

## DUNEDIN

FINAL

Thursday 10 March 2016  
 Edgar Centre  
 116 Portsmouth Drive, Dunedin

### Programme

8:30am	Tea and coffee available on arrival	
9:00am	Welcome and opening karakia	
9:10am	Housekeeping	<b>Mary-Ann McKibben, MC</b>
9:15am	Demand for health care: to infinity and beyond? But who will fund it?	<b>Trudy Sullivan, Health Economist &amp; Lecturer, Department of Social &amp; Preventive Medicine, University of Otago</b>
10:00am	New Zealand's new Eating and Activity Guidelines	<b>Martin Dutton, Senior Advisor, Physical Activity, &amp; Louise McIntyre, Senior Advisor, Nutrition, Ministry of Health</b>
10:30am	<b>Morning tea</b>	
11:00am	Healthier is easy when you look for the stars	<b>Samantha Taylor, Senior Advisor, Nutrition &amp; Physical Activity, Health Promotion Agency</b>
11:30am	Te Kakano Maara Kai	<b>Chris Rosenbrock, General Manager, Kai Tahu ki Otago Limited &amp; Jo Kingi, Health Promotion - Maori, Public Health South</b>
12:00	Healthy Families Invercargill update	<b>Jared Cappie, Healthy Families Invercargill Manager &amp; Shontelle Dixon, Healthy Families Invercargill Settings Co-ordinator</b>
12:15	Quickfire sharing – short timeslots (5 min. or less) for updates, news, views, successes, and challenges	<i>Open to all participants – let us know if you have something to share.</i>
12:30	<b>Lunch</b>	
1:15pm	High-intensity interval training	<b>Jim Cotter, Associate Professor at the School of Physical Education &amp; Chris Baldi, Snr Research Fellow in School of Medicine, University of Otago</b>
1:50pm	Understanding the Sport New Zealand Physical Literacy Approach	<b>Karen Laurie, Early Years and Primary School Consultant, Community Sport, Sport New Zealand</b>
2:25pm	Health behaviours and transport choices in Dunedin adolescents: Update from the BEATS study	<b>Dr Sandra Mandic, Senior Lecturer School of Physical Education, Sport and Exercise Sciences, University of Otago</b>
3:00pm	A dose of energy! + fruit snack	<b>Everyone! Led by Shontelle</b>
3:10pm	Motivating behaviour change - the importance of autonomous motivation: What makes people want to do a given behaviour, and keep doing it?	<b>Matt Jenkins, PhD Researcher, School of Physical Education, University of Otago</b>
3:40pm	Wrap up, farewell and closing karakia Aim to close by 4:00pm	