

AGENCIES FOR NUTRITION ACTION

REGIONAL FORUM: WHAKATANE

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

Thursday 14th April 2016
Ohope International Golf Club, Ohope

Speaker biographies and presentation descriptions

Gareth Moore-Jones

Master of Ceremonies



Gareth has been involved in the community planning sector for over 25 years. Roles have included CEO of NZ Recreation Assn (NZRA), interim CEO of Outdoors NZ (ONZ), and 15 years as a consultant with his trans-Tasman consultancy Global Leisure Group. Gareth has presented at numerous conferences, both domestic and international and, for his sins, he has been tagged as a good MC! Gareth is thrilled now to be the public health planner for Toi Te Ora Public Health Service where he finds the language of community planning and the language of public health almost interchangeable and is fully engaged

with the amazing work that public health and Toi Te Ora do within the region. Gareth has interacted with ANA over many years and was genuinely delighted to become involved in this event – not least because this stunning venue is only a 5-minute cycle from his home.

Lou Harvey

Project Lead Childhood Obesity Prevention, Toi Te Ora – Public Health Service



Lou has been working within the health improvement space of public health for the past five years. Lou completed her studies in political science, Māori, social work and community development at the University of Otago, and further tailored a passion for prevention into her post graduate studies in public health. Her mahi has included working alongside early childhood education services and schools to improve health outcomes, and creating supportive environments for mums to continue breastfeeding.

Lou is currently implementing the regional childhood obesity prevention strategy across the Bay of Plenty and Lakes District Health Board areas. Her main areas of focus include reducing the consumption of sugary drinks and improving maternal and infant health. Lou is very passionate about health outcomes for whānau and the community.

We all have a role to play

Toi Te Ora - Public Health Service is the public health unit for the Bay of Plenty and Lakes District Health Boards. Toi Te Ora's purpose is to improve and protect the health of the population in the Lakes and Bay of Plenty districts with a focus on reducing inequalities. Lou will share an update on the implementation of Toi Te Ora's childhood obesity prevention strategy since its development in 2013.

Links to readings that may be of interest for participants:

Toi Te Ora - Public Health Service has three Medical Officers of Health who are trained as specialists in public health medicine. Please check out these papers prepared by one of them, Dr Neil de Wet:

[Leading the Charge on Preventing Childhood Obesity](#) (July 2014)

[What will it take to change our food environments and where do we start?](#) (May 2015)

[Sugary Drinks, Health and Individual Responsibility](#) (September 2015)

Albie Stewart

Healthy Families East Cape Manager



Albie is from Rongowhakaata & Tuhoe iwi. He has twenty years' experience in the health sector in both governance and management roles mainly within the East Cape region. As part of a governance group he helped establish Turanga Health in the mid-90's, and was involved in managing health services in Te Whānau-ā-Apanui, including helping to establish and co-manage a primary health organisation (PHO) based in Opotiki. He later moved back to Turanganui-a-Kiwa to take up a governance role with Turanganui PHO and a management position with Turanga Health. He later tried his hand at research being involved with two Health Research Council funded projects involving Rongoa Māori.

Albie currently chairs Te Kahui Rongoa, a national entity and advocate for Rongoa Māori. He is currently based in Tolaga Bay managing a large scale initiative for the East Cape region that brings community leadership together in a united effort to improve people's health where they live, learn, work and play. The initiative is Healthy Families NZ. Albie has a Master's degree in public policy that helps him understand the complexity of a policy environment, combined with his other degree he acquired from his parents, tikanga Māori.

Kai Atua

"Kai is rongoa, and rongoa is kai."

The concept of "Kai Atua" is nothing new or complex. It is a way of presenting how we might address a huge sector of our community, Māori communities in particular to live healthier and active lives. Understanding and then implementing such a concept is intrinsically connected to a Māori world view.

Health promoters, policy advisors, and funders alike would benefit from aligning to such a concept to support a critical element in the delivery of health services in Māori communities. Engaging Māori communities effectively and key Māori settings is indeed a critical step towards achieving Māori health outcomes. The link between Māori health inequalities and Māori health outcomes deserves to be approached using a Māori world view.

Links:

- He Korowai Oranga Maori Health Strategy, <http://www.health.govt.nz/our-work/populations/maori-health/he-korowai-oranga>
- Te Waka Kai Ora, <https://tewakakaiaora.wordpress.com/>

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

Mate Heitia

Founder and REKA Trust Chairperson



Mate created R.E.K.A and manages all our community education, community development and research projects. She has a wealth of knowledge and experience about eating healthily, keeping physically active and Te Ao Māori (the Māori World).

Mate is proactive in her community as a member of "Te Ahi Kaa" on her marae in Poroporo and Whakatane; she is administrative Trustee on her Whanau Trusts, a number of Māori Land Trusts and a past president of the Wairaka branch of Te Roopu Wahine Māori Toko i te Ora (Māori Women's Welfare League). Her work experience has been gained from the hospitality & tourism, retail, social & health services, education, media, advertising, sales and communications industries and she has been self-employed managing her business, Pukeko Communications over the past nine years.

Ko Ngati Pukeko, Ngati Awa, Ngai te Rangi, Te Whanau a Apanui, Ngaitai, Ngati Tuwharetoa ki Kawerau me Tuhourangi nga iwi. Ko Mataatua, Tainui me Te Arawa nga waka. I tipu ahau i roto i te rohe o Ngati Pukeko kei Te Pahou, Poroporo, Whakatane. Toko toru aku tamariki kua pakeke, toko iwa aku mokopuna. Ko Sonny taku hoa rangatira mo nga ra tata ki te wha tekau

Implementing Māori Food Sovereignty Strategies

Food sovereignty is the right of peoples to healthy and culturally appropriate food produced through ecologically sound and sustainable methods, and their right to define their own food and agriculture systems. Mate is going to share with us the work the REKA Trust has been doing since 2009 in the area of food sovereignty.

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.

The New Eating and Activity Guidelines

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. The talk will include information about the new series, the new Eating and Activity statements, the process and evidence used to formalise the statements, how the statements are different from before and what comes next.

More information, supporting factsheets and resources are available at:

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

Philippa Jones

Western BoP PHO Services Leader

Philippa Jones is Western BoP PHO services leader and is also primary care nurse leader for BoP DHB. Her primary interest is Māori health and health care integration.

The Bay Navigator's weight management pathway

Western BoP PHO was fortunate to be successful in a Ministry of Health RFP 'supporting weight management in primary care'. The primary aims of the pilot project have been to increase and promote weighing of patients in primary care, and to develop tools to support weight management. The presentation will introduce the tools developed and provide feedback on the evaluation.

Sarah Stevenson

Health Improvement Advisor, Healthy Policies Team, Toi Te Ora – Public Health Service



Sarah Stevenson has been working in the nutrition and public health field for the past 10 years in three countries, New Zealand, Australia and the UK. Sarah holds a BSc (Human Nutrition) from Massey University and a Master's in Public Health from the University of Wollongong.

Most recently Sarah has returned from working in public health within a local authority, as a health service commissioner and strategic advisor in public health nutrition. Whilst in this role Sarah took a lead role in designing and commissioning a fully integrated healthy lifestyle service, which included 3 tiers of weight management services, among other linked health and social and preventative services. She also wrote a regional healthy weight strategy and county-wide breastfeeding strategy. Sarah returned to New Zealand in 2015 and her Health Improvement Advisor role with Toi Te Ora- Public Health Service which is the public health unit for the Bay of Plenty and Lakes District Health Boards. In her previous role at Toi Te Ora Sarah led the development of the Growing Healthy Communities- Food security toolkit for local government. Sarah is passionate about seeing the community, agencies and local government work together to play their part in tackling 'wicked' problems such as food insecurity and obesity.

Growing Healthy Communities

Sarah Stevenson will provide a brief overview on the potential opportunities that exist in working towards an open food basket in our communities, increasing community connection with healthy food and supporting local change by local government with their communities that they serve.

Link to: [Growing Healthy Communities: Food Security Toolkit for Local Government](#)

Karen Laurie

Early Years and Primary School Consultant with Sport NZ's Young People's Team



Karen is passionate about the role sport and activity can play in enhancing people's lives, particularly for our young people.

Karen has a strong background in leadership and relationship development, built through a career involving teaching and sports based leadership and learning projects across both the education and community sport sector. She has taught at secondary, primary and early childhood levels, worked in regional sports trust sporting and community development initiatives, and until recently, led Athletics NZ's national foundations programme. Karen has also been a presenter for the Brainwave Trust NZ in keeping with her belief in supporting every child with the best opportunities to reach their potential.

A keen sportswoman, Karen has also represented NZ in both gymnastics and sailing, and has coached a number of sports, particularly in the foundation and junior levels. Married with two sons, Karen is still active in a number of sporting and recreation activities, most recently involving a keen enthusiasm for paddle boarding.

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/>

Cayley McLean

Resource Recovery Coordinator, Tauranga City Council



My name is Cayley and I grew up in Mount Maunganui. I have a Bachelor of Applied Science in environmental studies through the Auckland University of Technology and have been working in the resource recovery and waste sector since graduating in 2008. Over the past seven years I have worked for numerous organisations within NZ and Australia ranging from not for profit, consultancy and local government.

I moved back to NZ in November 2015 from Sydney and am really happy to be working for the Tauranga City Council as the resource recovery coordinator, which is responsible for managing waste minimisation programmes for council, including school education, business advice, event support and community projects.

Love Food Hate Waste NZ

Food waste is a problem both internationally and nationally. In NZ alone \$872 million dollars of eatable food is wasted every year. To put this in context, that is enough money to provide all school aged children in NZ with lunches for 3 years!

Love Food Hate Waste NZ is a campaign dedicated to educating people about the importance of reducing the amount of food waste they throw in their bin, which in turn leads to financial savings.

The Love Food Hate Waste NZ presentation will:

- Introduce the Love Food Hate Waste NZ campaign
- Explain the campaigns relevance to the nutrition sector
- Identify potential stakeholders
- Outline how the campaign will be promoted locally

Links to Background Reading

Report: New Zealand Food Waste Audits - <http://www.wasteminz.org.nz/wp-content/uploads/Final-1-0-New-Zealand-Food-Waste-Audit-Report-2015.pdf>

Website: WasteMINZ Love Food Hate Waste NZ - <http://www.wasteminz.org.nz/sector-groups/behaviour-change/love-food-hate-waste/>

Jasmin Jackson

Health Promotion Coordinator, Heart Foundation, Rotorua



Jasmin qualified as a nutritionist in 2006 with a BSc in human nutrition and a BA in psychology, and later went on to complete a PGDipSci in Human Nutrition, where she developed a passion for early life and public health nutrition.

She currently works part time for the Heart Foundation supporting schools and early childhood settings to improve their nutrition, their environments, and the health of the children.

She also has a role with Healthy Families Rotorua, where she is working collaboratively with a number of other organisations to improve the diets of the Rotorua community, through a systems approach to health promotion.

“I am incredibly passionate about early life nutrition. I believe that if we can improve the diets of mums-to-be as well as of young children, we will maximise the impact of our efforts. The current obesogenic environment makes eating well so hard for many families, and I am pleased to be in a role where I have the opportunity to teach people how to make changes to positively influence their health”.

Improving Health in Early Childhood Settings: How the Healthy Heart Award supports healthy eating and activity in pre-schoolers

This session will showcase the Heart Foundation’s nation-wide programme, the Healthy Heart Award for early childhood settings, and the influence this has on the health of children in childcare settings. Suggestion for attendance: Anyone working in the education sector, or involved with preschool aged children. Public health workforce.

Key Learning Outcomes: Gain an understanding of the Healthy Heart Award and the Heart Foundation’s Education Setting programmes; Hear about the preliminary findings of Kai Time in early childhood education (ECE), and an independent evaluation of the Healthy Heart Award programmes.

Links to Background Reading

Kai Time in ECE Media Release (part of the Growing Up in New Zealand project):

<http://www.growingup.co.nz/en/news-and-events/news/news-2016/ece-services-struggle-to-promote-healthy-eating.html>

Kai Time in ECE publication:

<http://journals.cambridge.org/download.php?file=%2FPHN%2F51368980015002955a.pdf&code=53b6ffe8fe2b0df03e3ad43a422129d3>

Healthy Heart Award info: <http://www.aws.learnbyheart.org.nz/index.php/ece/healthy-heart-award>

Dr Anne Jaquierey

Senior Lecturer, Liggins Institute & Consultant Paediatrician, Lakes DHB



Anne Jaquierey is a consultant paediatrician at Rotorua Hospital. She completed her PhD at the Liggins Institute investigating the effects of undernutrition around the time of conception on the mother's pregnancy and the health of her offspring. She has ongoing research interests in neonatal and paediatric nutrition. This includes the long-term consequences of altered nutrition and irregular eating patterns in early life, the treatment of intrauterine growth restriction, and preterm birth and its consequences.

Anne has joint research and clinical appointments with the Liggins Institute, Department of Paediatrics (University of Auckland) and Lakes DHB.

She has also been a member of Gravida, the national research centre for growth and development, and provided scientific and academic oversight for the [Gravida Healthy Start Workforce Project](#), a Ministry of Health-funded initiative for maternity and child health professionals. The project aims to translate today's scientific knowledge about the effects of nutrition and physical activity during pregnancy and the early years on a person's life-long health, and enhance workforce skills to encourage women and families to make healthy choices.

The importance of the first 1000 days

It is well known that nutrition in early life (the 'first 1000 days' – from conception to 2 years of age) is important for healthy growth. What is less well known is that the nutrition a foetus or young infant receives affects organ development, including how well the brain functions and the way in which the body metabolises food later on in life. This means that something as 'simple' as nutrition can have a profound effect on the risk of developing diseases such as heart disease, obesity and type 2 diabetes in adulthood. If we want to prevent these diseases, we have to take a look at what we can do to make sure the foetus and young infant receives the best possible nutrition, to provide a strong foundation for later health.