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# NUTRITION ACTION

Ngā Takawaenga Hāpai Kai Hauora



## Evidence & Action

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## DANCE 4 ASTHMA



**Teresa Demetriou**

The Asthma Foundation is excited to have become a member of ANA. We know that many people with asthma or any kind of respiratory illness withdraw from physical activity, because they are concerned that exercise will make things worse. We strive to raise people's awareness that being active and eating a healthy diet can help to reduce symptoms and lead to better respiratory control.

An example of some of the work the Asthma Foundation undertakes includes Dance 4 Asthma. Dance 4 Asthma is a health promotion event that started in 2012 to raise the profile of asthma to teachers and children in schools. This year 54 schools from all over New Zealand will be dancing.

We chose dancing as it is a creative, fun and positive activity - Dance 4 Asthma can involve just one class, or the whole school. Results have shown that Dance 4 Asthma has provided an opportunity for the whole community to become more aware of asthma and the work of the Asthma Foundation. The videos from 2014 on YouTube have been viewed over 14,000 times.

All teachers want their children to be confident, healthy and to participate fully at school. In New Zealand 1 in 7 children takes medication for asthma and it is estimated that over 550,000 school days per year are lost due to asthma. Couple this with research showing that entering school with asthma reliably predicts low reading achievement (independent of other known covariates of low achievement) and you can see how debilitating asthma can be to some children.

So what is Dance 4 Asthma? Schools create and upload a dance video to YouTube, based on the Asthma Foundation's chosen song. We have been lucky with the excellent New Zealand artists who have supported this event including Cameron Rota in 2015 and Moorhouse in 2014.

Each year, balloons and posters are sent to all schools with booklets about children with asthma. Continuing education is supported with links embedded in emails on relevant asthma information for example an article on how to care for children who have asthma at a school camp. To make it easy for schools we provide links to the curriculum and access to previous videos.

Feedback from teachers has been excellent. They appreciate that all children can be involved, that it allows teachers to use technology in a new and interesting way, and that it enables teachers to talk about asthma, in a positive and fun environment. Often the whole school gets involved when they see how much fun the classes are having. The community also supports their dancing through the number of hits the videos receive on YouTube.

In an environment where we often deal with the sadder side of respiratory health, it is refreshing to see a positive and fun activity all the children enjoy. I encourage you to view the videos on YouTube – search 2014 Dance 4 Asthma - they certainly made the Asthma Foundation team smile.

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# Nutrition and Physical Activity Sector Vision 2024 Survey : **HERE'S WHAT YOU TOLD US!**

Earlier this year we asked for feedback on the **Healthy Communities, Healthy Lives: New Zealand Public Health Nutrition and Physical Activity Sector Vision 2024**. The Vision 2024 was launched in August 2014 and was informed and developed by representatives of the nutrition and physical activity public health sector. ● ● ● ● ● ● ● ● ● ●

Thank you to the 71 people who provided feedback and took the time to complete the survey.

### Vision 2024 is being used in a variety of ways such as:

- 👉 checking if the direction of our work matches ANA and other organisations
- 👉 informing the strategic direction for work planning, programmes and initiatives
- 👉 discussing with colleagues and workplaces particularly around reducing sitting time.

### Many respondents also identified a range enablers for Vision 2024:

- 👉 Increasing awareness of the Vision 2024 through ongoing communication
- 👉 Organisational support and funding/collaboration between organisations
- 👉 Visual information to focus awareness and case studies of work in action

### Next Steps...

ANA will continue to support the sector through ongoing communication of the Vision 2024 and celebration of success stories. We will also be developing case studies and investigating other awareness raising information such as an infographic.

### Have you got a story to share?

We know that many organisations are already doing a lot of work that aligns with aspects of Vision 2024.

We would like to recognise what you are doing and invite you to **contact our friendly team** and share your story with us.

If you have any questions please contact **Siobhan Molloy**, Executive Director, ANA  
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## Tino Lelei Fono

**Nutrition & Physical Activity: Back to Basics**  
Save the date, Friday 14 August 2015 for the Tino Lelei Fono at Sorrento in the Park, Auckland.

This is a one-day fono for health professionals working with Pacific people to promote healthy eating and physical activity. This year's participants are able to choose to attend two of three workshops:

- 👉 Dietary Management of NCDs Affecting Pacific Communities
- 👉 Maternal and Child Nutrition for Pacific People
- 👉 Food and Marketing Promotion: The impact on Pacific communities

Visit the **ANA website** to register, download the programme and to read more about the speakers and workshops.

If you have any questions, contact **Diana Pedlow**, Event Coordinator, ANA  
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# WHAT WOULD YOU DO?

*If you could do three things at a national level to address childhood obesity, what would they be?*



**At the ANA conference in Auckland (6-7 May), the Ministry of Health invited delegates to submit their responses to the question above. A summary of the feedback received is provided below.**

**Overall, delegates indicated that they would like clear, consistent messages on food and physical activity reflected in all the areas and settings that children are exposed to, supported by skills (e.g. cooking) and supportive environments (schools, marketing, sponsorship, price, transport and health).**

There were 218 responses. These were grouped by settings/ action areas with the education setting receiving the greatest number of suggestions (**85 responses**).

The strongest support within the education setting was for compulsory cooking in the curriculum (**19**), National Administration Guidelines for food in schools (including provision of school gardens) (**17**), a compulsory national exercise programme (**12**), canteen guidelines (**6**), and expansion of Fruit in Schools (**6**).

The idea with the single overall strongest support was for restrictions on the marketing of unhealthy food and drinks to children (**22**). Related to this was support for a ban on the marketing of unhealthy food and drinks at promotional events and sports clubs and using elite athletes to market unhealthy food (**6**).

Taxation was also popular with 20 people supportive of a tax on sugar sweetened beverages, and 12 supportive of removal of GST from vegetables and fruit.

Within the health sector there was some support for a national strategy or guidelines for food (**7**) and a positive messages campaign for healthy eating and activity (**5**). Five people also recommended that front of pack labelling be made mandatory.

Suggestions were also received in the areas of transport (cycling), local government, research, physical activity, trade and industry, and whole of government.

The Ministry would like to thank all those who provided responses.

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**Clinical Leadership, Protection and**  
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# BIKES IN SCHOOLS

In 1990, New Zealand primary school children were biking an average of 28 minutes per week. Today it is less than 5 minutes per week - with many children not getting to ride a bike at all<sup>1</sup>.



Students from Mahora Primary School doing some laps

## Bikes in Schools

The Bike On New Zealand Charitable Trust believes the best way to reverse this is by helping schools implement the Bikes in Schools package of bikes, helmets, tracks, bike storage and cycle skills training, all within the school. They

aim to help more New Zealanders to experience the many joys and benefits of riding a bike.

With bikes and bike tracks now in over 35 New Zealand schools, Bikes in Schools has so far helped over 8,000 students get to ride a bike on a regular and equal basis at school. Regular riding of a bike goes from approximately 30% to 100% of the pupils - this impact is both immediate and measurable.

*I believe the reason Bikes in Schools is effective in delivering health and fitness outcomes is simply because every kid wants to ride a bike. At all the schools we have worked with we have yet to find a child who doesn't want to ride a bike. We have found that lots of children don't have access, don't have the opportunity, or don't have the skills or confidence to ride a bike. But never a child who doesn't want to ride a bike.*

**Feedback from schools, parents and pupils continually state that it:**

- ☞ raises confidence and self-esteem through a fun activity
- ☞ delivers health and wellbeing outcomes
- ☞ provides an opportunity to self-manage risks within a safe environment
- ☞ instils the habit of using an environmentally-friendly form of transportation
- ☞ results in children and extended family biking more often
- ☞ increases knowledge, skills and confidence to ride safely when riding outside the school area.

### Why is Bikes in Schools successful?

- ☞ It generates positive impacts for all students.
- ☞ All students want to ride bikes.
- ☞ A complete package is available on-site at the school.
- ☞ It provides high level of regular biking/physical activity to an entire school.
- ☞ A low level of school organisational input required.
- ☞ There is an upfront average investment of only approximately \$150 per student.

Bikes in Schools is a national initiative and open to all schools. Funding for schools has come from a diverse range of funders such as DHB's, PHO's, local government, community groups/trusts, businesses and individuals. The Ministry of Education even permit schools to use their property budget towards the cost of building tracks. To be involved, schools need to secure funding, but Bikes in Schools are here to provide advice and assist with applications/submissions.

Local health, community and recreation professionals also play a role in Bikes in Schools - promoting the initiative to schools, supporting schools with funding applications, implementation and linking Bikes in Schools in with other initiatives within schools such as Health Promoting Schools. Bikes in Schools can also be complemented by a Travelwise Safe School Travel Plan (in Auckland) or other local government school road safety or cycle skills training programmes.



Students at Takapau School zooming around their new bike track

For more information please contact  
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[www.bikeon.org.nz](http://www.bikeon.org.nz)

#### Reference:

1. NZ Transport Agency/ Ministry of Transport. NZ Cycling Safety Summit Briefing Notes 15 April 2014. Retrieved from: [www.nzta.govt.nz/consultation/cycling-safety-panel/docs/cycling-safety-summit-briefing-notes-apr-2014.pdf](http://www.nzta.govt.nz/consultation/cycling-safety-panel/docs/cycling-safety-summit-briefing-notes-apr-2014.pdf)

*Health 4 Life is one of several initiatives announced by the Ministry of Health in 2013 that focuses on early intervention to encourage the best start to life for New Zealand families.*

Our goal is to enable the maternal and early childhood sector in Wellington to deliver consistent messages on staying active and eating healthily to vulnerable pregnant women and new parents.



**Making healthy changes during pregnancy is beneficial, especially for overweight and obese women. High body mass index during pregnancy is associated with an increased risk of adverse health outcomes for both women and infants.**

While observational studies<sup>1</sup> suggest that healthy diet and lifestyle advice given during pregnancy has been associated with improved outcomes for women and infants, vulnerable pregnant women and new parents often receive inconsistent advice on how to stay active and eat healthily.

The Health 4 Life partnership draws on the collective experience of four agencies including Regional Public Health, SIDU – the service integration and development unit of the three DHBs (Capital and Coast, Hutt Valley and Wairarapa), Te Awakairangi Health Network and Compass Health to improve nutritional status and increase physical activity for women and families.

### **Actions we have taken**

Focus groups were conducted to better understand the needs and priorities of health workers, pregnant women and new parents, along with a review of the evidence and clinical guidelines. A social marketing approach was then used to develop audience-focused messages to encourage targeted behaviour change in the health workforce.

Early in 2015, we co-created key messaging resources in partnership with health workers and consumers. Our work with Māori and Pacific providers and their clients identified that our starting point in conversations needed to be about the big picture.

A short course for health workers was then developed to provide them with tools and strategies to have healthy conversations with women, helping them deliver the right information at the right time in the right way for each woman - inspiring action to make baby and whānau stronger.

The short course provided access to Health 4 Life's new resources including the conversation guide for health workers and resources for pregnant women in Te Reo Māori



and English. The Health Promotion Agency also provided education sessions on their infant feeding resources about what, when and how to introduce solid foods at around six months of age.

Additionally, a team of Māori and Pacific advisors led workshop sessions to demonstrate the importance of cultural and social beliefs when engaging with women and their whānau.

An evaluation report is due August 2015 that will report back to the workforce and communities on the impact of Health 4 Life interventions.

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### **Reference:**

1. Moses RG, Luebcke M, Davis WS, Coleman KJ, Tapsell LC, Petocz P, Brand-Miller JC. Effect of a low-glycemic-index diet during pregnancy on obstetric outcomes. *Am J Clin Nutr.* Oct 2006; 84 (4): 807-812.

# Getting Dunedin Active



Back in 2007, five organisations got together to form the Getting Dunedin Active partnership, the aim of which was to encourage collaboration between local agencies that had an interest in promoting physical activity. Those founding partners also wrote the first Getting Dunedin Active (GDA) strategy, which was later formally adopted by the Dunedin City Council in recognition of its city-wide significance for physical activity.

## Let's get moving Dunedin!

[www.moveme.org.nz](http://www.moveme.org.nz)



St Clair Beach, Dunedin



MoveMe is a Getting Dunedin Active initiative involving expertise from local partners with major sponsorship from the Dunedin City Council.

During the research and development phase of that first strategy, it became clear that Dunedin residents had a low level of awareness of physical activity resources, opportunities, and providers both at city and neighbourhood level. These factors were identified as significant local barriers to participation. The GDA partners were quick to see an opportunity to work together to address this need, and the MoveMe campaign was born.

The idea behind MoveMe was to create a 'one-stop-shop' that makes it easy to access information about being active in Dunedin. The campaign's key asset is the website [www.moveme.org.nz](http://www.moveme.org.nz) which includes information about all sport and recreation activities (that we know of!) in Dunedin, as well as training plans, maps, event information, nutrition advice, motivational tips and hints, and much more, including the opportunity to seek free personal advice from a physiotherapist, personal trainer, or nutritionist.



Yoga in action

MoveMe isn't an event provider and nor does it need to be, going by the frequent comments from those who receive the monthly newsletter or sign up to the Facebook page, saying that they had no idea there was already so much going on in Dunedin! The sole MoveMe event is the annual indoor 'Have A Go Expo' where all local sport and recreation providers are invited to come and show what they do, providing the public with an opportunity to try a whole range of activities for free.

MoveMe has now completed the initial three year evaluation period, and many learnings have been gathered along the way. We have grown and adapted, learnt lessons and enjoyed successes, and are now heading into an exciting new phase. As a result of what we continue to learn through our own and our partners' research, we are looking to broaden the target audience and change the once a year expo into multiple similar events out in the community. We're also exploring what we can do at a local level to address prolonged sitting, and hope to launch a 'Wild Time' campaign aimed at getting kids and families reconnecting with nature.

Eight years since inception the GDA network is still going strong, a reflection of the hard work and commitment of the partners, who have grown in number from five to sixteen. We are ever grateful to the Dunedin City Council for their ongoing support, which keeps both the network and strategy connected and active. Here's to even bigger and better things in Dunedin over the next eight years!

For more information please contact

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# NEW FROM THE JOURNALS

## Is there evidence that walking groups have health benefits? A systematic review and meta-analysis

Authors: Hanson S and Jones A.

**Summary:** Walking groups are a great way to get some exercise, develop friendships and get out and about. This study aimed to provide an update on the health benefits of walking in groups. Forty two studies involving 1,843 participants met the review inclusion criteria. They found that outdoor walking groups have a wide range of health benefits including reducing blood pressure, body fat, total cholesterol and risk of depression. These groups also had high levels of adherence and virtually no adverse effects to participants.

**Commentary from Professor Lisette Burrows, School of Physical Education, Sport and Exercise Sciences, The University of Otago:**

The notion that walking groups can yield health benefits is no surprise, especially if one thinks of health in a holistic way. The meta-analysis didn't include the kinds of studies that would tell us how people feel about walking, why they do it, who they do it with, where they go and why, although I wish it had. The authors suggest that walking groups can reduce blood pressure, body fat, total cholesterol and risk of depression. They may well do all of these things, but when walking becomes a 'dose', 'an intervention' and/or something one predominantly does for 'health' or to 'lose weight' (the latter two are often equated), is the pleasure of the doing, the communing with others, the engagement with new places diluted? Walking is certainly a cheap and accessible form of exercise for those who enjoy it yet group walking as a kind of health enhancing 'pill' may not appeal to all.

Reference: British Journal of Sports Medicine 2015; 49: 710-715

DOI: <http://dx.doi.org/10.1136/bjsports-2014-094157>

## Are interventions to promote healthy eating equally effective for all? Systematic review of socioeconomic inequalities in impact

Authors: McGill R, Anwar E, Orton L, Bromley H, Lloyd-Williams F, O'Flaherty M, ..., Capewell S.

**Summary:** This review looked at how the impacts of healthy eating interventions differ by socioeconomic position. The reviewers found 36 studies that met their inclusion criteria including 18 price, six place, one product, four promotion, and 18 person interventions. Their findings suggest that interventions showed different effects on socioeconomic position; most significantly with 'price' decreasing inequalities and person interventions such as dietary counselling tending to increase inequalities.

**Commentary from Associate Professor Michael O'Brien, School of Counselling, Human Services, Social Work, University of Auckland:**

Interventions to promote healthy eating are topics of considerable interest and comment, on a number of levels, with that interest reflecting widely varying approaches and, even more importantly, widely varying knowledge about 'what works', that is, what will make a meaningful difference.

This review makes a significant contribution to our understanding about what works, especially in relation to how income inequalities both impact on and are impacted on by a range of approaches to promote 'healthy eating'. The research and associated literature is clear about the links between socioeconomic inequalities and food consumption; what this article contributes to this literature is a careful and systematic review of the effectiveness of a range of policy and programme initiatives. What is clear is that inequality matters here (which should come as no real surprise), and it matters both in terms of what different groups consume and in relation to what is done to promote healthy eating.

Reference: BMC Public Health 2015; 15: 457.

DOI: <http://dx.doi.org/10.1186/s12889-015-1781-7>

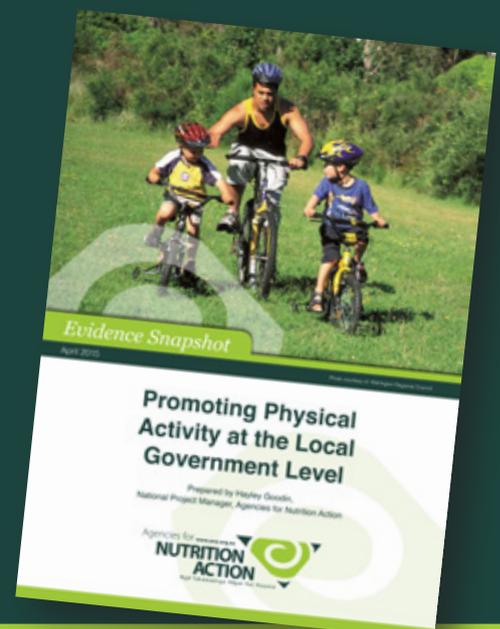
*Agencies for Nutrition Action's latest evidence snapshot and case studies 'Promoting Physical Activity at the Local Government Level' are now available on the [ANA website](#).*

This snapshot has been designed to equip those wishing to engage with local government including rationale, evidence, and tools for promoting physical activity. There are also case studies of successful engagement with local government to improve physical activity outcomes.

We would like to acknowledge all of those who were involved in the development of the snapshot and case studies.

Our next snapshot to be developed will focus on 'Promoting Nutrition at the Local Government Level' and will also include case studies.

If you have any questions, contact Annalise Goble, National Project Manager, Agencies for Nutrition Action (04) 499 6365 [annalise@ana.org.nz](mailto:annalise@ana.org.nz)



## Coming Events

**Toi Tangata Atua Matua Wananga:** Various dates and locations. [Read more here](#)

### AUGUST 2015

**Tino Lelei Fono - Nutrition & Physical Activity: Back to Basics** 14 August, 2015, Auckland. A one day fono for health professionals working with Pacific people. Programme now available, register now. [More information here](#)

### SEPTEMBER 2015

**International Conference on Diet and Activity Methods:** 1-3 September, 2015, *Brisbane, Australia*. [Read more here](#)

**Public Health Association Conference 2015:** 6-9 September, 2015, *Dunedin*. [More information available here](#)

**Population Health Congress 2015:** 6-9 September, 2015, *Hobart, Australia*. [Read more here](#)

### OCTOBER 2015

**The 8th Asia-Oceania Conference of Obesity:** 2-4 October, 2015, *Nagoya, Japan*. [More information available here](#)

**Australia New Zealand Obesity Society (ANZOS) Annual Scientific Meeting:** 15-17 October, 2015, *Melbourne, Australia*. [Read more here](#)

**Walk21 Vienna Stepping Ahead:** 20-23 October, 2015, *Vienna, Austria*. [More information available here](#)

**Hot Topic Conference 2015: Obesity & Pregnancy:** 29-30th October, 2015, *London, UK*. [Read more here](#)

### NOVEMBER 2015

**NZRA National Conference 2015:** 18-20 November, 2015, *Wellington*. [More information available here](#)

### DECEMBER 2015

**Joint Annual Scientific Meeting of the Nutrition Society of New Zealand and the Nutrition Society of Australia:** 1-4 December, 2015, *Wellington*. [Read more here](#)

## What's New

### 100% Water – Promoting water as the drink of choice

Health Promotion Agency has developed a resource pack of posters, table talkers, infographics and stickers to promote water as the best drink of choice in workplaces and recreation settings.



These free resources use different messages to encourage people to choose water instead of sugary drinks. The pack also contains a how-to-guide for creating a healthy beverage culture.

To order packs, [click here](#) and complete the form.

### Coconut oil – New 'Behind the Hype' information sheet available

There is a lot of misinformation about coconut oil. This new Behind the Hype information sheet will help you answer the tough questions about coconut oil and explain why other plant-based oils are a healthier cooking oil choice compared to coconut oil. The sheet also includes a helpful chart from the Health Foundation showing the fat compositions of many oils.

To download the factsheet [click here](#)

To find other Behind the Hype information sheets about salt, carbohydrates, and sports drinks and other related resources [click here](#)



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](http://www.ana.org.nz)