



Evidence & Action

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ALCOHOL AND CANCER



Recently, the Cancer Society of New Zealand released a revised **Position Statement on Alcohol and Cancer Risk** to reflect the growing body of evidence that demonstrates a link between alcohol and the development of many cancers.

Alcohol (ethanol or ethyl alcohol) is produced when the sugar or water found in ripe fruits, grains or vegetables is combined with yeast and fermented. Most of us know about the acute harm of alcohol but many of us remain unaware that drinking alcohol increases the risk of developing cancers of the mouth, upper throat, larynx (voice-box), oesophagus (food-pipe), bowel, liver and breast (in women).

The World Health Organization's International Agency for Research on Cancer (IARC) completed the first scientific review about alcohol as a risk factor for cancer in 1988. They concluded that alcoholic drinks were carcinogenic to humans. Further updates by IARC and separate comprehensive reviews by the World Cancer Research Fund and the American Institute for Cancer Research confirmed this finding.

A 2013 report estimated that around 30% of all alcohol related deaths in New Zealand were due to cancer. There are several ways in which alcohol (ethanol) may cause cancer, which vary for different types of cancer:

- Ethanol is turned into a chemical called acetaldehyde in the body, which causes cancer by damaging our cell's DNA (i.e. the genetic information in every cell).
- Ethanol acts as a solvent that helps the body absorb other carcinogens, such as those found in tobacco.
- Ethanol increases oestrogen levels in women, which can in turn increase the risk of breast cancer.
- Liver cancer without underlying liver disease is rare; indicating that the way in which alcohol causes cancer in the liver is related to the effects of the build-up of scar tissue in the liver over time.

Current research tells us that alcohol use is widespread in New Zealand. Over half the population aged 16-64 years consumes alcohol at least weekly and 15% percent of adults aged 15 years and over drink in a way that is hazardous to their health. This pattern of hazardous drinking is higher among men (22%) than among women (9%).

Whilst hazardous drinking has significant health and social consequences, the authors of a recent literature review commissioned by the Cancer Society Auckland Division, and overseen by Professor Sally Caswell, found that the volume of alcohol consumed over one's lifetime, even if consumed in moderation, contributes to the risk of developing cancer.



International cancer researchers note that *"Alcohol remains a major contributor to cancer mortality...reducing alcohol consumption is an important and under-emphasised cancer prevention strategy"*.

Other than not drinking alcohol, people can reduce their risk of cancer and improve their overall health by reducing the amount of alcohol they drink. To reduce cancer risk the Cancer Society of New Zealand recommends:

- people either not drink alcohol, or, limit the amount of alcohol they drink.
- young people should delay drinking until 18 years or over.

On Wednesday 17 June 2015 the Cancer Society is co-hosting with Alcohol Action New Zealand (AANZ) a **one day conference on Alcohol and Cancer** to raise awareness about this important public health issue. Look out for updates on the AANZ website.

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SUPPORTING MĀORI COMMUNITY NUTRITION AND PHYSICAL ACTIVITY LEADERSHIP

Our goal is for producers and users of Māori nutrition and physical activity research to work together to access and apply knowledge designed to improve Māori health outcomes.

As part of ANA's knowledge translation work we have been working alongside Toi Tangata and Massey University to bring researchers and users of Māori nutrition and physical activity research together in the spirit of manaakitanga.

One of the activities that we have been working on is a knowledge hub where Māori nutrition and physical activity literature can be more accessible. So we need your help!

We are currently gathering literature (research, evaluations, programme/project reports, workshop/conference presentations) for our knowledge hub (published or unpublished) that can be used to inform and support those working to improve Māori health through better nutrition and increased physical activity.

The knowledge hub will be available via **Toi Tangata's website** and we will let you know when this becomes available.

We will also be sharing this kaupapa at **Toi Tangata's Hui-a-Tau** and **ANA's National Nutrition and Physical Activity Conference**. In the meantime, if you have any questions about this project or any literature that you would like to contribute to our knowledge hub then please email **hayley@ana.org.nz** or **callie@toitangata.co.nz**



The 6th National Nutrition and Physical Activity Conference is taking shape thanks to the great feedback and guidance from across the sector.

The evaluations from earlier conferences and suggestions from the 195 respondents to our mid-year survey have been woven into our planning including:

- a conference that will address issues of importance to our wider sector.
- a less rushed-crammed-packed conference.
- an active and fun conference.
- a variety of presentation styles for the concurrent sessions.
- the successful breakfast conference event is back, this time sponsored by 5+ A Day!

We are thrilled to be able to announce our keynote and guest speakers:

Keynote speakers



Professor Neville Owen is head of the Behavioural Epidemiology Laboratory and programme leader for behavioural and generational change at the Baker IDI Heart and Diabetes Institute in Melbourne, Australia. He is a National Health and Medical Research Council of Australia (NHMRC) senior principal research fellow, adjunct professor in population health at the University of Queensland, honorary professorial fellow in population and global health at the University of Melbourne and adjunct professor in medicine at Monash University.

His research relates to the primary prevention of diabetes, heart disease and cancer, through identifying the health consequences and environmental determinants of physical inactivity and sedentary behaviour - too little exercise and too much sitting. He has been supported by grants from the NHMRC since 1992 and currently leads his second five-year NHMRC programme grant (sitting less and moving more: population health research to understand and influence sedentary behaviour) and NHMRC Centre of Research Excellence (sitting time and chronic disease prevention - measurement, mechanisms and interventions).



Dr Shelley Bowen is a senior public health advisor at the Department of Health, Victoria, Australia, this is combined with an associate professor role at Deakin University. This role includes oversight and leadership of Healthy Together Victoria, a multi-level systems thinking intervention.

Shelley commenced her working career in women's health promotion and has led multi-disciplinary health promotion specialist teams in both rural and metropolitan areas. Subsequently she managed health promotion portfolios, which saw her leading work on implementation frameworks such as capacity building theory and tools to assist health promotion practice, guidelines and principles of effectiveness for Aboriginal health promotion.

Working with Professor Margaret Whitehead in the UK on inequity and health systems, inspired her PhD which looked at the relationship between equity, evidence and health policy.

Book in the 6-7 May, 2015 for an informative and inspiring experience at the 6th National Nutrition and Physical Activity Conference in Auckland at the Rendezvous Grand Hotel.

Shelley was recognised by the Australian financial review and Westpac Bank as one of 100 of Australia's most influential women in 2014. She continues to operate at the nexus of research, policy and practice and is embracing complexity and systems thinking applied as the future of sustained and effective prevention in Australia.

Guest speakers



Dr Anne Jaquiere is a consultant paediatrician and has joint research and clinical appointments with the Liggins Institute, Department of Paediatrics (University of Auckland) and Lakes DHB. Anne's research interests are in neonatal and paediatric nutrition including the long-term consequences of altered nutrition and irregular eating patterns in early life, the treatment of intrauterine growth restriction and preterm birth and its consequences. She is a member of Gravida, the national research centre for growth and development, and provides scientific and academic oversight for the Gravida Healthy Start Workforce Project. Anne also leads one of Gravida's major research projects, Wai Kai: 'Eating patterns in Māori preschool children'.



Dr Lisa Te Morenga (Ngāti Whatua, Te Rārawa, Ngā Puhī) is a nutritional scientist at the University of Otago, a research collaborator with the Riddet Institute, and a member of both the newly established New Zealand Beverage Guidance Panel and the science leadership team for the National Science Challenge on High Value Nutrition. Her research interests involve the role of diet in the treatment and prevention of obesity, metabolic syndrome, diabetes and cardiovascular disease and examining the health effects of dietary sugars. Lisa has recently contributed to the development of the new World Health Organization recommendations on sugars and saturated fat by preparing systematic reviews of the evidence underpinning the recommendations.



Dougal List is the national cycling manager for the New Zealand Transport Agency. The purpose of this role is to lead how the Transport Agency works with sector partners to plan and deliver more from investment in cycling to increase uptake and safety. Key areas of work include supporting the successful planning and delivery of new cycling networks - including through the government's Urban Cycling Investment Programme, and increasing safety for cycling through delivery of the recommendations from the Cycling Safety Panel. Dougal's background is in urban planning.

Remember! Early bird registrations close on Friday 27 March 2015.

Visit the ANA website for all conference information. For further information on any aspect of the conference contact Diana Pedlow on 04 499 6360 or email diana@ana.org.nz.

ANA wishes to acknowledge those who are generously supporting the 6th national nutrition and physical activity conference:

FOOD NOT NUTRIENTS... GETTING BACK TO TALKING ABOUT FOOD

On October 30, 2014 the New Zealand Nutrition Foundation held a one-day symposium focusing on getting back to talking about food, as opposed to individual nutrients.

The highlight of the day was listening to the inspirational keynote speaker Dr David Katz, scientist and director of Yale University's Prevention Research Centre, who emphasised how we need to shift our focus away from nutrients and towards whole foods and dietary patterns.

Dr Katz spoke poetically and philosophically about how most chronic diseases are caused by the effects of lifestyle-related factors, such as physical activity, dietary patterns and tobacco; using the metaphors 'feet', 'forks' and 'fingers' to describe the three. He re-iterated that there is no pill for preventing chronic disease and that lifestyle is the medicine; "repetitive peer-reviewed literature has shown that we can use lifestyle to eradicate 80% of chronic disease worldwide."

So if lifestyle is the medicine then how do we go about improving lifestyles to prevent chronic disease? Dr Katz believes "we need a big spoon to get the medicine down!" He argued that the spoons are "cultural delivery models" where we lead the charge and 1) engage clinicians to advance the cause of lifestyle medication; 2) contribute to medical education at all levels; and 3) be involved in policy development.

"Part of the problem we've had so far is that since at least 1993 we've had enough information to eliminate 80% of chronic disease, however we just aren't doing enough about it", said Katz; "we are wasting our time bickering about which diet is best and which isn't, instead of having a unified voice".



Panel discussion at Food not Nutrients symposium.

We also heard from Professor David Cameron-Smith from the Liggins Institute, University of Auckland, who spoke about how food was vital for healthy ageing. He discussed how the rates of obesity are highest for those aged 55-64 years and conferred the relevance of this given our ageing population. Professor Cameron-Smith also examined the contributors to malnutrition in older adults, including: dry mouth, tooth decay, loss of taste and smell, atrophic gastritis, changes in gut micro-biota and social issues.

Chief executive officer of the New Zealand Food and Grocery Council, Katherine Rich, talked about New Zealand's food and the role of the food industry, and that tackling the complex issue of obesity is the joint responsibility of communities, families, the food industry and government. She discussed the importance of the food industry's role in the development and implementation of the Health Star Rating system.

Senior lecturers from AUT University, Dr Martin Waiguny and Dr Ann-Marie Kennedy, gave a thought-provoking talk about New Zealand's food and what consumers want to know. Dr Waiguny spoke about the relevance of feeling, motivation and attitude in food purchasing whereas Dr Kennedy discussed the sub-conscious influences on us as we walk through the supermarket. She suggested that supermarkets could put "healthy" labels on the shelves (beside the price) as opposed to companies putting traffic light or star labels on packaging.

Delvina Gorton, national nutrition advisor at the Heart Foundation spoke about insights gained from consumers during the development of the Heart Foundation's Visual Food Guide, and the importance of recommendations being achievable. People found the notion of eating just a bit healthier far more engaging than eating really healthily. There was a lot of stress and guilt about meal preparation for the family, and no underpinning structure to guide decisions. They wanted simple and coherent advice, meal solutions, and positive support and encouragement to be one or two steps healthier.

Overall the day was a huge success. It was a great chance to catch up with colleagues and hear about various healthy lifestyle initiatives and scientific research being undertaken. Thank you to the Nutrition Foundation for organising the event.

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Hikoi, Saele, Walk!

'Walking: the most ancient exercise and still the best modern exercise!'

The Breeze Walking Festival encourages people from all over the city of Christchurch to get together and enjoy a wide variety of free walks during the first ten days of the September/October school holidays. The festival began three years ago in response to the massive loss of facilities and tracks in the east of Christchurch with the aim of connecting people and places after the earthquakes for social and physical wellbeing. Over 1,000 walkers of all ages and abilities took part in the first festival and everyone involved wanted it to continue. With new residents arriving in Christchurch to help with the rebuild, and people moving across the city due to rezoning, the festival went city wide in 2013. This year the festival expanded even further with walks also in the west and north of the city boundaries.

The 2014 programme consisted of over 38 walks - some were repeated, and was attended by well over 2,000 people of all ages, abilities and cultures plus around 500 dogs stepped out to benefit from what was on offer! The inaugural 'NRG+ Great Dog Walk' was very popular at Roto Kohatu Lakes as was the 'Pukeko Stomp' for young children and their families at Travis Wetland. Another highlight was 'Tou Olo o Saele' where leaders from the Pacific community organised an interactive walk around the neighbourhood of Linwood North with fun activities such as zumba and basketball along the way. This was followed with health information stalls, healthy food, more fun physical activities and cultural performances.

A popular hikoi was organised by He Waka Tapu through the heart of the east and a walk celebrating Chinese National Day was held for the first time attracting over 150 participants. The inner city provided a wealth of walks for hundreds of people with new developments such as Te Papa Otakaro/Avon River Precinct on World River Day, a wander around many gap fillers and transitional projects and a look at the art in the city. Many people also took advantage of guided hill, river and coastal walks with stunning scenery, wildlife, geology and history along the way. Secrets of the Botanic Gardens were shared, people had a go at Nordic walking, geocaching and coast steering. Connections with Antarctica were made and the Wigram and Canterbury Museum offered indoor themed walks. The festival concluded with the All



All Righties stepping out in Hagley Park to promote the Breeze Walking Festival

Right Amble - part treasure hunt and part orienteering event. This popular event also marked the start of Mental Health Awareness Week.

The benefits of walking for wellbeing were easily realised during the festival with the joys of walking together, connecting with nature, new places, old haunts and additional activities. It was also recognised nationally by being awarded the Living Streets Aotearoa Golden Foot Best Walking Project 2014.

Whilst the festival is coordinated by the Christchurch City Council – Community Recreation, the success of the festival is the result of collaborating with partners, sponsors and volunteers to design and deliver the programme. Working closely with these partners is invaluable as they bring innovative ideas, additional resources, networks and leadership. Working together also fosters ongoing relationships and communication for the benefit of the communities we work with. Active Canterbury Network Coordinator Nadine Milmine says *"supporting the walking festival is a positive strategic alignment for Active Canterbury. The festival shares and reflects many of the values associated with the Active Canterbury brand. It provides a tangible way for the Active Canterbury Network to raise its visibility in the community while also supporting an event that lifts the profile of walking and promotes active lifestyles"*.

With all the positive feedback generated from the festival it looks set to continue in 2015 and together we will continue to support ways to encourage people to carry on walking with family, friends and walking groups and take part in other walking events and programmes that are available in their community.

To find out more about the Christchurch walking festival contact Diana Saxton, Community Recreation Advisor, Christchurch City Council on 03 941 6628, email diana.saxton@ccc.govt.nz or go to www.walkingfestival.co.nz.

27 SEPTEMBER - 5 OCTOBER
www.walkingfestival.co.nz

The Breeze Walking Festival



Our vision is that Pacific children have the best possible start to life.

TAHA Well Pacific Mother and Infant service (TAHA), is part of the Pacific Health Unit, based at Auckland University's School of Population Health.

TAHA meaning 'one' in a number of Pacific languages aims to improve the health and wellbeing of Pacific mothers and infants during pregnancy and the first year of life.

TAHA provides a range of training and education opportunities. One rich gem is Tapuaki, a Pacific pregnancy and parenting education training programme that is suitable for health professionals caring for Pacific pregnant women, infants and their families. The training is designed to guide health professionals in:

- gaining a better understanding of Pacific cultural beliefs and contexts during pregnancy and parenting.
- applying best practice engagement strategies and tips on delivering key pregnancy and parenting health messages to Pacific families.



An important role for TAHA is ensuring the scientific evidence that is available is translated into tools and initiatives that will benefit Pacific pregnant mothers, infants and their families. Improving health literacy among Pacific families is a key goal for TAHA, ensuring key messages and discussions are expressed in a language that our Pacific mothers, fathers and families are able to understand well, in addition to transferring it into positive behaviour changes. A growing library of resources relating to Pacific maternal and infant health can be found on the [TAHA website](#) or the mothers-focused website [Tapuaki](#).



TAHA's work and advocacy at the recent New Zealand Population Health Congress was showcased via two presentations and a panel discussion: A time for action: what will it take to eliminate child and youth poverty and inequity in Aotearoa? The discussion acknowledged the impact of poverty on the early years of life. Improving health outcomes for Pacific pregnant women, infants and their families cannot be addressed solely at the primary or tertiary healthcare level as income, household and environmental factors have been shown to impact significantly on health outcomes. Pacific infants carry some of the greatest burdens of diseases that follow a social gradient such as respiratory infections, sudden unexpected death of an infant (SUDI) and stillbirth.

Working collectively and collaboratively with other stakeholders towards the needs of our Pacific mothers, fathers and families is fundamental to TAHA's focus and more recently TAHA has become a key partner in the Healthy Babies Healthy Futures programme led by Auckland and Waitemata District Health Boards.

TAHA is supported in their activities via a variety of funding streams including the Ministry of Health and the Tapuaki project is funded through the Pacific Innovations Fund. Initially focussed in the greater Auckland region, TAHA's professional development opportunities are now being rolled out nationally with training completed in Hamilton and Christchurch.

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“O au o matua o fanau” (Our children are our treasures).

Treasure your children from the start, as what you do during pregnancy and during the early years of your child's life can determine how strong and intelligent your children become when they are older. Ia manuia - God bless.

- Samoan proverb

Whetu, Wai, Whenua - Connecting health and Māori concepts of the environment

WHETU, WAI, WHENUA

Connecting health and Māori concepts of the environment

24-26 Hui-tanguru 2015

Karitane, Dunedin

Toi Tangata, Kāti Huirapa Runaka ki Puketeraki and the University of Otago School of Physical Education invite you to the Karitane coast to participate in our Hui-a-Tau Whetu, Wai, Whenua – Connecting health and Māori concepts of the environment. This hui aims to connect iwi and health promoters, Māori academics, tertiary students, community leaders, youth workers, independent business and health practitioners together over a three day period to foster innovation in nutrition and physical activity health promotion and health education through culturally relevant interpretations of Māori knowledge.

The theme Whetu, Wai, Whenua – Connecting health and Māori concepts of the environment is drawn from the Atua Matua Māori Health Framework developed by Dr Ihirangi Heke who will be supporting the hui with experiential learning opportunities alongside communities who have an increased understanding and awareness of implementing the framework in their regions. A Māori narrative on food policy and food sovereignty will be explored by key academics in this field alongside local whenua and moana based research initiatives which are guided by the local Puketeraki Marae community. Space will also be created for leading Māori food and fitness industry entrepreneurs and public health leaders to share their insights on how public and private health initiatives can connect and achieve collective impact across our communities.

Toi Tangata will be liaising with the University of Otago School of Physical Education and Public Health Research Unit over the next month to design and facilitate workshops that will contribute to your public health capabilities. Let us know what areas of public health or health promotion knowledge and skills you would like refreshed, topics in the past have included programme planning and evaluation, building outcomes logic models, report and research writing.

You won't want to miss out on this opportunity for personal and professional growth. **Register now** for early bird rates.



Toi Tangata Awards

Innovation Awards

In celebrating the success of Māori approaches we are offering a number of awards highlighting the demonstration of Toi Tangata across the motu.

Are you a Toi Tangata Māori community? Do you demonstrate awesome nutrition and physical activity initiatives that enable whānau to flourish? Do you use Māori approaches that strengthen the capabilities of all communities?

If so then this hui-a-tau is the one for you. This is an exceptional opportunity to present and share your awesome programme, research or initiative with colleagues and potentially be awarded a Toi Tangata Innovation Award for it.

There are three Toi Tangata Innovation Awards of \$1000 up for grabs.

Tauira Presentation Awards

Within the hui-a-tau programme is a workshop stream to showcase some of the sharp tertiary students from around the motu.

If you would like to present or have a student who is conducting research or projects in nutrition and physical activity please encourage them to apply.

This award of \$500 will recognise one of the many talented students who are leading high quality, engaging and meaningful research or projects for Māori that demonstrate Toi Tangata principles.

To find out more about Toi Tangata's 2015 Hui-a-Tau visit www.toitangata.co.nz or follow on facebook [here](#)

Infant feeding and long-term outcomes: results from the Year 6 follow-up of children in the infant feeding practices study II

Authors: Grummer-Strawn, Li, Perrine, Scanlon & Fein

Summary: This supplement paper presents the findings of nine published studies from the follow-up study of children at age 6 who were previously part of the longitudinal infant feeding practices study II, a study that aimed to examine the association of infant feeding with later health outcomes and behaviours. Infants were followed almost monthly from the third trimester of pregnancy to the age of 12 months and then again followed up six years later where diet, health and developmental outcomes were observed.

Commentary from Jackie Gunn, Lead Curriculum Developer, Gravida Healthy Start Workforce Development Project:

The evidence supporting the need to establish healthful eating behaviors early in life is steadily increasing, as the results of the studies summarised in this article indicate. Nearly all of the results inform everyday practice. Pan et al. found that consumption of sugary drinks by infants doubles the odds of developing obesity, while Park and colleagues reported that consumption of sugar-sweetened beverages during infancy doubles the odds of consuming them at age six.

Among other findings, Perrine and co-workers found that longer duration of breastfeeding is associated with markers of a healthful diet (e.g. fruit and vegetables); while Grimm et al. show a significant relationship between infrequent consumption of fruits and vegetables during infancy and infrequent consumption of them at age six. The latter finding supports earlier research related to palate development, although the authors are careful to note that it may only reflect family eating styles. The results of all the studies inform the growing understanding of the long term associations between early feeding practices and long term health potential. 🔄

Reference: *Pediatrics* 2014, 134(suppl 1), S1-S3

Distance to school is associated with sedentary time in children: findings from the URBAN study

Authors: Hinckson, McGrath, Hopkins, Oliver, Badland, Mavoa, Witten & Kearns

Summary: Research has shown that children who have shorter travel distances to school are more likely to use active modes of transport compared to those who have longer travel distances. However, it is unknown whether distance to school is associated with sedentary behaviour in children. This New Zealand study investigated the association between sedentary behaviour in 6-12 year olds and distance between home and school. Children who participated in this study (n=295) were selected across four New Zealand cities including North Shore, Waitakere, Wellington and Christchurch.

Commentary by Vivienne Ivory, Research Fellow, Department of Public Health, University of Otago:

This study found children living less than 2kms from school spent less time being sedentary. Being driven or using buses to get to school was associated with more sedentary behaviour. Interestingly, they found that boys living further away (>2km) spent less time being sedentary than girls, both during commuting and after-school activity time periods. Of course, children do not necessarily make independent decisions about how they get to school and their afternoon activities. A number of other factors discussed in the paper are likely to play a role in the relationship between distance to school and activity levels, including siblings and parents, and neighbourhood amenity and safety. Future studies can examine how our environments can better encourage higher levels of activity in our children living in a range of circumstances. 🔄

Reference: *Frontiers in Public Health* 2014, 2, 1-9

Understanding the relationships between the physical environment and physical activity in older adults: a systematic review of qualitative studies

Authors: Moran, Van Cauwenberg, Hercky-Linnewiel, Cerin, Deforche & Plaut

Summary: Most research on ageing and physical activity is of a quantitative nature. This means we have come to understand physical activity in later life primarily through the language of science. But ageing is complex and has a personal side. This was a fundamental principle in the 31 qualitative studies that set out to understand more fully how the physical environment influences the physical activity behaviour of older people. Information was gathered using interviews, observations and photos which means the data was grounded in the day-to-day experiences of older participants.

Commentary by Bevan Grant, Professor of Sport and Leisure Studies, University of Waikato:

The nature of these studies meant the participant's voice was to the fore when talking about the suitability of sidewalks, personal safety and security in the community, access to daily destinations and other places to exercise, natural scenery, impact of weather and the overall quality of the environment. Not only do the findings extend what we know from the quantitative research, but offer a purposeful way to build knowledge about the physical activity behaviour of older people.

Finally, older people are not just faces or names, but individuals whose 'life' stories about why they do and do not engage in physical activity are as mysterious as their ageing bodies. No one theoretical position can explain everything about 'being old'. 🔄

Reference: *International Journal of Behavioral Nutrition and Physical Activity*, 11(79), 1-12

Coming Events

FEBRUARY 2015

14th World Congress on Public Health: 11-15 February 2015, *Kolkata, India*. [More information available here](#)

Public Health Summer School: 2-20 February 2015, *University of Otago, Wellington*. [Follow this link for more details](#)

Toi Tangata National Māori Nutrition and Physical Activity Hui-a-Tau: 24-26 February 2015, *Karetane Marae, Dunedin*. [Find out more here](#)

MAY 2015

ANA 6th National Nutrition and Physical Activity Conference: 6-7 May 2015, *Auckland*. [Keep an eye on the ANA website for further information](#)

32nd National Conference Dietitians Association of Australia: 13-16 May 2015, *Perth, Australia*. [Follow this link for more information here](#)

2nd Annual Australian and New Zealand Eating Disorders and Obesity Conference: 18-19 May 2015, *2015, Surfers Paradise, Australia*. [Read more here](#)

JUNE 2015

Annual Meeting of the International Society of Behavioural Nutrition and Physical Activity: 3-6 June 2015, *Edinburgh, Scotland*. [Find out more here](#)

Alcohol and Cancer Conference: 17 June 2015, *Wellington*. [More information available here](#)

JULY 2015

8th International Congress on Diabetes and Obesity: 2-3 July 2015, *Riga, Latvia*. [Follow this link for more details](#)

1st International Conference on Transport and Health: 6-8 July 2015, *London, England*. [Read more here](#)

SEPTEMBER 2015

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

New infant feeding resources available

The Health Promotion Agency is excited to offer new infant feeding resources about what, when and how to introduce solid foods at around six months of age. These resources are designed to help parents and caregivers recognise the signs of infant readiness to start solid foods and the signs of infants' feeling full.



There are three different resources available:

- A fold-up guide to help parents and caregivers know when their baby is ready to try solid foods, what types of foods to introduce, and when their baby has had enough to eat.
- A set of two fridge magnets for homes.
- Talk-cards for health providers – these contain background and additional information to support the advice in the parent guide.

All three resources can be ordered free of charge from the Health Promotion Agency website [here](#)

My Family - Food

My Family - Food has recently gone live and is a family-friendly website providing easy low-cost recipes, interesting articles and tips. My Family - Food also has information on fruit and vegetable markets in your region. This new website builds on the Breakfast-eaters work and is based on audience research that found families want tasty, quick meals everyone will enjoy, and information about making good food choices.



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