



Evidence & Action

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Harriette Carr

NEW ZEALANDERS LIVING WELL, STAYING WELL, GETTING WELL

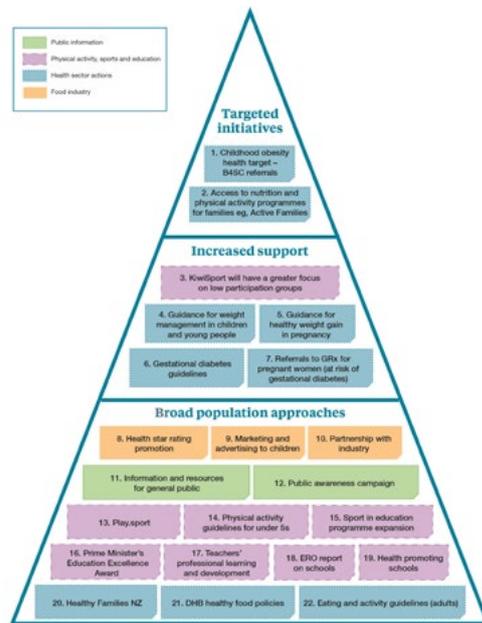
This year the Ministry of Health has announced a number of initiatives that will affect the future of the health care system and also help ensure future generations of New Zealanders live well and stay well.

Public consultation on the draft update of the New Zealand Health Strategy and roadmap of actions has just finished with a final updated Health Strategy expected to be released in the first half of 2016. The intention is to provide the health sector, and the New Zealand people, with one framework for the development of the health system during the next 10 years, and a set of actions to get there. More than 2,000 people have been involved in face-to-face meetings with the Ministry and there has been great enthusiasm for an updated strategy. The feedback has been constructive, highly thought-provoking and challenging.

This year has also seen the announcement of the Government's childhood obesity plan. One in nine children in New Zealand is obese with a further two overweight. Obesity is particularly concerning in children as it is associated with a wide range of health conditions and increased risk of premature onset of illness. It can affect a child's immediate health, educational attainment and quality of life.

The plan has three focus areas:

- 1. Targeted interventions for those who are obese
- 2. Increased support for those at risk of becoming obese
- 3. Broad approaches to make healthier choices easier for all New Zealanders



The Childhood Obesity Plan

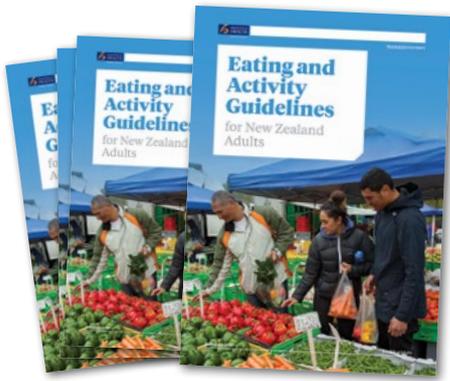
The focus is on food, the environment and being active at each life stage, starting during pregnancy and early childhood.

The package brings together initiatives across government agencies, the private sector, communities, schools, families and whānau.

The new Eating and Activity Guidelines for Adults were launched as part of the childhood obesity plan. They provide



NEW ZEALANDERS LIVING WELL, STAYING WELL, GETTING WELL *Cont.*



evidence-based, population health statements on nutrition and activity, including maintaining a healthy body weight. While they are focused on adults, they provide fundamental advice on healthy eating and regular activity that can be applied to the whole

family. Further information on these guidelines are included in this newsletter.



Big lifestyle changes start small, is the line that features in a current public information campaign that's also part of the childhood obesity plan. The campaign aims to raise awareness and generate conversations about childhood obesity

and encourages New Zealanders to make small changes to improve their diet and be more active using the ideas at www.eatmovelive.govt.nz

Talking of big changes starting small, this year we've encouraged DHBs to introduce sugar-sweetened beverage policies and we're now working with DHBs to develop national healthy food principles and ultimately a policy that other workplaces can also consider adopting.

There will be more Ministry-led work happening in the nutrition and physical activity spaces over the coming year so be sure to keep an eye on our website www.health.govt.nz and follow us on Twitter @minhealthnz to stay up to date.

Wishing you a relaxed and safe Christmas and summer break filled with some healthy eating and lots of activity opportunities.

Harriette Carr
Principal Advisor – Public Health
Ministry of Health

ANA Asian Forum: Reflections

In November ANA's sixth biennial Asian Forum was held in Auckland. This was a day of learning, networking and sharing expertise for a wide range of health professionals working with Asian communities to promote nutrition and physical activity.



The Korean Positive Ageing fun drumming group

Dr Annette Mortensen from the Northern Regional Alliance Limited set the scene for the day with a presentation on Asian Populations and Health Status in New Zealand.

Participants enjoyed the opportunity to listen to drumming from members of the Korean Positive Ageing Charitable Trust. Later Jignal Bhagvandas a 5th Year medical student and founder of Arogya Mantra got all the participants up and moving with a fun short session of an Arogya Mantra exercise class.

There was a great line up of speakers on a variety of topics throughout the forum. From the learnings of the UK PODOSA trial, Vitamin D issues in Asian populations, Asian cultural beliefs and values through to an update on CALD online resources and courses there was a lot to take away. The afternoon session also gave participants the opportunity to participate in concurrent workshop sessions of their choice.

Thank you to all the people who were involved in organising and presenting at the forum and to all the participants for their contribution to the day, it helped make the forum a huge success.



[Click here](#) to visit the ANA website and access a selection of presentations from the day.

Eating & Activity Guidelines for New Zealand Adults



The Ministry of Health released new Eating and Activity Guidelines for New Zealand Adults (the guidelines) in October 2015.

These new guidelines are for health practitioners and others who provide nutrition and physical activity advice to the public.

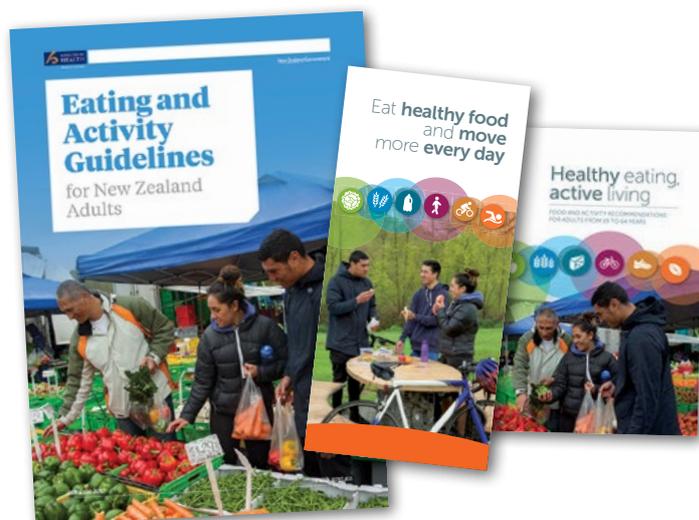
The guidelines were developed after an independent **evaluation of the Ministry of Health's Food and Nutrition Guidelines Series** which showed that many health practitioners valued the current guidelines, but felt that they could be improved.

The new guidelines:

- include both eating and activity statements and a detailed body weight statement
- are based on international systematic reviews that support other countries' dietary and physical activity guidelines, and World Health Organization recommendations.
- are presented in a new format to enhance readability with increased use of infographics

The eating statements place more emphasis on more 'whole' and less processed foods, replacing saturated fats with unsaturated fat rather than decreasing total fat, and including more plant and seafood based protein in the diet.

The activity statements include advice on why and how to reduce sitting time, doing muscle-strengthening activities, and the extra health benefits of increasing physical activity levels.



The guidelines are accompanied by three factsheets:

- A summary of the guidelines** - key information from the Eating and Activity Guidelines.
- Topical questions and answers** - on some hot topics around eating and physical activity.
- What's changed?** - describes key changes from the old nutrition and physical activity guidelines, to the Eating and Activity Guidelines.

These new guidelines and supporting factsheets are available on the **Ministry of Health's website**. Resources for the public can be found [here](#).

Toi Tangata Hui ā Tau 2016



The Toi Tangata Hui ā Tau is an uplifting and inspirational event which brings together visionaries from around the motu to inform kaupapa Māori approaches, create opportunities to share innovative ideas and make new connections within and across sectors to accelerate health outcomes.

The upcoming hui ā tau is to be held on 16-18 February 2016 at Otaki with Te Wānanga o Raukawa. The hui draws inspiration from the themes of resilience, fortitude, stamina and endurance, all of which have been the defining hallmarks of the Māori journey towards wellbeing and prosperity over successive decades, centuries and millennia. Participants will explore ways that contribute to the application of this kaupapa within contemporary Māori settings.

The event provides opportunities to connect iwi and health promoters, Māori academics, tertiary students, community leaders, youth workers, independent businesses and health practitioners from across the country. It will also challenge

participants to consider how their respective communities might best flourish and prosper through new and innovative ways of promoting Māori physical activity and nutrition.

Over the three days there will be a variety of sessions of thought-provoking kōrero, interactive workshops and structured physical activities presented allowing participants to sample a true cross-section of future thinking.

A highly anticipated opportunity to come together to improve knowledge translation, nurture whakawhanaungatanga and celebrate success, the hui ā tau is not to be missed. If you are interested in speaking at the event, there is currently a call for workshops and all information can be found **on the Toi Tangata website** or click [here](#) to register.

If you any questions please contact:
info@toitangata.co.nz

IMPROVING WELLBEING THROUGH HEALTHY EATING IN OUR HOSPITALS

District health boards (DHBs) are taking a leadership role to showcase and make healthy food options more accessible for staff, visitors and the community. In May 2015, the three DHBs in the Wellington region (Capital and Coast, Hutt Valley and Wairarapa) adopted the 'healthy food environment guidelines' to increase the availability of healthy foods and beverages in hospital vending machines, shops and cafes.

Wairarapa, Hutt Valley and Capital & Coast DHBs

Making healthy choices the easy choice!

Yippee!

I can dig it

I can dig it

Wairarapa, Hutt Valley and Capital & Coast DHBs will over the next 18 months introduce new food and beverage guidelines that make healthy options more prominent in our cafes, vending machines and shops.

This means healthier options, containing more wholegrains, fruits, vegetables and water and less sugar, salt and fat available - all aimed at making healthy choices the easy choice.

Wairarapa | Hutt Valley | Capital & Coast
DISTRICT HEALTH BOARDS

Promoting the healthy changes to staff, patients and visitors

DHB food and beverage guidelines

The criteria used aligns with the Auckland DHB's policy and are increasingly being adopted by other hospitals nationally. Five main criteria underpin the healthy food and beverage environment guidelines to support staff and visitors to make healthy food choices. The guidelines make water, fruit, vegetables, wholegrains and foods with minimal saturated fat, salt and sugar readily available. While the availability of high energy and less nutrient dense foods such as, sweet drinks, confectionary and fried foods will be reduced and offered in smaller portions sizes.

Getting buy-in

Gaining management and high level 'buy-in' such as board level, is key to successfully engaging your DHB, public facility

or workplace in changing the food environment. This will make it easier to engage with food providers and other stakeholders to implement change. In this example, Regional Public Health's (RPH) nutrition and physical activity team developed a background paper to achieve our DHB's commitment at a board meeting.

The paper included a range of evidence to support the recommendation to adopt and implement the food policy such as regional obesity statistics, causes of obesity and poor nutrition, effective strategies to prevent obesity, and the role of the organisation in obesity prevention.

The team also engaged 'champions' to form a stakeholder group to help with 'buy-in' for the guidelines from an early stage. The group included management, food services and providers, union representatives, procurement, health and wellness staff, human resources, communications and other interested staff. Note that all food providers and stakeholders had the opportunity to provide feedback on the proposed changes.

Key learning's for implementation

- Since adoption, DHB's in the Wellington region have opted to gradually phase in the food policy over eighteen months.
- Incremental change with a focus on improving the nutrition profile and portion size of foods sold in the highest volumes, is likely to provide the biggest impact.
- Our stakeholder group continues to regularly work with food service operators to support details of the guidelines to be successfully embedded.

To ensure sustainability of implementation:

- A formal implementation plan (what needs to be done, when and by who) is guiding the process.
- A communications plan is being implemented. The DHBs have used posters and the intranet to communicate with staff and visitors; an electronic newsletter and one-to-one meetings with food service vendors; and a generic email address provides an easy way for all stakeholders to feedback to the implementation group.
- Ways to monitor and evaluate the changes to support stakeholder engagement and on-going expansion of healthier food into other sectors are continuing to be explored for future implementation.

Despite concerns, promoting healthier food availability can drive demand and profitability as seen in this **Dunedin school canteen**.

A new national DHB network is also currently exploring the development of best practice food guidelines that align with guidelines of the Ministry of Health and Heart Foundation. These will be able to be used by a range of sectors such as hospitals, public facilities and workplaces to support nationally consistent messaging for both food and beverage providers and suppliers.

For further queries please contact:

Vicki Robinson

Public Health Dietitian, Regional Public Health

Vicki.robinson@huttvalleydhb.org.nz

RPH Healthy Food Environments

Healthy Nature, Healthy People

The Healthy Nature Healthy People movement has recently been adopted in New Zealand by the Department of Conservation (DOC). It is based on Healthy Parks Healthy People, which was first launched in Victoria, Australia in 2000 and is now spreading globally. The programme seeks to reinforce and encourage the connections between a healthy environment and a healthy society.



Healthy Nature Healthy People aims to encourage us to use New Zealand's natural spaces for recreation and physical activity to maintain and improve our health and wellbeing. These spaces include land and water from our urban parks and beaches to our national parks, lakes and wild rivers. DOC will be working together with other government agencies, NGOs, health services and providers, local government and parks organisations, as well as the private sector to improve the health of our nature and our people.

The movement is based on four key foundations:

1. The wellbeing of all societies depends on healthy ecosystems.
2. Parks nurture healthy ecosystems.
3. Contact with nature is essential for improving emotional, physical and spiritual health and wellbeing.
4. Parks are fundamental to economic growth and to vibrant and healthy communities.

In essence, the movement acknowledges the inextricable link between natural environments and people, and that the health of each is dependent on the other. Nature has no boundaries

and Healthy Nature Healthy People extends from everyone's backyard and beyond, into natural environments variously administered. It means working with others to improve the health of people and the health of nature.

Individual and community health are reliant on healthy natural environments, which are integrally linked to the value placed on them by communities. It means working across agencies in innovative ways to collectively address health issues in the wider context - for example NZRA's Parks Week taking place 5-12 March 2016 has been underpinned by the core principles of Healthy Nature, Healthy People. The more people place importance on the environment for their health and wellbeing, the more they value and seek to protect it.

Global challenges are also local challenges – an aging population, the increase in lifestyle diseases, and increasing urban populations. DOC actively supports Healthy Nature Healthy People as most recently seen through **Conservation Week** and is working across multiple sectors to improve the health of both nature and people. Long term DOC seeks to enrich 90% of New Zealanders lives through their connection to nature.

The movement is beginning to take shape and you can expect to see the name more often as others join the journey.



If you or your organisation would like to know more or be involved in shaping this for New Zealand please contact the Healthy Nature Healthy People team at hnhp@doc.govt.nz

Collaboration: Health & Wellbeing Gains for City Housing Tenants



Absolutely Positively
Wellington City Council
Me Heke Ki Pōneke

The health benefits of regular physical activity, healthy eating and community connectedness are well documented. A group that stands out as traditionally hard to reach and engage with in terms of recreation and wellbeing are city council tenants.

Over two years ago, Sport Wellington partnered with the Wellington City Council Housing Business Unit to take health education and community recreation directly to the Council's housing tenants. The programme is based on the Healthy Lifestyles Programme (HLP) model run by Sport Wellington and modified specifically to suit City Housing tenants based on tenant and staff feedback.

The eight week HLP includes weekly activity, education and sharing sessions based in Council's community facilities across various housing sites. The programme focuses on healthy cooking, cooking on a budget as well as trialling recreation and physical activity opportunities that are available in the tenants' locale and budget. It seeks to reduce the barriers to exercise, and re-engage participants in realistic and achievable options.



Cooking skills in action

This partnership model enables the best utilisation of everyone's skills and services to better help those in need – Sport Wellington brings expert content knowledge and resources while Wellington City Council has the relationships with tenants and an understanding of their needs. The HLP is one of many initiatives run by City Housing's Community Action Programme (CAP) which aims to enable tenants to take part in decisions that affect them, join in activities to get to know their neighbours and improve their wellbeing. This programme recognises that social housing is an opportunity to promote health in broadest sense – social connections, activity and information.

To find out more please contact:

Caroline Gordon, Regional Green Prescription and Active Communities Manager, Sport Wellington

carolineg@sportwellington.org.nz

There has been some great feedback and success stories from HLP participants:

- 'Before I joined I was always mad I don't understand why, but then when I joined this programme it took away all my anger'. The group encouraged me to continue even though some days my leg was sore I still made it and carried on' – Mary
- 'I have noticed I have lost weight, even though it's not a big loss I know I can do it will all the tools we have been given'.



Participants of the healthy living programme

Six months after the programme ends, everyone is followed up to see how they are getting on. The evaluation shows that there's been considerable health benefits but what success looks like to City Housing isn't always health indicators such as weight, blood pressure or muscle strength. The key way CAP measures change is through positive qualitative responses measured by their most significant change evaluation. The CAP team collects tenants' stories about a significant positive impact on their lives through participation in a CAP initiative. The outcomes described might be making new friends, a new sense of community belonging, overcoming barriers such as a disability to gain new skills and confidence, or learning new recreation activities. As a result evaluation is undertaken in a way that enables both organisations to show how the project has been successful.

"The key achievement is that we are re-engaging participants and providing opportunities for sport and physical activity as a pathway to improved community wellbeing."

What next?

- Regular HLP continuation at varying locations across Wellington city.
- Graduates provide peer support and motivation through the 'All Stars' monthly sessions facilitated by Community Action so tenants can continue their journey to wellness.
- Supporting tenants in varying locations to get involved in a local event such as Round the Bays with subsidised entry.

Rosie Gallen, Community Action & Engagement Manager, Wellington City Council

rosie.gallen@wcc.govt.nz

NEW FROM THE JOURNALS

Socioeconomic position during childhood and physical activity during adulthood: a systematic review

Authors: Juneau CE, Benmarhnia T, Poulin AA, Côté S, Potvin L

Summary: Socioeconomic status has been shown to be an important determinant of health and physical activity. Being physically active is a major contributor to an individual's overall physical and mental health and wellbeing. This systematic review aimed to evaluate the evidence that links socioeconomic status early in life (before 18 years of age) and physical activity during adulthood (18 years and older). The reviewers found 42 studies that met their inclusion criteria.

Commentary from Samantha Marsh, Research Fellow, National Institute of Health Innovation, the University of Auckland

Physical inactivity has been ranked by the World Health Organization as the 4th leading risk factor for mortality, and therefore increasing physical activity at the population level is important for public health. Physical activity is a complex behaviour determined by factors at the individual, interpersonal, community, and societal levels. In particular, socioeconomic position has been shown to be a key correlate of physical activity. This systematic review supports the idea that there is a long-lasting, life course relationship between socioeconomic position in early life (<18 years) and level of physical activity in adulthood. In particular, high socioeconomic position during early life was positively associated with overall physical activity, leisure-time physical activity, and cardiorespiratory fitness, but negatively associated with transport-related physical activity and work-related physical activity (although only a few studies investigated these outcomes). Future studies are needed to provide a more robust measure of physical activity (e.g. accelerometers), report physical activity for each domain (e.g. leisure-time physical activity, physical activity during transport) separately, prospectively assess socioeconomic position in early life, and include a measure of socioeconomic position in adulthood. 📌

Reference: International Journal of Public Health 2015; 60 (7): 799-813.

DOI: <http://dx.doi.org/10.1007/s00038-015-0710-y>

Portion, package or tableware size for changing selection and consumption of food, alcohol and tobacco (Review)

Authors: Hollands GJ, Shemilt I, Marteau TM, Jebb SA, Lewis HB, Wei Y, Higgins JPT, Ogilvie D.

Summary: What we eat and drink and how much of it we consume has a huge impact on our health and wellbeing. This meta-analysis examined the impact of different portion, package and tableware (such as plates or glasses) sizes (or in some cases shapes) on how much food children and adults consume. The reviewers found 58 studies relating to food that met their inclusion criteria including studies mainly from the United States.

Commentary from Dr Rachel Brown, Senior Lecturer, Department of Human Nutrition, University of Otago:

Portion sizes have increased over recent decades, along with the 'supersize me' mentality. But does exposure to larger portions mean we eat more? A recent meta-analysis suggests we do. Researchers examined the combined results of 58 studies and found consistent exposure to larger-sized food portions, packaging, and even tableware increased the amount of food eaten by both children and adults. While we await longer-term studies to confirm these findings, this research suggests action is needed to mitigate portion size increases. The authors calculated sustained reductions in exposure to these larger sizes could reduce daily energy intake by up to a meaningful 14 percent (around 230 kcal/d). Given the strong influence of the environment on behaviour, interventions and policy should focus on reducing exposure, rather than simply providing information on how to reduce portion size. One step in the right direction could be to reduce the appeal of larger portions, by eliminating price practices whereby larger portions cost relatively less. 📌

Reference: Cochrane Database of Systematic Reviews 2015, Issue 9. Art. No.: CD011045.
DOI: <http://dx.doi.org/10.1002/14651858.CD011045.pub2>

Consumer Marketing Campaign Update



Health Star Ratings are an easy way for shoppers to make better informed, healthier choices quickly when comparing similar packaged foods e.g. different types of breakfast cereals. The system is voluntary for food manufacturers and currently there are over 600 products on supermarket shelves displaying Health Stars. By early next year consumers should see many more including the cheaper home brands in supermarkets.

Note that the Ministry for Primary Industries (MPI) is leading the development, implementation and governance of the

Health Star Rating system. The Health Promotion Agency (HPA) is currently developing the consumer marketing campaign to raise awareness, recognition, understanding and correct use of the system. As part of the campaign development, HPA commissioned **consumer research** about grocery shopping behaviours, understanding of the Health Star Ratings and preferences for messages.

It is anticipated that the campaign will go live in March 2016, so keep an eye out.

For more information about the Health Star Ratings visit the MPI **Food Smart website** or download the **stakeholder factsheet**.

Coming Events

FEBRUARY 2016

2016 ANA Regional Forums

February to June 2016, various locations.

Visit the [ANA website](#) for further information.

University of Otago Public Health Summer School 2016: 1-19 February, *Wellington*. [Read more here](#)

Toi Tangata Hui-ā-Tau 2016: 16-18 February 2016, *Wellington*. [More information available here](#)

MARCH 2016

Shore and Whāriki Reserch Centre Easy Evaluation Workshops (2 days): March – June 2016, *various dates and locations*. [Read more here](#)

World Congress of Public Health and Nutrition 2016: 10-12 March, *Madrid, Spain*. [More information available here](#)

MAY 2016

13th International Congress on Obesity (ICO) 2016: 1-4 May, 2016, *Vancouver, Canada*. [Read more here](#)

Dietitians Association of Australia Conference 2016: 19-21 May 2016, *Melbourne, Australia*. [More information available here](#)

JUNE 2016

International Society for Behavioural Nutrition and Physical Activity Annual Meeting: 8-11 June, 2016, *Cape Town, South Africa*. [Read more here](#)

International Conference on Transport and Health: 13-15 June, 2016, *California, USA*. [More information available here](#)

23rd National Conference Australian Health Promotion Association: 19-22 June, 2016, *Scarborough, Australia*. [Read more here](#)

World Congress on Active Ageing 2016: 28 June – 1 July 2016, *Melbourne, Australia*. [More information available here](#)

JULY 2016

2WalkandCycle Conference 2016: 6-8 July, 2016, *Auckland*. [Read more here](#)

SEPTEMBER 2016

La Leche League Conference 2016: 30 September – 2 October, 2016, *Wellington*. [Read more here](#)

ANA Regional Forums are back!

The ANA regional forums have become a regular feature in our sector's landscape. 2016 will be the 12th year we have hosted these nutrition and physical activity professional development events.

These forums provide an opportunity for the sector to come together for learning, sharing and networking.

Between February and June 2016 ANA will be hosting forums in the following locations:

- 📍 Dunedin – Thursday 10 March
- 📍 Palmerston North – Thursday 26 May
- 📍 Whakatane
- 📍 Hamilton
- 📍 Whangarei

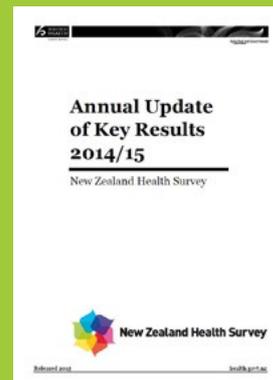
As you can see we are still to confirm a number of dates, but planning is well underway with our key stakeholders in each location.

Keep an eye on both our e-Updates and the [ANA website](#) or announcements on dates, registration and programme content.

For any comments or questions on the regional forums please contact Diana Pedlow, ANA Events Coordinator at diana@ana.org.nz

NZ Health Survey: Annual Update of Key Results 2014/15

This latest New Zealand Health Survey provides a snapshot of key health issues facing New Zealanders. The survey monitors against key indicators on health behaviours, health status and access to health care for both adults and children. This report presents the 2014/15 results from the continuous New Zealand Health Survey, with comparisons to the 2011/12 and 2006/07 surveys.



To view this report visit the [Ministry of Health website](#).

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