



AIMS OF HEALTHY FAMILIES NZ:

TO IMPROVE PEOPLE'S HEALTH WHERE WE LIVE, LEARN, WORK & PLAY IN ORDER
TO PREVENT CHRONIC DISEASE

TO ACHIEVE LARGE-SCALE REACH, INITIATING ACTION ON THE SYSTEMS THAT
INFLUENCE THE HEALTH AND WELLBEING OF INDIVIDUALS, FAMILIES/WHĀNAU
AND COMMUNITIES

Healthy Families NZ Seven Principles



Equity of outcome



Collaboration for collective impact



Implementation at scale



Adaptation



Experimentation



Leadership



Line of Sight

An aerial photograph of Lower Hutt, New Zealand, taken during the golden hour of sunset. The sun is a bright, glowing orb in the upper right corner, casting a warm, orange light across the sky and the city below. The city's industrial and residential areas are visible, with numerous buildings and parking lots. In the background, a range of mountains is silhouetted against the bright sky. The foreground shows some green foliage, likely from a tree or bush, framing the bottom left of the image.

OUR VISION

LOWER HUTT - NZ'S HEALTHIEST PEOPLE

'Go the H₂O' Vision:

Children, adults and whanau live, learn, work, and play in environments that support water as the drink of choice.



**Go
the
H₂O**
DRINK WATER DAILY

Why Go the H2O – The challenges:



- High rates of overweight children and adults
- Drinking sweet drinks often is associated with health risks
- Sweet drinks are the leading contributor of total sugars for NZ children
- Hutt Valley children drink more fizzy than the national average
- Our kids are consuming a lot of sugar!

An urgent need to de-normalise this behaviour across multiple settings

Engaging, seeding and creating the Go the H2O movement

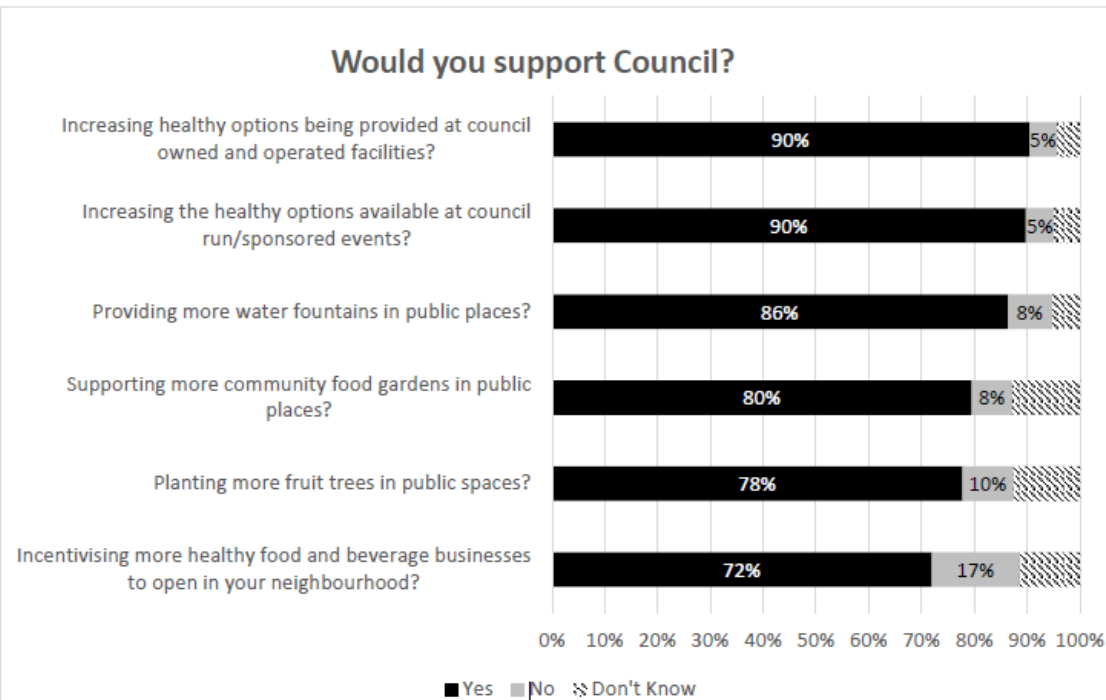


- Engaging multiple settings, multiple levels, and multiple sectors
- Gathering insights
- Strengthening or disrupting
- Reflecting, adaptation and responding

Gathering evidence



12. Would you support Council?



Opportunities that arose

- Hutt Valley Governance Group water initiative
- Water in schools encouragement
- Increasing the number of fixed fountains in public spaces
- Share kaupapa and Maori kupu
- Willing partners in Council and sport sector
- Portable hydration station
- Sharing local stories

A man with dark hair and a mole on his left cheek, wearing a black hoodie, stands in the foreground. He is looking directly at the camera with a neutral expression. The background is a soccer field at dusk, with several people in black and yellow uniforms visible. In the distance, there are hills and a few lights. The text 'MĀORI SYSTEMS AND SETTINGS' is overlaid in white, stylized font across the lower part of the image. The man's hoodie has some white text on the sleeve, partially visible as 'E A'.

MĀORI SYSTEMS AND SETTINGS

Working with Te Runanga o Atiawa, Toi Tangata to:

- Support access to wai at Te Ra o te Raukura annual festival
- Promote Wai Maori
- Explore wai kaupapa through co-design



Innovation:

‘Sugar Sheriff’ at Te Ra o te Raukura Festival



Innovation in Pasifika: Intergenerational and interdenominational competitions and sport



PACIFIC HEALTH SERVICE & SPORT WAINUIOMATA INC PRESENTS

FAITH LED VOLLEYBALL TOURNAMENT

"Bringing the Faith Led community together to help improve their health and wellbeing physically, spiritually, relationally and emotionally"



Team registrations close on Monday 29th May.
Email your team name and contact details to sportwainuiomatainc@gmail.com

Working with Hutt City Council on

- Pro water council and community events



www.huttvalleydhb.org.nz

December 2016

Sports events go pro-water this summer

Outdoor sports events in the Hutt Valley are going pro-water this summer, with some organisations not only promoting water as the drink of choice at their events but making sure people who

attend them can access fresh free water.

Total Touch Wellington facilitates 2,500 school children in touch rugby games played at Hutt Park, Fraser Park during the third and fourth school terms. This year Total Touch teamed up with Healthy Families Lower Hutt to find a portable hydration station that could be set up at each park. Total Touch wanted to offer young players, volunteers, supporters fresh and free water every week, to discourage

them from choosing less healthy sugar-filled options like juice, fizzy drinks and sports drinks.

"We gain a great sense of gratification knowing we can show leadership and make a difference through so many kids in our competitions," says Total Touch Director, Bronwyn Jahnke.

The hydration station also follows Total Touch to all events they help organise, including the recent Pasifika Choice Fun Family Touch Tournament at Hutt Park, which is owned by Pacific Health Service Hutt Valley.

The Pasifika Choice Tournament is four years into its Smokefree and Fizz Free event kaupapa (policy). Healthy Families Lower Hutt



also worked with Hutt City Council to re-design 'Player of the Day' certificates so they promote drinking water, as well giving the child a free entry to any Hutt City Council swimming pool.

The portable hydration station is also making appearances at other pro-water events like Lower Hutt Primary Schools Sports Association's Interzone Events.

Above: Jodie-Ann Webster and Perise Iupeli warm up the crowd at the Pasifika Choice Fun Family Touch Tournament.

Right: Zoe So'otaga and Mason Henry fill up from the hydration station at a touch rugby module at Hutt Park.

Read more news at www.huttvalleydhb.org.nz



Quick work reassures patient

Innovation: Bulk Water Transports hydration stations



Working with Hutt City Council on

- Doubling the public drinking fountains in Lower Hutt in 2017



Working with Hutt City Council on

- Provision of a hydration station for HCC sports park users
- Provision of Water Kits to schools



Working with Hutt City Council on

- Developing the 'look and feel'



Innovation:

Bulk Water Transport hydration stations



Sports codes and clubs

- Identify champion and priority codes
- Pro water and sugar free sidelines
- Enable access to drinking water at fixtures



Go the H2O player rewards

- Provide incentives for long term change – Go the H2O player of the day certificates



Innovation: New Zealand Rugby League 'Be a Sport' Campaign

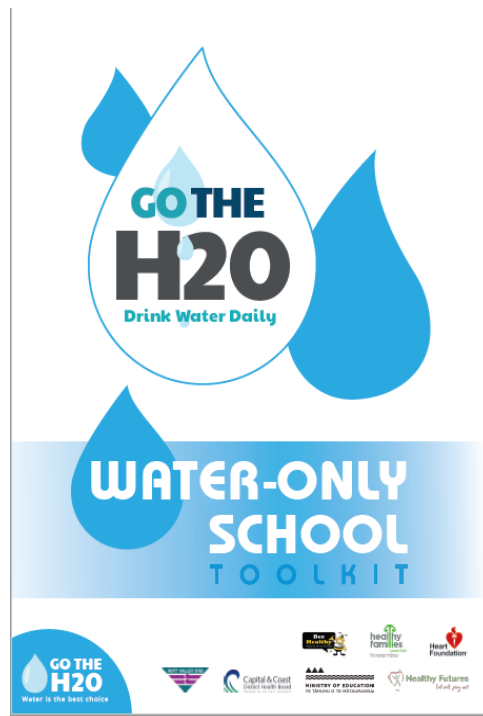
Sidelines are:

- Water only
- Violence free
- Smokefree
- Alcohol free



Schools – Working inside the school gates:

- Intersectoral water in schools working group
- Hutt City Council North East pathways project
- Hutt Valley Schools Polyfest
- Lower Hutt Primary School Sport Association, College Sport Wellington



Schools – Working outside the school gates:

- Hutt Valley Schools Polyfest themed is Go the H2O and Baby Teeth Matter
- Total Touch school modules
- Lower Hutt Primary School Sport Association, College Sport Wellington – Pro Water



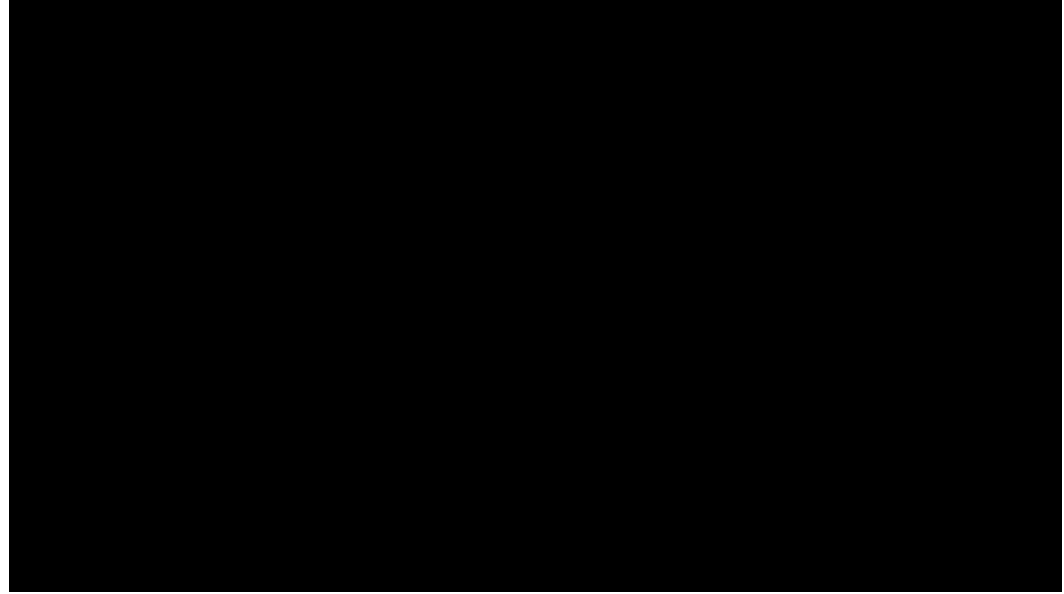
Workplaces

- Hutt Valley Governance Group organisations leading by example
- Front line staff promoting key messages outwards to our community



Our Go the H2O champions making waves in the water system

“What can you do?”





Let's build healthier
communities
together

