

ANA

## REGIONAL FORUM: PALMERSTON NORTH

A one-day forum for public health professionals who are working to promote healthy eating and physical activity.

Thursday May 26<sup>th</sup> 2016

Sport and Rugby Institute, Massey University, Albany Campus

### *Speaker biographies and presentation descriptions*

#### **Dr Meihana Durie**

*Master of Ceremonies*



Dr Meihana Durie is a current recipient of the Hohua Tutengaehe Health Research Council Postdoctoral Fellowship in Māori Health Research and a previous recipient of the Sir Peter Snell Doctoral Scholarship for Public Health and Exercise Science. His current research explores the application of Mātauranga Māori (Māori bodies of knowledge) to contemporary Māori health settings as well as examining key catalysts and determinants for wellbeing across indigenous cultures and sub-cultures around the world.

Meihana was closely involved with the establishment of Ngā Purapura, a centre committed to whānau wellbeing at Te Wānanga o Raukawa in Otaki. He remains a regular contributor to its associated academic programmes, Kawa Oranga and Poupou Pakari Tinana.

#### **Paora Messiah Te Hurihanganui**

*Chief Executive, Te Papa Tākaro o te Arawa, Rotorua*



***Ko Te Arawa he waka, he iwi kaore e kirimata nei ona korero, Engari ngoto atu ki te wāhi hōhonu haere ai.***

Paora Te Hurihanganui is a son of the sovereign tribal nation of Ngāti Rangiwewehi (Te Arawa) and is of Ngāti Awa, Ngāti Tūwharetoa and European descent.

Currently Paora is the chief executive of Te Papa Tākaro o Te Arawa an Iwi mandated trust working within the sport and health sectors and he has previously worked in tourism and education.

Paora has a passion for the revitalisation of ancestral and cultural pursuits and has a diverse background in Māori arts as a contemporary visual artist, performing artist and a martial artist. He has also competed regionally, nationally and internationally in numerous sports and cultural endeavours including Kapa Haka and also leads the development of traditional Waka (canoe) in his tribal region and ancestral games worldwide.



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Paora specialises in testing and utilising traditional tribal methodologies through practical application and contemporary solutions to growing the realisation of potential. Paora is a firm believer in the use of traditional sites of significance as authentic connection for positive individual and collective transformation and the notion of whakapapa as pathways to optimum health and wellbeing.

### **Phased approach to Kaupapa Māori physical activity and nutrition**

We descend from the best of the best. We are the sum total of all that has come before, all that is and all that is going to be, the noblest and most resilient of bloodlines. He Māori ahau, e noho Māori nei i toku ao Māori. Paora will discuss ancestral knowledge, the natural environment and contemporary practice in the advancement of Māori health and wellbeing through whakapapa and mātauranga Māori.

Links:

<http://www.arawanation.com/>

[https://www.youtube.com/channel/UC65aIIG1DZZuNsw\\_YlcoAFA](https://www.youtube.com/channel/UC65aIIG1DZZuNsw_YlcoAFA)

<https://www.facebook.com/tepapatakaro/>

[http://toitangata.co.nz/uploads/files/Dr\\_Ihi\\_Heke\\_Atua\\_Matua\\_Framework.pdf](http://toitangata.co.nz/uploads/files/Dr_Ihi_Heke_Atua_Matua_Framework.pdf)

### **Darcy Karaka**

*Ngāti Porou, Ngāi Tahu. Lead Academic – Kawa Oranga: Health Promotion, Sport and Exercise, Te Wānanga o Raukawa*

### **Wakahuia Porter**

*Ngati Raukawa, Ngati Toa Rangitira. Tutor – Kawa Oranga: Health Promotion, Sport and Exercise, Te Wānanga o Raukawa*

### **Michaela Tahere**

*Ngāpuhi. Kaikokiri, Kawa Oranga & Poupou Pakari Tinana: Health Promotion, Sport and Exercise, Te Wānanga o Raukawa. WRFU Women's Pride Manager*



### **Kawa Oranga: Developing a Māori workforce for the sector**

Kawa Oranga is a unique programme at Te Wānanga o Raukawa that explores Māori health promotion, sport and exercise sciences. Kawa Oranga offers a one year diploma or a three year degree programme which equips students with the necessary skills, knowledge and expertise in order to make a contribution to Māori lifestyle advancement, Māori physical wellbeing and transformation for healthy Māori futures. The growing awareness for the significance of Māori health through New Zealand is a positive transition. This requires confident and knowledgeable practitioners to champion the Māori health sector. A Kawa Oranga graduate is equipped with the expertise and knowledge to fulfil roles in whānau, hapu and iwi health promotion, Māori health research, personal training, coaching, teaching, outdoor education, and sport management among other areas of the Māori health sector.

Darcy, Michaela and Wakahuia's presentation will analyse the education pathway that is implemented through Kawa Oranga in order to produce a workforce of Māori practitioners – not just a practitioner that happen to be Māori. They will explore what it means to deliver health promotion within a Māori context, who stands to benefit, and the impact it can have on Māori health and wellbeing.

Check out this link to see more about Kawa Oranga:

- [http://www.wananga.com/index.php?option=com\\_content&view=article&id=184](http://www.wananga.com/index.php?option=com_content&view=article&id=184)

## **Martin Dutton**

*Senior Advisor, Physical Activity, Ministry of Health*



Martin has a passion for all things sport related, especially those connected with the outdoors. Having spent nearly a decade running a commercial outdoor education centre in the UK, he has a good understanding of physical activity from the perspective of a participant, educator and public policy maker.

## **Louise McIntyre**

*Senior Advisor, Nutrition, Ministry of Health*



During Louise's eight years at the Ministry she has led work on the Food and Nutrition Guidelines Series, and the new Eating and Activity Guidelines. Louise is a registered New Zealand dietitian and has worked for over ten years in the New Zealand health sector initially as a clinical dietitian and more recently as a public health dietitian and health promoter.

### **New Zealand's new Eating and Activity Guidelines**

Martin and Louise will be talking about the Eating and Activity Guidelines for NZ Adults which were released by Hon Sam Lotu-liga in October 2015 as one of the Government's 22 initiatives for addressing childhood obesity. These new evidence-based guidelines are an essential resource for everyone who provides information on eating and physical activity.

This presentation will include information about the new Eating and Activity statements, the process and evidence used to formalise the statements, how the statements are different from before, what comes next, and how you can use the resources in your everyday work with communities, whānau and clients.

More information on the guidelines, supporting factsheets and resources for both health workers and the public are available at:

<http://www.health.govt.nz/our-work/eating-and-activity-guidelines>

## **Samantha Taylor**

*Senior Advisor, Nutrition & Physical Activity, Health Promotion Agency*



Samantha has a background in health promotion and community action.

Her current role is at the Health Promotion Agency where she is working on the Health Star Ratings initiative, in particular the stakeholder engagement, education and consumer campaign.

Samantha has worked for more than 20 years for the public service both at a local and national level on a diverse range of programmes including alcohol, injury prevention, mental health and vitamin D. Samantha has a Bachelor of Arts with a major in psychology and a Diploma in Sport and Recreation.

## Healthier is easy when you look for the stars

Health Star ratings are New Zealand's voluntary front of pack labelling system designed to help consumers make healthier food choices when purchasing packaged foods. They take the guesswork out of reading food labels by using a star rating scale of ½ to 5 stars to measure the overall nutritional content of food.

Following Sam's presentation you will be knowledgeable about the consumer campaign and be able to encourage families and clients to start using the ratings to make better food choices at the supermarket.

For further information visit <http://nutritionandactivity.govt.nz/> or [www.mpi.govt.nz/healthstars](http://www.mpi.govt.nz/healthstars)

For queries regarding the rating system, the calculator or ratings for specific food items please e-mail [info@mpi.govt.nz](mailto:info@mpi.govt.nz)

## Jo Colin

*Young People Lead for Sport New Zealand*



Jo is a trained physical education teacher for secondary education and taught for 10 years, including leading two PE departments in both rural and suburban setting. Jo then went on to work as a partnership development manager for a school sport partnership in the West Midlands area of England working closely with the local authority supporting schools in providing high quality physical education for all. Jo then went on to work for the Youth Sport Trust (YST) in a variety of roles spanning nine years, including leading the YST's strategy for PE to support the company's mission of 'building a brighter future for all young people through PE and sport'. Jo took up the role of young people lead for Sport New Zealand in Oct 2014 and has the role of leading the strategic work of ensuring quality opportunities and experiences are provided for all our young people in NZ. Jo is a mother of a seven year old son and loves running, dancing, walking her wired haired pointer dogs and spending as much time with her family as possible.

## Understanding the Sport New Zealand Physical Literacy Approach

This presentation will cover:

1. What is physical literacy?
2. Why is Sport New Zealand taking this approach?
3. How this approach can support the work of both the health and sport sectors
4. How the physical literacy approach can be used and developed at a local and regional level

This will be of interest to any organisation or individual who provides and supports physical activity and sport opportunities for people aged 0-100.

Sport New Zealand are also keen to receive feedback during and after the presentation – they wish to hear and understand the opportunities and challenges this approach will have for local providers and organisations.

Click on this link for some background reading: <http://www.sportnz.org.nz/about-us/who-we-are/what-were-working-towards/physical-literacy-approach/>

## Jason Fletcher

Primary Schools Sports Advisor, Sport Manawatu



As the primary school sports advisor my main role is to lead the physical literacy programme called SportStart and to assist schools and teachers to implement the programme into their PE curriculum.

I have a background in coaching and coach development mainly in the sport of squash. I have played many other sports over the years and enjoy seeing others learn and develop. I have a real passion to develop physical literacy in our children.

## Kelly Campbell

Primary School Teacher, Russell Street School



I am a primary school teacher at Russell Street School, Palmerston North. Last year I was Russell Street School's director of sport which involved introducing and then implementing the SportsStart programme to my junior school syndicate. I thoroughly enjoyed learning about SportStart due to the support and guidance of Sport Manawatu. Outside of school, I participate in a range of sports and exercise including mountain biking, jet skiing, indoor netball, and I am currently training for a full marathon. I choose to do these physical activities because I enjoy them and they are fun! I want to inspire children to have these same feelings about participating in physical activities. I look forward to teaching and learning alongside children, teachers and whanau, each and every day.

### **SportStart developing physical literacy in schools.**

SportStart is a resource and professional development package that inspires, empowers and supports schools and clubs to create or improve their physical programmes for young people. This presentation will be a description of the SportStart programme in the Manawatu region.

As a teacher “on-the-ground” delivering SportStart, Kelly will be discussing the impact they have seen so far.

Check out this link for more information on Sport Manawatu's SportStart programme:

- <http://www.sportmanawatu.org.nz/for-teachers-parents/sportstart/>

## Dr Geoff Kira

*Ngā Puhī. Research Fellow, Research Centre for Māori Health and Development, Massey University*



Geoff is a Heart Foundation Māori cardiovascular research fellow and is based at the Research Centre for Māori Health and Development, Massey University. His research interests include food, physical activity, and sleep for whānau. Currently Dr Kira is conducting studies in cardiac rehabilitation recruitment and collating data for food security research.

### Food and nutrition security in Aotearoa – Fallacy or Crisis?

The number of NZ families in poverty have achieved an all-time high which coincidentally matches a downturn in the number of households that can reliably access nutritious food. Despite NZ being at the core of the latest international food and nutrition accord, no government action has taken place. This is despite health issues such as obesity being directly related to food security. In this workshop Geoff will provide a background to food and nutrition security and some examples of how communities are rallying to combat this issue. Could we find a solution?

**Warning!** - This is an interactive workshop that needs your brain power and participation. Geoff will provide a brief background to food and nutrition security in Aotearoa and then we'll brainstorm and mind-map to generate ideas and possible solutions. Come to this workshop ready to positively share.

Here are some links for really good background reading:

- <http://www.ana.org.nz/resources/food-security>
- <http://www.stuff.co.nz/life-style/well-good/4845863/Food-security-key-to-wellbeing-study>
- <http://www.health.govt.nz/system/files/documents/publications/a-focus-on-nutrition-ch7.pdf>

## Dr Christine Cheyne

*School of People, Environment & Planning, Massey University*



Christine Cheyne is an associate professor in the Resource and Environmental Planning Programme at Massey University. She has research interests in public participation in local authority planning processes, and sustainable transport policy and planning. Her current work focuses on active transport, long distance passenger transport and smart urban mobility. She is Manawatu-Wanganui (Horizons) Regional Transport Committee's advisory member for active transport and public transport.

## Dr Imran Muhammad

*School of People, Environment & Planning, Massey University*

Imran Muhammad is an associate professor in the Resource and Environmental Planning Programme at Massey University. He is a professionally trained urban planner and has 20 years' experience of comprising research, teaching and professional practice in the field of urban transport planning. Imran's research interests broadly focus on understanding the sustainable transport linkages with



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governance, climate change, poverty, gender, economic growth and urban design in contemporary cities.

## Adam Jarvis

*Policy Analyst (Environmental Sustainability), Palmerston North City Council*



Adam Jarvis' background is in civil and environmental engineering. Recently returned from living in Asia, his new role is as the sustainability officer at Palmerston North City Council. He has a particular interest in how city planning and urban design both limits and informs our behaviour, and hence impacts on human and environmental health.

### **Promoting active transport in Palmerston North – working across boundaries at the nexus of transport, health and urban planning**

This presentation provides an overview of a recent and ongoing research project involving Palmerston North City Council and Massey University. The project explores barriers to active transport in Palmerston North with a view to gaining greater understanding of the complexities of city residents' decisions around transport. There is a great deal of public policy and planning literature which highlights the need to use modes of transport that are healthy and sustainable; however, the proportion of the population walking and cycling to work has not increased significantly (or even at all) in many places. As well as sharing some insights into the barriers to active transport, we identify opportunities and strategies to promote greater participation in active transport. We also give tips for navigating the organisational complexity of transport, health and urban planning New Zealand, and provide inspiration from some other places about how to make cities more walkable and more bikeable and thus reap the health and other benefits of active transport.

Click below to download the research report "Barriers to Active Transport in Palmerston North" :  
[https://www.massey.ac.nz/massey/fms/sustainability/documents/Cheyne%20et%20al%20\(2015\)%20Barriers%20to%20Active%20Transport%20in%20Palmerston%20North%20\(MU-PNCC%20Living%20Lab\).pdf?C740DEB5B89FA32B23BB84A37DB8F880](https://www.massey.ac.nz/massey/fms/sustainability/documents/Cheyne%20et%20al%20(2015)%20Barriers%20to%20Active%20Transport%20in%20Palmerston%20North%20(MU-PNCC%20Living%20Lab).pdf?C740DEB5B89FA32B23BB84A37DB8F880)

## Jade Wratten

*Senior Lecturer, School of Midwifery – Otago Polytechnic*



Jade Wratten is a registered and practicing midwife in the Manawatu. Graduating in 2001 from Massey University she has worked as both a staff midwife at MidCentral Health and as a community based self employed midwife. Over the past 7 years Jade has been employed as a senior midwifery lecturer for Otago Polytechnic and has a passion for nutrition in pregnancy coordinating and developing curriculum for post graduate and undergraduate programmes. She has published two chapters in midwifery text books regarding nutrition in pregnancy and is currently enrolled in a Masters of Midwifery conducting her research in collaboration with the New Zealand College of Midwives exploring what it means to have an increased BMI in maternity.

## **The importance of the first 1000 days of life – a midwifery perspective on maternal and infant nutrition**

The importance of nutrition around conception and during pregnancy is well known as are the implications of poor nutrition on the developing foetus in regards to later life disease. Midwives work in partnership with women and are well positioned to deliver individualised healthy nutritional messages. This presentation will explore maternal and infant nutrition from a midwifery perspective and delve into some of the specific issues during childbirth.

Anyone who works with infants and women preconceptually and during the childbearing experience will find this session useful. It will be an opportunity to learn more about and explore nutrition issues specific to pregnancy, what the midwife's role can be, and how health provider collaboration can be achieved for consistent nutrition messaging for mother and infant.