



Evidence & Action

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NUTRITION ACTION

Ngā Takawaenga Hāpai Kai Hauora



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BEYOND BREAKFAST EATERS



New Year's resolutions have their origins in ancient religions, and are the promises we make to ourselves to start doing something good or stop doing

something bad on the first day of every year. According to Wikipedia popular resolutions include eating healthy food, losing weight and exercising more. Despite our good intentions at the start of the year, it comes as no surprise that obesity rates in New Zealand are steadily increasing.

The Health Promotion Agency (HPA) leads and supports national health promotion initiatives and activities. Along with other government and non-government and community organisations the HPA is aiming to improve the health and wellbeing of New Zealanders. Until recently the HPA has focussed its nutrition work on increasing daily breakfast eating among school-aged children through the *Breakfast-eaters have it better* programme. This programme regularly reaches over 800,000 people through online activities promoting healthy, easy, affordable meal solutions.

While *Breakfast-eaters* continues, the nutrition and physical activity team at the HPA spent 2013 developing a new programme of activities to support healthy eating and decrease sedentary behaviour for families with young children. Working in partnership and collaboration is a key element of the HPA's work. To achieve this, the HPA has established partnerships with

20 community organisations across New Zealand to deliver initiatives encouraging families to be active together. Activities include neighbourhood playgroups, walking groups for teen mothers, twilight games, and swimming lessons for low income families.

From conception through to childhood, parents/caregivers and families directly shape a child's physical and social environment, and in doing so influence behaviours, habits, preferences and attitudes. These early biological and cultural developments play an important role in determining life-long health status. It is therefore critical to influence early development and to support families in making the best decisions for their children and themselves. As 2013 came to a close, the HPA held two workshops to share recent New Zealand research on recognising infant satiety cues. Consultation is key to all our work and the input from health professionals who attended these workshops will inform the development of tools to help families recognise when their infants are full during the critical time when complementary foods are being introduced. The results from these workshops are being analysed as I write this editorial, but we hope they will result in resources that can be used by health professionals working with parents of young children and provide helpful, evidence-informed, consistent information.

Reducing the consumption of sugar-sweetened beverages is another topic receiving media attention. The HPA has recently released a guide for workplaces



to assist them in promoting water and reducing the availability of sugar-sweetened beverages. The guide may be downloaded from the [HPA website](#) and additional tools to promote water consumption will be available during 2014. The HPA is also working closely with the Ministry of Health to develop evidence-based portion sizes. The results from this work will be used to inform our programme during 2014.

The nutrition and physical activity sector is big and messy. While most of us agree that reducing obesity levels is key to improving the health of the nation, we struggle to articulate this consistently to those who need our help. Too often, commercial interests overshadow health goals

and fad diets dominate the headlines with promises of rapid weight loss and silver bullets. As a sector we need to work together to ensure we promote consistent evidence-informed messages, so people wanting to make changes and follow their resolutions are not confused by the multiple contradictory programmes providing a quick weight loss fix. As a sector, we need to continue to work together providing a strong voice for nutrition and physical activity. [↗](#)

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FOOD BILL: *What are the changes?*

The new Food Bill is currently before Parliament and if passed will replace the old Food Act 1981. The aim of the new bill is to ensure that food for sale in New Zealand is safe to eat and meets the needs of consumers, both in New Zealand and overseas as well as businesses operating in the food industry. The bill is the result of many years of development and several rounds of public consultation and discussion.

Since the Bill was last considered by a select committee in late 2010, a number of concerns regarding its scope and wording have been raised by the public. A Supplementary Order Paper (SOP) was developed by Government to clarify and simplify the Bill where possible and is currently being considered by the Primary Production Select Committee.

These clarifications and changes to the Bill are summarised below:

- **Recognition of industry programmes:** The Bill will include a principle that where industry programmes contain equivalent requirements to the Bill there should be no duplication of those requirements on those businesses.
- **Making use of Food Handler Guidance voluntary:** The SOP clarifies that low-risk and very small-scale activities are simply subject to the existing basic obligation of providing safe and suitable food. While Food Handler Guidance will be available to these enterprises, it will not be mandatory. The Food Handler Guidance will be removed from legislation.
- **Impact of the Bill on fundraising activities:** The SOP clarifies that traditional fundraising and 'Kiwiana' activities, such as sausage sizzles and school fairs, are not regulated other than the requirement to ensure food is safe and suitable.
- **Gifting and donating of food:** The SOP clarifies that non-commercial exchanges of food between family and friends can take place, and that food can be provided as part of farm workers' accommodation package (such as Willing Workers on Organic Farms or WOOFers). A 'good Samaritan' clause will be added in to protect businesses that donate their food in good faith.



- **Seeds for sowing:** As it was only ever the intention that the Food Bill would apply to seeds sold for eating, wording will be changed to explicitly exclude seeds for propagation from the scope of the Bill. This will ensure that under the Food Bill people can continue to trade and sell seeds for propagation freely.
- **Ensuring the Food Bill is in line with other legislation:** The Bill will be updated to reflect recent legislative development, including the Search and Surveillance Act 2012 and the Legislation Act 2012.
- **Keeping down fees and charges:** The Bill will include a new clause that will allow for regulations to ensure local councils only charge fees that are reasonable and necessary.
- **Clarifying the standard making powers in relation to GM foods:** A reference to GM foods will be reinstated in the Bill to make it clear that the Government has the ability to make New Zealand-only standards relating to GM food in the exceptional circumstances set out in the Food Treaty with Australia. The Food Bill supports the existing robust scientific pre-approval process required prior to GM foods being allowed for sale.

Following the release of the report into the Whey Protein Concentrate (WPC) contamination incident late in 2013 the Minister for Food Safety announced that some of the recommendations will require legislative change and that some of these will be delivered through the Food Bill.

There are still several steps to be taken before the new Food Bill will become law. To keep up to date with the progress on the Food Bill and for more information please visit the [NZ Food Safety website](#). [↗](#)

Public Health Nutrition and Physical Activity Sector Vision 2024 Update

OUR VISION: All New Zealanders live, learn and grow in environments that support healthy eating and physical activity.

I am delighted to be able to report the public health nutrition and physical activity sector-owned vision is completed and will be launched early in 2014.

If we cast our mind back two years when we asked the nutrition and physical sector if there was support for a sector-led vision, the response was a resounding yes! While recognising that no one strategy would resolve the challenge of poor nutrition and physical inactivity, to create a realistic starting point we asked the sector to prioritise a few “start here strategies”.

The three priorities identified were:

- All people living in New Zealand have sufficient access to affordable, healthy and safe food to eat
- Children are free from exposure to food and beverage marketing messages
- Being active is the norm and people should avoid sitting for too long

Each priority has been worked on by a small voluntary group of skilled and dedicated people. They were tasked to look at the evidence that informed the actions and strategies that have been recommended. Without people this vision would not have happened. ANA and its members thank them for their considerable amount of time, commitment and expertise in developing this shared vision.

From the outset the groups knew they wanted to write the vision using language that emphasises engaging people in “lives worth living” rather than a deficit approach returning people to a “risk free disease state”. There was recognition from the group that a strong and well-articulated values based approach be adopted for this vision, and that the approach weave Māori humanism (Tapu, Mana) with a Western positive psychology health model (PERMA = positive emotions, engagement, relationships, meaningfulness, achievement). We believe this approach is more meaningful and engaging to the public (people, whānau, communities and society) and decision makers within and outside of the health sector. More information on this approach can be accessed on the ANA website in a document called **Whenu Tangata – Human Strands**.

Six key messages have emerged from the three priority areas. They are:

- Healthy living is everyone’s business – we all benefit when we get it right.
Toiora toi tangata – Ko te toi o ngā ora ko te whānau ora
- We all need access to healthy, affordable and safe food for ourselves and our families.
He nui kai, he iti kawenga tapu (A lot of food but very little sacred substance)
- We will be healthier if we spend more time standing and on the move.
Tama tu tama ora, tama moe tama mate (He/she who stands lives)
- Let’s keep schools and places of recreation, sport and other activities free of messages marketing foods and beverages to our children.
Ruia taitea toitu ko taitaka (Strip away that which is useless)
- Families are the right people in the right place to encourage children to eat healthily and take part in regular exercise.
Ko te toi o ngā ora, ko te whānau ora (The pinnacle of health is whole family wellbeing)
- By working together, we can make a difference.
Ma pango, ma whero ka ora ai te iwi

Where to from here?

To achieve Vision 2024 we need to draw on the expertise, insights, goodwill and resources within our sectors and communities. This vision document is intended to stimulate discussion, research and further action within the health, education and recreation sectors, and other sectors with influence in these areas.

Our wish is for the vision to be a living document that will go through many iterations as progress is made in these priority areas, and as resources allow, other priority areas to be added and gain traction.

There continues to be an urgent need for a national nutrition and physical activity action plan to be developed. Similar to the Smokefree Aotearoa 2025, the nutrition and physical activity sector needs to be resourced to have a comprehensive action plan that brings together all the key players to work together to realise our vision. Ultimately we see the work carried out in the Vision 2024 document to form part of a national plan. 🌱

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HEALTHY BEGINNINGS: BUILDING ON OUR NETWORKS TO IMPROVE NUTRITION FOR ASIAN MOTHERS AND CHILDREN

ANA's fifth biennial Asian Forum was held on 5 December 2013 in Auckland and was attended by over 60 health professionals who gathered to learn and share on the topic of maternal and infant nutrition. Participants appreciated the focus on a specific theme and many commented that it was great to network and learn from the "coal face" of public health workers. Half of the attendees were those who work directly with Asian families including Midwives, Lactation Consultants and Plunket Nurses.

The forum was opened with a presentation from Plunket who discussed their recent research on improving the support and services Plunket offers to Asian families. This work involved a review of current services, a literature review on best practice models of care for Asian families and identifying barriers Asian families have in engaging with Plunket.

Eleanor Gates, Nurse, Midwife and Lactation Consultant based at Waitemata District Health Board shared compelling data and information on the significance of diabetes for many New Zealand Asian women. Eleanor emphasised breastfeeding as being critically important in the management of diabetes for both mother and infant and said: 'sub-optimal feeding of humans, especially infants, has negative consequences in short and long term health outcomes for the general population'.

The three Auckland-based Maternal and Child Nutrition and Physical Activity projects also provided an update on their progress including Gravida's national workforce development programme, Counties Manukau's improving infant nutrition project and Waitemata and Auckland's collective project. These three projects are part of a group of seven recently funded projects by the Ministry of Health aiming to help families give their children a healthy start.

One of the highlights from the day was hearing from Associate Professor Mark Vickers from the Liggins Institute and Gravida who presented on the 'Developmental Origins of Health and Disease'. Mark spoke about recent research which has generated new knowledge that the window of pregnancy and an infant's early years has a significant



Participants at the December ANA Asian Forum share ideas and solutions on improving nutrition for Asian mothers and children.

influence on life-long health outcomes and its relevance to Asian families and those that care for them. Gravida researchers are now working with key stakeholders to translate the evidence into practical, accessible tools and education for frontline health care staff.

The afternoon session involved everyone participating in discussion groups tackling five key topics relevant to public health workers engaging with Asian families.

These topics included:

1. Identifying and overcoming the **barriers** Asian mothers have to accessing health services.
2. Identifying and overcoming **cultural differences** that impact on Asian mother and child nutrition in New Zealand.
3. Asian public health **workforce capacity and development**.
4. Improving the **cultural and linguistic competency** of services for Asian mothers and children.
5. Identifying areas for **research** into improving Asian mother and child nutrition in New Zealand.

Forum participants shared their experiences and expertise and provided lots of ideas and possible solutions. The 'harvest' from these discussion groups will be written up into a discussion document and made available to download from the ANA website early in 2014.

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

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Nga mihi mahna kia koutou nga whanau o te motu

Come celebrate with us at the official launch of Toi Tangata with our Hui ā tau to be held at Ōrakei Marae, in Tāmaki Makaurau on the 11-13 of February 2014.

Programme Update

Day 1 – The hui ā tau will begin at 3pm on the 11th of February with a powhiri and opening address at Ōrakei Marae. The director of Toi Tangata, Leonie Matoe will set the scene for the hui ā tau followed by an afternoon and evening filled with Dr Te Kani Kingi sharing the Whānau Flourishing project and exploring the whenua of Ngāti Whatua. Come learn how you too can connect hiko whenua within your own mahi or rohe.

Day 2 – Māori flourishing through nutrition will be the main focus of day two. Be a part of creating a Māori statement on reducing sugar sweetened beverages with Dr Gerhard Sundborn. Discuss emerging trends in nutrition such as traditional Māori diets, new high fat low carbohydrate diets and the different diets we are faced with in today's world - what does this mean for giving Māori nutrition advice? How can this be applied in communities and clinics?

Toi Tangata is excited to welcome the following speakers to be a part of this whakawhiti korero Professor Grant Schofield (AUT), Paora Te Hurihanganui (Te Papa Takaro o Te Arawa) and Mason Ngawhika (Toi Tangata).

In the afternoon Vanessa Whiu from Te Pee o Whairangi Developments Limited will be sharing their learnings from the Kimiora Project developed at Kaingahoa Marae, Mataraua in Northland. A project which sought to document and compare traditional and contemporary food preparation practises and physical activities associated with the practise of manaakitanga by the Wharekai. There is also a chance to listen to innovative community workshops and to be more interactive with mahi toi, taonga tākaro and Ōrakei's innovations such as the amazing food forest on show. Finish off your day by joining us for an evening celebrating the launch of Toi Tangata in a traditional style and recreating our own where tapere.

Day 3 – Māori flourishing through Māori sport, physical activity and exercise sets the scene for day three. Wake up the tinana and create some high intensity joy through some Māori functional movement activities. The morning session will begin with Tane Māori role models Harley Thompson and Terry Crawford sharing their perspective on the trials and challenges that face the “cuddly athlete”. Followed by the opportunity for you to contribute and hear discussions around where Māori are heading in sport, physical activity and exercise. Knowledgeable experts in this area that will aid this plenary session include Te Ururoa Flavell (Māori Party), Veronica Thompson (Sport New Zealand), Dr J Ihirangi Heke (Māori physical activity consultant) and Callie Corrigan (Toi Tangata). Be motivated by community and student presentations in the afternoon before we close and reflect on our learnings over the three days. 🌟

Also a big mihi to our sponsors:

- National Heart Foundation
- Health Promotion Agency
- Pharmac
- Sanitarium

For further information and to register please contact Jessica Meads at jessica@toitangata.co.nz

Join us on **Facebook Toi Tangata**, our website www.toitangata.co.nz, Tweet us **@ToiTangata** or join our hui ā tau mailing list **Toi Tangata**



Kia Ora and Welcome to Lifestyle for Life

Lifestyle for Life is delivered by Sport Wanganui as part of their Green Prescription services and is designed for those who want or need to improve their health and wellbeing through physical activity and healthy eating.

Lifestyle for Life is a free eight week programme where clients are introduced to new ideas and a fresh way of looking at things. Each session consists of 30 minutes of information and education and 30 minutes of physical activity. The programme is held in a relaxed environment and covers the basic ideas of nutrition, healthy eating and physical activity. The educational workshops are presented by health and fitness professionals including dietitians, nutritionists, a diabetes nurse and fitness instructors. These people offer a wealth of knowledge and support for the participants during the programme.

The topics covered in the eight weeks range from the benefits of physical activity, diabetes, takeaways and eating out, goal setting, label reading, understanding fats, sugars, salts, to adapting recipes. Often there are obstacles or barriers to exercise and healthy eating. This is when support is given for the times the obstacles or 'roadblocks' appear, and the group works out a strategy to deal with them together.

The physical activities organised by the co-ordinators are designed to have fun and at the same time challenge the participants. Aqua aerobics, low impact aerobics, outdoor walks, basic bootcamp, gym circuit classes are encouraged as part of the weekly activity commitment.

One of the more favourite sessions is our motivational speaker where someone who has previously been on the Lifestyle for Life programme and has had great

success with their health changes comes to talk about their personal achievements. This can be a huge incentive for those currently on the programme and the group interaction is great especially when question time starts. Participants find it incredibly motivational to hear from the people who have experienced all the highs and lows, barriers and successes of changing a lifestyle that has been a habit for years.

Tasks are given each week to encourage the client to focus on taking baby steps towards a healthier fitter body. They are encouraged to re-read their goals regularly and if necessary, they are helped to get right back on track as quickly as possible. The key to success is their determination to make changes in their life towards better health in a supportive group setting.

Comments from clients who have participated in the programme: *"Plenty of information and motivation. I enjoyed the eight weeks immensely"* Janet. *"I have learnt a lot about diabetes and nutrition"* Melanie. *"Exercise sessions were good, speakers excellent, I am now committed to regular exercise"* Joham. *"You have shown me there is a better way to live by eating properly and exercising regularly"* Melanie. 🗨️

Our Lifestyle for Life motto:

'This is your day. Make it the start of a fresh change.'

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Nutritionists Diana Anderson, Angela Tsang and Hereni Marshall developing the budget board game resource for Cook'n Kiwi

Cook'n Kiwi: 'Healthy eating on a budget' train the trainer programme

The Cook'n Kiwi programme has been running since 2009 and aims to provide information and skills to those who work with families and community members who might benefit from better, more cost effective nutrition. Based on a 'train the trainer' model, the Cook'n Kiwi programme trains staff from community focused organisations across the Auckland region to deliver healthy eating on a budget to clients that they work with.

The programme has trained a variety of organisations including mental health and adult literacy providers, residential care providers, community centres and sports providers. Other Auckland based community nutrition programmes such as Health Eating, Active Lifestyles; Food for Thought and Healthy Kai also use Cook'n Kiwi content.

The programme content includes information on making healthy choices, label reading, budgeting and exercise. Team cooking during the programme is always a highlight providing interaction, hands on activity and the chance to prepare healthy food that tastes great. The information provided by the Cook'n Kiwi programme can be combined in modules together with exercise sessions or cooking sessions and then formally presented to a client group. Information can also be passed onto clients on an informal basis during client visits.

The five hour training programme runs over a period of two days and is currently offered twice a week. Resources are provided to support organisations in the form of a training kit which includes a training manual, sugar and fat display, the DVD "Shop for your Life" and the "Shopping Game". Follow up support is also provided to the organisations after the completion of their training which includes receiving newsletters and health updates, resources and further training in motivational interviewing.

An evaluation of the Cook'n Kiwi programme was undertaken in 2011 and found that it had a positive impact on both nutrition knowledge and perception towards healthy eating of participants. With an increase in nutrition knowledge alongside practical resources and ongoing support this programme provides organisations with the confidence to be able to deliver healthy eating messages to their staff and clients.

Some feedback from the programme include:

"Since attending your workshop I have lost three kilograms which I would not have been able to do on my own steam. I no longer make excuses to walk when the weather is not great and have managed to walk in high winds which previously was always a no no for me. I am now a more confident person when making choices regarding my health". Maria

"I came along to your programme because a friend said how much she had enjoyed it. I thought it would be a good push to get me back into healthy eating and exercise. I found the label reading very helpful along with many other snippets of information. Thank you". Veneta. 🌟

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Progress on obesity prevention over 20 years in Australia and New Zealand

Authors: Swinburn B & Wood A

Summary: The authors of this review explore the lessons learned from over 20 years of obesity prevention efforts in both Australia and New Zealand and offer a timely reflection to why neither country has been successful in reducing the prevalence of overweight and obesity in children and adults.

The review begins with a historical overview of obesity prevention efforts. The obesity epidemic began in the 1980s although at the time was a lack of acknowledgement that there was a problem. Neither country had a regular monitoring system so early changes in obesity prevalence went undetected. Even today, there is no comprehensive regular monitoring system for measuring body mass index in Australia or New Zealand. In the 1990s, researchers and professionals started advocating for obesity to be put on Governments agenda. It wasn't until the 2000s that globally there was a significant rise in media attention on obesity which created an increase in public and political interest. Several comprehensive reports were published and provided for some programme investment in both countries but no regulatory policies were implemented. The pressure from the food industry ensured recommended policies on front-of-pack food labelling, restrictions on unhealthy food marketing to children and taxes on unhealthy foods were kept off the agenda. The 2010s have mostly seen further investment in community-level action and this review notes that there is still a lack of Government commitment to any policies and regulations recommended to reduce obesity levels.

The review highlights Australia's experiences that have provided some excellent examples in obesity prevention including a major long term investment by the Australian Government in preventive health to improve economic productivity. Other encouraging examples include the establishment of several advocacy organisations, successful long term whole of community projects reducing childhood obesity, a national knowledge exchange system for practitioners as well as some innovative programmes and social marketing. In New Zealand, there have been some promising initiatives including the development of the Health Eating, Healthy Action strategic plan which included healthy food guidelines in schools, however industry pressure and current Government philosophy have impacted on any successful implementation of long term and large scale obesity prevention measures. Community level approaches including the Green Prescription programme has continued to be a success story with ongoing funding for over 15 years and New Zealand's most promising community initiative Project Energize continues to show positive results.

The authors conclude that despite the evidence and advocacy, neither country has managed to implement key recommended food policies. The private sector interests continue to dominate public policy development and new ways will be needed to achieve gains in food policy to combat obesity. 🌱

Reference: Obesity Reviews 2013, 14, 60-68

Evidence based lifestyle interventions in the workplace: An overview

Authors: Schröder S et al

Summary: Poor health of employees can provide significant financial implications for an organisation including loss of productivity, increased absenteeism and health care costs. This review aimed to summarise the effectiveness of varying workplace health interventions for promoting healthy lifestyles, preventing disease and reducing health care costs. A systematic search of six databases found fifteen studies covering a total of 379 original studies that matched the inclusion criteria for the review. The authors reported that workplace nutrition interventions improved employees' dietary behaviour and multi-component physical activity interventions were effective for improving employees' physical activity and fitness. Findings also showed that multi-component interventions which focus on both physical activity and nutrition were most effective for weight management.

The authors concluded that workplace health promotion interventions may improve physical activity, dietary behaviour and weight. However, there is no evidence of increased efficacy associated with specific interventions and workplace health promotion programmes should focus on either physical activity, weight or nutrition behaviour and provide multi-component interventions to be most effective. 🌱

Reference: Occupational Medicine 2014, 64(1), 8-12

Active lifestyles related to excellent self-rated health and quality of life: Cross sectional findings from 194,545 participants in The 45 and Up Study (Australia)

Authors: Rosenkranz R et al

Summary: Lifestyle behaviours including physical activity and time spent sitting are important risk factors to address for preventing or delaying chronic disease and improving health in times of an ageing population. The aim of this health and ageing study was to examine the association between physical activity, sitting time and excellent overall health and quality of life in Australian adults. The 45 and Up study is a large ongoing Australian prospective cohort study that analysed data from participants (n=194,545) aged 45 years and over. Participants completed a baseline questionnaire and were assessed on their walking, moderate and vigorous physical activity, amount of sitting time and their reported overall health and quality of life.

The results from this study showed that physical activity and sitting time are independently associated with excellent health and quality of life. The findings from this study provide further evidence for health promotion efforts to increase physical activity and decrease sitting time. The authors conclude by focusing on positive health messages and health promotion interventions aimed at achieving higher levels of health and quality of life through moving more and sitting less will provide motivation for middle-aged and older adults to improve their lifestyle behaviours. 🌱

Reference: BMC Public Health 2013, 13:1071

FEBRUARY

2014 ANA Regional Forums: February to June 2014, *various locations*. Visit the [ANA website](#) for further information.

Toi Tangata National Māori Physical Activity and Nutrition Hui Ā Tau: 11-13 February 2014, *Orakei Marae, Tāmaki Makaurau*. For further details visit the [Toi Tangata website](#).

Big Food: Food Policy, Politics and Population Health. 17 February 2014, *University of Otago, Wellington*. More information [click here](#).

Symposium on Sugar Sweetened Beverages, Sugar and Health: 19-20 February 2014, *University of Auckland, Auckland*. For further information [click here](#).

MARCH

12th International Congress on Obesity: 17-20 March 2014, *Kuala Lumpur, Malaysia*. Visit the [IASO website](#) for more information.

APRIL

5th International Congress on Physical Activity and Public Health: 8-11 April 2014, *Rio de Janeiro, Brazil*. For more information [click here](#).

MAY

2014 Global Summit on the Physical Activity of Children: 19-22 May 2014, *Toronto, Canada*. More information [available here](#).

Eating Disorders and Obesity Conference: 26-27 May 2014, *Surfers Paradise*. [Click here](#) for more details.

AUGUST

4th International Critical Dietetics Conference: 14-17 August 2014, *Chicago*. More information [available here](#).

OCTOBER

Connecting Communities, Science and Policy: 6-8 October 2014, *Aotea Centre, Auckland*. [Read more here](#).

COMING UP...

Between February and June 2014, there are once again opportunities for those involved in the physical activity and nutrition sector to come together to share knowledge, experience and hear the latest research at our ANA Regional Forums.

In 2014 ANA will be hosting forums in the following areas:

Wanganui – Wednesday 9 April

Rotorua – Wednesday 7 May

Christchurch – Thursday 22 May

South Auckland – Wednesday 28 May

Northland – date to be confirmed

Gisborne – date to be confirmed

We are keen to hear ideas for the Regional Forum from anyone in the sector. Do you have a burning question that we could explore further with a guest speaker or perhaps a request for a new work skill? These ideas can be used to inform our planning so that we deliver forums that are useful and relevant to your local work.

Please provide your feedback to Diana Pedlow, ANA Events Coordinator at diana@ana.org.nz. More information on the regional forums will be available on the [ANA website](#) soon.

What's New

New Health Survey: Annual update of key findings 2012/13

The New Zealand Health Survey is now being published on an annual basis. This latest report presents findings from the 2012/13 results for both adults and children. The report includes information on health behaviours and risk factors, health conditions and access to health services.

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