

Healthy Christchurch

Newsletter #72, Whiringa-ā-rangi (November) 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

Healthy Christchurch Signatory Hui-iti

This Thursday 5 November we kick off the Hui-iti with Signatories in the East followed by North, South and West and finishing with a Hui for signatories with a City wide focus.

Yes, we know we are going on about it but, you asked for it and now we're delivering it.

Have you thought about the Healthy Christchurch signatory Hui-iti?

Does your organisation work in East or North or West or South or have a focus on issues City wide?

Do you have a designated person for one of these communities attending a hui?

If not, make sure you and/or your organisation are signed up to attend the Healthy Christchurch Hui-iti in your area so that you can come and have your say and have input into the Healthy Christchurch Strategic Plan and the City Health Plan.

Following are the dates/venues for the Hui-iti. We look forward to seeing there!

EAST – e.g. Linwood, Aranui, New Brighton, Woolston

Date: 5th November

Venue: Avebury House, 9 Evelyn Cousins Avenue, Richmond.

NORTH – e.g. Papanui, Belfast, St Albans, Shirley

Date: 19th November

Venue: Abberley Park Hall, 15 Abberley Crescent, St Albans.

WEST – e.g. Addington, Riccarton, Hornby, Lincoln

Date: 26th November

Venue: Room 220, Commerce Building, Ilam Campus, Canterbury University

SOUTH – e.g. Beckenham, Sydenham, Cashmere,

Date: 3rd December

Venue: South Christchurch Library,

CITY-WIDE

Date: 4th February

Venue: Oxford Terrace Baptist Church, 286 Oxford Terrace, cnr Madras St

Strengthening Collaborative Partnerships

On 28th October the Healthy Christchurch Steering Group held a small evening event at Te Runanga O Ngai Tahu for the Champions, CEO's from the seven sponsoring organisations and Steering Group members to strengthen the collaborative partnerships.

Since 2002 there have been a number of changes to the Champions, CEO's and Steering Group members of Healthy Christchurch, the most recent being Cr. Alec Neill, Chairperson Canterbury Regional Council,. With work being undertaken on a Healthy Christchurch Strategic Plan and City Health Plan it was seen as an opportune time to reinforce and further develop connections with sponsoring organisations.

The group were welcomed to Te Runanga o Ngai Tahu by Healthy Christchurch Champion, Mark Solomon who gave guests a brief background to Te Runanga o Ngai Tahu and the Tiriti settlement and invited those present to "come and get to know them". During the evening Evon Currie, Steering Group Chairperson, presented an overview of the Value,

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Potential and Benefits of the Healthy Christchurch initiative and guest speaker Dr. Ramon Pink, Medical Officer of Health Canterbury, illustrated in a very personal and humorous way how the City Health Plan relates to individuals and communities. Guests then had an opportunity to network informally.

The Healthy Christchurch priority to reduce health inequalities

Local Government's contribution to wellbeing, October 2009

New Ministry of Health document about Local Government's contribution to wellbeing highlights local government's ability to positively influence health and wellbeing of communities and the need for strong collaboration and partnerships.

Health is central to wellbeing because the state of people's health affects their productivity and ability to participate in social interaction, work, education and other activities.

Public health is influenced by the four aspects of wellbeing: cultural, economic, environmental and social. Each of these factors influences the ability to maintain good health in individuals and communities. Public health activities have considerable synergies with the roles and activities of local authorities because a key purpose of local government is 'to promote the social, economic, environmental, and cultural wellbeing of communities, in the present and for the future'.¹

The purpose of this document is to highlight good practice that is occurring in the public health sector. By encouraging more effective working relationships between health and local government agencies, more efficient action should develop at a local and regional level to support people in adopting healthier lifestyles.

Role of local authorities and other organisations in community wellbeing

Local authorities frequently undertake activities influencing public health and wellbeing and facilitate or support similar activities done by others. These roles vary among local authorities, and the roles of regional councils and territorial authorities are likely to differ in most cases.

Local government has core responsibilities in some activities that are discussed in section 2. In other areas, local authorities may have picked up roles as leaders, supporters, communicators or facilitators because of their local strengths and abilities to link to other people and projects. They often work in partnership with health agencies, other government and non-governmental organisations, business leaders and the community.

Organisations working in the community may have similar aims or be able to use their tools or networks to complement each other's aims. Activity to promote outcomes in one area of wellbeing often has flow-on effects in other areas of wellbeing. Bringing together different skill sets and perspectives can also help strengthen planning. Support for joint work can provide opportunities to support other work, identify potential tensions, make better use of resources and improve community outcomes across more than one area.

Local authorities and their communities have varying strengths, community outcomes and priorities. They also have differing roles and activities. However, local authorities can directly consider demographic diversity and cultural influences and establish relationships with iwi/Māori, ethnic and age-based groups, community and business groups, and other influencers in their community.

Social Report shows child poverty on the rise

Child Poverty Action Group says that despite the positive spin in the Ministry of Social Development's 2009 Social Report, all is far from rosy.

"The increase in child poverty is shocking and should raise all kinds of questions about our policies for families," says Dr Susan St John, CPAG spokesperson.

¹ Section 10 of the Local Government Act 2002.

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The Report uses a poverty line based on the CPI adjusted 1998 median household income. It shows that although the proportion of children in low-income households fell from 29 per cent in 2001 to 16 per cent in 2007, it climbed back up to 20 per cent in 2008. Dr St John says "In a time of income growth, one expects poverty to decrease on this fixed measure, not increase.

Using a relative poverty line, the child poverty rate was 22 per cent in 2007 and 28 per cent in 2008. "Whatever measure is used" says Dr St John, "it shows a worrying increase in child poverty between 2007 and 2008, and that is before the impact of the recession is reflected in the figures."

"Last year one in five children was living in a household under significant financial stress, much of it due to high housing costs" says Dr St John. Now unemployment is over 6 per cent, we know the situation for children is getting steadily worse."

Working for Families attempted to reduce child poverty on the OECD's very low 50 per cent poverty line from 14 per cent to 4 per cent and make us more like the Scandinavian countries. "But on this measure, despite WFF and tax cuts, child poverty has crept up to 16 per cent, and is set to deteriorate further once the effects of the recession are factored in."

Resource to help people cope with financial stress

The Ministry of Health on October 22nd published a brochure providing practical advice and information about support services for New Zealanders who are suffering from stress because of the tougher economic times.

"Research has shown that people who have lost their jobs or are experiencing financial hardship are at greater risk of suffering from mental health problems such as anxiety or depression," Director of Mental Health Dr David Chaplow said.

"This brochure offers practical advice for coping with stress and looking after family members during times of financial hardship. It also provides information on the telltale signs of anxiety or depression and the available support services," according to Dr Chaplow.

"People who are adversely affected during times of adversity because of job loss or tight finances are encouraged to seek help early. There is help, if they need it."

A number of epidemiological studies have shown a link between financial stress and mental health. Research has also shown that early intervention approaches are effective in helping reduce the potential adverse impacts from financial stress.

Available from Community Health information centre at 76 Chester Street East Ph: 03 364 1777 or online at www.moh.govt.nz/moh.nsf/indexmh/coping-with-financial-stress).

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

Sea to Sea Challenge

The challenge finishes on 6th November 2009. How has your organisation, team or you as an individual done in getting across the Southern Alps and completing the 240kms from West coast to East coast?

Your Healthy Christchurch coordinators were very lax in keeping a record of their progress. It looks as though we are currently stuck in the mountains and taking in the scenery. It is probably safe to say the challenge will be done and dusted before we reach the finish line.

We would love to hear about your highlights and/or lowlights of the challenge.

Controversy as "energy shot" drinks released onto the market

The shots contain as much and in some cases the equivalent of more than 3,300 mg (milligrams) of caffeine per litre, despite the mandated maximum level allowed being 320 mg per litre. Reclassifying the drinks as 'dietary supplements', however, has meant that they can be marketed and sold here.

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While most of the energy shots are labelled as not being suitable for consumption by children, concerns have arisen that they are primarily being marketed at, and sold to, adolescents and children.

Since their release, there have been reports of the shots having adverse effects on some adolescents and children who drink them.

The Science Media Centre approached a number of experts in nutrition, medicine and food safety, to get their views on the safety of consuming very high amounts of caffeine.

Dr Elaine Rush, Professor of Nutrition at Auckland University of Technology, comments:

"I am very concerned about the sale of caffeine in large doses, for example in "energy shots" which are sold as dietary supplements. None of the ingredients are recognisable as coming from whole food and they do contain sugar. Although caffeine does improve physical performance, convincing evidence is accumulating from comprehensive reviews of the literature that there are more problems than benefits associated with consuming caffeine. AUT as part of its commitment providing students and staff with the best learning environment has an initiative in place to improve the healthiness of food and beverages sold on campus. Part of this commitment is not to sell dietary supplements.

Items of Interest

Law Commissions review of Liquor Laws

Unless you have been living in a cave you will have heard or seen a huge amount of information regarding the Law Commissions review of the current laws and policies relating to the sale, supply and consumption of liquor in NZ.

Submissions to the review closed 5pm Friday 30 October 2009. Feedback from a friend of a friend at the Law Commission reported 2500 submissions had been received as at 2 November 2009. It was also reported that the Law Commission didn't address enough attention to advertising and sponsorship, and there is a lot of interest in personal responsibility.

Healthy Christchurch Signatories were given the opportunity to endorse a submission which had been adapted from the CDHB submission and collated by Barry McDonald, who has been assisting with the Champions work around alcohol. 19 Healthy Christchurch signatories endorsed the submission and ranged from small local community organisations through to large government organisations.

17 Nov 2009 - "Ten things the alcohol industry won't tell you about alcohol"

Dr. Doug Sellman is back in Christchurch and will be giving his presentation "Ten things the alcohol industry won't tell you about alcohol". This presentation will be number 30 in a long line of presentations he has given since early September, on a tour spanning the entire country from Doubtless Bay in the far north to Invercargill in the far south.

This event is being hosted by Professor Peter Joyce, University of Otago, Christchurch, who is one of the seven Healthy Christchurch Champions'.

Venue: Art Gallery Theatre, Christchurch

Date: Tuesday 17th November 2009, 7.30 - 9.00pm

No entry fee but it is suggested you get to the venue early.

Many people drink alcohol happily and safely, but did you know that a large proportion of alcohol industry revenue comes from dangerous, socially-destructive heavy drinking?

There is a national alcohol crisis. At least 700,000 New Zealanders are heavy drinkers. Binge drinking and associated alcohol damage are part of New Zealand's way of life. But change is coming. Come and hear about the 5+ Solution and how to get involved.

This community event is supported by the Christchurch City Council and ALAC

More information: www.alcoholaction.co.nz

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Establishment of New Community Fund - He Pūtea Mahi Tahī

The Todd Foundation, Tindall Foundation, Wayne Francis Charitable Trust and the J R McKenzie Trust introduced a new fund known as the Working Together More Fund, He Pūtea Mahi Tahī, in October this year.

The aim of the fund is to assist community organisations to make a greater difference for the people and communities they serve by working more closely with other organisations. Groups of two or more organisations interested in exploring how they might work more closely together can apply for both financial assistance and expert help. The first closing date for He Pūtea Mahi Tahī is 13 November 2009. Future funding rounds are planned for 2010 with the first round closing on 12 March.

Further information about the fund, its objectives and contact information are available on the Tindall Foundation website: www.tindall.org.nz/working-together-more-fund

He Waka Tapu Art Competition – Open to All!!!

He Waka Tapu is setting up a competition for a mural on the brick wall in their car park.

They are looking for people to present a drawing about what they see as representing the kaupapa of He Waka Tapu and its colours.

The drawing needs to be on at least an A3 size piece of paper. The winner will receive \$500 and the privilege of painting it on the wall. He Waka Tapu will supply materials.

So whoever undertakes this mahi will need to do their homework, look at the kaupapa of He Waka Tapu, talk to folks, get the waka theme, whanau etc and try and impress Daryl.

The actual wall size is approximately 12 x 2 meters of concrete block

Competition closes at lunch time 12 o'clock on the 20th December 2009 all entries in before then.

If you have any queries contact Daryl Gregory at He Waka Tapu Limited 03-373-8150 or Cell Ph: 021-379895 - www.hewakatapu.org.nz

Training and Workshops

Practical solutions in the complex world of working with challenging children

Spend a day with leading US child behaviour expert Dr David Ziegler who is visiting New Zealand for a 1 day workshop tour, presenting in Auckland and Christchurch.

Children and young people who have been traumatised as a result of abuse, neglect, family violence, or other major life incidents experience significant disruptions to their neurological, psychological and emotional development. These disruptions often manifest in the form of complex and challenging behaviours that can last well beyond the childhood years.

This training is for everyone from the beginner to the expert, with complex subjects addressed with easy to understand descriptions, illustrated with practical applications that participants will be able to incorporate immediately into practice.

Where: Christchurch: Holiday Inn City Centre, Car Cashes and High Streets

When: Thursday 10th December 2009 9am to 3pm

Cost: \$195 for one day workshop includes lunch and tea break catering. Workshop notes are included in the seminar price and will be provided on the day.

For all enquiries: contact the Compass team on 06 759111647 or office@compass.ac.nz

Workshop - New Thinking to Solve Complex Problems

This workshop introduces 'systems thinking' as a tool for helping central and local government work better together and address complex problems.

The workshop is led by Professor Kambiz Maani, an internationally renowned expert in systems thinking and sustainable strategies. His presentation covers the theory, tools and language of systems thinking.

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Systems thinking:

- Provides tools and techniques for solving complex problems.
- Improves understanding and anticipation of long term consequences of decisions, actions, policies and strategies.
- Aims to avoid unintended consequences.
- A scientific approach to problem solving that deals with hidden complexity and sustainability.

When: 26th November 2009

Where: The Chateau on the Park
189 Deans Ave, Riccarton, Christchurch

Register online at www.solgm.org.nz

Healthy Christchurch Steering Group

At its 28th October meeting the Steering Group –

- Participated in a 1 hour strategic planning exercise allowing the Healthy Christchurch coordinators and the City Health Plan project workers to test drive the Hui – iti content and contribute to the strategic planning. This information along with feedback from the planned signatory hui will inform the strategic direction of Healthy Christchurch for the next 3 – 5 years
- sub-groups continued work on reviewing Steering group processes and clarifying roles and functions
- made further recommendations for the Alcohol Action Plan
- Agreed to bring Sam Kaner to Christchurch to offer training in Challenges of Multi-stakeholder collaboration: designing and facilitating effective processes

The Steering Group meets for the final time in 2009 on 9th December.

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