



NORTHLAND HEALTH SERVICES PLAN

Working as One - Mahi Kia Kotahi

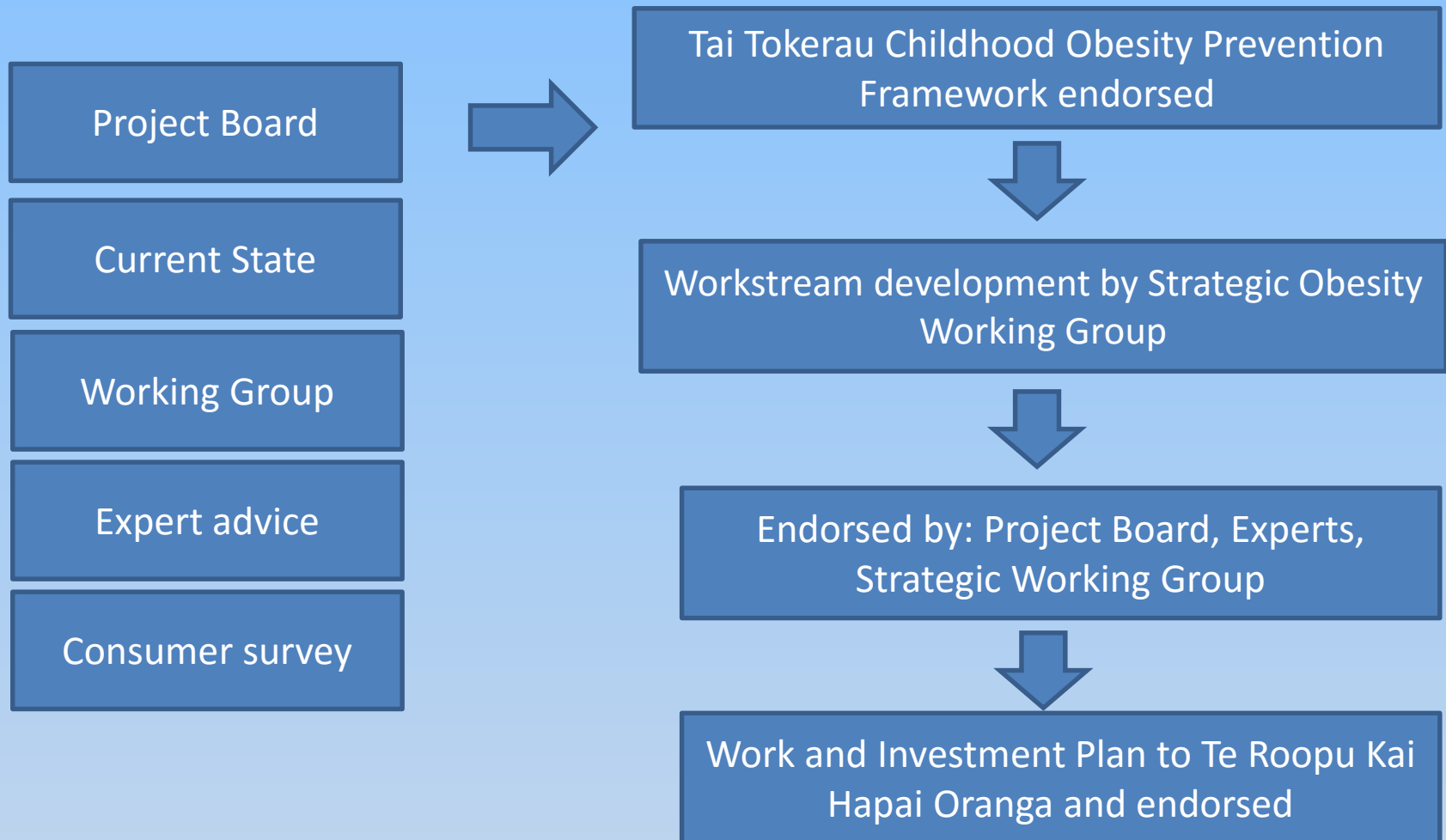
Tai Tokerau Childhood Obesity Prevention Framework



Obesity in New Zealand



Process to develop the childhood obesity prevention framework



Tai Tokerau Childhood Obesity Prevention Framework

Goal	To increase the proportion of Maori tamariki who are at a healthy weight by 5% through good kai in five years (2021)						
Guiding Principles	Reduce inequities for population groups most at need	Work smarter not harder	Enable community action	Implementation through settings-based and systems approaches	Emphasis on changing the food environment	Enable a co-ordinated and collaborative approach across sectors	Kaupapa Maori approach: Availability, Accessibility, Affordability, Acceptability
Strategic Objective	Create environments that support healthy eating for all tamariki in order to:						
	Reduce consumption of energy-dense foods	Increase consumption of fruits and vegetables	Decrease consumption of SSB's	Raise awareness of good nutrition			
Settings	ECE / Kohanga Reo	School / Kura Kaupapa	Workplaces (including all health organisations)	Social environments (homes, marae, community and recreational facilities, churches)			
Priority Groups	Mama and Pepi		Preschool Aged Tamariki		School Aged Tamariki up to the age of 10 years		
	Focus on Maori						
	Focus on Obesogenic Environment						

Workstreams and Initiatives

Food Security

Informas / Feedback Project

Food Rescue

Extension of Kai Ora Fund

Sugar Sweetened Beverages (SSBs)

SSB Advocacy

Safe Drinking Water

Advocacy and Policy

Sport Sponsorship

Healthy Kai Food Policies

Collaboration of School
Services

Food and Drink Industry

Health Literacy

Under 5 Energize

Extension of Oranga Kai

Maternal and Infant Health



Food Security – Food Rescue

- Food rescue is redistributing quality surplus food from food retailers to community groups who support people in need.
- There are 8 Food Rescue organisations already established across the country.
- The largest is Kaibosh in Wellington.
 - More than 120 volunteers and rescue and sort food 7 days a week.
 - They deliver 10,000kg of surplus food each month to community groups.
 - This is the equivalent of 28,500 meals.

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Health

Food Security – Food Rescue

Objective:

Phase 1 – Feasibility Study

Undertake a feasibility study on establishing a food rescue organisation in Northland.

Public Health Registrar starting in August 2016 to commence work.

Phase 2 – Establish a Food Rescue Organisation

Establish a Food Rescue Organisation in Northland to increase food security and reduce food waste by being the link between the food industry and those that support people in need.

Apply for funding and contract someone for a fixed term to undertake work.



Health Literacy – Under 5 Energize

- Under 5 Energize (U5E) is a nutrition and physical activity programme delivered to 121 early childhood centres in Waikato.
- Four Energizers deliver the initiative in four communities across the region.
- The project works alongside centres to improve healthy eating and increase the quality and quantity of physical activity.
- Sustainable model with workshops delivered to educators and parents.
- Framework includes:
 - Memorandum of Understanding
 - A stocktake of nutrition and physical activity environments
 - Needs analysis
 - Development of an action plan

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Under 5 Energize

Objective: Replicate the Under 5 Energize model that is delivered in Waikato to 68 centres across Northland.

Who: 2x FTE – Energizers and .5 FTE - Manager

How:

- Roll out U5E across all Kohanga Reo and ECE, Kindergartens and Play centres in Northland that have more than 70% Maori on their roll.
- This is 68 centres in total, being 35% of the total 196 registered centres in Northland.
- Reach a total of 2,141 children, including 1,564 Maori children.
- 2 Energizers would deliver the initiative and .5 FTE would manage and oversee the project.



Next steps

Year	Milestone / Activity
Mid - Late 2016	<ul style="list-style-type: none">○ Further development of initiatives○ Development of funding applications○ Recruit FTE where required○ RFP process where required○ Development of communication resources○ Implementation of strategic communications plan○ Tai Tokerau Childhood Obesity Prevention Plan produced○ Further development of partnerships specific to interventions○ Begin phased implementation of interventions

