

# ANA

## REGIONAL FORUM: DUNEDIN

A one-day forum for professionals working with communities to promote healthy eating and physical activity.

Thursday 10<sup>th</sup> March 2016  
Edgar Centre, Dunedin

### *Speaker biographies and presentation descriptions*

#### **Mary-Ann McKibben**

*Master of Ceremonies*



Mary-Ann is currently working for the Ministry of Social Development as the Manager of BASE, the South Dunedin Social Sector Trial, aimed at creating multi-agency responses to improve outcomes for young people in relation to youth offending, alcohol and drugs, and training and employment.

Mary-Ann is a public health specialist originally from the United Kingdom with experience in working at national, regional and local levels to improve health and wellbeing. In the UK, she completed the South West Public Health Training Programme, undertaking a variety of roles in Primary Care Trusts, the Health Protection Agency and the Government Office for the South West. She then worked as a Consultant in Public Health with NHS Wiltshire where she led development and implementation of strategy and responses to a range of issues, including alcohol and drugs, road safety, community safety, family violence, mental health and wellbeing, and offender health.

Before entering public health, Mary-Ann was assistant director of Alcohol Concern, the national NGO addressing alcohol misuse issues, leading public policy and public affairs activities.

Mary-Ann has a Master's in Public Health from the London School of Hygiene and Tropical Medicine, is on the UK Public Health Specialist Register and is a Fellow of the UK Faculty of Public Health. She is currently the Chair of the Otago Southland branch of the Public Health Association and a member of the Board of Trustees of Anglican Family Care in Dunedin. Mary-Ann is married to Keith, also a Public Health Specialist, and has 2 children aged 15 and 10.

#### **Trudy Sullivan**

*Health Economist/Lecturer, Dept. of Social & Preventive Medicine, University of Otago*



Dr Trudy Sullivan is a health economist consultant at the Dunedin School of Medicine, and a lecturer in the Department of Preventive and Social Medicine. Trudy's main research interests lie in the areas of health economics and programme evaluation, public health and wellbeing, and the use of multi-criteria decision analysis (MCDA) in priority-setting. She has used MCDA to develop frameworks that can be used by decision-makers to prioritise health care, and other publicly-funded services.

## **Demand for health care: to infinity and beyond? But who will fund it?**

An aging population, an increase in 'lifestyle diseases', and advances in technology. How do these issues affect us? Can funding keep pace with the increase in demand for health care? What can we expect to be publicly-funded? Whether you're a health professional or promoter, patient or taxpayer, this talk should be of interest to you as the decisions we make today will affect us now and into the future.

### **Martin Dutton**

*Senior Advisor, Physical Activity, Ministry of Health*



Martin has a passion for all things sport related, especially those connected with the outdoors. Having spent nearly a decade running a commercial outdoor education centre in the UK, he has a good understanding of physical activity from the perspective of a participant, educator and public policy maker.

### **Louise McIntyre**

*Senior Advisor, Nutrition, Ministry of Health*



During Louise's eight years at the Ministry she has led work on the Food and Nutrition Guidelines Series, and the new Eating and Activity Guidelines. Louise is a registered New Zealand Dietitian and has worked for over ten years in the New Zealand health sector initially as a clinical dietitian and more recently as a public health dietitian and health promoter.

## **New Zealand's new Eating and Activity Guidelines**

Martin and Louise will be talking about the Eating and Activity Guidelines for NZ Adults which were released by Hon Sam Lotu-liga in October 2015 as one of the Government's 22 initiatives for addressing childhood obesity. These new evidence-based guidelines are an essential resource for everyone who provides information on eating and physical activity.

This presentation will include information about the new Eating and Activity statements, the process and evidence used to formalise the statements, how the statements are different from before, what comes next, and how you can use the resources in your everyday work with communities, whanau and clients.

More information on the guidelines, supporting factsheets and resources for both health workers and the public are available at:

<http://www.health.govt.nz/our-work/eating-and-activity-guidelines>

## Samantha Taylor

Senior Advisor, Nutrition & Physical Activity, Health Promotion Agency



Samantha has a background in health promotion and community action. Her current role is at the Health Promotion Agency where she is working on the Health Star Ratings initiative, in particular the stakeholder engagement, education and consumer campaign.

Samantha has worked for more than 20 years for the public service both at a local and national level on a diverse range of programmes including alcohol, injury prevention, mental health and vitamin D. Samantha has a Bachelor of Arts with a major in Psychology and a Diploma in Sport and Recreation.

### Healthier is easy when you look for the stars

Health Star ratings are New Zealand's voluntary front of pack labelling system designed to help consumers make healthier food choices when purchasing packaged foods. They take the guesswork out of reading food labels by using a star rating scale of ½ to 5 stars to measure the overall nutritional content of food.

Following Sam's presentation you will be knowledgeable about the consumer campaign and be able to encourage families and clients to start using the ratings to make better food choices at the supermarket.

For further information visit <http://nutritionandactivity.govt.nz/> or [www.mpi.govt.nz/healthstars](http://www.mpi.govt.nz/healthstars)

For queries regarding the rating system, the calculator or ratings for specific food items please e-mail [info@mpi.govt.nz](mailto:info@mpi.govt.nz)

## Chris Rosenbrock

General Manager, Kai Tahu Ki Otago Limited



Chris is the General Manager at KTKO Ltd a position he has held for 15 years. The company owned by the four Papatipu Runanga of Otago specialises in environmental and public health. The company holds a number of contracts with territorial regional authorities as well as the Ministry of Health and Southern District Health Board.

### Te Kakano Maara Kai

Chris will be presenting on Te Kakano Maara Kai a community garden established at Araiteuru Marae. Te Kakano Maara Kai has taken on a life of its own leading to healthy cooking demonstrations, health check-ups, the sharing of kai with kaumatua and whanau as well as positive changes in the community involved in the project.

## Jared Cappie

*Manager, Healthy Families Invercargill*



Jared grew up in Invercargill before studying at the University of Otago and the Sport Institute of Otago.

After studying, he moved to Auckland and worked in injury prevention at a physiotherapy clinic and as an exercise prescription tutor. To pursue his career in health Jared worked at the Lake Taupo Primary Health Organisation's Living Well team and then the National Health Service (UK) Westminster COPD team. In 2012 Jared returned to New Zealand and worked at Sport Southland as the Active Lifestyles Manager. Jared helped drive Sport Southland's bid to be the lead provider for the Healthy Families NZ initiative in Invercargill and has been the Healthy Families

Invercargill manager since late 2014.

## Shontelle Dixon

*Healthy Families, Invercargill Settings Coordinator*



Shontelle (Shoni) grew up in the lower North Island before heading back south to stay with family and study at the Southern Institute of Technology.

Shoni worked in the gym industry and in the development of the revival of traditional Maori games before travelling overseas. Eager to give back to her community, Shoni joined the Healthy Families Invercargill team as a settings coordinator, with a focus on improving the community's health where we live, learn, work and play.

### Healthy Families Invercargill update

Healthy Families NZ is the Government's flagship prevention platform, and is a key part of the Government's wider approach to helping New Zealanders live healthy, active lives. There are currently 10 Healthy Families NZ locations across the country, including Invercargill.

Jared and Shoni are going to share the journey so far, discuss the process involved in community mapping, engagement, and the initiatives planned for the coming year.

## Jim Cotter

*Associate Professor at the School of Physical Education*



Jim is an exercise & environmental physiologist who researches health and functional effects of different forms of exercise and environmental stress. His recent focus is on cardiovascular, cerebrovascular, metabolic, perceptual and functional effects of (i) High intensity interval training (HIIT) vs traditionally-advocated exercise, and (ii) selected environmental stressors alone and in combination (orthostasis, heat, dehydration). These studies have been in healthy and relevant clinical or pre-clinical cohorts.

## Chris Baldi

*Snr Research Fellow in School of Medicine, University of Otago*



Chris is an exercise physiologist who has spent his career examining the safety and cardiac benefits of exercise in several patient populations. At the public health level, this research has brought into question the value of current international exercise recommendations and how to implement effective exercise in the populations who have need for exercise, but are considered non-compliant with traditional exercise recommendations.

### **High-intensity interval training**

This presentation will address why high-intensity interval exercise training is gaining momentum for population health application. After briefly addressing the strengths and weaknesses of exercise in health promotion, we will focus on the strengths, weaknesses and caveats, and relevance of high-intensity exercise for healthy and clinical populations.

## Karen Laurie

*Early Years and Primary School Consultant with Sport NZ's Young People's Team*



Karen is passionate about the role sport and activity can play in enhancing people's lives, particularly for our young people.

Karen has a strong background in leadership and relationship development, built through a career involving teaching and sports based leadership and learning projects across both the education and community sport sector. She has taught at secondary, primary and early childhood levels, worked in Regional Sports Trust sporting and community development initiatives, and until recently, led Athletics NZ's national foundations programme. Karen has also been a presenter for the Brainwave Trust NZ in keeping with her belief in supporting every child with the best opportunities to reach their potential.

A keen sportswoman, Karen has also represented NZ in both gymnastics and sailing, and has coached a number of sports, particularly in the foundation and junior levels. Married with two sons, Karen is still active in a number of sporting and recreation activities, most recently involving a keen enthusiasm for paddle boarding.

### **Understanding the Sport New Zealand Physical Literacy Approach**

This presentation will cover:

1. What is physical literacy?
2. Why is Sport New Zealand taking this approach?
3. How this approach can support the work of both the health and sport sectors
4. How the physical literacy approach can be used and developed at a local and regional level

This will be of interest to any organisation or individual who provides and supports physical activity and sport opportunities for people aged 0-100.

Sport New Zealand are also keen to receive feedback during and after the presentation – they wish to hear and understand the opportunities and challenges this approach will have for local providers and organisations.

Click on this link for some background reading: <http://www.sportnz.org.nz/about-us/who-we-are/what-were-working-towards/physical-literacy-approach/>

## Dr Sandra Mandic

Senior Lecturer School of Physical Education, Sport and Exercise Sciences, University of Otago



Sandy is a senior lecturer in physical activity and health in the School of Physical Education, Sport and Exercise Sciences, University of Otago. Sandy's academic training and research experiences span Europe, Canada, United States and New Zealand. She completed BPhEd (University of Novi Sad, Serbia), MSc and PhD in Exercise Physiology (University of Alberta, Edmonton, Canada) and postdoctoral training in Epidemiology and Clinical Exercise Physiology (Stanford University School of Medicine, Palo Alto, USA).

Sandy's research expertise is in the area of physical activity and health with specific research interests in physical activity, public health, built environment and sustainability. She is the principal investigator on the Built Environment and Active Transport to School: BEATS Study ([www.otago.ac.nz/beats](http://www.otago.ac.nz/beats)) and the academic leader for the Active Living Laboratory ([www.otago.ac.nz/active-living](http://www.otago.ac.nz/active-living)). Sandy values multidisciplinary and multi-sector approach to research, has extensive network of local and international research collaborations. Sandy speaks English, Spanish, Croatian and Russian.

### Health Behaviours and Transport Choices in Dunedin Adolescents: Update from the BEATS Study

This presentation will showcase recent findings from the BEATS Study related to physical activity, screen time and dietary habits of adolescents, clustering of (un)healthy behaviours in adolescents and factors influencing adolescents' transport choices (walk, cycle, bus or drive). This presentation will be of interest to health promoters, educators, researchers and tertiary students.

#### Suggested readings:

For further information on the BEATS Study, please visit the study website: [www.otago.ac.nz/active-living](http://www.otago.ac.nz/active-living)

## Matt Jenkins

PhD Researcher, School of Physical Education, University of Otago



Matt graduated with a BSc in psychology at the University of Birmingham, UK, in 2005. The following few years were spent in various jobs, including football coaching, family support work, and teaching English and science abroad. Eventually settling in Bristol, UK, in 2010, he started a personal training business, and quickly saw first-hand how clients, despite initially having an abundance of motivation for regular exercise, often fell by the wayside after the first few months. This was inspiration enough to begin an MSc in Sport and Exercise Psychology at Staffordshire University in an attempt to understand motivation for physical activity, and how to help clients adhere over the long term.

Working with real exercisers (and would-be exercisers) allowed Matt to put research into immediate practice, culminating in the development of an effective intervention based on fostering high quality and sustainable motivation for physical activity.

After completing his MSc, Matt left the UK on a bicycle in 2013 and (eventually) found his way to Dunedin to begin a PhD in the School of Physical Education, Sport and Exercise Sciences at the University of Otago. He's currently developing a new intervention, again with the aim of promoting sustained physical activity behaviour in the general population, but this time incorporating aspects of mindfulness.

**Motivating behaviour change: the importance of autonomous motivation**  
***What makes people want to do a given behaviour, and keep doing it?***

Motivation is something we can all relate to. Why do we do the things we do, and how do these reasons influence our behaviour and general health in the long-term?

The talk will discuss the factors that underlie successful behaviour change. Whilst focusing on physical activity, these factors are derived from a theory of motivation (Self-Determination Theory), which has been shown to be universally applicable across a wide range of health behaviours, from nutrition to smoking cessation and beyond. For any health professional that works with people that are trying to change their behaviour, some useful evidence-based points will be raised that enable practitioners to create a climate supportive of such endeavours.

**Further reading and websites to visit:**

Brown, K. W., & Ryan, R. M. (2003). The benefits of being present: mindfulness and its role in psychological well-being. *Journal of Personality and Social Psychology*, 84(4), 822.

Deci, E. L., & Ryan, R. M. (2008). Self-determination theory: A macrotheory of human motivation, development, and health. *Canadian Psychology*, 49(3), 182.

Hagger, M. S., & Chatzisarantis, N. L. (2007). Advances in self-determination theory research in sport and exercise. *Psychology of Sport and Exercise*, 8(5), 597-599.

Hayes, S. C., Luoma, J. B., Bond, F. W., Masuda, A., & Lillis, J. (2006). Acceptance and commitment therapy: Model, processes and outcomes. *Behaviour Research and Therapy*, 44(1), 1-25.

Ryan, R. M., & Patrick, H. (2009). Self-determination theory and physical activity. *Hellenic Journal of Psychology*, 6, 107-124.

**Websites:**

<http://www.selfdeterminationtheory.org/>

<https://contextualscience.org/>