

Healthy Communities, Healthy Lives:

New Zealand Public Health Nutrition and Physical Activity Sector Vision 2024

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**NUTRITION
ACTION**
Ngā Takawaenga Hāpai Kai Hauora



*Healthy Communities,
Healthy Lives:*

New Zealand Public Health
Nutrition and Physical Activity
Sector Vision 2024

All New Zealanders live, learn, work and
grow in environments that support healthy
eating and physical activity.
May 2014

Background...

- The need for a sector-owned vision
- The vision pulls together the strands of work being undertaken within the public health nutrition and physical activity sector
- Three key priority areas identified by the sector
- An opportunity to reframe public health nutrition and physical activity

Introducing...



Leonie Matoe

Kaiwhakahaere Matua

Toi Tangata

Vision Strategic Advisor

Our Vision...

All New Zealanders live, learn, work and grow in environments that support healthy eating and physical activity

Our Journey



Weaving two worlds together to reframe our approach, but is it really needed?

Te Haerenga

...each person has value because of their intrinsic tapu and mana, tapu is existence or being with the potentiality for mana...

...our role as health workers is to move individuals, whanau and communities toward Mauri Oho...

...the issues surrounding nutrition and physical activity are complex – solutions that embrace this complexity rather than more simple fixes are needed...

Introducing...

Delvina Gorton

Senior Health Advisor

Auckland Regional Public Health Service

Vision Priority Lead

Priority one: All people living in New Zealand have sufficient access to food that is affordable, healthy and safe to eat



Recommendations

Capacity and
leadership of
whānau and
communities

Cross-sectoral
coalition

Whole food supply
chain

Environmental
policies to ensure
clean water and
safe food

Build and use
research evidence

Introducing...



Carolyn Watts

Director

Quigley and Watts

Vision Priority Lead

Priority two: Children are free from exposure to food and beverage marketing messages



Recommendations



Introducing...



Rebecca Whiting

Senior Health Promotion

Project Manager

Health Promotion Agency

Vision Priority Lead

Priority three: Being active is the norm and people avoid sitting for too long

Schools, workplaces and neighbourhoods support people to sit less and move more



Recommendations

Consistent
definitions

Physical
activity
guidelines

Modify
existing
initiatives

Evaluation

Measurement

Evidence gaps

Acknowledgements

- Priority leads
- Working group members
- Strategic advisors

ANA would like to thank the ANA Board and ANA members
for their support through this journey

Vision 2024



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The vision can be
downloaded at:
[www.ana.org.nz/our-
work/vision-2024](http://www.ana.org.nz/our-work/vision-2024)

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