

CHILD OBESITY PREVENTION IN THE WELLINGTON REGION

A COORDINATED APPROACH TO HEALTH PROMOTION



Tess Clarke – Diabetes Nurse Specialist, CCDHB & Healthy Future Families Trust

OBESITY PREVENTION IN WELLINGTON CHILDREN



Child Obesity &
Type 2 Diabetes
Prevention Network



HFF Trust
Healthy Future Families Trust





Child Obesity & Type 2 Diabetes Prevention Network

- **Diabetes, Paediatric and Endocrinology consultants and nurses**
- **Public health experts**
- **Researchers**
- **Dietitians**
- **Dentists**
- **Physical Activity Specialists**
- **NGO representatives**
- **Teachers and other education sector representatives**
- **Marketing experts**
- **DHB representatives**
- **Concerned community members**
- **Local government representatives**
- **Ministry of Health representatives**

OUR GOAL



**Child Obesity &
Type 2 Diabetes**
Prevention Network

**To contribute to a reduction in
the incidence of child obesity
and type 2 diabetes and their
adverse health impacts.**

OUR PURPOSE



**Child Obesity &
Type 2 Diabetes**
Prevention Network

- To provide a forum for communication
- To facilitate collaboration
- To reduce duplication of obesity prevention activities
- To strengthen and build new connections
- To foster a comprehensive approach to the prevention of child obesity & type 2 diabetes



HFF Trust
Healthy Future Families Trust

- Tess Clarke (Trustee)
Diabetes Nurse Specialist
- Dr Moira Smith (Trustee) Dentist
and Public Health Research Fellow
- Kirsty Newton (Trustee)
Diabetes Nurse Specialist – Adolescents
and Young Adults
- Dr Anna Ferguson (Trustee)
Dentist
- Julie Cederman (Trustee)
Fundraising Coordinator
- Dr Amber Parry-Strong Dietitian
and Diabetes Research Fellow
- Miranda Walker Diabetes
Nurse Specialist and former Renal Nurse
educator
- Emma Skudder Service
Integration & Portfolio Manager –
Women's and Children's Health
- Anna Farrier - Accountant

GOALS OF THE HFF TRUST



HFF Trust

Healthy Future Families Trust

- To raise awareness of:
 1. The long term implications of obesity and type 2 diabetes
 2. The factors that are contributing to the increasing incidence of these in NZ children
- To advocate for change in the current obesogenic environment
- To carry out health promotion activities and support research and health initiatives that will contribute to a reduction in type 2 diabetes in the future

HEALTHY FOOD POLICY

- Improving the food environment for staff and visitors at CCDHB
- Removal of sugar-sweetened beverages
- Reduced portion sizes of occasional foods supplied by contractors
- Positive changes at the Wellington School of Medicine
- Letter to the Wellington City Council

GARDEN TO TABLE PROGRAMME

Produce gardens in low decile schools in the greater Wellington region

- Cannons Creek School, Porirua
- Pukeatua Primary School, Wainuiomata
- Maoribank School, Upper Hutt
- St Anne's School, Newtown









RESEARCH COLLABORATIONS

- Knowledge and Understanding of Type 2 Diabetes in the community and effectiveness of knowledge based interventions
- An audit of type 2 diabetes in youth (< 17 years of age) in the CCDHB region for 2001 – 2013.
- Evaluation of the effects of the Garden to Table programme in 3 low decile Wellington schools.

COMMUNITY ENGAGEMENT



- Creekfest
- Walk 2 Work Day
- Newtown Festival
- Pacific Bible College Health Seminar
- Wellington Indian Association Health Expo
- Health seminars for sports clubs



WORKPLACE & SCHOOL EDUCATION

- Wellington City Council
- Recreation Facilities
- Pacific Bible College
- Wellington Playcentre Association
- Curriculum linked education for Year 13 secondary school students

FUNDING & SUPPORT OF COMMUNITY INITIATIVES



BENEFITS

- Enhanced collaboration on new and existing projects
- Better communication between stakeholders
- More sharing of information
- Less duplication of work
- New Connections
- Regular updates on research and developments in the areas of obesity and type 2 diabetes prevention
- A powerful collective voice

FUTURE DIRECTIONS

- Growth of the Child Obesity and Type 2 Diabetes Prevention Network
- Continue to advocate for environmental change
- Support for secondary schools
- Workplace health
- Raising awareness in sports clubs
- Healthy Future Families Trust Website

ACKNOWLEDGEMENTS

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- The HFF Trust team
- The Diabetes team at Wellington Hospital
- CCDHB
- University of Otago, Wellington



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