

# Healthy Christchurch

Newsletter #65, Poutū-te-rangi (March) 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. In addition to these 7, 189 organisations have signed the Healthy Christchurch Charter.

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## From the Healthy Christchurch Coordinators

### The evaluation results are in!

71 of you submitted your organisation's views about the Healthy Christchurch initiative either electronically through 'Survey Monkey' or by filling in a paper copy and posting it back to us. Bravo to those that took the time to do so! Double bravo to those who involved colleagues in completing the survey.

As we promised last year, you are being rewarded in this life with spot prizes for your efforts! Congratulations and thanks again.

Sue Milligan at Presbyterian Support has won the \$100 voucher toward a meal for two at Restaurant Schwass.

Steve Bush at Trees for Canterbury, Helen Ross at Manuka Cottage, Ardas Trebus at Womens' Ctr, Jan Harrison at Arthritis NZ, Jane Hossack at PARS have each won a double movie pass at Hoyts cinemas (incl Moorhouse, Northland, Regent on Worcester and Riccarton).

The Steering Group is digesting the recommendations put forward by the external evaluator and will be making decisions about them id due course.

Several themes emerged from your comments which we will attempt to address through this and future newsletters.

### Theme 1—Lack of clarity about Healthy Christchurch.

Healthy Christchurch is not an organisation, that is to say it is not a separate, stand-alone entity. Rather it is a network of like-minded organisations. The key thing that makes your organisation's mind like the minds of the nearly 200 other signatories in the network is that all have signed the Healthy Christchurch Charter (attached). By signing the Charter, your organisation agrees to undertake to work together to promote, protect and improve the health and wellbeing of the people of Christchurch. Membership in the network is free and bestows many benefits on signatories. See further discussion later under **Theme 5—Lack of clarity about the benefits of being a signatory**. The model for your network is a World Health Organisation (WHO) initiative called 'Healthy Cities' which was launched in 1986.

Unlike many networks in Christchurch, this one is quite diverse, very large and has paid staff (us – see contact details below) to do coordinating and facilitating! We are currently based at Community and Public Health (a division of the Canterbury District Health Board). Previously, we were based at Christchurch City Council. In the future, we could be based within another sponsoring organisation (listed at the top of this page). Another unique feature of the Healthy Christchurch initiative is that it has a Steering Group (with reps from 11 signatory organisations) which provides guidance and oversight to the initiative. Finally, each of the sponsoring organisations fronts a 'Champion' who provides visibility and mana to the initiative.

Needless to say, without signatories, there is no Healthy Christchurch.

### Theme 2—Lack of clarity about your organisation's role in Healthy Christchurch.

Being a signatory to the Charter means that your organisation has signed up collaborating with others in creating a healthy city. The list of activities below represents

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a continuum your organisation could place itself on to play its part. The continuum goes from the minimum end to the very fully engaged end. Where your organisation sits on the continuum is likely to depend on your organisation's core business, capacity, financial year, planning cycle, the value it places on Healthy Christchurch etc.

So your organisation could -

- display the colourful poster of the Charter where it can be seen by the public and your staff. This is a minimal gesture but important nevertheless. If you would like one or several of these, please contact us.
- get its head around the words of the Charter at both intellectual and practical levels and setting about to implement them. Easy to say, harder to do!
- ensure that what it means to be a signatory to the Charter is embedded in your organisation (e.g., in your annual plan, staff induction packets, key job description/s). See the attached Optional Templates 1 & 2 for how this might look in your organisation.
- receive and distribute to appropriate staff within your organisation the Healthy Christchurch newsletter (which comes out 10 times per year).
- contribute a relevant article to the newsletter from time to time.
- receive and distribute to appropriate staff the notices that are electronically posted on the Healthy Christchurch Information Base, or encourage staff to request a set of access 'keys' to this intranet which is just for signatories.
- post items of interest on the Healthy Christchurch Information Base from time to time (or sending them to us to post on your/your organisation's behalf).
- participate in and/or help to organise events and trainings arranged specifically for Healthy Christchurch signatories at their request.
- collaborate on issues of mutual concern with other signatories (and communicate with all signatories about your collaboration through the Healthy Christchurch communication channels available to you). This activity is at the fully engaged end of the continuum mentioned earlier.
- contribute to one or both of the Healthy Christchurch priorities (to reduce health inequalities by working to improve the health status of those in Christchurch who are worse off; to improve the physical activity and nutrition of those living in Christchurch). Via Healthy Christchurch channels, communicate what you are doing in the way of collaboration with other signatories. This will not only inform them, but may even attract others to join in.

### **Theme 3—Embedding Healthy Christchurch in your organisation.**

It was evident that some signatories have not embedded Healthy Christchurch into their organisation. The result is that when the head of the organisation (or the Healthy Christchurch contact person) leaves, the institutional memory about being a signatory to the Charter is lost and your organisation misses out. Ways to achieve embedding could include: an explicit reference to being a signatory (and what this involves) in your organisation's annual plan, induction packet, and/or certain key job descriptions as mentioned above. Your organisation's Healthy Christchurch contact person could have that in their title and job description (which would set out what that entails). When you and your colleagues attend meetings, wear your 'Healthy Christchurch hat.' Look at things through the Charter lens and think of ways your organisation and others can collaborate on issues of common concern (or on a Healthy Christchurch priority). Contact one of us to see what services we could provide to any collaborative project. We provide great admin support, coordination and facilitation. Really we do.

### **Theme 4—Contributing to the priority to improve physical activity and nutrition of the people of Christchurch.**

Several of you said that physical activity and nutrition were not part of your core business and therefore, you were not able to contribute to this. What about getting your staff involved in a community physical activity (examples City to Surf, Bikewise, Sea2Sea)?

How about replacing the sugary options in your snack box with healthy ones? You could make sure you follow the healthy catering guidelines when you provide morning/afternoon teas or lunches to staff/clients/board. Let us know and we can send you a set. If every signatory did something (even something small) toward this priority, it would help reduce our city's high rates of the Big Three - cancer, cardiovascular disease and type 2 diabetes. Now wouldn't that be something?! This priority was endorsed by signatories back in 2005 because it was thought that almost all signatories would be able to contribute to this in some (small, medium or large) way.

### **Theme 5-Lack of clarity about the benefits of being a signatory**

Let us count the ways-

- Ability to contribute to a bigger movement and vision
- Having access to the Healthy Christchurch Information Base
- Being part of a local network of so many and diverse like-minded organisations— means a deep reach into the community.
- Able to have a say about the future direction of the initiative
- Able to contribute articles in the Healthy Christchurch newsletter.
- Having access to staff that can provide admin support and other services to collaborative projects your organisation is involved in.

## **The Healthy Christchurch priority to reduce health inequalities**

### **Mitigating the Effects of High Accommodation Costs**

Those involved with the pilot project to mitigate the effects of high accommodation costs on people with low incomes are in the process of giving presentations about the project's findings to various stakeholders. The first one was for the Healthy Christchurch Steering Group at its meeting on 18 February. Others are being arranged for the funders (Dept of Buildings & Housing, Canterbury DHB, and Christchurch City Council) and for the Housing Forum. The people presenting are from Tenants Protection Association and Work & Income and are the people who were the key implementers of the project.

In a nutshell, this project is 'social development in action'. It not only identified poor quality private rental properties against a set of standards, but it helped the low income tenants living in them to address the poor state of their rented unit. Unfortunately, the way it was addressed in many cases was the tenant needing to move to another dwelling, rather than the landlord stepping up to the plate.

The final report contains 4 recommendations:

- A confidential, voluntary questionnaire should be made available to W&I clients to ascertain their views of their housing standards. The research would supplement limited data existing currently and better inform future policy decisions.
- The easy-to-understand guide to renting and the RTA, developed by Tenants Protection Assn, should be given to all W&I clients who apply for bond or advance rental payments. (NB: This is already happening for Christchurch-based clients as a result of the project.)
- Advance bond payments provided by W&I should be sent directly to the Bond Centre- rather than to landlords- as a means of ensuring that the bond is lodged, retained and returned appropriately.
- A one-stop shop (could be in the form of an 0800 number) should be established which people with concerns about what they perceive to be unhealthy/unsafe conditions of a private rental property can contact and have their information recorded, checked out and acted upon in a timely and effective manner by the relevant agency/ies.

Your trusty coordinators will be looking for ways to advance the last recommendation. If you would like a copy of the final report, please contact a Healthy Christchurch coordinator for one to be emailed or posted to you.

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

We talked about this enough in our Coordinators Report under **Theme 4—Contributing to the priority to improve physical activity and nutrition of the people of Christchurch.**

### **Items of Interest**

#### **Ten Things the Alcohol Industry Won't Tell You About Alcohol**

We were able to attend Professor Doug Sellman's lecture with this title which was sponsored by the University of Otago, Christchurch (one of the Healthy Christchurch sponsors). We have posted Professor Sellman's powerpoint presentation on the Healthy Christchurch Information Base.

If crowd size is anything to go by, this is a hot topic locally.

Here are the 10 things, according to Sellman:

- Alcohol is a highly intoxicating fattening drug that has a relatively low safety index.
- Alcohol can cause brain damage.
- The alcohol industry actively markets alcohol to young people.
- Alcohol can cause aggression.
- Low risk drinking is drinking low amounts of alcohol.
- Much of the alcohol industry's profits come from heavy drinkers.
- Alcohol is considered by the World Health Organisation to be a Group 1 carcinogen.
- Alcohol may not be as good for your heart as we have been led to believe (the jury is still out).
- Alcohol is a Class B1 drug.
- The alcohol industry spends a lot of money lobbying the Government and influencing policy.

If this sample has pricked your interest, check out the Information Base or ask us to send you a hard copy of Sellman's presentation.

### **Training and Workshops**

#### **National Forum on Ending Homelessness**

The New Zealand Coalition to End Homelessness in conjunction with Christchurch City Council is hosting a National Forum on 24<sup>th</sup> March 2009 at the Hotel Grand Chancellor, Christchurch. Unfortunately, more details have not come to hand as at this writing, so you could contact [Clare.Aspinall@huttvalleydhb.org.nz](mailto:Clare.Aspinall@huttvalleydhb.org.nz)

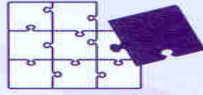
### **Healthy Christchurch Steering Group**

At its 18 February meeting, the Steering Group –

- Received a written evaluation report of Healthy Christchurch and an overview of the process/findings from independent evaluator, Michelle Whitaker
- Received a presentation by representatives from Tenants Protection Association (Helen Gatonyi) and Work & Income (Shane Carter) on a collaborative pilot project to

mitigate the effects of high accommodation costs on low income tenants in Christchurch

- Discussed draft Champions Action Plan re: alcohol-related harm and agreed a way forward.
- Agreed to meet to review presentations on progress of the City Health Plan and the alcohol issue in preparation for the Champions' first scheduled quarterly meeting on these topics scheduled for 23 March 2009



# Healthy Christchurch

## Healthy Christchurch Charter

The signatories to this charter agree to work together to promote, protect and improve the health and wellbeing of the people of Christchurch.

We believe that by working together we will be able to achieve more than we could separately.

### Principles

We agree that the following principles will guide our actions:

- Health is a state of physical, mental, spiritual, social, environmental and economic wellbeing, and not merely the absence of disease
- All sectors, organisations, groups and people have a role to play in creating a healthy city
- Successful collaborations are based on openness, trust and accountability, where the individual role, identity and autonomy of each party is respected
- The Ottawa Charter provides a common framework for health promotion internationally
- Te Tiriti o Waitangi is the founding document of Aotearoa – New Zealand and central to health and well-being in this country.

### Protocols

The signatories undertake to:

- Communicate and consult with one another in a flexible and open way, using appropriate methods and allowing reasonable time for response.
- Promote a commitment to health and wellbeing locally, nationally, and internationally.
- Meet regularly to address issues of mutual concern, develop priorities and plan the activities of the Healthy Christchurch initiative.
- Develop cross-sectoral and inter-agency strategies setting out how we will undertake planned activities.
- Contribute to the Healthy Christchurch initiative according to our means, and value the differing contributions made by each sector, organisation, group and person.
- Ensure our own organisation's policies and programmes have a positive impact on health and well-being.
- Respect existing networks and partnerships, and seek to work with these.
- Jointly monitor and evaluate the impact of Healthy Christchurch on an annual basis through the Charter signatory forum.
- Share responsibility for the outcomes from joint activities of the Healthy Christchurch initiative.

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**Information about Being a Healthy Christchurch Signatory  
(for potential inclusion in induction or other information packs of signatory  
organisations)**

Dear Employee

Our organisation is a signatory to the Healthy Christchurch Charter (attached). Healthy Christchurch is a network of about 200 organisations who serve the people of Christchurch. The initiative is sponsored by signatories Canterbury District Health Board, Christchurch City Council, Environment Canterbury, Ministry of Health, Pegasus Health, Te Runanga o Ngai Tahu and University of Otago, Christchurch.

By signing the Charter, we agree 'to work with others to promote, protect and improve the health and wellbeing of the people of Christchurch' and to be guided by the principles and protocols in the Charter. Please read the Charter and keep it handy.

Currently signatories are focussed on two priorities: -to reduce health inequalities by working to improve the health status of those in Christchurch who are most disadvantaged and -to improve the physical activity and nutrition of the people in Christchurch.

Some of the benefits of being a signatory for our organisation include:

- We are part of shared vision for the city with other like-minded organisations.
- Because of the diverse nature and size of the Healthy Christchurch network, belonging to it provides us with a deep reach into the community.
- All our employees can have access to the Healthy Christchurch Information Base, an intranet just for signatories. Through this electronic notice board, we receive from and send relevant information to all signatories.
- The Information Base and the Healthy Christchurch newsletters contain useful items which may prompt us to work smarter by working collaboratively.
- We have access to the facilitation and coordination services of the Healthy Christchurch coordinators' who can provide administrative and other support for any collaborative projects or programmes we are involved in.
- There are trainings and other events sponsored by Healthy Christchurch which are relevant and available to us at no or low cost.

Our organisation has a Healthy Christchurch contact person who serves as our liaison into the network. That person is \_\_\_\_\_.

You can learn more about Healthy Christchurch, including how to contact a Healthy Christchurch Coordinator, on [www.healthy.christchurch.org.nz](http://www.healthy.christchurch.org.nz) or talking with our Healthy Christchurch Contact Person. Please arrange for access to the Information Base.

As our employee, you are encouraged to wear a 'Healthy Christchurch hat' in your work, particularly when you attend meetings both inside and outside of our organisation. Be alert to opportunities for working with other organisations, specifically on a Healthy Christchurch priority and more generally, 'to promote, protect and improve the health and wellbeing of the people of Christchurch'.

Signed \_\_\_\_\_ (appropriate person at a top level in the organisation e.g. CEO, Manager, Board Chair).

Optional template 2

**Position Description for Healthy Christchurch Contact Person) for potential inclusion in appropriate materials of signatory organisations)**

The role for our organisation's Healthy Christchurch Contact Person is to serve as the liaison between our organisation and the Healthy Christchurch network.

Please refer to our document called 'Information about Being a Healthy Christchurch Signatory'.

The purpose of this position is to maximise the effectiveness of our organisation's involvement in the Healthy Christchurch initiative.

Expectations:

As the Healthy Christchurch Contact Person, you -

- will be the first person in our organisation that the Healthy Christchurch Coordinators will liaise with about Healthy Christchurch business;
- (as well as other employees) have access to the Healthy Christchurch Information Base and are responsible for circulating items of interest or significance to the work of our organisation to appropriate people, including [the person at the top e.g. CEO, Manager, Board Chair].
- are responsible for ensuring that the description of our organisation is up-to-date in the directory of Healthy Christchurch signatories.
- (as well as other employees) are encouraged to be alert to opportunities to work with other organisations (signatories and non-signatories alike) we might work with 'to promote, protect and improve the health and wellbeing of the people of Christchurch'.
- will inform the Healthy Christchurch Coordinators if you are no longer our Contact Person and the name of the person who will replace you in this role.

Signed \_\_\_\_\_ (appropriate person at a top level in the organisation e.g. CEO, Manager, Board Chair).