

Healthy Christchurch

Newsletter #73, Hakihea (December) 2009

Healthy Christchurch is sponsored by Canterbury District Health Board, Christchurch City Council, Environment Canterbury, Ministry of Health, Pegasus Health, Te Runanga o Ngai Tahu, and University of Otago, Christchurch. 196 organisations are currently signed up to the Healthy Christchurch Charter.

From the Healthy Christchurch Coordinators

It has become a tradition to give our usual space to the Healthy Christchurch Steering Group....that group of dedicated individuals who meet six-weekly and continue to provide valuable oversight to the Healthy Christchurch initiative and guide your co-ordinators to ensure we are doing our very best for signatories.

Currently there are ten people who serve on the Steering Group (one representative from each of our seven sponsoring organisations, plus another three):

Canterbury District Health Board (Evon Currie, Steering Group Chair)

Christchurch City Council (Alan Bywater)

Environment Canterbury (Josie McNee)

Ministry of Health (Peter Burt replaced Rebecca Kemp)

Pegasus Health (Steve Lavery)

Te Runanga o Ngai Tahu (Wendy Dallas-Katoa replaced Fiona Pimm)

University of Otago, Christchurch (Cheryl Brunton)

Canterbury Community Primary Health Organisation (Laila Cooper)

Department of Internal Affairs (Martin Maguire)

Partnership Health Canterbury (Jane Cartwright)

Sport Canterbury CEO Martin Mongan withdrew from the Steering Group in May citing time constraints and prioritising.

2009 in review:-

Increase in number of coordinators and hours

May – Healthy Christchurch said haere rā to Kathryn Cannan who, after nearly 5 years in the role as coordinator, left to spend more time on the West Coast with her husband and looking after their small holding. Kathryn was not lost to Community and Public Health as she was fortunate enough to gain a part-time position as West Coast's Health Promoting Schools Coordinator based in Greymouth. We are certain schools on the West Coast will benefit from Kathryn's vast experience and knowledge.

July - Robyn Wallace increased her hours from 20 hours to 40 hours per week in her role as a Healthy Christchurch Coordinator.

Michelle Whitaker commenced working 20 hours per week. Her hours increased the number per week the two coordinators spend on Healthy Christchurch business from 44 hours to 60 hours.

October – Maria Pasene was seconded to Healthy Christchurch for 16 hours per week.

Steering Group organisations “walk the talk” on Collaborative Action

Champions of Healthy Christchurch are supporting the development of a City Health Plan.

A city health plan is a plan which sets out how to improve the health of the residents of the city. Christchurch's City Health Plan will include health related goals, or objectives that are intended to be achieved for the city, or parts of it. It also includes what the priorities are, how progress will be monitored against the objectives - and who is responsible for achieving the goals.

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The first step in developing a plan is to create a City Health Profile, and describe the city as it is, including describing the health status and social determinants of health and an analysis of how those determinants impact on health outcomes. For the profile to be of use it should provide a focus for community involvement and political support. It is a tool for change but must be part of local decision making, and strategic planning. The preparation of the profile creates opportunities for intersectoral work, and community involvement. The success of the City Health Plan relies on intersectoral commitment and working together.

Thank you to those of you who have contributed to the consultation so far for the Christchurch City Health Profile and Plan. We are still in the process of analysing your comments, and a summary will be forwarded to you very soon. We have so far completed three Hui with the Healthy Christchurch Signatories, and have the final one to come on 4th Feb 2009. Please come along to tell us your ideas and vision for: 'what is working well in your community and the City of Christchurch', and 'what you would like to see in the future'? If you would like to know more about any of this, please speak to one of the Healthy Christchurch Team.

If you can't make the final Healthy Christchurch Hui- don't worry, there will be continued consultation with other community groups so if you do miss out we can link you in, just get in contact with one of the Healthy Christchurch Coordinators.

Christchurch City Council works cooperatively with a range of organisations involved in Healthy Christchurch. Much of the Council's work has an impact on the community's well being.

Smokefree Public Places – in response to a trial of smokefree parks in Hornby the Council worked with Community and Public Health (CDHB) and Partnership Health to develop a Smokefree Public Places Policy. This policy applies to the Council's parks, playgrounds, reserves, sports parks and gardens. across the city and encourages users not to smoke in these areas. The policy is not designed as regulation with enforcement activity. Rather it draws smokers' attention to the fact that children copy what they see adults doing and encourages smokers to be good role models. The aim is to lessen the extent to which smoking is part of the culture and environment in which children grow up and hopefully reduce the number of young people taking up the habit.

Helping to provide improved services in Halswell - Halswell Health hosted a meeting in June with its partners and representatives from the Christchurch City Council and Community Board, and Partnership Health PHO. Future needs and planning for health services in the Halswell area were discussed. Health-related services, like some other community facilities and services in the area are already under pressure due to population growth. This will continue with the Halswell population anticipated to double in the next 15-20 years. The Council has commenced a community infrastructure plan for the area which will identify future needs plus opportunities for co-location and integration of activities over this time. Health service providers will be contributing to this plan's development.

For **Pegasus Health** alcohol has been a key theme of collaboration over the last year.

Pegasus Health General Practice was asked for their view on the Law Commission's Review of Sale of Alcohol. Over 130 GP's, all Canterbury PHO's, our Pegasus Health Maori Health Advisory Group, Pacific Reference Group, Youth Council and the Pegasus Health Advisory Board all supported the submission. We will continue to support the issue moving forward.

Pegasus Health remains highly committed to Healthy Christchurch and is working at all levels to improve support for the Healthy Christchurch Champions and the Healthy Christchurch network.

Partnership Health Canterbury has worked collaboratively on a large number of projects to improve the health of Christchurch. We are jointly supporting the development of health impact assessments with the CDHB, CCC and ECan. In addition we have supported working with all Canterbury PHO's and Pegasus health by funding and resourcing a joint response to the law review on alcohol, a focus area for Healthy Christchurch.

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Another focus area for Healthy Christchurch has been nutrition and exercise. By partnering with Sport Canterbury and the CDHB and the CCC, we have been able to support the development of a series of wellness classes for GRx patients. Alongside this we have resourced with the other PHO's the delivery of "Appetite for Life" a weight management programme for women delivered by general practice.

In addition with our partnerships with the CDHB and the CCC, we have supported education and training for community activity providers.

The partnership between SmokeFree Canterbury, the CCC supported by Partnership Health Canterbury, the CDHB and the Cancer Society, has resulted in all playgrounds and parks in Christchurch being made smokefree.

Health Impact Assessment (HIA) Project Officer, Canterbury

In October 2009 Alison Bourn commenced in the role of Health Impact Assessment (HIA) Project Officer, Canterbury which we understand is a first in New Zealand for a dedicated HIA worker.

This role is a joint venture between

- **Community and Public Health (a division of the Canterbury District Health Board)**
- **Partnership Health Canterbury**
- **Environment Canterbury**
- **Christchurch City Council**

BACKGROUND

Health Impact Assessment (HIA) activity began in the Canterbury region with the HIA carried out on the Urban Development Strategy in 2005. Since that time the profile of HIA has increased in New Zealand, and particularly in Canterbury, with the recent HIA on the Canterbury Plains Water scheme.

The Ministry of Health has been actively promoting HIA since 2004/2005 with its HIA Support Unit offering training in HIA around the country.

This heightened awareness, together with the fact that HIA supports local government's contribution to wellbeing; organisations are now interested in explicitly incorporating health and wellbeing goals into their own planning processes and projects, and are looking for assistance to undertake HIA's. C&PH has received several requests to facilitate or actively support other organisations to carry out HIA's. This raised a major issue of capacity for carrying out HIA within Christchurch/Canterbury.

In order to address the capacity issue and meet the need for HIA to become embedded into the planning processes of key organisations in Canterbury, the partners agreed to jointly fund a position for two years to focus on HIA in Canterbury.

THE ROLE

We understand this role is a first in New Zealand for a dedicated HIA worker.

The principal objective is to build the capacity of the partner agencies to undertake Health Impact Assessments, with the overarching goal of supporting health promoting public policy.

The four organisations' have formed a steering group to provide strategic oversight to the position. A MOU and Terms of Reference have been developed and the group are currently meeting monthly.

The first projects that Alison is working on are:

1. The Christchurch City Council Transport Plan, and
2. The Regional Land Transport Strategy

Both of these plans have a 30 year horizon and are in their initial stages of identifying issues that will impact on them. This means we are able to work at the front end of these proposals to ensure health issues are considered from the outset.

Over the next 2 years it is intended that HIA's that are carried out will be documented, promoted and the results of HIA's will be published as widely as possible. Also, each HIA project will be fully evaluated as will the actual HIA Project Officer Partnership project.

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For further information please contact Alison Bourn, 03 3786814 Alison.bourn@cdhb.govt.nz

So you can see that your Steering Group organisations have certainly been busy working collaboratively and the projects outlined above are addressing Healthy Christchurch Protocols 2,3,4,5,7 & 9.

Here's to you, its time to take a bow

Your next newsletter will be out in February 2010. Have a wonderful and safe holiday season filled with whanau, friends and fun, fun, fun.....

The Healthy Christchurch priority to reduce health inequalities

The impact of tobacco on Maori - A call to action!

The Maori Affairs Select Committee has called an inquiry into the tobacco industry in Aotearoa and the consequences of tobacco use on Maori. This is an opportunity for individuals and agencies to highlight the role tobacco plays in the lives and deaths of Maori. This is a chance to influence recommendations from the Committee that will make a difference for Maori and non-Maori alike. It is important that as many organisations/individuals as possible place a submission.

Written or on-line submissions close January 29th 2010

Support will be made available through Smokefree Canterbury (a network of agencies who promote smokefree lifestyles in Canterbury) for organisations/individuals who want to find out more about the submission process or would like assistance.

Contact Smokefree Canterbury Chairperson: Cheryl Ford cheryl@canty.cancernz.org.nz
Secretariat: Barry Armstrong BarryArmstrong@cdhb.govt.nz

Cervical Screening Clinic for Free Cervical Smears

He Wahine He Taonga - "Every woman is a treasure"

Nau mai, Haere mai, Atawhaitia Te Whare Tangata.

Where: Rehua Marae

79 Springfield Rd, St Albans

When: Tuesday 15th December 2009

Time: 5pm-8pm

For an appointment phone: 335 4140 or Freephone: 0800 729 729,

Maori Health Promoters: Emma Rawson & Ngahina Waretini

Emma: emma.rawson@cdhb.govt.nz, Ngahina: ngahina.waretini@cdhb.govt.nz

World Aids Day!!

The highest number of HIV cases ever was diagnosed nationally last year.

"There were 184 New Zealanders diagnosed with HIV through antibody testing last year and a further 78 people were diagnosed in the first half of 2009," said CDHB's Sexual Health Centre's Clinical Director Edward Coughlan.

"World AIDS Day is being held on December 1 and it is a good time to remind people to use condoms," Dr Coughlan said.

Of those newly diagnosed in 2008, 91 were men infected through sex with other men, 61 (39 men and 22 women) through heterosexual contact, two through injecting drug use and two through a transfusion (while overseas). There were four children infected through mother to child transmission (three while overseas and one in New Zealand), three people had another means of infection and the means of infection was unknown or unreported for 21 people.

New Zealand's high rate of sexually transmitted infections (STIs), compared with similar countries, can increase people's vulnerability to HIV infection, Dr Coughlan said.

Wearing a condom can protect people against HIV and these other STIs, such as gonorrhoea and chlamydia, which are more commonly transmitted.

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“A person infected with HIV is more likely to pass on HIV if he or she (or his or her partner) is infected with another STI. This appears to be true for both STIs that cause genital ulcer diseases – most commonly genital herpes and syphilis – and also STIs that result in inflammation without ulcers – such as gonococcal and chlamydial infections.”

The Canterbury District Health Board sent out an alert in August to general practitioners about the significant increase in cases of early infectious syphilis in Canterbury, which follows a national trend.

“Initially this had been mainly confined to those men who have sex with other men but there are now cases occurring in heterosexual men and women,” said Dr Coughlan.

Identifying symptoms when people visit their general practitioner is a key way to prevent further spread. Symptoms of secondary syphilis include rashes, mouth ulcers, and hair loss.

Syphilis, chlamydia and gonorrhoea can all be treated very effectively with antibiotics.

“The important message for everyone is to wear a condom and protect themselves from these sexually transmitted infections,” said Dr Coughlan. - *CDHB Media Release*

The Healthy Christchurch priority to improve the physical activity and nutrition of people living in Christchurch

About jolly time too!!!

To be a fitting role model for the 21st century, Father Christmas has been told to slim down and eat less over the festive season.

Department store Santa's are arguably the last bastion of socially acceptable fatness. This Christmas, however, even Father Christmas has come under attack from the health police, with a British shopping centre running a month-long boot camp to encourage its 12 commissioned Santa's to lose weight.

Bluewater shopping centre, near Dartford, conceded that Father Christmas was not a thin person, but argued that a makeover was necessary for him to become a fitting role model for the 21st century. “Santa has been around for years, but society has changed and our Santa needs to reflect that,” remarked a spokeswoman, darkly.

Santa could always use the “fat, but fit” defence. One calculation suggested that loading presents into chimneys would build muscle tone – particularly in the upper body – as well as using up around 2500 kilojoules an hour. On the other hand, British scientists estimate that eating all the mince pies left out by British children on Christmas Eve would give Father Christmas an overnight weight gain of 328,000kg – making it a genuine miracle that he didn't die of an obesity-related condition decades ago.

Father Christmas isn't the only one likely to put on weight during the festive season. New Zealanders tend to eat the same heavy, high-energy foods as people living in the northern hemisphere, where Christmas is a midwinter festival. As a result, losing weight is usually top of the list of our New Year's resolutions.

Most ancient festivals are seasonal, and based around changes in food supply. Matariki, the Maori New Year, marks the end of the harvest, when there is ample food available. The notion of feasting is central to most festivals: Diwali would be unthinkable without calorific Indian sweets, while doughnuts, potato pancakes and other foods deep-fried in oil are an important part of celebrating Hanukkah, the Jewish festival of lights.

But although most traditional festivals run from one to five days, Christmas has turned into a rolling month-long smorgasbord. The sausage rolls, chicken wings, scorched almonds, brandy truffles and unidentified things wrapped in streaky bacon, not to mention the extra glasses of booze, take their toll long before it's time to fight over the turkey drumsticks.

Latest research suggests good and bad news on Christmas weight gain. Researchers at the National Institute of Child Health and Human Development in the US investigated media reports that the average American gains 2.3kg or more over the holiday period between Thanksgiving (celebrated on the fourth Thursday in November) and Christmas. They

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concluded that this figure had been significantly exaggerated, and that a more typical holiday weight gain was about 480g.

The bad news, though, is that the weight is unlikely ever to come off. As the average American adult gains between 500g and 900g a year, researchers believe that a substantial chunk of the weight gained in middle age is due to unchecked seasonal eating.

Even grimmer are studies suggesting that, although 480g is the average weight gain, overweight people may put on up to five times as much.

New Zealand Dietetic Association spokesperson Lyn Gillanders isn't aware of any comparable research into our Christmas eating habits. Although New Zealand's summer festive season lends itself to lighter, less calorific foods, Gillanders says that the traditional Kiwi Christmas barbecue usually involves consuming large quantities of fatty meat cuts.

"We tend to do lots of socialising, and our normal inhibitions about food go out the window. We have a much wider variety of energy-intense foods available now, and they're relatively inexpensive," she says.

One tip from Gillanders is to drink more water than usual. Christmas party food such as nuts, cheeses, sausages and chippies are salty, and the temptation is to quench your thirst with beer or wine.

Another piece of advice is to try to remember appropriate serving sizes. A study by researchers at Cornell University in the US has found that people are surprisingly accurate at guessing the calorie content of small meals, but tend to underestimate the calorie content of large meals by up to 30 percent. Even nutrition experts found it hard to guess the calorie content of large portions.

The researchers suggest that people sitting down to a large meal should assume it contains about twice as many calories as they think.

The tragedy for those of us in the southern hemisphere, of course, is that there's nowhere to hide come Boxing Day. "People get despondent that this happens at a time of year when we're expected to expose ourselves in our bathers," says Gillanders. "It's an additional sadness for us all." *Article by Linley Boniface - NZ Listener Dec 2007*

So, enjoy the festive season and your Christmas treats. Just remember to pick your treats carefully and your portion sizes wisely – and have fun. Now, pass me those chocolate-dipped strawberries, please.

Items of Interest

Sam Kaner Workshop

In late November collaboration guru Sam Kaner came from San Francisco to Nelson to train facilitators and we were cheeky enough to ask if he could come to Christchurch to work with Healthy Christchurch signatories. 30 people from Healthy Christchurch Signatory organisations attended a workshop held on the 1st of December with feedback including, great day with some brain fuzziness from overload. Hopefully all participants have now had time to digest the diverse information and tools that Sam gave the group and can now apply it to their work.

Sam also spent a day with the Healthy Christchurch Steering Group with great effect. So now his process planning tools, facilitating and planning different meeting types will be creeping out all over Christchurch. This will be particularly so for Healthy Christchurch planning over the next few months.

Healthy Christchurch Hui-iti

The Healthy Christchurch Coordinators have organised several Hui-iti to present the City Health & Wellbeing Profile and Plan and to begin a process of Strategic Planning for Healthy Christchurch.

The Healthy Christchurch Evaluation 08 highlighted that overall signatories still find the two priorities relevant (Reducing health inequalities and increasing physical activity and

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nutrition). As these priorities are very broad a focus on one or two areas would help future collaboration. The Hui-iti are an opportunity for signatories to identify these one or two focus areas. The next Hui-iti is the City Wide Hui-iti on the 4th February at Oxford Baptist Church and all signatories are welcome.

Following the Hui-iti the Coordinators will present the results back to the signatories for you to ratify and then set the two priorities for the next year, potentially at a large signatory Hui in March 2010. Then we will move towards a planning phase of who and how and what!

Tips for Christmas functions from ALAC

With the festive season upon us it is timely to give some thought to ways of enjoying convivial refreshments with whanau, friends and/or colleagues in a safe and responsible way. ALAC has provided us with the following tips:-

While Christmas is a time of celebrating and enjoying the company of colleagues, friends and family, it can also be a difficult time for many people when they drink too much and make poor decisions, often hurting the people they care about and themselves as a result. By planning for the way alcohol is managed (if you decide to provide it), at your staff function this Christmas, you'll be helping to reduce the amount of harm New Zealanders experience this Christmas because of drinking too much alcohol.

Here are some tips for a safe celebration:

- If you have a bar tab, set a time limit and amount to be spent and communicate this to staff in advance.
- Think about whether or not you actually need to provide alcohol at the celebration – are there other things you can do to show your appreciation to staff for their hard work?
- Make it a family occasion and pick a venue where staff can bring their partners and children and have a great time together.

As well as these excellent tips, putting the following simple things in place will also help make your function a great and safe time for everyone:

- Set your expectations in advance and let everyone know that you want them to have a good time and keep out of harm's way.
- Provide plenty of substantial food as well as non-alcoholic drinks
- Think about how people can get home safely
- If you won't be attending the party yourself, make sure someone is in charge to ensure things run as planned and everyone is ok

Ensure staff who are serving drinks and/or caterers know how to identify and stop serving people who are showing signs of becoming intoxicated.

More ideas at www.alac.org.nz

“A Theology of Children” a new publication.

Barnardos New Zealand and Plunket are proud to be jointly launching a new publication.

The 24-page booklet, which has a foreword by Wellington's Bishop Richard Randerson, is aimed at supporting and strengthening Pacific parents, grandparents, and caregivers with strategies for non-physical discipline of children within a theological context. Dr Elizabeth Clements penned the summary.

“A Theology of Children was produced with the support of the Ministry of Social Development initiative SKIP (Strategies with Kids/ Information for Parents)”, says Murray Edridge, Chief Executive of Barnardos New Zealand. It is written by Reverend Nove Vaillau, who is very passionate about clarifying the issue of physical discipline in Christian theology, and is particularly aimed at Pacific peoples throughout New Zealand.

“We are very pleased with this wonderful piece of work, as it informs parents, grandparents, caregivers and educators, as well as church leaders in the way they interact with, and relate to, children”, adds Mr Murray.

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"The strength of A Theology of Children comes from its acknowledgement of the historical and current place of churches within Pacific communities", says Plunket CEO Jenny Prince.

"This new resource also provides an opportunity for discussion about parenting practices in Pacific communities and within New Zealand in general."

A Theology of Children aims to help guide parents and caregivers through the six principles of effective discipline: love and warmth, talking and listening, guidance and understanding, limits and boundaries, consistency and consequences, and a structured and secure world.

Training and Workshops

National Community Economic Development Conference

The first ever national Community Economic Development Conference that is being jointly organised by Community Waitakere, UNITEC, Waitakere City Council and ABCD Asia Pacific Network. The conference will be held at UNITEC's Waitakere Campus in Auckland, New Zealand between 9-11 February 2010.

The conference has attracted a large number of international and national presenters who will outline methods and stories that develop the conference theme of:

"Exploring Journeys from Grant Dependence to Independence"

The three conference streams of:

- * Social Enterprise Development
- * Alternative Finance and Investment and
- * Community Economic Development

will address the transitional moments when not-for-profit organisations begin to move from innovation, to enterprise, to long term sustainability.

We have restrictions on the numbers able to attend the conference so visit our website and register for the conference to make sure you don't miss out on this iconic event.

If you would like to know more please go to the conference website where you can register [http://www.csbec.org.nz/index.cfm/Community Economic Development Conf/](http://www.csbec.org.nz/index.cfm/Community_Economic_Development_Conf/)

Items

Healthy Christchurch Steering Group

The Steering Group has not met since 28th October meeting –

The final Steering Group meeting for 2009 is scheduled for 9th December.

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