

# Healthy Christchurch

Newsletter #64, , Hui-tanguru (February) 2009

Healthy Christchurch has 7 sponsoring organisations: Canterbury District Health Board, Christchurch City Council, Environment Canterbury, Ministry of Health, Pegasus Health, Te Runanga o Ngai Tahu, and University of Otago, Christchurch. There are currently 200+ signatories to the Healthy Christchurch Charter.

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## From the Healthy Christchurch Coordinators

### Welcome to the first edition of the newsletter for 2009.

We hope you were able to take a well deserved break and had the chance to rest, relax and rejuvenate. Already the 2009 calendar looks set to be busy with your co-ordinators planning to:

- convene a meeting of Signatories to present the Healthy Christchurch evaluation and discuss its findings. (NB: Your co-ordinators workplan for the year will be influenced by the results of this evaluation and discussion.)
- facilitate the reporting of a collaborative pilot project to mitigate the effects of high accommodation costs on Christchurch people with low Incomes. The two main collaborating entities in this pilot project were the Tenants Protection Association and Work & Income
- assist where possible in the compilation of the City Health Report.

These events coupled with:

- providing continued secretariat support to Steering Group and Champions' meetings
- supporting the Champions in their planned 1/4ly meetings which will focus on the City Health Plan and on making a difference to the issue of alcohol misuse in our city and its related harm
- composing and distributing the newsletter, keeping the Healthy Christchurch Information Base and directory of signatories up-to-date and various other administrative tasks

mean your co-ordinators will be working hard. We would still love to hear of any new collaborative projects between signatories that you have planned and think we co-ordinators can offer assistance with or if you have an initiative that would gain from having input from others – contact us . See bottom of the page.

It seems a lot has come up since our December 08 newsletter, so we are devoting much of this issue to having OUR say about 4 equally important items!

### **1 Responding to the needs of low income - including elderly and disabled - tenants living in Christchurch City Council's social housing.**

Christchurch City Council has called for submissions on how to fund its social housing (over 2,600 units). Christchurch is fortunate to have such an asset for some of its most vulnerable citizens.

The Council's website notes that these are safe and accessible units' ...for people on low incomes, including the elderly and those with disabilities'. In other words, the tenants constitute a disadvantaged group of people.

The Healthy Christchurch priority 'to reduce health inequalities by working to improve the health status of those who are disadvantaged' likely applies to this group (amongst others in Christchurch). This priority was adopted in late 2005 by signatories to the Healthy Christchurch Charter (including Christchurch City Council). There are various ways a signatory can work on this priority, depending on its core business. However, it would be safe to say that a signatory would, in the spirit of the Charter, try to avoid further disadvantaging an already disadvantaged population.

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The Council's website also notes its housing policy requires that its social housing scheme must be self-funding. In other words, the rents, not rates, are to cover the costs. Whether to undertake a further consideration of this policy is one of the issues the Council is currently consulting on.

Perhaps not surprisingly, the costs of maintenance, repairs and replacement have risen faster than rents, to the point where the Council voted last year to raise rents by 24%. That decision was ruled unlawful (on the grounds of the process used to make it) by the Court. This is a new decision using a different process to address the same issue.

The social housing issue in Christchurch presents the Council with challenges, not only in terms of its tenants, rents and the future of the social housing scheme, but its existing policy as well. This is clearly a situation in which many issues and considerations for a range of stakeholders have to be carefully weighed up. We encourage Healthy Christchurch signatories to forward ideas to their fellow signatory (the Council) on this issue. Click on [www.ccc.govt.nz/haveyoursay](http://www.ccc.govt.nz/haveyoursay) or ring the Council on 03 941 8999 (0800 941 8999 if calling from the Banks Peninsula) for a paper copy of the submission details. Submissions close on 2 March.

From time to time any Healthy Christchurch signatory may face difficult policy or other decisions that involve finding suitable trade-offs between competing objectives. Several things are available that may be useful to signatories in giving suitable consideration in such deliberations. They include:

1 A 2008 report titled *Closing the gap in a generation: Health equity through action on the social determinants of health* by the World Health Organisation's Commission on Social Determinants of Health.

Here's what an editorial in the 3 Sept 08 issue of the British Medical Journal had to say about this report: 'Finally, an official report on health inequity has been published that has the honesty and courage to say that 'social injustice is killing people on a grand scale.'

New Zealand's own Tony Blakely, writing in the 5 Sept NZ Medical Journal said, 'the report is an authoritative, state-of-the art review of the causes of (and likely policy remedies for) social determinants of health, internationally and nationally. The messages are clear, with statements such as 'the unequal distribution of health-damaging experiences is not in any sense a 'natural phenomenon' but is the result of a toxic combination of poor social policies and programmes, unfair economic arrangements, and bad politics.

'...Can we do anything about it? Yes. As outlined in the report, many actors have the power to bring about change.'

*Closing the gap in a generation* recommends three actions:

- improve living conditions
- tackle the inequitable distribution of power, money and resources
- measure and understand the problem and assess the impact of action.

The first action includes the concept of 'social protection over the lifecourse'. It speaks to the association between 'redistributive welfare systems' and '...better population health, including lower excess mortality among the old and lower mortality levels among socially disadvantaged groups.'

2 The Healthy Christchurch Charter itself offers guidance on this issue, especially protocol no. 6 which asks all signatories to ensure that their own organisation's policies and programmes have a positive impact on health and well being.'

3 Another tool that could assist any signatory contemplating a major policy change is the use of a tool called a health and wellbeing impact assessment (HIA). Its use helps everyone understand who the winners and losers would be of various policy and funding options. For more information about health and well being impact assessment, click on

<http://www.moh.govt.nz/moh.nsf/indexmh/hiasupportunit-resources>

## **2 An issue of concern to the Healthy Christchurch Champions – alcohol misuse and related harm.**

You will be aware that the seven Healthy Christchurch Champions have agreed to use their collective influence on the issue of alcohol misuse and the related harm it causes in our city. The Champions will be deciding how to respond, either as individual people, or collectively or as heads of their respective organisations, to the liquor ban that Council is proposing and they encourage other signatories to give some thought to making a submission as well.

According to Teena Caygil, the bylaws policy analyst at the Council, Council has worked closely with the Police to develop a new bylaw to help make Christchurch a safer city.

The bylaw would restrict the possession and consumption of alcohol in public places within some parts of the CCC district and would be enforced by the Police using special powers under the Local Government Act.

The Council is taking a partnership approach with the Police, who have crime statistics and advice on where the district could benefit from having alcohol restrictions put in place. The Police view the bylaw as an important early intervention tool that can help to prevent escalation by removing potential offenders or victims from city streets.

Christchurch already has a bylaw which puts liquor bans in the Central City, South Colombo and Sumner Esplanade, as well as a New Year's Eve ban in Spencer Park. The former Banks Peninsula District Council had a similar bylaw, which only covered New Year's Eve in Akaroa. The proposed new bylaw would revoke these bylaws and replace them with a single new bylaw, with new Alcohol Ban Areas, based on the latest Police advice. The new bylaw proposes Alcohol Ban Areas in the central city, Hagley Park and environs, South Colombo, New Brighton Mall, Marine Parade and surrounds, Northlands Mall and surrounds, Sumner Esplanade, Jellie Park and Akaroa.

The Council recognises that this bylaw is not a complete solution to alcohol-related issues, but it is one way in which a council can respond to local issues through bylaws made under the Local Government Act. The bylaw can only cover land that is under the control of the Council, not private land, so is limited by the bylaw-making power in the Act. The Council will, however, be reviewing its Alcohol Policy later in 2009, which relates to liquor licensing.

The proposed bylaw and other consultation documents are available at [www.ccc.govt.nz/Bylaws/Review/](http://www.ccc.govt.nz/Bylaws/Review/). The bylaw includes maps and descriptions of the proposed Alcohol Ban Areas, as well as the times during which the restrictions would apply for each area.

The proposed bylaw was adopted for consultation by the Council at its 27 November meeting. Consultation started on 28 January and closes on 2 March 09. Anyone can make a written submission and indicate if they want to be heard by a hearing panel. Public hearings will be held in March. It is expected that a new bylaw may be in place by June/July 2009.

For any questions, contact Teena Caygill, Policy Analyst – Bylaws, Strategy and Planning Group, Christchurch City Council, phone 941 8524 or view the Council's website.

In preparing your submission, you may also wish to read ALAC's (Alcohol Advisory Council of New Zealand) document called *Liquor Bans in New Zealand*. ALAC Occasional Publication No. 25. October 2005. You can download it by clicking on <http://www.alac.org.nz/DBTextworks/PDF/LiquorBans.pdf>. It's a very large document, so you can request a hard copy from ALAC's Southern Office (located in Christchurch), phone 03 365 8540, FAX 03 365 8542, or email [southern@alac.org.nz](mailto:southern@alac.org.nz)

Whether a liquor ban makes an area measurably safer relies heavily on effective policing. It is one tool that can be used as part of an overall city-wide alcohol strategy.

As to improving people's health and wellbeing as opposed to making a city's centre safer (although obviously there is overlap), ALAC favours New Zealanders' making changes to our drinking culture. The Champions' vision (that Christchurch becomes 'a world leader in changing the harmful drinking culture that we currently have') is consistent with ALAC's views.

On a final note, one of organisations which sponsor Healthy Christchurch initiative - University of Otago, Christchurch aka Christchurch School of Medicine - is hosting a free lecture by Professor Doug Sellman, National Addiction Centre in Christchurch on Wednesday 25 February 2009, 7.30pm at the Rolleston Lecture Theatre, Christchurch Public Hospital, 2 Riccarton Avenue. The lecture is titled **Ten things the alcohol industry won't tell you about alcohol** and will set out Dr Sellman's arguments about the influence of the alcohol industry in New Zealand. It sounds like an opportunity to hear yet another angle on solutions (see more about Professor Sellman and the evidence for what works under **Items of Interest** later in this newsletter).

### **3 Waitangi Day – a unique and important annual event**

#### **Race Relations Report 2008 Tūi Tūi Tuitiā**

*This is a summary of the Treaty of Waitangi chapter of the Human Rights Commission's annual review of race relations for 2008. The Treaty chapter is available on line from 4 February. The full report will be released in early March. Other sections of the report deal with action on diversity, discrimination, human rights, migration and settlement, language, media, religious diversity and research.*

The previous year 2008 was an extraordinary one for Treaty settlements and other Treaty issues.

The most significant milestone was the completion of the Central North Island forests settlement which involved the transfer of over \$400 million in forest assets and rentals to iwi, but there were many other developments. The close-off date for historical Treaty claims in September produced an unprecedented flow of over 1800 new claims. The National Party's agreement with the Māori Party promised a review of the Foreshore and Seabed Act and New Zealand's constitutional arrangements.

The annual poll on attitudes to the Treaty revealed that around three in every five New Zealanders agree that the Treaty of Waitangi is New Zealand's founding document and that the Treaty is for all New Zealanders, the highest results since polling on attitudes to the Treaty began.

The poll conducted for the Human Rights Commission by research firm UMR found that 59% of respondents agreed that "The Treaty is New Zealand's founding document" (73% of Māori) and 57% agreed that "The Treaty is for all New Zealanders" (63% of Māori). The first result is the highest since the question was first posed in 2005. The second the highest since the Commission's Treaty attitudes polling began in 2002.

The polling also revealed however that the level of declared knowledge about the Treaty had fallen to the lowest level since 2002, with only one in three (34%) respondents saying they knew a lot about the Treaty.

The new government has a target of completing the settlement of all historical Treaty claims in the next six years, six years earlier than envisaged by the previous government. The momentum of Treaty settlements will therefore need to be maintained. The reviews of the Foreshore and Seabed Act and of constitutional arrangements are other important challenges in relation to the Treaty in 2009.

Special recognition is due to former Treaty Settlements Minister Dr Michael Cullen who, together with key Māori leaders, re-energised the settlement process.

#### **What happened in 2008?**

- The National Party and the Māori Party reached a confidence and supply agreement after the general election in November. This included a review of the

Foreshore and Seabed Act and of constitutional arrangements including the place of the Treaty.

- Over 1800 new claims were lodged with the Waitangi Tribunal prior to the cut-off date of 1 September 08.
- The Waitangi Tribunal published reports on two major inquiries (He Maunga Rongo and Te Tau Ihu), with nine other inquiries in progress.
- A settlement was reached on a contemporary claim concerning the closure of Napier hospital and health services.
- Six Terms of Negotiation and five Deeds of Settlement were reached for historical claims. Bills were passed by Parliament to give effect to the Central North Island forests, Affiliate Te Arawa iwi and hapū, and Te Roroa settlements. Bills were introduced to give effect to the Taranaki Whānui ki Te Upoko o Te Ika and Waikato River settlements.
- One Agreement in Principle, one Terms of Negotiation and two Heads of Agreement were reached for claims under the Foreshore and Seabed Act.
- Ngāi Tahu commemorated 10 years since the passing of their historic Treaty settlement.
- Fisheries settlement assets were transferred to two more iwi organisations.
- An Agreement in Principle was reached for a taiapure-local fishery off Ninety Mile Beach, and four mātaihai reserves were established.
- The title of Mauao (Mount Maunganui) was transferred to three Tauranga iwi
- The Whakarewarewa and Roto-a-Tamaheke Vesting Bill was introduced into Parliament.
- A public opinion survey found the number of New Zealanders who felt they had a reasonable understanding of the Treaty declined from 41 per cent to 34 per cent. Nearly 60 per cent viewed it as the founding document of New Zealand for all New Zealanders.

### **By the numbers**

- Since 1975 the Waitangi Tribunal has registered over 1500 claims, with another 1800 plus claims received prior to the September 2008 cut-off date
- The tribunal has reported on 15 of its 37 inquiry districts, covering 71 % of the nation's land area. Adding those under or in preparation for inquiry, 73 % of districts and 89 % of the land area have been or are currently subject to tribunal inquiry.
- Treaty settlement agreements in 2008 resulted in the transfer of over \$400 million to Māori claimant groups, as well as an innovative form of redress over one of the country's major waterways. To date \$1,018,697 million has been committed to final and comprehensive settlements and several part settlements. This includes \$19.846 million paid as claimant funding separate from the negotiated settlement redress.
- Since 1990, 26 Treaty settlements have been completed, of which 14 are comprehensive.
- Treaty settlements cover 61 per cent of the total land area of New Zealand, but only 21 per cent of the land area of the North Island to date.
- Over 20 groups are currently in active negotiations with the Crown.
- There are 57 iwi recognised in the Māori Fisheries Act 2004, of which 49 have been mandated to receive fisheries assets. Of these, 41 have also been approved as Iwi Aquaculture Organisations.
- Te Ohu Kaimoana has transferred a total of \$435.7 million in cash and fisheries assets to mandated iwi organisations.

- Since 1996, eight taiapure-local fisheries have been established, including one in 2008.
- Since 1998, 10 Mātaimai reserves have been established, including four in 2008.

Details of all these developments and more are set out in the full Treaty chapter of the Human Rights Commission's Race Relations Report which can be downloaded from [www.hrc.co.nz](http://www.hrc.co.nz)

To order resources, including the Race Relations Day 2009 poster call freephone 0800 496877 or email [infoline@hrc.co.nz](mailto:infoline@hrc.co.nz)

## LOST IN TRANSLATION

This series premieres on Maori Television Sunday February 8, 8.30 PM. It sees comedian Mike King retrace the journey taken by the Treaty of Waitangi, back in 1840, to find the real story of what happened at the founding of our nation.

He finds the descendants of those who signed, those who didn't, and people whose forebears were the Treaty carriers - from missionaries to military men and traders.

Nine sheets of the document that founded our nation were taken around Aotearoa to gather up signatures, following the signings on that first Waitangi Day on February 6.

This 10-part show investigates those journeys with the final episode screening on April 12.

For an issue that generates so much heated debate and creates so much tension, it is amazing how little most people know about this dramatic and important chapter in our shared history. Check out the guide to Maori television as to what's on this Waitangi Day <http://maoritelevision.com>

### The Treaty

To learn more about the Te Tiriti o Waitangi, click on <http://www.nzhistory.net.nz/category/tid/133>

## 4 Evaluation of Healthy Christchurch

Just when you thought you'd heard the last of this, we want to tell you how excited we are that over 70 signatories responded to the questionnaire. The results are being analysed as we write and will be presented first to the Healthy Christchurch Steering Group at its first meeting of 2009 on 18 February. The winners of the prize draw will be contacted soon and announced in next month's newsletter.

The evaluation process revealed some of the changes that have taken place over recent years in some of your organisations. As a result, we've been visiting some of you to get and give updates! Visiting is great fun for us....it gets us out of the office and meeting you inspiring and passionate folks who are working hard to '...to promote, protect and improve the health and wellbeing of the people of Christchurch'.....just like the Healthy Christchurch Charter says.

Here's the list of our visits so far:

ADANZ (Alcohol Drug Advisory NZ), Aranui Community Trust (grew out of Aranui Community Renewal), Ethnic Council, City Care, PEETO (Pacifika Education Employment and Training Organisation) and ESR.

## The Healthy Christchurch priority to reduce health inequalities

**How to obtain a copy of the World Health Organisation's report *Closing the gap in a generation. Health equity through action on the social determinants of health.***

Those wanting to download their own copy of the World Health Organisation report referred to above can click on

[www.who.int/social\\_determinants](http://www.who.int/social_determinants) or contact the Health Promotion Forum on 09 520 3714, FAX 09 520 4152 or email [hpf@hauora.co.nz](mailto:hpf@hauora.co.nz) for a hard copy to be sent to you.

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

### On Yer Bikes!

Come on, Healthy Christchurch signatories! You're helping to improve physical activity amongst the people of Christchurch, right? Here's something most of you can be involved in.....that is, supporting employees to ride their bikes to work during the month of February.

The Bike Wise Battle is a fun, free competition for organisations across the country. It's a great way to hop on a bike and give cycling a go, plus you could win some fantastic prizes! [Register for the Bike Wise Battle](#) now!

Yep, that's right, a whole **MONTH** of Bike Wise, 1-28 February 2009.

Registrations for official Mayoral Challenge and Go By Bike Day breakfasts have now closed. If you are planning a Mayoral Challenge or Go By Bike Day event and you have not yet registered please contact the Bike Wise Team by emailing [bikewise@nzta.govt.nz](mailto:bikewise@nzta.govt.nz)

### City 2 Surf 2009 Sunday 29 March

Here's another opportunity for signatories to combine physical activity and team building.

Celebrating its 35th year The Star City 2 Surf is a fun event for young and old, the serious and not-so-serious, individuals, corporate teams, schools and families. It's all about having a good time, reaching personal goals and coming together to raise funds for a worthwhile cause - The Canterbury West Coast Air Rescue Trust.

This year The Heart Foundation will launch a 6km walk from Porritt Park to QEII. Previously this distance was only open to school children. Opening this distance to everyone will encourage new participation, making The Star City 2 Surf an even larger community event for all.

For all the information you need to sign up, click on <http://www.city2surf.co.nz>

## Items of Interest

### More about Dr Doug Sellman, University of Otago, Christchurch - a sponsor of Healthy Christchurch

Doug Sellman, Professor of Psychiatry and Addiction Medicine, University of Otago, Christchurch, has been working in the addiction treatment field since 1985. He has been Director of the National Addiction Centre since its inception in 1996. His clinical work since 1994 has been as consultant psychiatrist to the alcohol and drug stream of the Youth Specialty Service, Hillmorton Hospital in Christchurch.

Over the past five years, Professor Sellman, an acknowledged expert on the treatment of alcohol addictions, has been accelerating his interest and efforts in examining the influence of the alcohol industry in New Zealand, particularly in the way it manipulates New Zealand's drinking culture. He believes that alcohol has become 'over commercialised'. He thinks the focus has been far too much on the individual drinker and not enough on the 'tap at the top'. He suggests that the industry deliberately targets young people to consume its product with the best marketing science available and sees similarities in the strategy of these corporations to those used by the tobacco, 'junk food', gambling and sex industries.

Prof Sellman advises the Healthy Christchurch Champions to use their collective power and reputation to lead social change through:

- political influence aimed at curbing the excessive marketing and selling of alcohol, particularly that which is targeted to young people; and
- modelling "drinking well" in their own personal lives.

He urges the Champions to formally adopt the findings of an expert World Health Organisation (WHO) group documented in the book "No Ordinary Commodity" (Babor et al 2003). In this seminal publication, 10 policy options are outlined that stand out as scientifically supported "best practices" for minimising alcohol-related harm. These are as follows, written for the New Zealand social scene, the first five specifically relating to restraining excessive commercial activity.

1. Raise the minimum legal purchase age of alcohol
2. Increase the price of alcohol by raising alcohol taxes
3. Restrict the hours or days of sale of alcohol
4. Restrict the number of liquor outlets
5. Move towards a government monopoly of retail sales of alcohol
6. Conduct highly visible random breath testing of drivers
7. Lower the blood alcohol concentration limits for driving
8. Suspend drink drivers' licenses in combination with mandatory treatment
9. Raise the age of gaining a driving license and maintain a graduated licensing programme
10. Fund a range of brief interventions for identified hazardous drinkers

Prof Sellman suggests that the alcohol industry has 'brainwashed' the public, particularly young people, to think that drinking alcohol is a vital ingredient for enjoying life. Those involved with Healthy Christchurch could model no or low-risk drinking in their own personal and public lives - no more than 2 standard drinks per occasion - to reflect the obvious, that life can be enjoyed without alcohol. They could also ensure that work and social events they are associated with always encourage non-drinking as a legitimate and fully accepted option and be proactive in organising, and being seen to be part of, really enjoyable alcohol-free events.

### **Healthy Christchurch Steering Group**

The Steering Group has not met since November 2008.

The first Steering Group meeting for 2009 is scheduled for Wednesday 18<sup>th</sup> February.