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NUTRITION ACTION

Ngā Takawaenga Hāpai Kai Hauora



Evidence & Action

Photo courtesy of The Asian Network Inc

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Inside...

- 2 ANA 7th Activity and Nutrition Aotearoa Conference
- 3 Getting Northland Workplaces Active
- 4 Oranga MokoPuna Programme
- 5 Sea2Sea Challenge
- 6 My Backyard Garden Project
- 7 New from the journals
- 8 Coming events
- 8 What's new?

Working Towards the Wellbeing of Asian New Zealanders!

In New Zealand, the term 'Asian' encompasses people from a vast area - Japan in the east to Afghanistan in the west.



Vishal Rishi

The Asian population continues to have the highest proportion of people who have newly arrived in New Zealand. According to Statistics New Zealand projections, Māori, Asian, and Pacific

populations will all increase their share of the total New Zealand population because of their higher growth rates and amongst all ethnic groups, the Asian population is expected to grow at the fastest rate across New Zealand.

An adequate, well balanced diet combined with regular physical activity is a cornerstone of good health. Poor nutrition can lead to reduced immunity, increased susceptibility to disease, impaired physical and mental development, and reduced productivity. However, Asian New Zealanders due to various barriers, are unable to have equitable access to the health services and low physical activity, acculturation and poor nutrition intake contributes to their overall health.

Barriers in the journey

Asian people in New Zealand remain more highly educated than other New Zealanders; but they often have lower incomes and are more likely to live in more economically deprived areas than New Zealand Europeans, which impacts healthy lifestyle choices. New migrants have little knowledge of the local health and education systems, which often leads to a feeling of alienation or isolation.

There are major differences in health and health service use between recent migrants and longstanding migrants. For almost all

health indicators, recent or first generation migrants have better health status than longstanding or those New Zealand born – known as the 'healthy migrant effect'.

In order to successfully engage Asian communities in health promotion activities, their voices need to be heard and their capacity shaped and developed by stakeholders with the power to instigate change minimise health disparities. Elderly immigrants, especially those who immigrate in later life, are more vulnerable with regard to their health and life satisfaction.

The Asian Network Incorporated (TANI)

It is imperative to empower the migrant Asian population to gain control over their lives. The Asian Network Inc. (TANI) was formed in 2002 with the sole objective to promote health and well-being of Asian New Zealanders. TANI envisions that Asian New Zealanders enjoy optimal quality of life and wellbeing.

TANI believes in empowering the community to respond to their emerging health and wellbeing needs and acts as a bridge between mainstream service providers and Asian communities. Our projects include: Asian families positive action project, Healthy Babies Healthy Futures, Chinese health seminars, peer support groups, community development, advocacy, general communication/ awareness raising and much more.

We welcome anyone interested in promoting Asian health to join our network and participate in our upcoming forums and events.

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7th Activity and Nutrition Aotearoa Conference: *Call for abstracts*

WORKING TOGETHER

7TH ACTIVITY & NUTRITION
AOTEAROA CONFERENCE
30 – 31 MAY 2017



INSPIRING CHANGE

TE PAPA
WELLINGTON
NEW ZEALAND



30-31 May 2017

Museum of New Zealand Te Papa Tongarewa
Wellington New Zealand

Thank you to the 168 people who responded to our conference consultation survey.

The ideas and suggestions we received have been incredibly helpful in our conference planning and have genuinely helped to shape our conference theme and content.

The conference theme for 2017 is:

WORKING TOGETHER: INSPIRING CHANGE

Ma panga, ma whero, ka ora ai te iwi
When everyone works together, we inspire wellbeing for the people.

Follow us

ANA is now on Twitter and Facebook! Our official conference hashtag is

#anaconference2017



Abstract submissions are now open! Agencies for Nutrition Action (ANA) invites you to share your stories, collaborations or projects relating to public health nutrition and physical activity at our conference

When we **WORK TOGETHER** we have the power to **INSPIRE CHANGE**; a change that can transform where we live, work, learn and grow into environments that support healthy eating and physical activity.

We believe health promoters, researchers, educators, health professionals, exercise and recreation practitioners, policy makers and the food industry all have the power to **INSPIRE CHANGE**.

Visit the [ANA Conference website](#) to register, submit an abstract and to find out more. Keep an eye on our e-Update and website as will be announcing our keynote and invited speakers soon.

Key dates:

- ✦ **Abstract submissions open:**
Now
- ✦ **Abstract submissions close:**
Friday 25 November 2016
- ✦ **Notification of abstract acceptance:**
Wednesday 14 December 2016
- ✦ **Registration open:**
Now
- ✦ **Early bird registration closes:**
Friday 7 April 2017

For any conference enquiries please contact:

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Getting Northland Workplaces Active



Workplaces benefit from having active employees who are happy, healthy and lead a more balanced lifestyle. It is estimated that individuals can spend up to 60% of their waking hours at work¹, making it a significant setting for improving physical activity and staff wellness.



Sport Northland's Active Workplace Programme supports workplaces to create healthier environments for staff. For over ten years this programme has focused on working with workplaces to support them to develop solutions based on their needs, encouraging long term commitment to physical activity and wellness, and empowering workplaces to learn and participate. The Active Workplaces Programme is available to all workplaces big or small across the Northland region.

The programme engages with workplaces to help inject more physical activity through an interactive 12 month plan and more intensive support over this period. Workplaces choose to address additional key focus areas such as nutrition, mental wellbeing, Smokefree and educational seminars to name a few.

The Active Workplace Programme is designed around each workplace and what they can do to help create a healthier environment for staff. The programme assists workplaces to enhance their physical environment, implement initiatives to help staff and their wellness needs, develop workplace policies and practices, and of course the fun things that help improve staff morale and cohesiveness.

"It's great to see Northland workplaces valuing their staff by looking after their wellness. Workplace wellness can be a simple and inexpensive thing to start, it only takes a few keen people and a bit of leadership to get started" Active Workplace Coordinator Sharon Adams says.

With the support of the Active Workplace Coordinator workplaces work through five key steps:

1. Mutual understanding
2. Building relationships
3. Making it happen
4. Strengthening and supporting
5. Sustainability

The programme is driven by the staff, for the staff and what they have identified as important to them while being supported. Each workplace creates their own 'wellness team' to ensure the ongoing sustainability of the programme in the workplace. The wellness team also determines the purpose and goals of the programme and helps to implement the ideas provided by the staff - they determine what is best for their workplace and represent the interests of staff.

Local health, community and recreation professionals also play a role in the Active Workplaces Programme - promoting the initiative to workplaces and supporting workplaces with implementing their plan around key focus areas such as providing nutrition education sessions.

As part of ongoing sustainability an annual 'Active Workplace Sharing Forum' is held. It's designed to bring together past and present Active Workplaces from the across the region to share ideas, learnings and discussion surrounding workplace wellness.

Feedback from participating businesses state that workplace wellness doesn't have to be time consuming or cost consuming. Initiatives that are based around staff wants/needs create increases in productivity and team building. The personalised programme helps each workplace create their own unique wellness plans over coming barriers and unique challenges.

At the end of the 12 month period workplaces graduate from the Active Workplace programme, celebrating their success and recognising their ongoing commitment to staff wellbeing.



For more information please contact:

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Oranga Mokopuna Programme



Over 900 tamariki, their teachers and families are supported by healthy eating and fun activities thanks to the Oranga Mokopuna Programme. Since beginning in July 2015, the Tui Ora led programme has run in 22 early childhood centres (ECE's), kohanga reo and home based childcare throughout Taranaki.

It has helped enhance the skills and knowledge of 158 kaimahi (staff) and focuses on healthy kai, the benefits of breastfeeding, physical activity and the importance of active movement for under 5's. Teachers and educators are better equipped to spread the messages in their communities around the links between healthy brains and healthy bodies.

The programme works through three levels and at the completion of each level there is an incentive that supports the daily implementation of the key messages. This enables the transfer of knowledge into practical tools and projects such as vegetables, fruit plants and materials for gardens, new playground or activity equipment, or resources to help set up breastfeeding spaces.

Lead kaiako (teacher) June Hooker at Te Taura Here I Te Ao Kohanga Reo, says the programme has increased staff awareness of the stages of a child's brain development. "Talking to people who give you more information has been awesome because you can get isolated and start to doubt yourself. It's fantastic to have that professional development."

Funding for the completion of Level 1 allowed Te Taura Here I Te Ao to increase its range of play equipment. "The tamariki are so excited by it. I got out the bar equipment the other day and they wanted to go under it limbo style. They are inventing stuff to do all the time." The kohanga also planned to buy tools for its vegetable gardens to improve its ability to grow its own food.

Te Puawaitanga O Ngati Ruanui ECE in Hawera was inspired by a Heart Foundation cookbook and reviewed its menu when it became part of the programme, says their kaiako Tari Robinson. They provide three meals a day for their tamariki aged 0 – 5 years, and while they already had a nutrition policy strong on home cooked, low sugar foods this gave them extra information. "We used the cookbook to plan our whole menu making sure the tamariki were receiving a balanced diet. For us it is about seeing what else is out there and using those ideas to plan."

Funding also enabled the early childhood centre to introduce a swimming programme, as this need was identified by families. "This was in line with the active movement guidelines, and we could be creative about how we used it."

Fay Mulligan, the Oranga Mokopuna Programme team lead, says another spin off was ECE's and kohanga reo working together and celebrating events and activities.

During the programme the ECE's and kohanga reo reached Breastfeeding Welcome Here (BFWH) accreditation through the Taranaki District Health Board Public Health Unit (TDHB-PHU), and achievement of the Heart Foundations, Healthy Heart Award (HHA).

The programme is a collaboration between Tui Ora, Sport Taranaki, the Taranaki District Health Board Public Health Unit and the Heart Foundation. It is part of the Ministry of Health's programme to address maternal and infant physical activity and nutrition for addressing obesity in the developmental stages of life.



For more information please get in touch with:

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My Backyard Garden Project

Since May 2016, over 60 families in the Waitakere region have had help putting edible gardens into their back yards and it is all from donated goods and services. The My Backyard Garden Project aims to build organic edible gardens with families who have little gardening knowledge to then share and learn from each other.



West Auckland resident and keen gardener Brent Mags from MixitLive TV is the convener of My Backyard Garden Project and collaborated with Maclaren Park Henderson South Community Trust (MPHS) in Henderson to roll out the project.

Through building relationships with local suppliers, Brent and staff at MPHS managed to source materials to ensure there was no cost to families wanting to start their own garden.



"In 17 weeks, this project has recycled 15 tonnes of timber from the Waitakere Refuse and Recycle Station, moved over 20 tonnes of mulch, and around 30 cubic metres of topsoil and distributed it to family gardens" says Mr Mags.

"Growing vegetables has many health and cost saving benefits. I recognise that vegetables are not cheap so I am encouraging people to become part of a growing community through edible gardens" says Mr Mags.

Families are involved right from the start by constructing planter boxes through to unloading soil and planting spinach, kale and lettuce seedlings. During winter, MPHS became a temporary construction hub where mums and dads used tools to break down recycled crates and saw pieces of wood to size to create planter boxes for their own garden.

Brent, staff from MPHS and volunteers supported families throughout the process.



"The goodwill – pay it forward nature of the project meant other families and their children began joining in as well. The project has a TEAM (Together Everyone Achieves More) focus so that people feel empowered to create their own garden", says Mr Mags.

Word of mouth has kept Brent and his team very busy and he has also helped Kelston Boys High School and Kelston Community Hub to get edible gardens up and running. He has also presented to families involved in Sport Waitakere's Active Families programme and one family now has their own edible garden allowing them to further their lifestyle change to eat healthier together.

Active Families Coordinator Charmaine Baker was delighted to integrate My Backyard Garden Project into the programme to inform and inspire families to grow their own vegetables.

"Brent's enthusiasm and passion for his work is infectious. I am looking forward to receiving updates from the families who have put their hand up to be a part of this inspiring educational project" says Ms Baker.

The project team hopes that this movement could be done on a larger scale and offered throughout the greater Auckland area where other refuse stations have the potential to do something similar.

To find out more about the My Backyard Garden Project, visit their [Facebook page](#).

The Lancet: Physical Activity Series 2016

Summary: The Lancet published its first series on physical activity in 2012, which concluded that physical inactivity is as important a modifiable risk factor for chronic diseases as obesity and tobacco. This second series provides an update on the evidence, including progress in research, global surveillance, intervention strategies, and policy actions. The 2016 series also features the largest meta-analysis on the joint health effects of sedentary behaviour and physical activity, and the first global estimate of the economic burden of physical inactivity.

Commentary from Dr Sandra Mandic, Senior Lecturer, School of Physical Education, Sport and Exercise Sciences, University of Otago:

The Lancet Physical Activity Series 2016 provides a state-of-the-art update on global pandemic of physical inactivity and need for action. Although more countries now monitor physical activity and have national strategies for promoting physical activity, population physical activity levels have not increased. Physical inactivity is responsible for a substantial economic burden with a larger proportion of economic burden in high-income countries and larger proportion of disease burden in low-income countries. Sedentary behaviours that are embedded in the modern lifestyle are associated with increased all-cause mortality. If a long period of sitting cannot be avoided (such as in sedentary occupations), high levels of moderate physical activity can counteract negative health effects associated with sedentary time. **Although this does not eliminate the risk associated with high TV viewing time.** Many interventions were effective in highly controlled research settings, but faced challenges to be implemented on a large scale. To achieve successful scaling up, such interventions must be embedded within multiple sectors of a community. The time for action is now.

Reference: The Lancet, 27 July 2016.

To access the series [click here](#).

Child-care nutrition environments: results from a survey of policy and practice in New Zealand early childhood education services

Authors: Gerritsen S, Wall C, Morton S.

Summary: Childhood is a key stage to establish healthy habits, setting children up for a lifetime of good health. Early childhood education (ECE) settings have the potential to influence a child's diet, food preferences and eating behaviours for a lifetime through policies, practices, and learning.

This paper is part of the Kai Time in ECE study which ran an online survey of 257 ECE services in Auckland, Counties Manukau and Waikato in mid 2014. The survey asked ECE managers/head teachers about their nutrition and physical activity policies and practices for 3-4 year olds in daycare centres, kindergartens, kōhanga reo and playcentres.

The results showed that the majority of ECE (82.4%) had a written food, nutrition or wellness policy in place, although there is opportunity for these to be strengthened particularly by including statements around the Ministry of Health Food and Nutrition Guidelines and how staff promote healthy eating.

They found that food was provided daily in just over half of the ECE's surveyed (56.4 %) including 33.5 % that provided lunch and at least two other meals/snacks. Weekly nutrition education occurred in 60% of ECE's where teachers talked to children about food and cooked with children. Nearly all ECE's had an edible garden (89.5 %). Foods/beverages were sold for fundraising in the past 12 months by 37.2 % of ECE's, although were typically options high in sugar, salt and/or saturated fat. The most commonly reported barrier to overcome when promoting healthy eating was a lack of support from families (20.6 %).

Responses were received from 30% of licensed ECE providers within the regions surveyed, and were fairly representative of all services, with the exception of kōhanga reo who were under represented.

Reference: Public Health Nutrition, 2016; 19 (9): 1531-1542.

DOI: <http://dx.doi.org/10.1017/S1368980015002955>

Does neighbourhood fast-food outlet exposure amplify inequalities in diet and obesity? A cross-sectional study.

Authors: Burgoine T, Forouhi NG, Griffin SJ, Brage S, Wareham NJ, Monsivais P.

Summary: To answer this question the authors observed the relationships between neighbourhoods, education, diet and obesity, using data from a cohort of 5,958 adults aged 29–62 years in Cambridgeshire, United Kingdom.

Individuals with greatest exposure to takeaway outlets consumed around a third more unhealthy takeaway food per day if they were the least educated (47g per day) than if they were highest educated (36g per day). Over a year, this is the equivalent of over 4kg of extra unhealthy food. The least educated also had the greatest risk of obesity where the exposure to takeaway outlets was highest. This study found that neighbourhoods with more takeaways amplified social inequalities in unhealthy eating and obesity.

Commentary from Sarah Stevenson (BSc, MPH), Consultant in Public Health, Strategic Health Solutions Ltd:

Neighbourhoods shape what we eat, regardless of education levels or deprivation; however this study shows that this effect is greater for those with lower levels of education.

The findings confirm previous studies showing that takeaway food consumption, weight and the likelihood of obesity are all associated with either living or working near high numbers of takeaway food outlets. These findings also strengthen the evidence showing that eating takeaways and being obese are linked to socioeconomic disadvantage, indicated by a low level of education. Compared to those least exposed to fast food and most educated, those most exposed to fast food and least educated were over three times more likely to be obese.

The researchers discuss the failures of individual-level interventions to reduce obesity related health inequalities. They suggest that environmental policies tackling the food environment are more effective in improving diet and health, particularly for low socio-economic populations. Fast food regulatory policies have been implemented in the United Kingdom and South Los Angeles.

Reference: American Journal of Clinical Nutrition, June 2016; 103 (6): 1540-1547

DOI: <http://dx.doi.org/10.3945/ajcn.115.128132>

Coming Events

ANA National Nutrition and Physical Activity Conference: 30-31 May, 2017, Wellington.

Keep an eye on the ANA website for more information.

VARIOUS DATES 2016-2017

Shore and Whāriki Research Centre Easy Evaluation Workshops (2 days): 2016-2107, Various dates and locations. [Read more here.](#)

Gravida Healthy Conversation Skills Training, 2016-2017, Various dates and locations. [Read more here.](#)

OCTOBER 2016

Toward a Sugary Drink Free Aotearoa Symposium: 11 October, 2016, Wellington. [Read more here.](#)

Workplace Wellness Policy and Practice Symposium 2016: 13 - 14 October, 2016, Wellington. [Read more here.](#)

NOVEMBER 2016

NZRA National Conference 2016: 9-11 November, 2016, Queenstown. [Read more here.](#)

6th International Congress on Physical Activity and Public Health: 16-19 November, 2016, Bangkok. [Read more here.](#)

DECEMBER 2016

Postgraduate & Early Career Nutrition Conference 2016: 7 December, 2016, Christchurch. [Read more here.](#)

New Zealand Nutrition Society Annual Scientific Meeting 2016: 8-9 December, 2016, Christchurch. [Read more here.](#)

FEBRUARY 2017

19th International Conference on Behavioural Nutrition and Physical Activity: 2-3 February, 2017, Melbourne. [Read more here.](#)

APRIL 2017

15th World Congress on Public Health 2017: 3-7 April, 2017, Melbourne. [Read more here.](#)

MAY 2017

Dietitians Association of Australia Conference 2017: 18-20 May, 2017, Hobart. [Read more here.](#)

OCTOBER 2017

International Congress of Nutrition: 15-20 October, 2017, Buenos Aires. [Read more here.](#)

What's New

Easy Ways to Eat more Veges and Tasty Snacks



The Health Promotion Agency has revamped two old favourites into one new double-sided flyer. On one side, the flyer shows families easy ideas for adding more vegetables to everyday meals. On the other there are quick, tasty snack ideas for kids. The new A5 flyers can be ordered free of charge in pads of 50, or downloaded as a pdf. To download or order [click here.](#)

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Behind the Hype: Caffeine



Caffeine is a mild stimulant that can be either naturally occurring or added to food and drinks. This Health Promotion Agency new 'Behind the Hype' information sheet will shed some light on caffeine in our diets including the effect it can have on the body, the amount of caffeine in common food and drinks, and who should limit their intake. To download the factsheet [click here.](#)

To find other Behind the Hype information sheets to assist health professionals decipher fact from fiction [click here.](#)

New Healthy Food and Drink Policy for Organisations



Healthy eating is essential for good health and wellbeing, and supports a healthy productive workforce.

This Policy, developed by the Ministry of Health, enables organisations to demonstrate commitment to the health and wellbeing of staff, and visitors by providing healthy food and drink options consistent with the Eating and Activity Guidelines.

[Click here to download.](#)

Want to stay up to date with coming events and what's new? Sign up for our fortnightly e-Updates at www.ana.org.nz