

Healthy Christchurch

Newsletter #76, Paenga-whawha (April) 2010

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. 189 organisations are currently signed up to the Healthy Christchurch Charter.

From the Healthy Christchurch Coordinators

Inaugural Healthy Christchurch Annual Hui postponement

Mid 2009 Healthy Christchurch began a process to work with signatories to develop a strategic direction for Healthy Christchurch signatories to strengthen collaboration in specific areas of focus that fit within the Principles and Protocols of the Healthy Christchurch Charter.

From November 2009 to February 2010 a series of Hui-iti were held to identify focus areas important to signatories. All signatories have been kept informed through the Hui-iti, summary reports, in the newsletters and emails. Initially the timeline was set for a report and Annual Hui in March/April which was intended to coincide with most organisations' planning cycles.

Simultaneously the Champions and the Steering Group have been reviewing their roles and responsibilities. This process is still underway. It makes good sense to mesh the work of the three levels (Champions, Steering Group and Signatories) and therefore to have one clear strategic direction for Healthy Christchurch. It also makes sense to have a comprehensive Annual Hui with updates from the Champions, Steering Group and reporting back on two current focus areas of Reducing Alcohol Harm and the City Health & Wellbeing Profile. Thus the inaugural annual Hui and report has been deferred until an overall strategic direction can be provided to all Healthy Christchurch Signatories.

On completion of the Healthy Christchurch Champions and Steering Group review we will look at dates in July/August for the Inaugural Healthy Christchurch Annual Hui where we can all celebrate past successes and future plans!

Alcohol and Christchurch: The Ripple Effects

The Healthy Christchurch Champions and Healthy Christchurch Steering Group have invited all Canterbury MP's to attend a forum in April 2010, dedicated to presenting the facts about the impact of alcohol related harm on the city of Christchurch.

Representatives from key Healthy Christchurch organisations, including Christchurch City Council, Canterbury District Health Board and the Christchurch Police, will share the reality of alcohol related harm in their work, considering the impact on both people and services.

Healthy Christchurch is committed to raising the profile of these issues in light of the anticipated publication of the Law Commission's final report and the potential for local parliamentary representatives to be involved in the development of laws and policies relating to the sale, supply and consumption of liquor in New Zealand.

It is hoped that attendance at this forum will enable MP's to become conversant with the local facts as presented by these and other organisations in their submissions to the Law Commission Review during the public consultation process on 'Alcohol in Our Lives: An Issues Paper On The Reform Of New Zealand's Liquor Laws'.

The Healthy Christchurch priority to reduce health inequalities

New report gives snapshot of Maori Health in Canterbury

A new report provides the first comprehensive picture into the health of Maori in Canterbury and will be used by the Canterbury District Health Board in its future health services

Contact: Healthy Christchurch Coordinators

Robyn Wallace: 03 378 6838

Michelle Whitaker: 03 378 6820

Maria Pasene: 03 378 6778

Email: healthychristchurch@cph.co.nz

planning. The completion of the report, **Hauora Waitaha 1 – A Health Profile for Maori in Canterbury**, which was presented to today's board meeting, was a key target in CDHB's District Annual Plan last year. It was compiled by Dr Matthew Reid, a public health registrar in the CDHB's Community and Public Health Division and has been endorsed by Manawhenua ki Waitaha. The report will help the CDHB to see what areas of Maori health are a priority and to ensure the services being provided across the sector are meeting Maori needs effectively. It has recently been used in the CDHB's submission to the Maori Affairs Select Committee on the consequences of tobacco use among Maori.

Executive Director of Maori and Pacific Health Hector Matthews said he hoped the findings in the report could be linked to much of the work currently being done across the health sector to improve access to health services for Canterbury people, such as the Better, Sooner, More Convenient project, which is being implemented in primary care. "A lot of work has gone into this report and I am very pleased with the amount of information it provides. It will certainly help to give us a steer on what our priorities need to be." The report looks at a number of social and health indicators including smoking rates, hospitalisation rates, rates of cardiovascular disease, cancer, respiratory disease and diabetes and oral health.

The overall picture that emerges is that for a number of health indicators Māori in Canterbury, which make up 7.2% of the region's population, are in a better position than Māori nationally but in a worse position than non-Māori in Canterbury.

Key findings include:

- The Canterbury population is relatively socioeconomically advantaged compared to all of New Zealand, however:
- In Canterbury, more Maori than non-Maori live in areas with higher deprivation.
- In Canterbury, more Maori over 15 years old smoke than non-Maori. This is especially true for females and for those aged 15 to 24 years old. However, fewer Maori in Canterbury smoke than Maori nationally.
- The overall rate of admission to hospital is lower for Maori than non-Maori in Canterbury, in contrast to a higher rate for Maori than non-Maori nationally.
- Maori in Canterbury also have lower rates of admission to hospital than Maori nationally, both overall and for every major cause, including pregnancy and childbirth, respiratory disease and mental illness.
- Death rates from ischaemic heart disease is higher for Maori in Canterbury than non-Maori but there is no difference in the rates of admission, which suggest an area of unmet need in the treatment of the disease.
- The number of Maori diagnosed with cancer is lower for Maori in Canterbury than for non-Maori but the death rate is higher. Cancer rates among Maori are lower compared to the rest of the country.
- The rate of admission to hospital for type 2 diabetes is more than two and a half times higher for Maori in Canterbury than for non-Maori, while the rate of death is more than five and a half times higher for Maori. These rates for Maori in Canterbury are lower than for Maori nationally. The rates of long term complications from diabetes (kidney failure and leg/foot/toe amputations) are two to five times higher respectively for Maori than non-Maori in Canterbury.
- Maori children in Canterbury have worse oral health (more decayed, missing or filled teeth) than non-Maori in Canterbury and worse oral health than Maori living in fluoridated areas of the country. Maori children in Canterbury have better oral health than Maori living in other non-fluoridated areas nationally.

For more information, contact CDHB Communications Manager Michele Hider on 027 531 4796.

World Health Day – 7 April 2010

This year's theme is: 1000 cities, 1000 lives. Urban health matters.

Virtually all population growth over the next 30 years will be in urban areas, signalling that urbanization is here to stay. It is associated with many health challenges related to water, environment, violence and injury, non-communicable diseases (NCDs) and their risk factors like tobacco use, unhealthy diets, physical inactivity, harmful use of alcohol as well as the risks associated with disease outbreaks. Urbanization is a challenge for several reasons.

- The urban poor suffer disproportionately from a wide range of diseases and other health problems, and include an increased risk for violence, chronic disease, and for some communicable diseases such as tuberculosis and HIV/AIDS.
- The major drivers, or social determinants, of health in urban settings are beyond the health sector, including physical infrastructure, access to social and health services, local governance, and the distribution of income and educational opportunities.

Urban planning can promote healthy behaviours and safety through investment in active transport, designing areas to promote physical activity and passing regulatory controls on tobacco and food safety. Improving urban living conditions in the areas of housing, water and sanitation will go a long way to mitigating health risks. Building inclusive cities that are accessible and age-friendly will benefit all urban residents.

Such actions do not necessarily require additional funding, but commitment to redirect resources to priority interventions, thereby achieving greater efficiency.

For more information, visit the [World Health Organisation \(WHO\) website](#).

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

Paying high premiums for poor cover? – food versus supplements

Are you buying vitamin and mineral supplements as an insurance that you are getting all the goodies your body needs? If so then you are probably paying unnecessary premiums for poor cover.

Food has all 28 minerals and vitamins that we need. It supplies them in amounts that our bodies are accustomed to and in forms that are easily absorbed and used. In addition to these tailor-made nutrients, food contains hundreds of other health giving compounds that pills don't provide. This makes proper food the value for money insurance option. But wait - there's more! With just a bit of attention to movement and daily exercise you can also get a huge no claims bonus.

For most of us, most of the time, it's very easy to get all the vitamins and minerals that we need from food. The kinds of foods which are packed with these goodies are kiwifruit, citrus fruit and tomatoes, red and orange vegetables e.g. carrots and capsicums, green vegetables, dried fruit, milk yoghurt and cheese, nuts and seeds, meat, seafood, legumes/beans, wholegrain breads, high- fibre breakfast cereals, and eggs. If you eat some of these on a regular basis you won't miss out:

These foods also provide an extra health bonus over and above the vitamins and minerals they contain. They provide extra protection from health risks such as cancer and heart disease. While some of this protection is associated with hundreds of phytochemical compounds discovered to be present, the known compounds don't account for all of it - there's more goodness in these foods than we can yet explain. If you always have a rainbow of colourful fruits and vegetables on your plate you are well on your way towards a pot of real health gold.

We have known for a long time that regular exercise helps health. More recent research has shown that our bodies are meant to move. Sitting around too much makes us sick! Moving around during the day - just getting up and away from that computer or TV screen - has health benefits in addition to exercise. Get extra benefits by walking away from the shelves of supplements and going to the fruit and produce section.

Contact: Healthy Christchurch Coordinators

Robyn Wallace: 03 378 6838

Michelle Whitaker: 03 378 6820

Maria Pasene: 03 378 6778

Email: healthychristchurch@cph.co.nz

There are some situations where specific vitamins and minerals do add value. For example, women planning a pregnancy should have extra folate. Older house-bound people benefit from Vitamin D because of limited exposure to the sun. People recovering from illness or surgery benefit from extra zinc which helps with fighting infection or wound healing.

Don't count on vitamin and mineral supplements paying off in the long term, except in special limited circumstances. Get your vitamins, minerals and other goodies by eating mostly fruits, vegetables, wholegrain breads and cereals along with some protein such as fish, lean meat, low-fat dairy foods, beans or lentils and a handful of nuts and seeds. Exercise regularly. Build frequent movement into your daily living. The better health insurance policy is real food and physical activity not pills in a bottle. –
Above article contributed by Liz Cutler

Items of Interest

ANZAC Day – a day to remember - Sunday 25 April 2010

ANZAC DAY Memorial Services with a difference – on Maori Television

Maori Television is keen to hear from anyone planning to hold their own memorial service for ANZAC Day 2010.

“We are putting out the call to hear from people out in the community organising services and events with a bit of a difference,” says Kotahi Te Wairua – ANZAC Day 2010 executive producer Ross Jennings. “Some groups and individuals may choose to remember the fallen their own way, and outside of the more formal wreath laying ceremonies. Those are the people we hope will make contact.”

The special commemorative services will feature in the channel's all-day ANZAC Day broadcast on Sunday April 25 2010.

The special broadcast is now in its fifth year, this year the schedule promises memorial ceremonies at home and overseas, the annual ANZAC Address, as well as personal war stories, discussions, an evening concert and feature documentaries.

People can e-mail information about their planned events to
carmel.jennings@maoritelevision.com

Ross Jennings says the all-day broadcast enables New Zealanders of all backgrounds to share experiences of war and acknowledge a significant part of our national history: “If ANZAC Day has a special meaning to you, and you're thinking of marking it your own way, we want to hear about it.” <http://www.maoritelevision.com/>

Training and Workshops

Sexual Health Updates - an invitation not to be missed!!

Would your group/staff/tutors like a free update or train the trainer session on current sexual health issues?

Topics covered include Sexually Transmitted Infections (STIs), HIV/AIDS, safe sex, sexual health check ups, local services. An experienced sexual health promoter is available to work with groups. These are interactive sessions which respond to the needs of the particular group.

If you are interested in taking up this offer please contact Diane Shannon, Community and Public Health, email : diane.shannon@cdhb.govt.nz or phone: DD 378 6755

Tiriti o Waitangi workshops

Waitangi Associates will again be running three public Treaty of Waitangi workshops in Christchurch over 2010.

These workshops are at an introductory level and are from a pakeha perspective. They will be led by Robert Consedine who is a very experienced Treaty of Waitangi trainer. Most of our staff have attended these workshops.

The dates this year are:

Contact: Healthy Christchurch Coordinators

Robyn Wallace: 03 378 6838

Michelle Whitaker: 03 378 6820

Maria Pasene: 03 378 6778

Email: healthychristchurch@cph.co.nz

Wednesday and Thursday 21 and 22 April or
Wednesday and Thursday 15 and 16 September or
Thursday and Friday 25 and 26 November

Time: 9am to 4.30pm each day

Venue: Oxford Terrace Baptist Church Lounge

Costs: \$275 waged \$137.50 unwaged

Catering: Lunch, morning and afternoon tea provided

NB You need to attend both days.

You can access more details about the workshop and an enrolment form from:

www.waitangi.co.nz

Natural High/Lost Bag resource training workshops 2010

The Mental Health Foundation in 2010 presents a series of dynamic workshops involving a hands-on exploration of both Natural High & The Lost Bag teaching resources. Natural High is aimed at 16-18 year olds and provides a structure for exploring issues of how young people use drugs and alcohol to manage emotional distress. The Lost Bag is aimed at 10-14 year olds and builds skills in help-seeking, help-offering and resilience while exploring issues around bullying, friendships, grief and loss.

The 2 day workshops cost \$150 and include lunches and copies of the resource kits. The resources are relevant for youth and social workers and teachers at all levels will find this programme useful to meet curriculum standards in Health/PhysEd, Drama and the Arts. The course will be delivered by the author of both resources: Dr Peter O'Connor

The regional workshops are being held in:

Greymouth, 17-18 June - Invercargill, 21-22 June - Christchurch, 28-29 June

For more information or to register please contact 03 366 6936 or

mhfsouth@mentalhealth.org.nz

Resources

Resources for Collaboration

Some of you may have noticed a new category on the Healthy Christchurch InfoBase. We have added this for signatories to better access resources and tools to support and enhance collaborative initiatives and partnership working. New items will automatically come out on the weekly postings but for anyone interested in 'tools, methods & resources for collaboration and partnership working' click on the 'Resources for Collaboration' either on the side list or above the postings on the InfoBase home page.

Check it out! We will continue to add links and useful publications from websites around the world.

The Treaty Of Waitangi: Questions and Answers (publication)

This Handbook is for people who want to gain a basic knowledge about the Treaty of Waitangi and its implications, as well as for those who want to refresh and update their understanding.

It covers many historical and contemporary issues and includes a summary of legislation and events since 1840 which have breached the Treaty, and a comprehensive reading list for further information.

It is available - see www.nwo.org.nz - for you to download and permission is given for this publication to be copied, distributed or transmitted, providing it is properly attributed, not altered in any way, and is not sold for profit.

Hard copies of the booklet are available for \$5 in photocopy quality (with a coloured cover) from Network Waitangi Otautahi organisers@nwo.org.nz, phone 365 5266.

Contact: Healthy Christchurch Coordinators

Robyn Wallace: 03 378 6838

Michelle Whitaker: 03 378 6820

Maria Pasene: 03 378 6778

Email: healthychristchurch@cph.co.nz

Healthy Christchurch Steering Group

At its 31st March 2010 meeting the Steering Group –

- continued discussion re: Steering Group review
- supported the proposal to visit each Champion, their organisation's CEO and Steering Group representative to consider the role of Champions and sponsoring organisations.
- Agreed to postpone Annual Hui to July/August in order to allow for the completion of the Champion and Steering Group review.
- Were presented with a verbal summary of the Hui-iti.
- Received an update on the Reducing Alcohol Harm activities.

The next meeting of the Steering Group is scheduled for 12th May 2010, 11am-12.15pm at Community and Public Health, Kowhai Room, 76 Chester Street East.