uterine cancer in women, and stomach and testicular cancers in men being in the top five most common cancers in Maori, but not in non-Maori populations."

- Mortality from different types of cancer is higher in Maori and Pacific people than in Europeans, except for colon, brain, and bladder cancer, and melanoma.
- For example, for colorectal cancer, the mortality in Maori is similar to that of European New Zealanders despite a much lower incidence of colorectal cancer in Maori.

In Hawaii, a similar pattern is seen, with native Hawaiians having higher cancer mortality than Europeans. Information about cancer incidence and mortality on most other Pacific islands is sparse or missing.

Cancer survival (the length of time someone lives with cancer) is also higher in Europeans living in New Zealand and Hawaii than indigenous people.

However, the review does more than describe known extrinsic and individual risk factors which cause differences in cancer mortality. It also raises significant questions as to whether there are differences in the underlying biology of different ethnic groups, i.e. Maori and New Zealand Europeans, which may result in different cancer outcomes.

One of the reasons for these disparities in mortality is that low socioeconomic status is associated with higher cancer mortality, and, generally, Maori and Pacific people have lower incomes than European New Zealanders.

In terms of risk factors, Maori are more than twice as likely to be smokers as European New Zealanders, 50% are more likely to be obese, and almost three times as likely to be obese smokers.

Pacific people living in New Zealand are slightly more likely to smoke, and are much more likely to be obese, than Europeans. Maori and Pacific people also have much higher rates of diabetes than European New Zealanders.

The researchers report that Maori people often present with more advanced stages of cancer than do European New Zealanders, and that screening programmes, e.g. for breast cancer, cover more European than Maori people.

“In some cases, delayed presentation doesn’t account for the poorer prognosis of Maori and Pacific Islanders. Future health research needs to focus on the pathological characteristics of specific cancers which indicate a worse prognosis in these ethnic groups,” says Dr Dachs.

To tackle the issue of cancer disparity, the New Zealand Cancer Control Strategy Action Plan was implemented in late 2005, consisting of 23 projects. So far, 17 have reported, with some studies recommending specific services for Maori, together with a Maori cancer workforce.

The authors conclude that the extent of the differences in outcome in mortality due to different risk factors, biological factors, or health behaviours is unclear.

They say that evidence exists to support culturally appropriate education on screening programmes, diet, and smoking, all of which could lower the cancer burden in Polynesian communities.

This research was supported by New Zealand Cancer Society, the Health Research Council and the Director’s Cancer Research Trust.

Housing for 16-17 year olds – Housing New Zealand Corporation Policy Single 16-17 year olds

Housing New Zealand Corporation (HNZC) will consider housing applications from single 16 or 17 year olds, on a case-by-case basis, who meet the standard eligibility criteria for an HNZC home – applicants must be on a low income, have a housing need, be a New Zealand resident, and meet the asset threshold. A housing assessment/interview takes place to establish their situation and housing needs. Since we operate a ‘waiting list’ of people who want to move into our homes, we need this information to determine an applicant’s priority on that list. We will discuss:

- current living situation
- residency status
- weekly income and housing expenses
- assets – like money in the bank and investments
- housing needs and how much rent they can afford
- alternative housing options

If the interview satisfies all eligibility issues, the application would be placed in priority order on the waiting list containing all other single people (of all ages) seeking a 1 bedroom HNZC tenancy.

The following points are relevant:

HNZC does not provide emergency accommodation.

HNZC has a very limited supply of one bedroom tenancies and turnover is unpredictable.

Most one bedroom tenancies are in small housing complexes with older residents.

HNZC must recognise and respect compatibility issues.

16-17 year olds are legally considered ‘minors’. If an HNZC tenancy was to be offered, Tenancy Services would need to complete a mediation to ensure the applicant fully understood their tenancy rights and obligations.

Depending on an individual situation, HNZC may offer a fixed or short term tenancy so that a pattern of tenant behaviour can be established.

HNZC may require ongoing supports - parental or organisational - to be in place for the period of the tenancy.

16-17 year olds with or expecting a child

All of the above information also applies to this applicant group – however, they would be placed in priority order on the list of applicants waiting for a two bedroom tenancy.

Improving physical activity and nutrition

\$1.2m to aid research into Maori health

Press Release 29/04/08 on Scoop: Health Research Council

Grants worth a total of \$1.2m are being offered to researchers to look into the health and social wellbeing of Maori.

The Health Research Council of New Zealand (HRC) in partnership with the Foundation for Research, Science and Technology has invested jointly in a fund to support research on Whanau Ora.

The aim is to focus on the distinct needs of Maori, using enterprising solutions that arise from Maori knowledge, people and resources, to tackle social inequalities and help formulate future health policy.

A funding pool of \$900,000 is available for projects of up to three years that look at the challenges for whanau, Hapu, Iwi and Maori communities in achieving whanau ora.

Aroha Haggie, Group Manager Maori Health Research and Health Sector Relationships at the HRC, said: "We are delighted to offer funding that will draw on knowledge and ideas in the community to help improve the lives of Maori for future generations. We are seeking research that addresses Maori social and health inequality and will contribute to an improved understanding of interrelated causes."

Previous projects have included a scheme to reduce the uptake of tobacco smoking, an activity group for young people and a study of how plants traditionally used in Maori medicine can be effectively used to treat ailments.

This year the focus is specifically on whanau ora in health and studies may consider, for example, the prevalence of diabetes or oral health in Maori communities.

In addition, a total of \$300,000 is being offered for advisory and seeding grants, which are targeted at community-based groups, and will pay for expert advice to help the group prioritise their research needs and look at practical ways to carry out studies.

There are also opportunities for community organisations to develop a research and development strategy.

Ms Haggie said: "Any organisation that wants to undertake research into issues related to Whanau Ora is eligible to apply. The team as a whole must have the capacity and capability to undertake research with Maori communities."

Project grant applicants must express an interest by 20 June 2008, which is also the closing date for the advisory grants.

The outcomes will be announced later this year.

For more details contact Aroha Haggie on 09 303 5207 or email her at ahaggie@hrc.govt.nz

Upcoming Events

Cathedral Square 17 May Recognising World Hepatitis Day which is on 19 May.

On Saturday 17th May in Cathedral Square Hepatitis C Resource Centre is having 3 bands (Headline Act -the Chills), games and prizes, info stalls and a number of guest speakers starting at 10 am and finishing at 3 pm. If people want to find out more they can contact the Bill Jang, Hepatitis C Resource Centre-0800224372 or ChCh 03 366 3608

Youth Week 2008, 26 May – 1 June

Youth Week is about creating a society that values young people and affirms their diversity. The week aims to highlight the amazing things young people (12-24 years) do. In 2008 the focus is on relationships.

For more information and to order Youth Week resources, check out the Youth Week website: www.youthweek.co.nz.

Youth Week is coordinated by New Zealand Aotearoa Adolescent Health and Development and supported by J R McKenzie Trust.

Hoodie Day—Friday 30 May

In 2008 the first Hoodie day will be held as part of Youth Week. Wear a hoodie on Friday 30 May to show your support for youth. Hoodies, like young people, often get a bad rap. But given a chance, a hoodie can be your best friend—stylish, warm and cosy. Wearing a hoodie on 30th of May means you care about the youth of Aotearoa.

If you are at a school, you might like to have a Hoodie Day mufty day. Or if you are involved in a community organisation, you could hold a special Hoodie Day event.

Some Youth Week hoodies may be able to be ordered from the Youth Week website closer to the time. Otherwise just put on a hoodie from your wardrobe!

Training and Workshops

Safekids Campaign 2008/09

A not to be missed half-day workshop for everyone interested in keeping our most precious resource free from injury – our children. This is a great opportunity for us all to get together and hear about the themes for 2008/09 Safekids Campaign.

Drowning Prevention and Burns Prevention.

Monday 12th May 2008

Time: 9.30am-1.30pm

Venue: 'Our City O-Tautahi' Cnr Oxford Terrace & Worcester Boulevard Christchurch.
(For parking try Art Gallery car park or the Farmer's car park)

RSVP : Thursday 8th May – Robyn Steel

Email Robyn.Steel@ccc.govt.nz or Phone (03) 941 8014

Who should attend

Anyone involved in child injury prevention, road safety, public health or health promotion, early childhood and primary school educators, Maori, Pacific and other community workers, people involved in sport and recreation, home visitors, city and regional council representatives involved in road and water safety, police and fire educators. In fact anyone with an interest in keeping kids safe.

Please note a lite lunch will be provided at the conclusion of the workshop.

Beating Burnout - Workshop from Volunteering Canterbury

Volunteering Canterbury offers a three hour workshop on Beating Burnout. This will cover:

- How to care for yourself while caring for others•
- Effectively managing your time and stress •
- Strategies for keeping a healthy balance despite the chaos•
- Identifying the danger signals•
- What to do when perfection is not possible•

Contact: Healthy Christchurch Coordinators

Kathryn Cannan: 03 3786 820 or

Robyn Wallace: 03 3786 838

Email: healthychristchurch@cph.co.nz

Date: Wednesday 21 May

Time: 1.00 p.m.

Cost: \$20 for members of Volunteering Canterbury, \$35 for non-members.

Go to www.volcan.org.nz to download a registration form or phone Catherine Harris at Volunteering Canterbury 03 366 2442.

**The Warm Home Standard Autumn 2008
Fuel Poverty Workshop, 4 June 2008 Christchurch**

Community Energy Action Charitable Trust has long been concerned about the ability of our most vulnerable citizens to keep warm affordably. With 14 years experience enhancing the energy efficiency of over 12,000 Canterbury houses, we invite you to participate in a milestone workshop to address the issue of Fuel Poverty in New Zealand. The term "Fuel Poverty" is being increasingly used by a number of government agencies and some NGO's. Now, for the first time in NZ, a broad spectrum workshop will consider:

'Fuel Poverty' in the UK with two UK experts outlining their experiences

How this concept could be applied to make a difference in this country.

After hearing about the UK experience, attendants will be updated about recent research in this country; debate how the UK experience relates to New Zealand and actively discuss what needs to be done to address fuel poverty concerns. I invite you or your representative to participate in the workshop.

Early registration is important as numbers are limited. Register now, or contact Katie Nimmo (Community Outreach Coordinator) on 03 363 9854 or fuelpoverty@cea.co.nz for further information.

If you are not able to attend this workshop, you will receive proceedings and ongoing information about fuel poverty issues through the next issue of the Warm Home Standard. NB: If you know of any community groups or agencies that would benefit from attending this workshop, please forward this information to them.

Get Set Go! An essential workshop and resource for organisers of community programmes and events.

You'll find out everything you need to know about running a recreation programme or event including:

- ..Budgets and funding
- ..Promotion and publicity
- ..Effective evaluations
- ..Trouble shooting tips for events
- ..Designing programmes to suit your community

Cost: \$30 for voluntary organisations/individuals (ask us about our group fee)

\$50 for Government agencies or business organisations

To register complete the details below and post or email. Space is limited to 15 people per session, so be in quick!

Thursday 5th June 9.30am to 12.30pm

Venue: Fendalton Library and
Service Centre, Jeffreys Road, Meeting Room Two

Thursday 3rd July 9.30am to 12.30pm

Venue: South Library and
Service Centre, 66 Colombo Street, Board Meeting Room

If you have any queries or would like us to run a workshop with your team at a time and place to suit you call us to discuss the options, Jacqui on 941 5333 or Diana on 941 6628

Vacancies

CHRISTCHURCH SUPERGRANS has a vacancy for a **Fieldwork Coordinator** with shared responsibility for the 'in home' management program, and primary responsibility for the budgeting service we provide.

This is a new position due to increasing demand for our services and is a full time salaried position.

The ideal candidate would have the following training/experience;

- ◆ Budget training and/or experience
- ◆ Supervisory experience
- ◆ Computer literate including knowledge of databases/spreadsheets
- ◆ Sound organisational skills
- ◆ Sound reporting skills, both written and verbal
- ◆ An ability to develop and maintain resource material

In addition the following attributes are sought:

- ◆ Empathy for people with diverse needs
- ◆ Empathy with people of all cultures and ethnicities
- ◆ A professional manner
- ◆ Experience in the NGO sector
- ◆ Excellent networking skills

For further information and an application pack, please ring the office on 03 388 6415 Monday to Friday between 9am and 5pm and ask for the Manager.

Send written applications complete with a current CV to The Manager, PO Box 15079 Aranui, Christchurch. Applications close at 5pm Monday 12th May 2008

Items of Interest

11 Aspects of a Healthy City. A quiz.

Consider this list and decide if you think Christchurch is one

- A clean, safe, high quality physical environment (including housing quality).
- An ecosystem which is stable now and sustainable in the long term.
- A strong, mutually supportive and non-exploitative community.
- A high degree of public participation in and control over the decisions affecting one's life, health and well-being.
- The meeting of basic needs (food, water, shelter, income, safety, work) for all the City's people.
- Access to a wide variety of experiences and resources with the possibility of multiple contacts, interaction and communication.
- A diverse, vital and innovative city economy.
- Encouragement of connectedness with the past, with the cultural and biological heritage and with other groups and individuals.
- A city form that is compatible with and enhances the above parameters and behaviours.
- An optimum level of appropriate public health and sick care services accessible to all.
- High health status (both high positive health status and low disease status).

Hancock and Duhi, 1986

How big is your ecological footprint? Take the quiz

Shortcut to: http://www.myfootprint.org/en/visitor_information/

This is a really interesting exercise to undertake. I am ashamed but I needed 3 Earths to support my lifestyle when I took the quiz :(Give it a go- only takes 5 minutes.

Healthy Christchurch Steering Group

At its 30 April meeting, the Steering Group-

- endorsed a proposal for the second evaluation of the Healthy Christchurch initiative to be sent to the University of Otago, Christchurch, for inclusion in its research register.
- progressed plans for a May gathering of Healthy Christchurch Champions and Steering Group members to discuss future directions for Healthy Christchurch.
- endorsed ThinkTank Advertising and Design as a signatory to the Healthy Christchurch Charter.
- agreed to write a constructive letter to Christchurch City Council re: rent increases, given concerns raised by some signatories and given that the Healthy Christchurch initiative was mentioned at the Council's meeting about the rents on 28 April.

Instructions to Short Course Participants for Site Assessments

Take photos to highlight any issues you think are relevant; make notes of what to include in your presentation.

On your travels, find a “healthy lunch” for under \$7.00 to show what was available in your area.

Healthy Cities

Site Assessment - Key Questions

For all of these questions, you must consider it from the aspects of community capital: how do these enhance Social, Economic, Natural and Human Capital?

- Footpaths
 - Are the pavements smooth, even and well maintained?
 - Are the footpaths wide enough?
 - Are the pavements free of temporary or permanent obstructions, ie cars, signs?
- Facilities
 - Is there street furniture (e.g. seat, bins, lighting) and is it in the right place?
 - Are there trees shading the paths?
 - Signage for pedestrians (as well as cars)?
- Crossing the road
 - Can you cross in safety with minimum delay?
 - Can you cross where you want to cross?
- Safety
 - Do you feel safe from traffic and other people when walking here?
 - Is there surveillance from adjacent land uses and activities?
- Conditions at night
 - What is it like for pedestrians at night?
- Food security issues
 - Is there access to fresh and healthy food in the area?
- Walking conditions
 - Do conditions encourage you to walk?
 - Is walking enjoyable here e.g. is there public art, green space (or noise, smell, ugliness)?
- Pedestrian routes
 - Are the pedestrian routes direct?
 - Are there interruptions such as guard rails, long delays to cross the road?
- Is there provision for all users including people in wheel chairs, older people, people with prams, such as dropped kerbs, no steep steps, tactile paving, ramps?
- Cultural landscapes
 - Are there any significant features that appear to honour the tangata whenua?
 - Can you see any efforts into native plantings, architectural design, landscape design or artworks that reflect Maori/Kaitahu culture?
- Impact of traffic
 - Does vehicular traffic make walking difficult, dangerous or unpleasant?
- Social equity considerations
 - Are there a high number of fast food outlets, gambling agencies, party pill shops, pubs, finance brokers?