

ANA

## REGIONAL FORUM: WHANGAREI

A one-day forum for public health professionals who are working to promote healthy eating and physical activity.

Friday 17<sup>th</sup> June 2016

Barge Showgrounds Events Centre, Whangarei

### *Speaker biographies and presentation descriptions*

#### **Warren Moetara**

*Master of Ceremonies & Team Leader Healthy Lifestyles, Northland DHB*



Ko Te Ramaroa te maunga  
Ko Hokianga te awa  
Ko Ngati Korokoro te hapu  
Ko Ngapuhi te iwi

Ko Rangiahua te maunga  
Ko Wainui te awa  
Ko Torerenuiarua te tupuna  
Ko Ngai Tai te iwi

Ko Warren Moetara toku ingoa. Born and bred in Kaikohe I've spent a lot of my working career in the police, but the past 12 years in the health and iwi development sector. I'm currently privileged to lead a committed team of health promoters for the Northland Public Health Unit, and enjoy working with and for our people of Tai Tokerau.

#### **Matt Morris**

*Coordinator, Christchurch Food Resilience Network*



Matt is a coordinator of the Food Resilience Network (FRN) in Christchurch and sustainability advocate at the University of Canterbury. He is also deputy chair of the Soil & Health Association of New Zealand and runs his own local food business, The Urban Monk Ltd. Matt's participation at the forum has been made possible by Healthy Families Far North.

#### **Food Security: Inspiration from NZ's most edible city**

Matt will be talking about the Food Resilience Network's post-earthquake journey to becoming a large scale collaboration of over 50 organisations (including Christchurch City Council and the Canterbury DHB) whose combined membership is over 11,000 people. This is a story about passionate people wanting to work as a collective to create a better world. Matt will explore some of the challenges faced and the methods employed to create change. Matt loves Northland and is really stoked to be visiting to share FRN's story.

Here are some links to background information:

- [Edible Canterbury](#) aims to provide leadership, advocacy, guidance and support for communities to grow projects that increase food resilience in greater Christchurch.
- Check out the [Food Resilience Policy](#) and other [Christchurch City Council 'Edible Christchurch'](#) work.

## 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 AND Controversial Nutrition Issues**

The Eating and Activity Guidelines for NZ Adults which were released by Hon Sam Lotu-iga 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.

Louise will provide some background information about the new Eating and Activity guidelines including a brief overview on the key recommendations/statements, how and why they are different from previous recommendations.

Then there will be an opportunity to discuss some of the topical or controversial nutrition issues people have been talking about and hear the Ministry's position.

- Evidence on saturated fat? Are we still avoiding sat fat or is it ok now??
- What is the deal with coconut oil?
- Should we recommend butter or margarine?
- Sugar - should we eat less fruit to cut out sugar? Is sugar the new baddie? Should we QUIT sugar?
- What's the story with carbohydrates? What foods are we referring to when we talk about "carbs", and should they be part of a healthy diet?
- The cost of healthy eating
- Low carbohydrate/high fat diet - is this a good idea? Paleo? Fasting?
- Are artificial sweeteners ok? Are diet drinks ok?
- Who needs/ does anyone need dietary supplements?

For some starter (and follow-up) reading, [click here](#) to download the Eating and Activity Guidelines' Topic Issues and Answers.

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>

## Dr Ekant Veer

Associate Professor, Department of Management, Marketing and Entrepreneurship, University of Canterbury



Ekant's work focuses primarily on understanding motivations and drivers of behaviour and how marketing theories and practices can be utilised to encourage behaviour that benefits individuals and society as a whole. To this end he has written extensively on health promotion, health stigmata, and engagement with communities. His work draws heavily on social media as a means to engage in community wellbeing and help seeking practices. He has consulted for a number of organisations around the world, including the WHO, NZ Government, All Right? Campaign, Christchurch City Council, New Zealand Mental Health Foundation and many other not-for-profits and NGOs.

### Using Social Media for Health Promotion: Myths and tips

In this session Ekant will go over some of the myths associated with social media use; how to best engage your community through social media, and how to avoid some of the many social media pitfalls. Ekant will endeavour to cover as much ground as possible in the space allowed, but will leave time for open questions and discussion regarding social media practices and population health responses to social media use.

Recommended reading:

Korda & Itani, 2013, "*Harnessing Social Media for Health Promotion and Behavior Change*", Health Promot Pract January 2013 vol. 14 no. 1 15-23

This is not an open source article, so to read the full abstract, and for information on how to access the full text, go to: <http://hpp.sagepub.com/content/14/1/15.short?rss=1&ssource=mfr> or contact your DHB or local library for assistance.

## Diana Neru

Kaimahi Hapori, Kai Time



Diana hails from Waikawa on the East Coast of the North Island. She has worked for iwi and urban Māori authorities, government and NGOs across the health, social services and education disciplines. Diana created the Kai Time wānanga in 2010 when employed as the coordinator of SuperGrans Tairāwhiti and is now a kaiwhakatairanga hauora, health promoter at Family Planning New Zealand. She facilitates Kai Time independently as a contribution towards increasing whānau confidence in cooking healthy affordable kai.

### Kai Time: Healthy meals for families on a budget

Kai Time is a practical wānanga that aims to increase the confidence levels of whānau to cook healthy and affordable kai. It is a wānanga that contributes to the restoration of health, environmental and financial wellbeing.

This particular presentation will cover the journey of Kai Time as a wānanga. The presentation will be delivered in the form of a trilogy:

- Te Tairāwhiti: Humble beginnings on the coast
- Tāmaki: Practicing asset based community development to reframe deficit thinking in Tāmaki
- Waitakere: Mana enhancing collaborations to realise full potential in Waitākere.

## Leonie Matoe

*Kaiwhakahaere Matua - Chief Executive Officer, Toi Tangata*



Leonie Matoe (Ngā Rauru, Ngā Ruahine) is the CEO of Toi Tangata, a national Māori health agency that operates under its parent trust Te Hotu Manawa Māori and is based in Auckland. Leonie has experience in supporting Māori public health initiatives and community leadership throughout the country as well as providing strategic advice across government and non-government organisations.

## Callie Corrigan

*Kaiārahi Matua - Service Delivery Programmes Manager, Toi Tangata*



Callie Corrigan (Ngati Kahu) is the Programme Manager for Toi Tangata and is currently residing in the Far North at the newly established Te Hiku satellite office. Callie has worked within the physical activity and nutrition sector for the past 16 years in various roles from grassroots through to national leadership.

## Darrio Penito-Hemara

*Kaiārahi - Training and Development Specialist, Māori Education Settings, Toi Tangata*



Darrio Penito-Hemara (Ngati Haua, Ngapuhi) is the Kaiarahi, Training and Development Specialist in Māori Education Settings for Toi Tangata. Based in Auckland, Darrio's key projects are supporting the WAIARIKI strategy and the He Pi Ka Rere programme.

### Waiariki – Our Water Your Future

Leonie, Callie and Darrio will be sharing the WAIARIKI strategy, a kaupapa that relates to the water (Wai Māori) aspirations and obligations of Toi Tangata, complementing the current narrative on sugar sweetened beverages. Through this presentation the Toi Tangata team will share Waiariki messages.

*Waiariki- Our water, you future* is a contribution towards building content and understanding around wai Māori. Waiariki has been developed to provide communities throughout Aotearoa with sound data, information and knowledge to make sure we sustain the health of our land, waterways and people. Our vision is to connect people to the whakapapa of wai and support approaches that encourage the use and

consumption of wai as well as acknowledge kaitiakitanga from a Māori world view.

- <http://www.waiariki.org.nz/>