

Healthy Christchurch

Newsletter #71, Whiringa-ā-nuku (October) 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

Plant a Plant – Healthy Christchurch Conservation Challenge

Yay!!!! Individuals, small and large organisations participated by getting their hands dirty and planting seeds, herbs, shrubs and trees.

Steering Group member Josie McNee reported that staff at ECAN purchased 150 native plants from a stall held on the Environment Canterbury roof top garden in Kilmore Street. A competition was also held for the staff member who most successfully "weaved biodiversity into their ECan office". Winners Trudy Geoghegan and Meridith Whitmore made a sandfly mobile, adopted a pet kakapo "Bill" and introduced native plants to their office.

Environment Canterbury also sponsored the Canterbury Restoration Field Days, held during Conservation Week. Over 200 people attended the event at the Motukarara Conservation Nursery on the Saturday and 75 took part in field trips the next day.

Community and Public Health staff planted a total of 460 plants between them in their home gardens. Christchurch City Council planted 2231 large plants in and around Christchurch.

Trees for Canterbury planted 2000 plants with help of volunteers at Travis Wetlands - a huge effort!

Congratulations - what a fantastic effort for Conservation Week by Healthy Christchurch Signatories. The planet thanks you.

Healthy Christchurch Signatory Hui-iti

We've talked about it, we've sort advice, we've agonised over how best to approach it and now we are almost ready - to begin holding small hui with Signatories to inform the strategic direction process for Healthy Christchurch and get input into a City Health Plan.

During the next week you will be notified of hui that will be happening in your area. These will be held in North / South / East / West locations to capture input from signatories in these communities with a further hui being held for signatories that have a Christchurch wide focus.

Keep a look out for notification of these events and pencil one of the half-day hui in your diary.

Strengthening Collaborative Partnerships

With work on a Healthy Christchurch Strategic Plan and City Health Plan being undertaken it was an opportune time to reinforce and further develop connections with sponsoring organisations.

On 28th October the Healthy Christchurch Steering Group will be holding 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.

During the event, Evon Currie, Steering Group Chairperson, will present an overview of the Value, Potential and Benefits of the Healthy Christchurch initiative, guest speaker Dr. Ramon Pink, Medical Officer of Health Canterbury, will explain a City Health Plan and guests will have an opportunity to network informally.

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The Healthy Christchurch priority to reduce health inequalities

October 5 – 11 is Mental Health Awareness Week

This year's theme is *Winning Ways to Wellbeing*. Wellbeing is a concept that has two main elements – feeling good and functioning well. (see attached)

Research by The Foresight Programme outlines five ways people can support their own wellbeing and that of others around them, including family, friends, colleagues and the wider community.

These include:

CONNECT: Develop relationships with friends, family, friends, colleagues and neighbours as these connections support you and enrich your life.

GIVE: Do something for a friend or stranger and see yourself and your happiness as linked to the wider community.

TAKE NOTICE: Be aware of the world around you and see the beauty in everyday and unusual things; reflecting on them helps you appreciate what matters to you.

LEARN: Try something new or rediscover an old interest, or take on a new responsibility or challenge. Learning makes you more confident and can be fun.

BE ACTIVE: Physical activity helps people to feel good so find an enjoyable activity that suits your ability.

For more information on Mental Health Awareness Week see www.mentalhealth.org.nz

Respect Costs Nothing – Aroha Ki Te Tangata is a list of simple tips on promoting, protecting and improving the lives of people in Christchurch who experience mental illness and is available by contacting your Healthy Christchurch Coordinators.

Community Health Information Centre also has a number of new mental health resources available in the lead up to Mental Health Awareness Week. Contact the CHIC team on 378 6754 or 378 6720.

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

How can we be sure???

How can you be more confident that the juicy morsels of information you choose from the web or read in the media will actually help your health?

Much of what is on offer is 'fast fads' dished up for entertainment or to con cash from us. If you rely on the media or go on-line for nutrition information, it is possible you could end up with information that is 'out of line'.

To develop a more discerning taste for nutrition information and advice it is helpful to thoroughly chew over what is presented before swallowing. Think about where, who, what, when, why.

Where is it coming from? Is it from a professional body with a purpose to promote nutrition information while free from financial obligations to massage the message or is it simply from a business, organization or individual seeking to make money?

Who has prepared it? Is that person specially trained and qualified to give such information or are they an individual with impressive credentials claiming a special or unique insight?

What is the message? Is it consistent with that from authoritative and reliable sources, or is it in startling contrast? One study, no matter how intriguing or compelling, doesn't change best practice guidelines.

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When was it written? Is it based on outdated studies or on a recent review, which includes consideration of all the current relevant research?

Why is it being presented now? Is this an intriguing snippet that will attract your eyes for long enough for you to also notice associated advertising? Is there a new or “magical” product or service now available to help you ‘fix’ the highlighted issue? Or is it that an authoritative group has sufficient new evidence to make changes to their current advice?

The kind of information you go searching for can affect the quality of what you are likely to find. If you go searching on the web for information on a specific common condition such as constipation, diabetes, gout, heart failure, etc, you are likely to find useful information and advice which ticks all the boxes above. Websites which are good starting points are www.moh.govt.nz/cochranelibrary and www.pubmed.govt.nz (click on consumer information then go to health topics.)

Be mindful though that it will be generalised information, and you will need to work out how to apply it to your particular situation and needs.

If you try to self-diagnose your symptoms by using internet searches, it is most likely that you come across material which has few or no ticks at all, and there is a much higher risk that you will be left with nothing but a sour taste.

To be confident you are nudging yourself in the right direction, check things out with a dietitian. They can provide personalised nutrition advice based on current evidence-based guidelines. They will take into consideration your current eating habits, the foods you like or dislike, your cooking skills and time available to cook meals, your food budget, who you live with, how shopping savvy you are, the medications you take and how active you are. Your individualised plan will build on your current eating habits and will only include suggestions for foods you are willing to prepare and eat.

Article by Liz Cutler - Dietitian

Top Tips To Live To 100 – New Website Aims High

livo100 is a health and wellbeing website written especially for New Zealanders with a team of Auckland dietitians having approved and added to the nutrition information, and a registered personal trainer has made her contribution as well – September’s launch signalled the first stage of a comprehensive one-stop-shop for anyone keen to improve their physical and mental health. In prevention, can lie the cure.

Okay, so some of us chose our parents badly and will never get to 100, others just plain don’t want to – but many of us are interested in how to eke out our three score years and 10 in the best ways possible.

livo100.co.nz is the latest website in the family of the award-winning health consumer website everybody.co.nz

Where everybody focuses on medical conditions, vivo100 focuses on wellness and the science of prevention. It’s a handy one-stop-shop for reliable information about: nutrition, physical activity, mental wellbeing, sleep and stress management.

In addition, the Personal WOFs (Warrants of Fitness) section brings together all the tests, shots and checks Kiwis need from before birth to their 100th birthday.

No other website brings all this information into one easily accessible place. If your doctor’s given you or someone you care about the thumbs down on lifestyle – vivo100 is a great place to see where to get back on track. Like its parent website, it offers reliable consumer health information. A team of Auckland dietitians has approved and added to the nutrition information, and a registered personal trainer has made her contribution as well. Our expert teams will grow as the website grows.

livo100 also provides the personal touch: Success Stories showcases ordinary New Zealanders who have taken the plunge to improve their lives:

- Meg tells how she has kept type 2 diabetes at bay for seven years with diet and exercise

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- Amanda shares how she dealt mentally and emotionally with pregnancy after a stillbirth.
- Abbey reveals her desire to lose weight for good and how she achieves it.
- Noel (72) survives triple bypass and continues to compete in triathlons.

These stories are genuine, brave and inspirational - and other Kiwis can add theirs via the website. liveto100 is socially networked, easy to understand and gives quick tips for people in a hurry, as well as more detailed information for those with more time and interest. We also have fun things like quizzes, calculators and weekly polls to play with.

If you, or a relative or friend, have made the decision that you want to be happy, healthy, relaxed, calm, energized and positive about your life, you will find so much of value in liveto100.

National Breastfeeding Programme Update

The next phase of the National Breastfeeding Promotion Campaign commenced at the end of September. The objectives of phase two are to increase public acceptance of breastfeeding and to encourage communities to support and facilitate breastfeeding wherever appropriate and possible. Encouraging and empowering mums to breastfeed in public requires support from peers and those that the mums and their families come into contact with outside the home environment.

Phase two features a mix of advertising, social media and public relations. Today's audience receives more and more of their information via the internet. Therefore the campaign is using online media as one of its key communication channels for breastfeeding messages. More traditional channels such as print advertising and public relations are also being used, to ensure the campaign reaches large numbers of the priority audience. It is an exciting mix of new and traditional media, and campaign organisers report feeling just a little bit cutting edge!

- Advertising - the public will begin to see breastfeeding print ads in women's and parenting magazines, posters in bus shelters and malls, and on screen in Warehouse stores. Breastfeeding messages will be promoted by a number of radio stations around the country.

Phase two of the National Breastfeeding Promotion Campaign will use social media sites Bebo and Facebook as a vehicle for communicating breastfeeding messages. These sites are popular with women 15 to 44, an age range that encompasses those most likely to be having families. YouTube and Flickr will also be used to share videos and photos. Breastfeeding tips and information will be shared via Twitter.

- DVD update - Filming for the breastfeeding DVD was completed at the end of August and editing is now underway. A draft edit will be reviewed by the specialist advisory group, before the content is finalised.

The DVD will primarily be distributed by the New Zealand College of Midwives, as a resource for midwives to provide free to pregnant women and mums with new babies. A discussion prompt sheet for midwives, to accompany the DVD, has been developed in consultation with the College.

- Photo competition - Mums will be encouraged to send in photos of themselves and their friends' breastfeeding out and about in the community, to win some great prizes, and to show their support for breastfeeding in a range of public places.

Winners will be chosen from the different regions around New Zealand, so entrants will be encouraged to add a local twist to their photo.

The aim of the competition is to show how natural and normal breastfeeding is, and what a lovely thing it is to see mums breastfeeding their babies. It will complement the images of breastfeeding women being displayed around the country

If you have any questions or contributions and would like further information, please email Megan Williams at megan_williams@moh.govt.nz or phone on 04 816 3395.

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Items of Interest

An update on the outcomes from the Sector Wellbeing forum

COSS and Healthy Christchurch will be convening a group to work on a project to develop some form of exchange for the sector. This exchange would hopefully involve time, resources, expertise and equipment. Some people have already expressed an interest in working on this. If you are interested in being part of the team, please contact Sharon Torstonson on 366 2050 or email ccoss@ihug.co.nz.

We are interested in tapping in to government department resources, especially in-house training and surplus equipment and furniture. COSS will contact OCVS to see if they are able to facilitate this.

We also want to encourage voluntary sector / ngo organisations that provide in-house training to make a place or two available for people from other organisations. Eventually this might be something to operate through the exchange, but in the meantime we can start the ball rolling. COSS will write to organisations and also put something in their next newsletter. **If you are part of an organisation that does in-house training, please consider whether it would be useful to other organisations.** You might have a group/s in mind to make this available to, or COSS and Healthy Christchurch can advertise it through our networks.

Youth Volunteer Award Nominations Sought

Do you know a young person (under 21 years) who has made an extraordinary contribution to our community? Why not nominate them for a Youth Volunteer Award?

Volunteering Canterbury offers these awards to raise awareness about volunteering and to recognise the contributions made by local youth.

Nomination forms can be downloaded from www.volcan.org.nz. Nominations close on 6 November 2009. For further details contact Catherine Harris or Ruth Gardner (03) 366 2442 or email: vc@volcan.org.nz

More information relating to cervical screening and HPV vaccination in Canterbury

During Cervical Screening Awareness Month, the Canterbury District Health Board (CDHB) encouraged women aged 20-70 years old who are due for a cervical smear to have one.

It is recommended women who have had their first smear or who have a smear after a five year lapse have a repeat smear a year later, with three-yearly smears after that.

Every year in New Zealand 160 women are diagnosed with cervical cancer and 60 women die from the disease. However, cervical cancer is one of the most preventable cancers and usually develops very slowly.

The main cause of cervical cancer is Human Papilloma Virus (HPV - the most common sexually transmitted infection). Certain types of HPV can cause abnormal cell changes. Although most HPV infections clear by themselves, ones that persist can lead to the development of precancerous abnormalities. If left untreated, these can eventually progress to cervical cancer.

There is currently no cure for HPV infection although a free vaccine which helps to protect against the virus is now available to all girls aged 12-18 in Canterbury from General Practices.

CDHB gynaecological oncologist Bryony Simcock said having regular cervical smears was important because abnormal cell changes did not cause any symptoms and were picked up only when women have a cervical smear test.

Symptoms only appear when abnormal cells become cancer, although there are often none during the early stages of cervical cancer. The most common symptom experienced is abnormal vaginal bleeding which may occur between periods, following sexual intercourse or after menopause.

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The CDHB's Canterbury Health Laboratories (CHL) has recently introduced new technology that is expected to improve the detection of cervical cancer. CHL this month introduced a new automated way of analysing cervical smear slides, called the FocalPoint GS Imaging System. CHL is the first laboratory in the country to introduce the automated system, which is also one of only nine to be used in laboratories outside the United States.

The automated system works by identifying abnormal cells through computer analysis and then guides the human screener at the microscope to the location of the abnormal cells present on the slide.

Overseas research shows that the automated system significantly increases the detection of cervical abnormalities. It is also expected to reduce the amount of time taken to analyse cervical smear slides, which will in turn ensure women receive their results more quickly.

For more information about cervical screening, see www.nsu.govt.nz

Training and Workshops

Strengthening Families Facilitation Training

Includes cultural considerations when working with families from diverse cultures. Working with migrant and refugee families. Te Whare Tapa Wha model cultural practices. Strengths based philosophy. Facilitation process.

When: 29 – 30 October

Where: Nga Hau E Wha Marae

Time: 9am – 4pm

For more information contact Julie Grenfell at Christchurch Methodist Mission (03) 353 4700 or email julie@mmsi.org.nz

Healthy Christchurch Steering Group

At its 16th September meeting the Steering Group –

- held the first of three 1 hour strategic planning and partnership assessment sessions for the Healthy Christchurch initiative. This work along with feedback from the planned signatory hui will inform the strategic direction of Healthy Christchurch for the next 3 – 5 years
- received and amended an Alcohol Action Plan for proposed endorsement by the Champions. The Alcohol Action Plan will be a tool that can assist in realising their aspirations to reduce the harmful drinking in Christchurch
- agreed to host an evening for the sponsoring organisations Champions and CEO's to strengthen their collaborative partnership
- supported Barry McDonald compiling a submission to the Law Commission Review for Healthy Christchurch Signatories on an opt-in basis.

The next meeting of the Steering Group is scheduled for 28 October, 10am-12pm at Community and Public Health, Kowhai Room, 76 Chester Street East.

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Mental Health Awareness Week 2009 5-11 October

Winning Ways to Wellbeing

RANDOM ACT OF KINDNESS

Invite someone new to the building to lunch ☺

RANDOM ACT OF KINDNESS

Help an overworked colleague with some tasks ☺

RANDOM ACT OF KINDNESS

Bring a treat to share with your team – it doesn't need to be food ☺

RANDOM ACT OF KINDNESS

Greet people you meet on the stairs with a cheerful hello ☺

Mental Health Awareness Week kicks off on October 5, with a whole lot of activities to encourage people to use "**Winning Ways to Wellbeing**".

"We all need to prioritise good mental health and we all have a part to play in our own wellbeing," says Judi Clements, Chief Executive of the Mental Health Foundation, which organises the annual event. "With one in five New Zealanders experiencing some form of mental illness in any one year, using effective tools to promote wellbeing is essential."

A series of exciting events are happening nationwide throughout the week, including a fashion show and t-shirt launch, a gig, a fiesta, a CD launch, art exhibitions, a book launch, and more. An events calendar, as well as supporting information on the theme, can be found at www.mentalhealth.org.nz

There are two main elements to this year's theme: feeling good and functioning well. Based on research by UK-based the Foresight Project, the Foundation is promoting five proven ways everyone can support their own wellbeing and that of the world around them, including family, friends, colleagues and the wider community.

CONNECT Develop your relationships with friends, family, colleagues, and neighbours as these connections support you and enrich your life.

BE ACTIVE Physical activity helps you to feel good so find something that you enjoy and suits your ability.

TAKE NOTICE Be aware of the world around you and see the beauty in everyday and unusual things - reflecting on them helps you appreciate what matters to you.

LEARN Try something new or rediscover an old interest, or take on a new responsibility or challenge - learning makes you more confident and can be fun.

GIVE Do something for a friend or stranger and see yourself and your happiness as linked to the wider community.

Mental Health Awareness Week is endorsed by the World Federation for Mental Health and marked in over 150 countries. World Mental Health Day takes place on Friday October 10.

RANDOM ACTS OF KINDNESS THIS WEEK

RANDOM ACT OF KINDNESS
Surprise a colleague with a cup of coffee or fresh water ☺

**INVENT
YOUR
OWN**

RANDOM ACT OF KINDNESS
Take notice of others who show kindness to others and leave them an anonymous thank you note ☺

Kindness is a language the deaf can hear & the blind can read. MARK TWAIN

Kind words can be short & easy to speak but their echoes are truly endless. Mother Teresa

Try writing your own quote – write it on a notice board somewhere in the building