



Alison Pask, executive director of Activity and Nutrition Aotearoa (ANA), says she is proud to lead an organisation receiving such positive feedback.



The results of the annual 2020 survey recently released show that ANA is having a positive impact on the public health workforce.

ANA is delivering a high standard of service and it is great to see the information we provide is relevant and valued by the public health teams delivering nutrition and physical activity across all DHB areas in Aotearoa.

We have the ability to change the life of New Zealanders through providing information that the workforce uses to influence their work so that everyone in Aotearoa can and does eat well and leads an active life.

“ANA has really helped with providing useful research and information on nutrition especially for us working in different communities and different ethnic groups. The resources always come in handy and always refer to your information for references as I don’t have any background in nutrition, but your website provides a lot on info for us.”

ANA’s written communication connecting with the nutrition and physical activity workforce includes sourcing evidence-based information and resources and delivering this via a fortnightly newsletter called **ANA Focus** and ensuring current information is maintained on the ANA website.

“I refer to ANA outputs as they are a reliable source of information, evidence summaries, and up-to-date events and I often share the information with colleagues.”

Activity and Nutrition Aotearoa (ANA) connects people and organisations engaged in the cause of improving the nation’s health through nutrition and physical activity.

Our vision is that everyone in Aotearoa can and does eat well and leads an active life.

We do this by linking our members and the wider public health nutrition and physical activity workforce to nutrition and activity-related news, events, research, and resources, and contributing to shaping public health nutrition and physical activity policy.

ANA FOCUS

ANA Focus is the fortnightly email newsletter that has national coverage across all DHB areas reaching individuals and teams working in public health nutrition and physical activity in both rural and urban areas of Aotearoa.

Over 2,000 individuals receive the ANA Focus and they work for a range of employers, including District Health Boards, public health services, non-government organisations, public health organisations, education, private businesses and regional sports trusts.

Each newsletter contains a summary of recent news, short commentaries, research, reports, events, relevant submissions and useful tips for the population health workforce.

"The ANA Focus newsletter has set a new benchmark for facilitating evidence-informed practice. It is the best NZ regular update on topical issues."

270 individuals completed the ANA 2020 annual reader survey.

Over 90% reported they were highly satisfied or satisfied with the ANA Focus newsletter.

"ANA provides great links to credible research, events (including ANA's own) and tools and resources I can share"

92% reported the ANA Focus newsletter provided them with new knowledge or new projects/initiatives that are useful to their work.

94% found the short commentary by ANA summarising the articles useful.

"I love to read every newsletter that comes through as it keeps me updated so that I can go out into the community with great tips, knowledge etc! Well done you are doing a fantastic job!"

ANA WEBSITE

The website of ANA is ana.org.nz.

The focus of the website is to provide access to up-to-date resources and professional development activities that help the health workforce access relevant and credible information to promote public health nutrition and physical activity.

The ANA website has over 10,000 visitors each year. ANA updates the website regularly and in the first quarter of 2020 added over 100 new resources to the website.

In the 2020 annual survey, over 75% of readers who completed the survey said they were highly satisfied or satisfied with ana.org.nz

"I like that it has new information added regularly"

Nearly 60% said that the ANA website had provided new tools/resources that have been useful in their work.

"I find the information provided by ANA very valuable for keeping up-to-date with nutrition issues."

"An extremely useful resource for identifying new and upcoming events, research, evidence and best practice as well as sharing of ideas between others interested in this area of work."

Sign up to receive the ANA Focus by going to www.ana.org.nz

Activity & Nutrition Aotearoa
Kia Hono, Kia Tipu
Connecting people and knowledge

