

Setting the Scene for Nutrition and Physical activity in Christchurch

Healthy Children Flourishing by Eating Well and Moving More

Dr Anna Stevenson

Public Health Physician

Canterbury District Health Board

March 2018



What is public health?

...refers to all **organised** measures (whether public or private) to prevent disease and promote health among the population as a whole.

- Childhood vaccinations
- Breast cancer screening

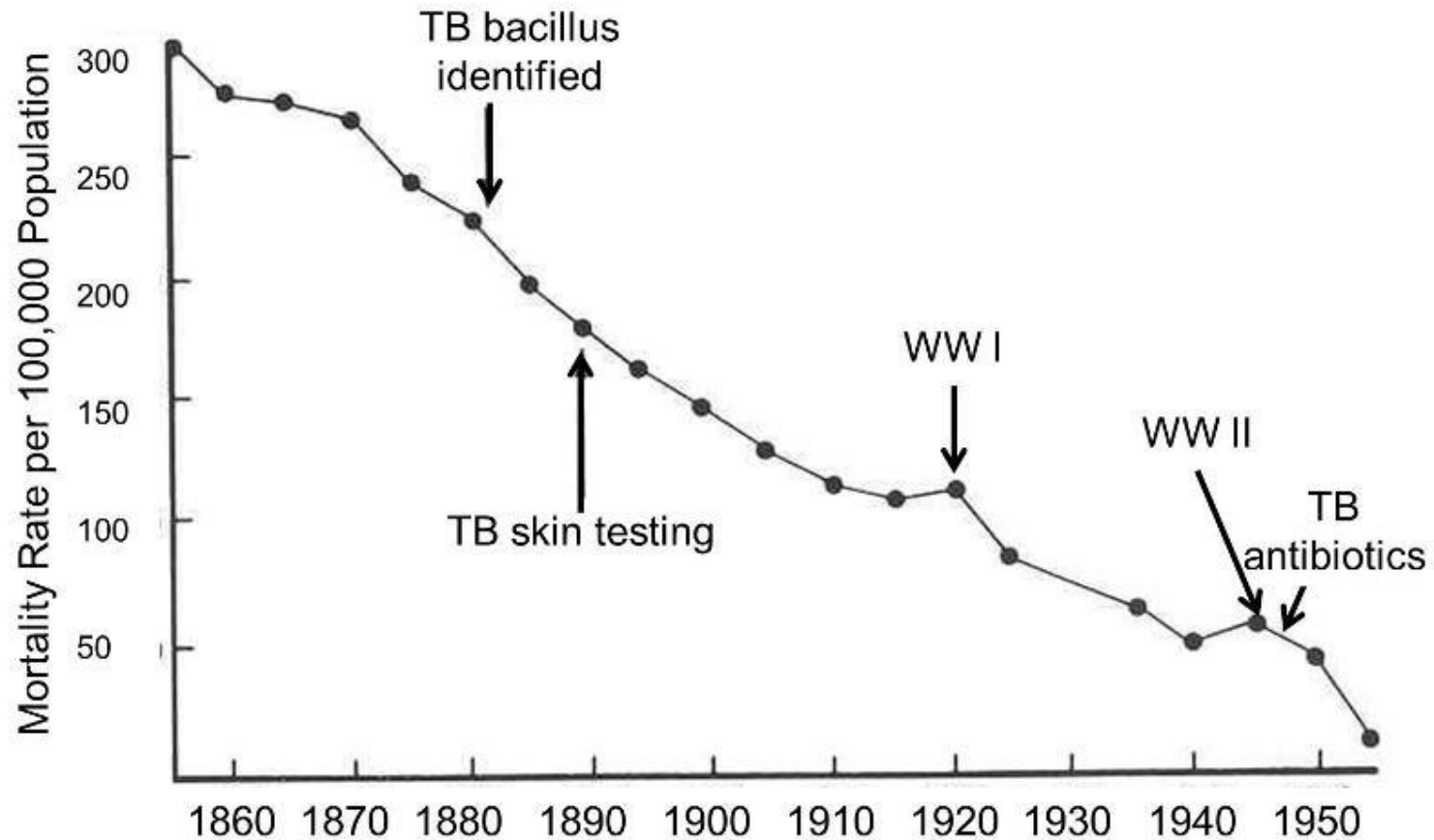


Who is responsible for the Public's health?

- Doctors
- Nurses
- Medicine makers
- Physiotherapists
- Dieticians



Who is responsible for the Public's health?



Planning for positive outcomes

Equity

Transport

Housing Stock

Public Services

Active
Lifestyles

Employment
& Income

Culture &
Heritage

Social &
Community
Capital

Neighbourhood
Amenity

Education

Health Services

Food Security

Community
Safety

Natural
Capital

Resource
Sustainability

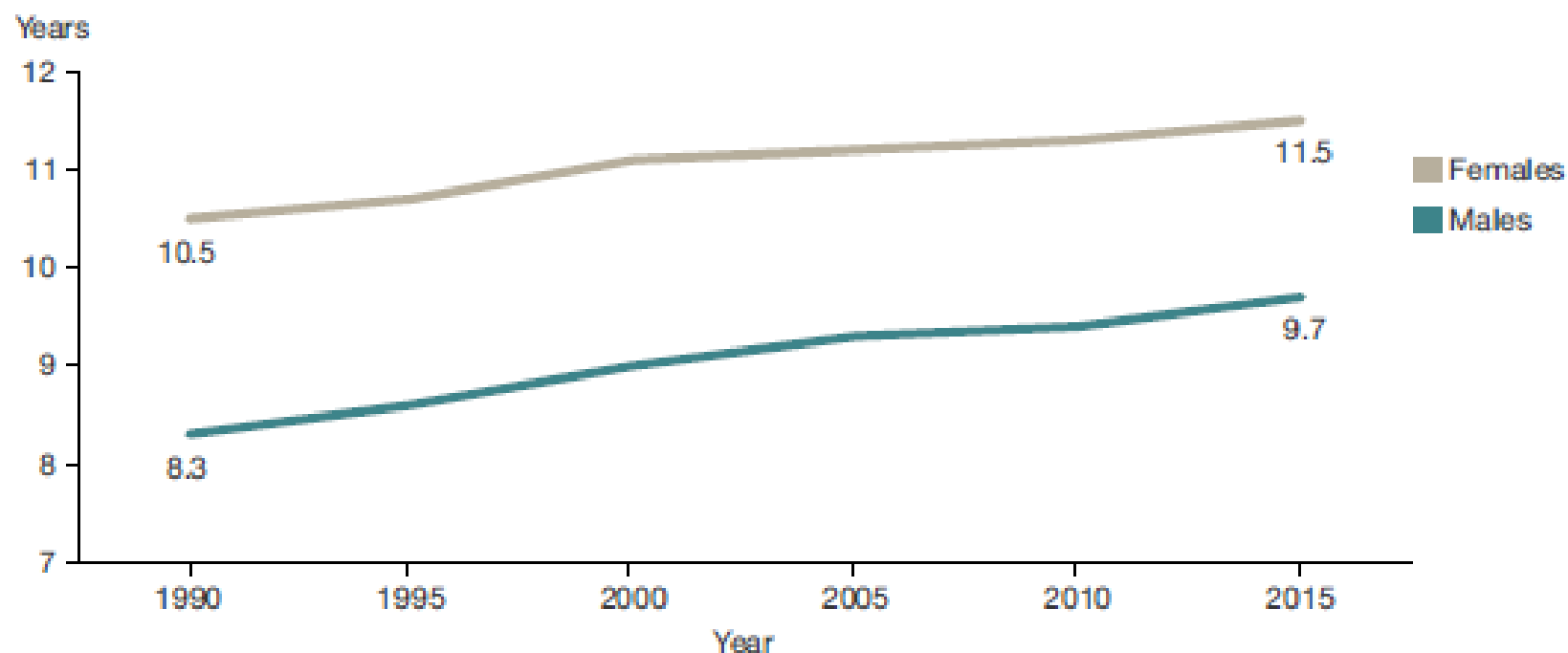
Community
Resilience

Who is responsible for the Public's health?

- Doctors
- Nurses
- Medicine makers
- Researchers
- Teachers
- Engineers
- Builders
- Rubbish collection workers
- Supermarket workers
- Legislators
- Politicians



Figure 8: Absolute difference of life expectancy and health expectancy, 1990–2015, by gender



Source: GBD 2015

What are the public health issues we face now?

- Chronic diseases
- Lifestyle diseases
- Diseases of ageing

What are the public health issues we face now?

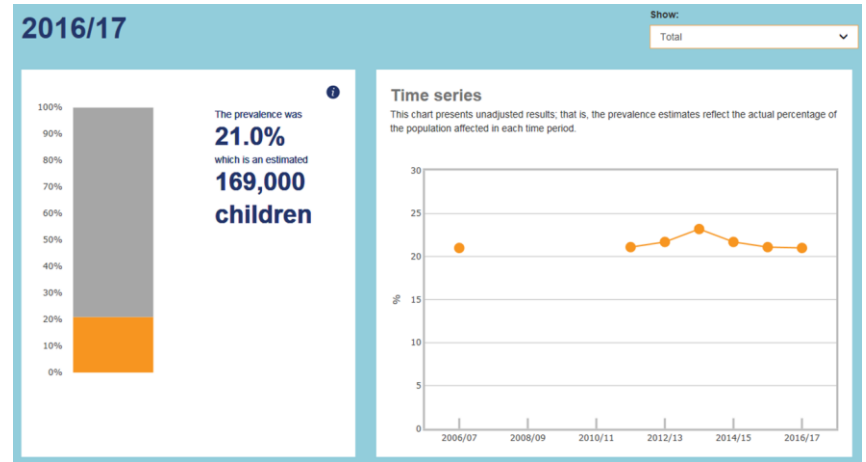
- Chronic diseases
- Lifestyle diseases
- Diseases of ageing
- Cancer
- Depression/Anxiety
- Heart disease
- Diabetes
- Dementia
- Lung diseases

NZ Children

Obesity



Overweight



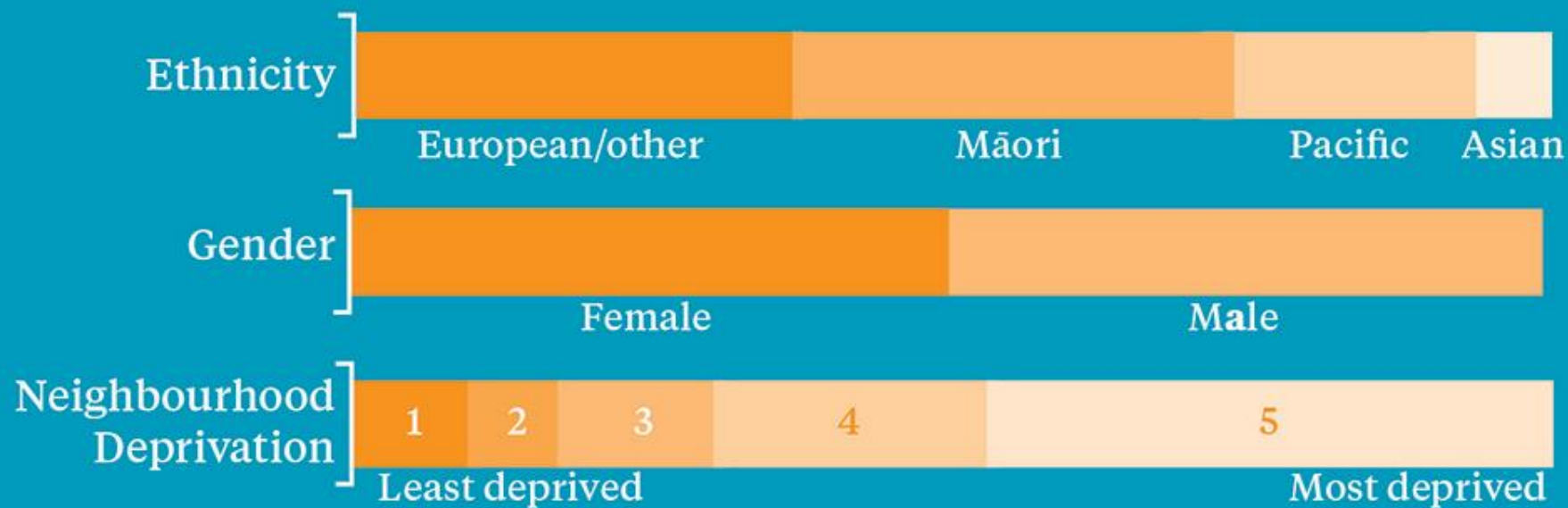
What is 'normal' now?

Table 19: Parental perception of child's weight compared to BMI measurement

Parent perception of child's weight	Child's BMI category			
	Thinness (%)	Healthy weight (%)	Overweight (%)	Obese (%)
Very underweight	4	0	0	0
Underweight	42	12	1	1
Neither under- nor overweight	54	87	86	56
Overweight	0	1	12	39
Very overweight	0	0	0	3

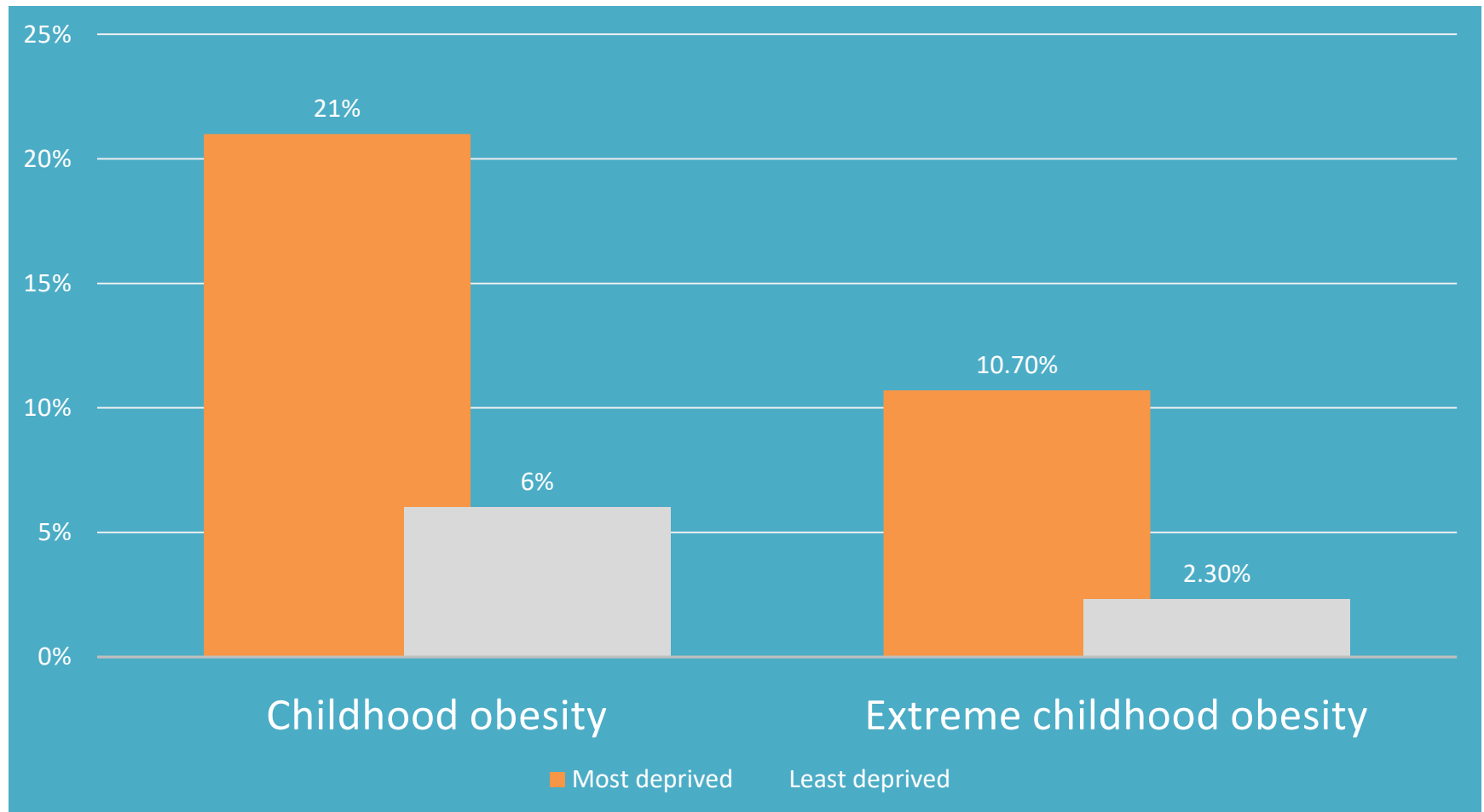
Source: <http://www.health.govt.nz/system/files/documents/publications/understanding-excess-body-weight-nzhs-apr15-v2.pdf>

Childhood obesity spans demographics



Ministry of Health. New Zealand Health Survey (unpublished data). Wellington: Ministry of Health.

Childhood obesity by level of deprivation

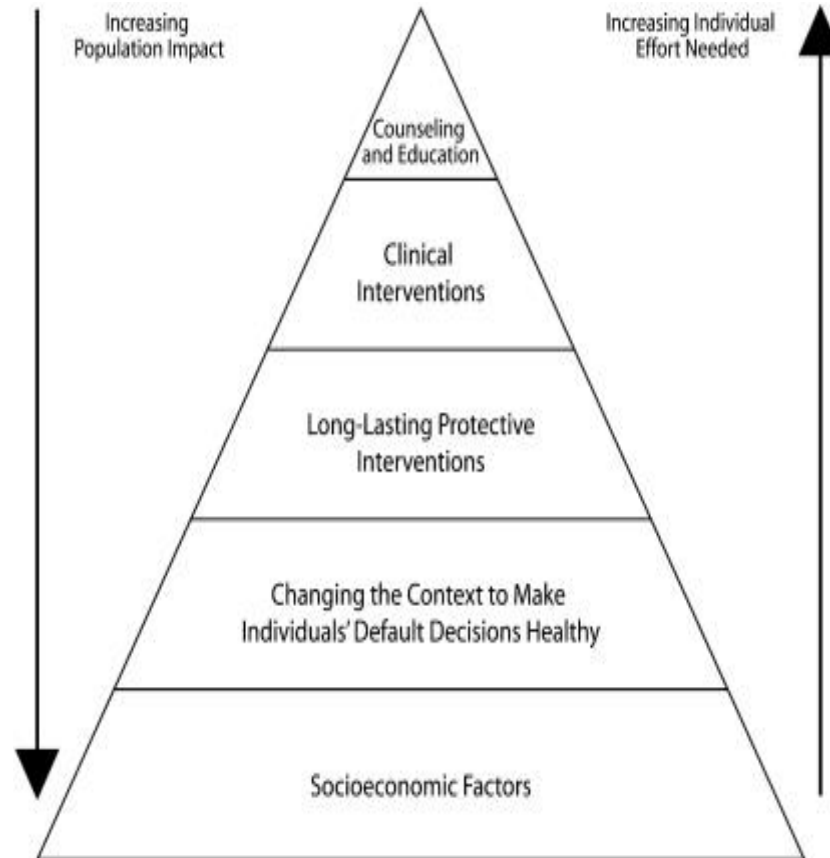


Reducing child obesity: the intervention logic model

Ultimate goal	Children and young people living and staying well								
Long-term goal	Reduce childhood obesity in New Zealand equitably*								
Medium-term outcomes	More children are physically active		More children eat well		Children's environments support physical activity and healthy eating		More children have improved health outcomes		
	Indicator	Measure	Indicator	Measure	Indicator	Measure	Indicator	Measure	
	Time spent watching television, videos or screens	Percentage of children (aged 2–14 years) who usually watch television (including DVDs and videos) per day (New Zealand Health Survey)	Breastfeeding	Percentage of infants who are exclusively or fully breastfed at 2 weeks, 6 weeks, 3 months, and who are still receiving breast milk at 6 months (Well Child Survey)	Awareness of the Health Star Rating system	Percentage of grocery shoppers who recognise, understand and use the Health Star Rating system (Health Star Rating Monitoring and Evaluation report, Colmar Brunton)	Body mass index	Percentage of children (aged 2–14 years) with a body mass index that indicates they are thin, a healthy weight, overweight or obese	
	Sleep duration	Percentage of children (aged 5–13 years) who get 9 to 11 hours of sleep per day (New Zealand Health Survey)	Consumption of fast food	Percentage of children (aged 2–14 years) who ate fast food at least once in the past week (New Zealand Health Survey)	Active transport to and from school	Percentage of children (aged 5–14 years) who usually use an active mode of transport, such as walking, biking or skating to get to and from school (New Zealand Health Survey)	Gestational diabetes	Percentage of births where the mother had gestational diabetes (National Maternity Collection)	
	Time spent on physical activity	Percentage of children (aged 5–17 years) who spent at least one hour per day being physically active (New Zealand Health Survey)	Consumption of sugary drinks	Percentage of children (aged 2–14 years) who had fizzy drink three or more times in the past week (New Zealand Health Survey)	Use of a bike	Percentage of children (aged 5–17 years) who have ridden a bike in the last week for sport, exercise or fun and the average number of hours they spent riding a bike (Active New Zealand Survey)	Raising Healthy Kids health target	Percentage of obese children identified in the B4 School Check programme who were offered a referral to a health professional for clinical assessment and family-based nutrition, activity and lifestyle intervention (B4 School Check database, Ministry of Health)	
			Fruit and vegetable intake	Percentage of children (aged 2–14 years) who eat at least two servings of fruit each day and who meet New Zealand's age-specific vegetable intake guidelines (New Zealand Health Survey)	Water in schools	This measure is still under development	Birth weight	Percentage of babies whose birth weight (kg) was extremely low, very low, low, normal or high (Report on Maternity, Ministry of Health)	
Short-term outcomes	Capability built across sectors to promote healthy lifestyle choices in food and nutrition and physical activity		Strong sustainable relationships across communities and the wider sector developed		Raised community knowledge about the benefits of physical activity and nutrition		Guidelines implemented across sectors	Environments/settings that make healthy eating and physical activity the norm	Industry commits to providing foods and non-alcoholic beverages that contribute to a healthy diet and reduce rates of childhood obesity
Outputs	Develop guidance and support for the promotion of good nutrition, healthy diets and physical activity for prospective parents, before conception and during pregnancy			Promote healthy school environments that improve health and nutrition literacy and physical activity		Provide guidance on and support for healthy diet, sleep, and physical activity in early childhood		Provide guidance and support for weight management for children and young people	Implement programmes that promote physical activity and reduce sedentary behaviours in children and young people
	Childhood obesity prevention initiatives – multiple pathways to achieve outcomes								
Inputs	Workforce			Funding		Collaborative relationships		Leadership	Information

*Reduce rates of obesity for all children, particularly Māori, Pacific and high deprivation groups

What works?



Bridesmaid lost 49kg and eight dress sizes after humiliating photo

19 Mar, 2018 11:12am

5 minutes to read



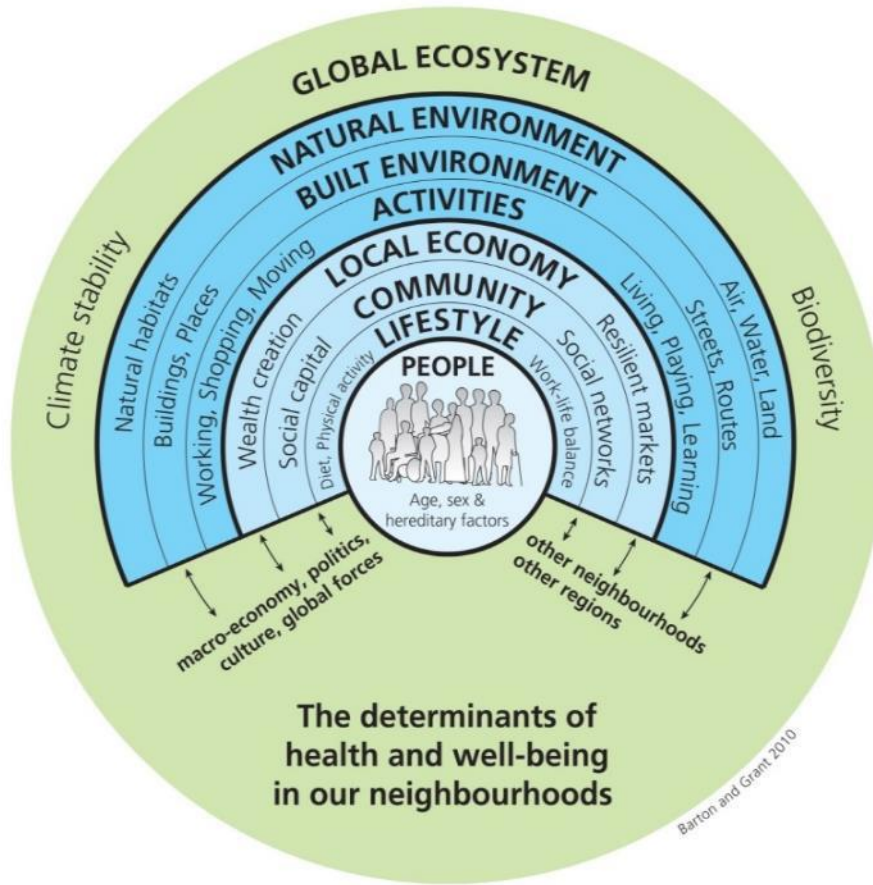
Kayla before and after her dramatic transformation. Photos / Caters

Other

By: Zoe Simmons for Caters

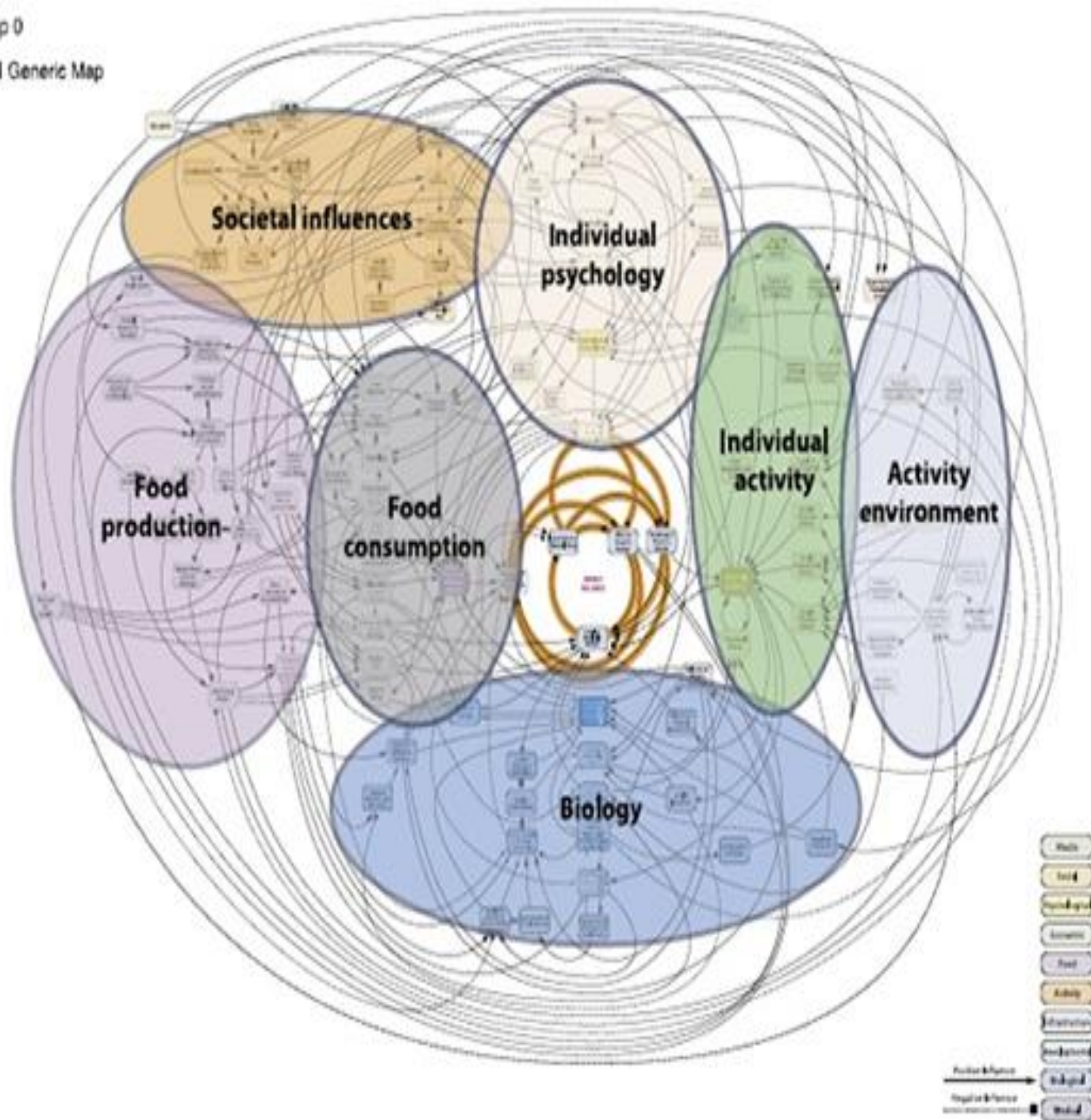


Some examples...



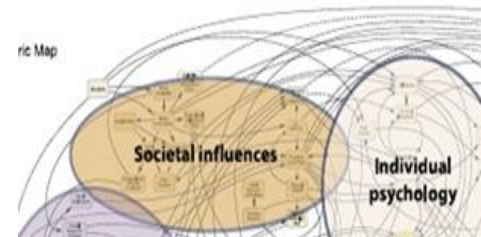
- Clean air policy
- Smokefree environments
- Building codes
- Home insulation measures





all
right?

Campaign



WINNING WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF

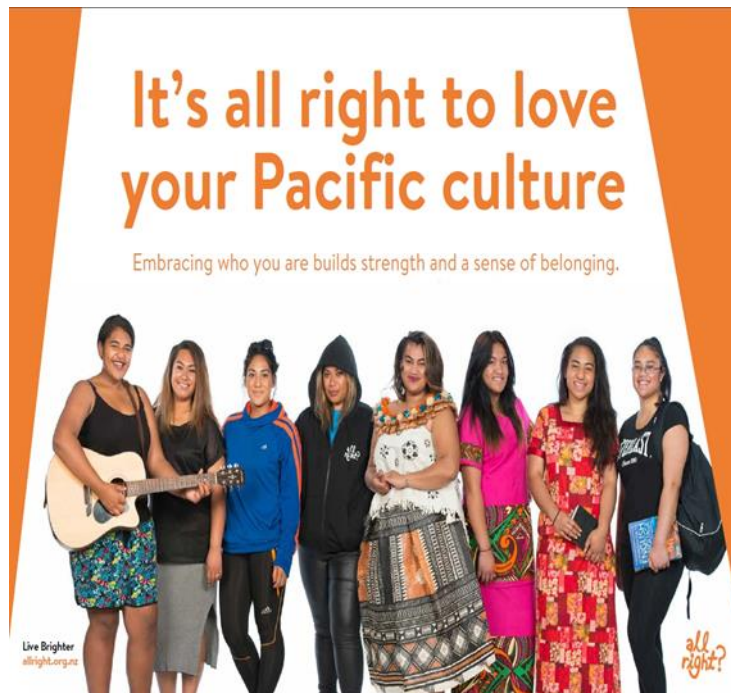
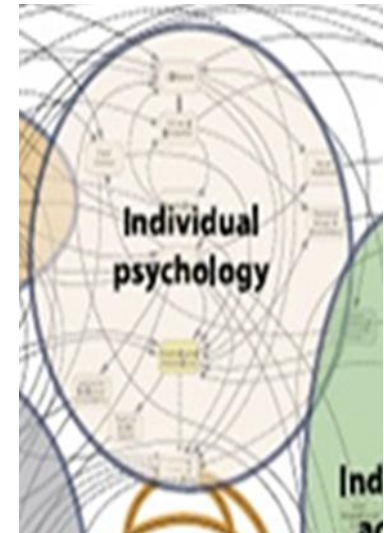
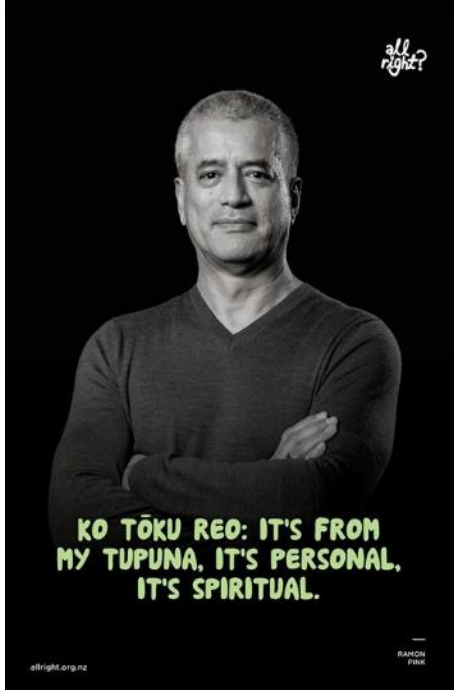


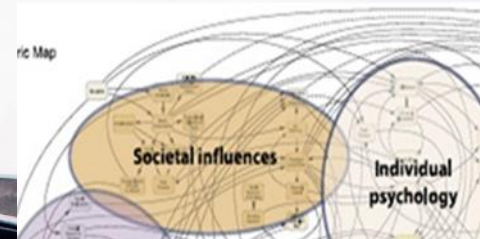
TALK & LISTEN,
BE THERE,
FEEL CONNECTED



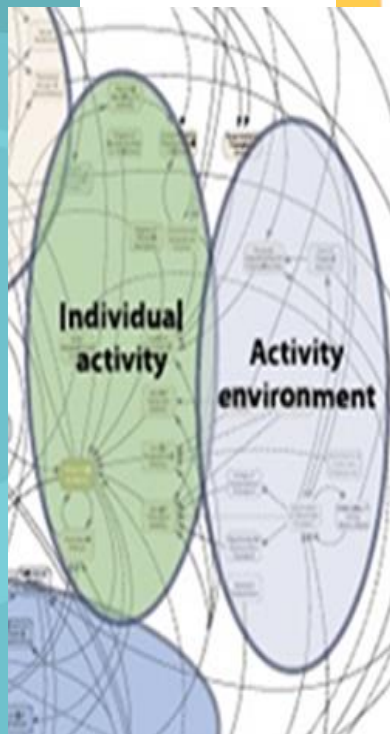
REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.





WALKING IS GOOD FOR THE BODY, MIND AND SOUL



WALKING IS GOOD FOR THE BODY, MIND AND SOUL



WHY NOT WALK?

Awesome destinations near Christchurch Hospital

Ilex Cafe: 800m, 10mins

Re:Start Mall: 900m, 11mins

Bus Interchange: 1km, 12mins

Distances are one way, from here to there!

all
right?
fb.com/allrightnz

Make your own poster at walkingposters.allright.org.nz

WHY NOT WALK?

Awesome destinations near Christchurch City Council

Botanic Gardens: 1km, 12mins

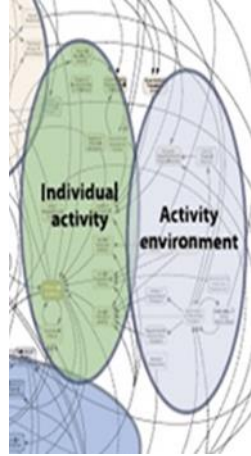
CPH: 1km, 12mins

Bus Interchange: 1km, 12mins

Distances are one way, from here to there!

all
right?
fb.com/allrightnz

Margaret Mahy Playground

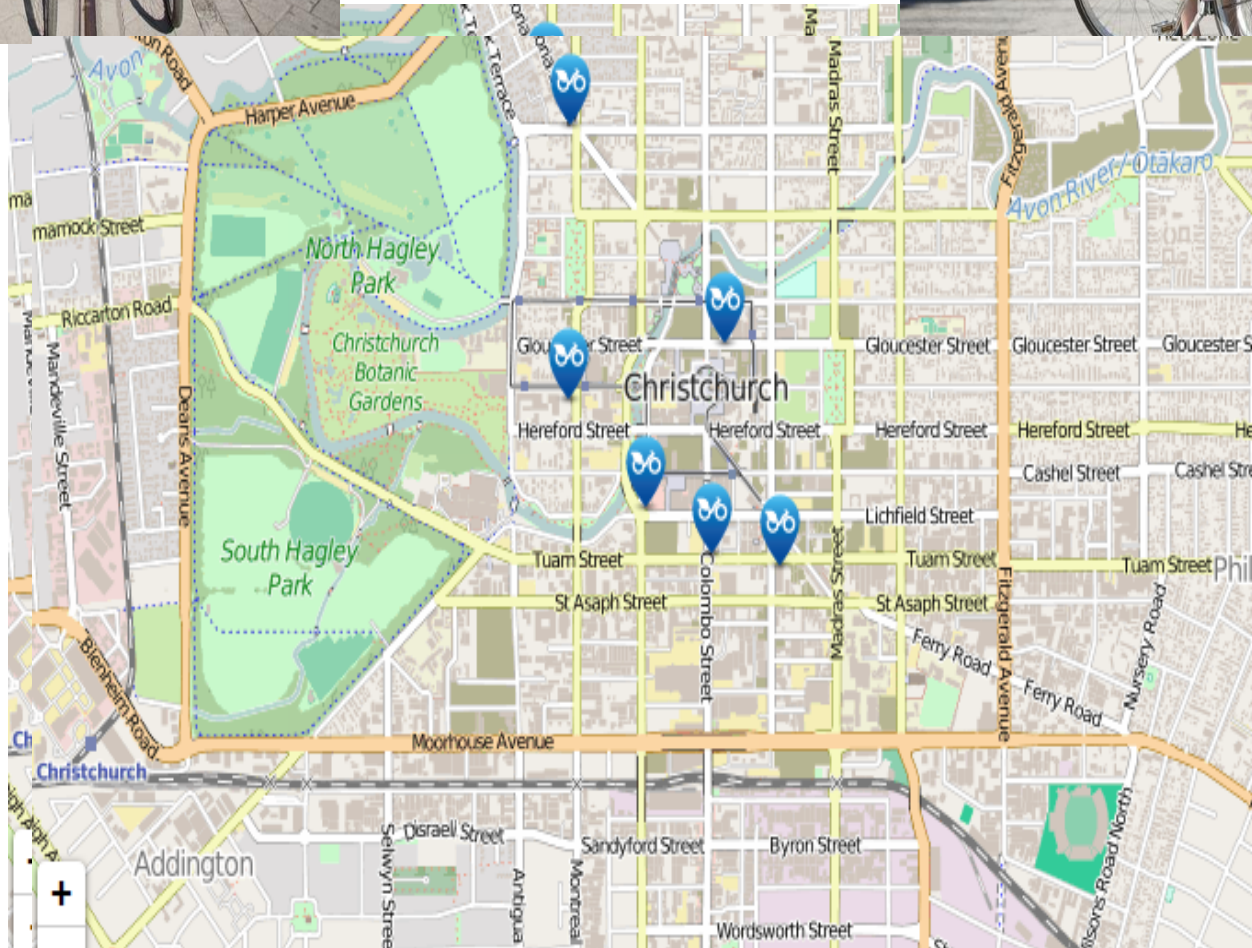
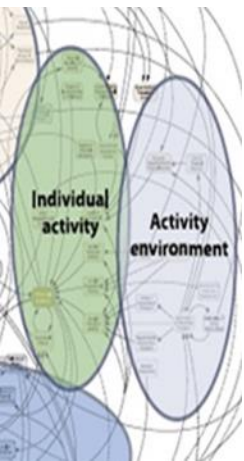




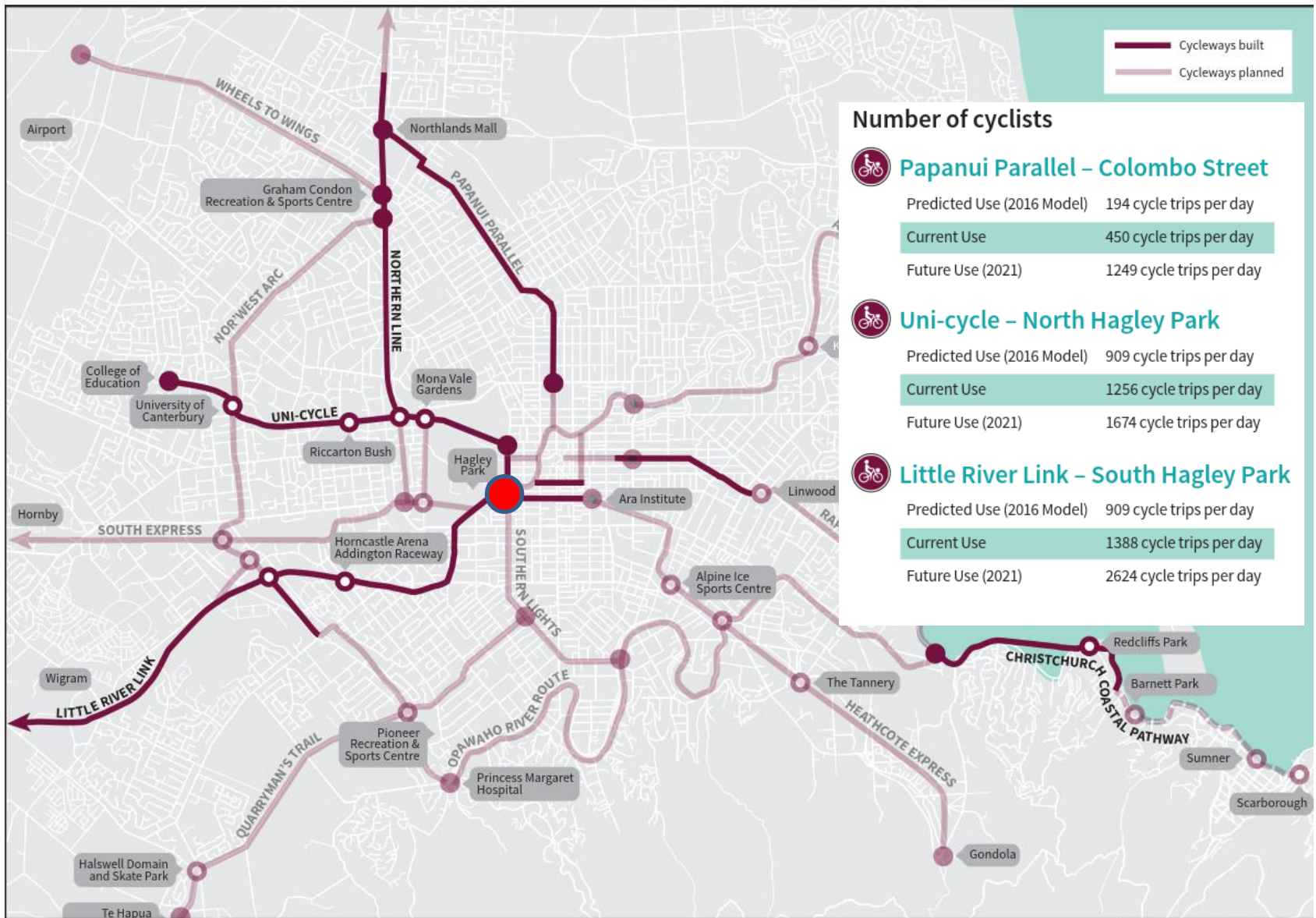
SPARK BIKES
30 MINUTES FREE



RENT, RIDE, RETURN



Cycleways

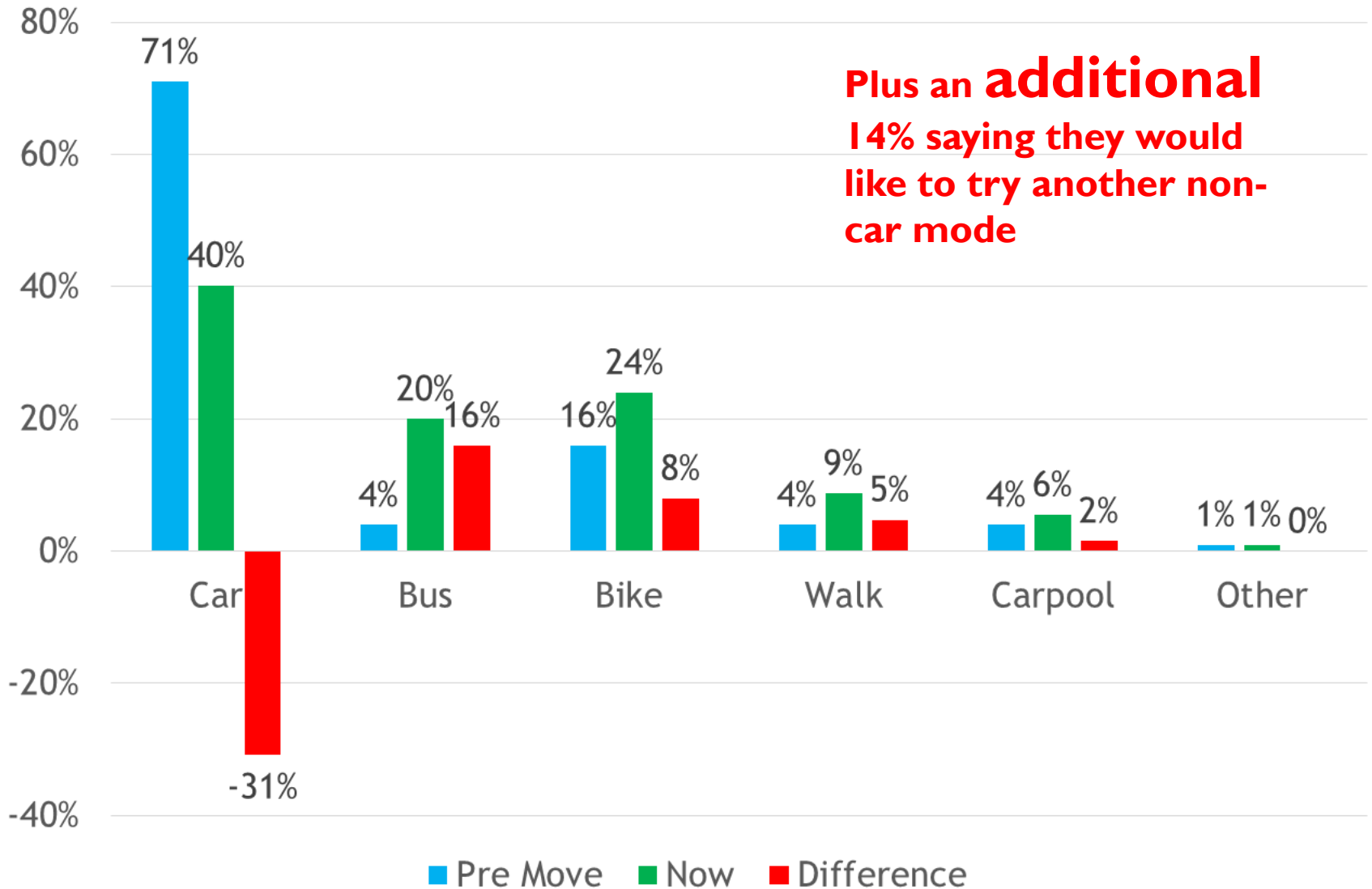


Accessible City Targets

	2010 morning peak trips*	2010 mode share	2041 morning peak trips*	2041 mode Share
Cycle	2,800	5%	12,600	16%
Public transport	5,700	10%	26,100	32%
Car passenger	13,600	25%	10,300	13%
Car driver	33,300	60%	32,200	40%
Total	55,400		81,200	

Pre and Post move mode choice
Survey Data Results (1127 people)

**Plus an additional
14% saying they would
like to try another non-
car mode**



**30km/h speed limit for
Christchurch's inner CBD.**
Effective from 12 March 2016.

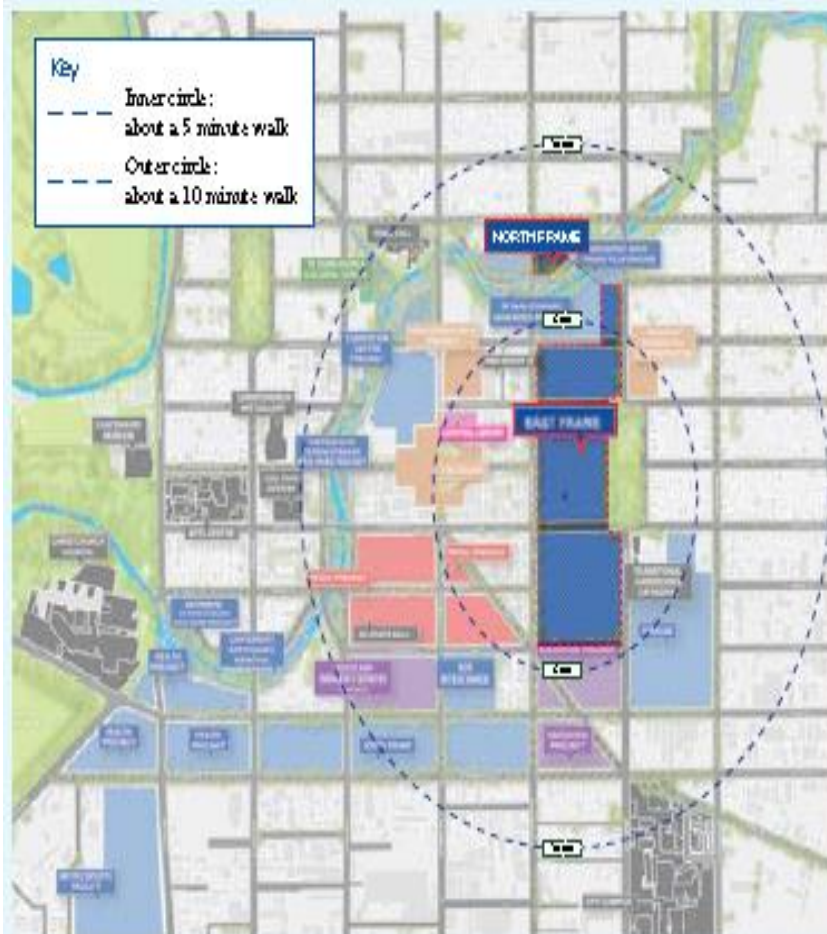
30

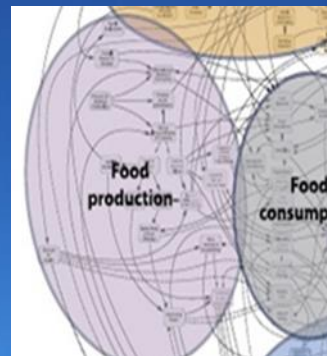
Christchurch
City Council

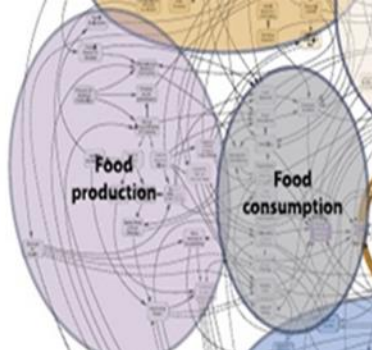


Brake Revised safety charity
Adrian's New Zealand

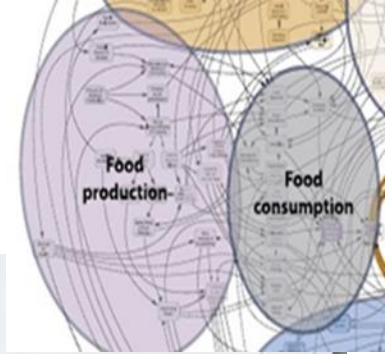
East Frame Walkability Map







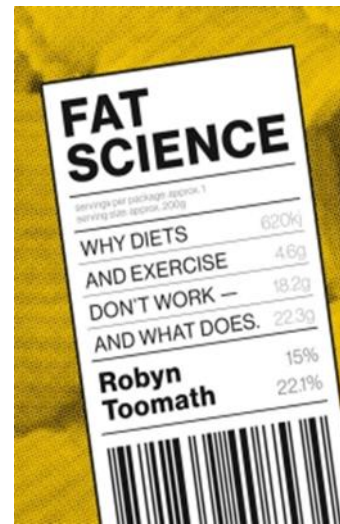
Rapaki Marae



Eating well and moving more-

Big messages

- Everyone is a health worker
- Shame never works well
- A population focus is effective and cost-effective
- Health promoting environments need to be normalised
- Addressing poverty is critical



WINNING WAYS TO WELLBEING



Your time,
your words,
your presence



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY

INTRODUCE THESE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.