

MOVING FORWARD *in Tairawhiti*



Wellness@Work participants enjoy a healthy lunch

The health image of Tairawhiti is often projected as a disheartening one, but Sport Gisborne Tairawhiti's Active Health Team see another image altogether. They see people who are keen to make changes - for themselves, their whānau and their community... and the Active Health Team is on their side!

Our team works to provide relevant and genuine support to those who have chosen to optimise their health through good nutrition and active bodies. Our five part-time staff, each with specific expertise ranging from exercise prescription, dietetics and group fitness instruction aim to 'motivate the sometimes-unmotivated!' A variety of services are offered and supported including: Green Prescription (GRx), Green Prescription Active Families (GRxAF), Step2Move, Wellness@Work and Toi Ora.

One programme that has continually been successful in our region is the Green Prescription (GRx) Program. In Tairawhiti most of the 800 – 850 Green Prescriptions written each year are for weight management, heart disease, hypertension, diabetes and back pain. Most of these clients are seen face-to-face for their initial appointment where the Active Health Team works to set goals and strategies specifically tailored towards the individual client's health and situation. On-going support is provided by monthly phone calls and GRx clients are invited to participate in a variety of GRx activity classes. Our Active Health Dietitian also delivers monthly workshops on topics such as label reading, recipe make-overs and cooking demonstrations.

Each year the Ministry of Health conducts a national survey to monitor the performance of GRx. Here are a few results from 2011/2012 survey for the Tairawhiti region:

- 71% noticed health changes (National result = 69%)
- 92% felt more confident about doing physical activity (National result = 86%)
- 87% were motivated to stay active (National result = 77%)
- 90% were satisfied with the overall service and support provided (National result = 80%).

These are very positive results and show that GRx works for the people of Tairawhiti. [Read more about the survey here.](#)

The newest programme to our portfolio of services is Wellness@Work. Sport Gisborne Tairawhiti entered into a

two year partnership with Tairawhiti District Health (TDH) mid-2012 with aims of providing all 900+ TDH staff with the opportunity to improve health and wellness through easily accessible, regular, fun and challenging activity sessions and practical, informative workshops. Our three focus areas are:

More Active More Often

To help get staff moving we run three self-paced activity sessions a week across the two TDH sites. Staff also have the opportunity to participate in our key events at discounted rates - these include PukuBusters, Quarter Marathon and the Do It 4 U Triathlon.

Sport Gisborne Tairawhiti have also run a Whānau Sports Challenge – this is a family-focused event that encourages work mates, family and friends to put in a team of 7+ players to 'compete' in five different sports, and then relax with a healthy picnic!

Eat Well Stay Well

To encourage healthy eating, dietitian Mary Hope presents regular Healthy Eating Workshops at the two TDH sites – these are designed to provide practical information and ideas on making good, nutritional food choices as well as tantalising the taste-buds!

STOP... and take a step in the right direction

All Wellness@Work events are smoke-free and promote messages that encourage smoke-free lifestyles.

We are thrilled to have the opportunity to work with TDH; the partnership is very young (four months into a two year partnership) and as with all partnerships requires time to figure out the best way to work together to provide the best service, however we are gaining more traction with every passing month as we talk to more of the staff and they talk to each other. Bright posters, web presence, weekly staff emails from the CEO and monthly staff newsletters have been our main means of communication to date. As involvement increases at our sessions and workshops, word of mouth is becoming a powerful tool with participants encouraging their workmates to take part and sharing their stories about the programme with each other. 🌱

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