



Annual Report

1 July 2017 - 30 June 2018

Vision: Everyone in Aotearoa can and does eat well and leads an active life.

Purpose: ANA connects people and organisations engaged in the cause of improving the nation's nutrition and physical activity.

From the Chair

I am humbled to have been given another opportunity to work with you all as member organisations of ANA in my capacity as chairperson of the Board during the past year to achieve our vision of: 'Everyone in Aotearoa, can and does eat well and leads an active life.' In a competitive environment to secure ongoing funding for ANA, we are excited that we secured another year of a Ministry of Health contract while we continue to work hard to diversify our funds.

We worked closely with you as member organisations to respond to your feedback on what you value from being member organisations of ANA. We were able to host two networking meetings as well as two workshops in partnership with Healthy Families – Manukau, Manurewa and Papakura. These workshops contributed to the plans for the 2020 biennial conference. We also continued to regularly communicate with about 2,000 individuals receiving our eUpdates and contributed to four submissions.

It was sad to have said goodbye to Alison Molloy, one of the board members in March 2018 and also subsequent to this year ending in June, to the ANA executive director, Siobhan Molloy who will be leaving in October 2018. We thank them both for their contributions and wish them well in their next endeavours. We hope to be recruiting soon for the ANA executive director role before the end of 2018.

The achievements of the past year have been due to the commitment and diligence of the staff, executive board and member organisations. I take my hat off to you all and say, thank you so much for the year that's been. A big thank you too to our external stakeholders, for your passion and unwavering support.

My term in the ANA Board has come to an end, it has been a great where I have learnt a lot and made good networks and friends along the way. I wish the next Board all the very best for the year ahead.

Merry Christmas and Happy New Year to you and your loved ones.

Mafi Funaki-Tahifote

Chair ANA Executive Board

Organisational Sustainability: Enable ANA to Thrive...

Activity and Nutrition Aotearoa (ANA) is a 13-member strong society that shares a vision that:

'Everyone in Aotearoa, can and does eat well and leads an active life.'

ANA's purpose is to connect people and organisations engaged in the cause of improving the nation's nutrition and physical activity. Through knowledge translation, dissemination of information, and professional development opportunities ANA facilitates networking in the public health nutrition and physical activity workforce.

Continuing ANA's conscious journey towards becoming a more culturally aware organisation through a commitment to engaging with Te Tiriti O Waitangi, ANA has enhanced its governance structure to ensure one designated Māori board member position.

In addition, ANA is fostering relationships in particular with its two Māori provider organisations, Toi Tangata and Hāpai Te Hauora in a genuine intent to better understand Māori aspirations and be open to a Māori world view at both an operational and governance level.



'ANA is often the first to send through information on topics that we need to be aware of. It's a great prompt to read new information as opposed to going looking for it (which you never have time for).'

Organisational Sustainability: Enable ANA to Thrive...

As part of ANA's value to its members, ANA hosted two networking member meetings which are platforms for nutrition and physical activity sector updates, sharing information and skills, consensus building, networking, building relationships, and collaborating with other like-minded organisations. In addition, in partnership with Healthy Families – Manukau, Manurewa – Papakura hosted two workshops. A 'rapid' *ideation day: reimagining our future* workshop was specifically designed as a way of generating, developing, and communicating new ideas. Participants came up with two prototype models.

- ⦿ How might Māori and Pasifika world-views be applied to, and valued in, the health system?
- ⦿ How might 'wellbeing' be taught and valued in education?



Organisational Sustainability: Enable ANA to Thrive...

A second workshop focussed on *workforce development* where we experienced some wonderfully rich conversations about what the nutrition and physical activity practitioner might need in order to upskill and respond to, the changes we identified as impacting on our population.

ANA reflected on the conversations and some of our actions include:

- ⦿ creating the conference theme of **Collaboration: Everyone's business** (21 - 22 May 2019). Our goal is to step out of our own health bubble and learn from and with others from other sectors.
- ⦿ collaborating on a **collaboration toolkit** to be launched in 2019.
- ⦿ **amplifying advocacy** by developing a new resource webpage for collating information on relevant public health nutrition and physical activity social determinants of health submission opportunities and linking to resources for *how to write a submission*.



Organisational Sustainability: Enable ANA to Thrive...

What we do at ANA matters to the nutrition and physical activity sector: we asked, '*What would it mean if ANA no longer provided any services?*', the responses clearly articulate the value ANA provides for the sector – and can be themed as follows:



Convenient one-stop shop.



Easy to find professional development opportunities.



Enables networking, opportunities to collaborate, share and learn from others.



Creditable, relevant, timely, reliable, evidence based and culturally appropriate.

Practical realistic case studies.



New Zealand stories connecting Kiwis – grass roots to academia.



Update on international trends, development, tools and resources.



A strong national voice on public health nutrition and physical activity.



Visibility & Reach: Build broader alliances to strengthen our strategic position and enable wider sharing of information...

ANA regularly communicated with approximately 2,000 public health nutrition and physical activity practitioners including health promoters, educators, exercise and recreation practitioners, the food industry, policy analysts and researchers working across New Zealand for a range of organisation types including DHBs, NGOs, schools and ECEs, regional sports trusts, local government, Māori and Pacific providers, universities, PHUs and PHOs. The number of organisations reached are around 600.

ANA have warmly welcomed two new members, Hāpai Te Hauora and Healthy Futures. ANA collaborated with several agencies to inform our knowledge translation projects including Healthy Auckland Together, University of Otago and Healthy Families - Manukau, Manurewa – Papakura.



Knowledge Advancement: inform, engage, mobilise and link people to each other and to research, ideas, resources and knowledge...



Asian Forum and Regional Fora

395 nutrition and physical activity practitioners, health promoters, educators, exercise and recreation practitioners, policy analysts and researchers representing 147 organisations participated in one of the four regional fora (Christchurch, New Plymouth, Wairoa and Whangarei) or the Asian forum. Each forum was developed with local teams to ensure tailored programmes to meet each communities' needs. Evaluations were consistently higher than 85% across all five fora for 'good use of time,' 'growing networks,' and gaining new knowledge that will be useful in their work.'

Key take home messages included...

- ⦿ The importance the role of sleep plays in both nutrition and physical activity. Sleep is especially crucial for children to help set them up with healthy eating and activity patterns.
- ⦿ Children are overexposed to junk food marketing and it's important to change the environment to enable healthy choices.
- ⦿ Networking is a great tool and is an essential part of collaboration that can help us share and learn about new resources and projects.



Knowledge Advancement: inform, engage, mobilise and link people to each other and to research, ideas, resources and knowledge...

eUpdates

Almost 2,000 nutrition and physical activity practitioners, policy makers and academics received 29 eUpdates bringing the latest links to information, resources and research leading to new knowledge about projects/initiatives that are useful in their work.

The screenshot shows the homepage of the Activity and Nutrition Aotearoa (ANA) website. The header features the ANA logo and navigation links for Home, Resources, Professional Development, News, Jobs, About Us, Contact Us, and Conference. A search bar is also present. The main content area includes a large image of a child and an adult in a garden, followed by several news items and resource links. One visible article is titled "Health and Independence Report 2017". Other sections include "Submissions Called For Sugar Labelling" and "Active Transport: A reflection for Aotearoa". The footer contains links for News, Jobs, About Us, Contact Us, and Conference, along with a "Download PDF" and "Visit Website" button.

ANA Website

Our dynamic Activity and Nutrition Aotearoa website added 184 new articles and resources.

'I've shared stories of what other schools are doing and have looked at relevant new evidence which ahs come through, which helps inform thinking and planning.'

'It's [the website] is my go to place for information.'

'I like the way the communications are pitched at a broad audience.'

- November 7, 2017
- Local Choice at FreshChoice
 - Neighbourhoods that help us Age Well
 - Qualification in Pacific Nutrition
 - Aotearoa mini Bike Challenge

eUpdate: Issue 225

- October 18, 2017
- Cancer and Obesity Research
 - ANA Asian Forum
 - New Evidence Review on Dairy and Heart Health
 - Building Healthy Environments

eUpdate: Issue 224

- October 3, 2017
- Faith Led Wellness
 - ANA Asian Forum
 - Physical activity in older adults
 - World Obesity Day

Knowledge Advancement: inform, engage, mobilise and link people to each other and to research, ideas, resources and knowledge...

Submissions

Activity and Nutrition Aotearoa contributed to four submissions.

- Energy labelling of alcoholic beverages
- A sugary drink tax for New Zealand
- Five-year review on the Health Star Rating
- Pregnancy warning labels on packaged alcoholic beverages



8th Activity and Nutrition Aotearoa conference

Significant planning was undertaken for the 2019 ANA conference with the theme reflecting the feedback from the regional fora and ANA member workshops:

COLLABORATION:
Everyone's Business
TE MAHITAHİ:
Hei Painga Mo Te Katoa



8th Activity and Nutrition
Aotearoa Conference
21–22 May 2019
Auckland

Collaboration – the key to promoting health and wellbeing and preventing illness by making the best use of all our resources, diverse skills, and lived experiences.

Everyone's business – by embracing the opportunities to work within and between sectors to collectively build capacity and capability to solve some complex challenges with the people who matter.

ANA Financial Reports

Statement of Financial Performance

	2018	2017
Total Income	\$330,940	\$500,079
Total Expenses	\$368,808	\$539,423
Net surplus/(deficit)	\$ (37,868)	\$ (39,344)

Statement of Financial Position

	2018	2017
Total Assets	\$395,036	\$419,123
Total Liabilities	\$ 32,622	\$ 18,8841
Equity	\$362,414	\$400,282

The ANA performance report which encompasses entity information, statement of service performance, statement of financial position and performance, plus statement of cashflows for the year ended 30 June 2018 to be audited by Moore Stephens.

Audited performance reports are available on the Charities Register.

ANA Executive Board and Staff

ANA Executive Board

Mafi Funaki-Tahifote - chair	Elected AGM 2014+2016 - current
PIFNAG	
Sophie Carty	Elected AGM 2016 - current
Dietitians NZ	
Erina Korohina	Nominated November 2017 - current
Māori board member	
Shayne Nahu	Elected AGM 2017 - current
Cancer Society NZ	
Sally Hughes	Elected AGM 2014+2016 - current
Heart Foundation NZ	
Anthony Cooke	Appointed May 2015 - current
External appointee	
Julia Rout	Appointed AGM 2016 – AGM 2017
Stroke Foundation	
Alison Molloy	Appointed May 2015 – March 2018
External appointee	

ANA Staff

Siobhan Molloy	Executive Director	August 2014 - current
Alison Pask	Health Promotion Manager	March 2017 - current
Chelsea Slobbe	Professional Development Coordinator	July 2016 - current

ANA Members 2017 - 2018

