



ANNUAL REPORT 1 JULY 2019 - 30 JUNE 2020

Activity and Nutrition Aotearoa (ANA) has the 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.

ANA strengthens public health nutrition and physical activity practitioners’ networks, capacity and capability, and best practice through knowledge translation, professional development, dissemination and exchange of information.

CHAIR’S COMMENT

He maurea kai whiria!

E nga mana

E nga reo

E nga waka

Tena koutou, tena koutou, tena kotou katoa

Kia ora,

It is a privilege to be providing this Chair’s comment for our Annual report.

The 2019/20 year started like most others: the normal mix of funding and sector challenges but an assuredness of what we were going to do over the year. It finished as we entered a full lockdown and the world was struggling to get to grips with the Covid-19 pandemic. Reflecting now on the differences between the beginning and end of the year is mind blowing!

Like many organisations, the impact of Covid-19 and the lockdown meant we had to pivot our business model. Fortunately, much of our work could be done remotely and resources provided online.

I therefore firstly want to acknowledge the diligence and commitment of Alison Pask, our Executive Director. Without her positive attitude, rolling up of sleeves and getting on with it the year would not have been as successful as it has. Of course, she was also ably supported by the small team in the office – thanks Kim.

Due to their hard work we have achieved a lot this year. We collaborated with the Ministry of Health to plan two separate forums for public health practitioners in February which were well-received. We produced an Engagement Toolkit on collaboration – a great resource for all those in the public health sector. And we have published numerous resources on our website and sent out regular newsletters to keep the sector well-informed of new research, tools and topics.

I also want to acknowledge my fellow Board members, who provide their time knowledge and expertise freely to ANA. It has been a testing year and your support of the ANA staff and me has been much appreciated.

We face the ongoing challenges around funding and uncertainty over contracting and, if anything, Covid-19 has shown us all that nothing should be taken for granted and that change is inevitable.



We do not know where the winds will blow us, and we need to be nimble to adapt to new situations. I am, however, heartened by seeing the increased emphasis, across the sector and more generally, on achieving the vision of everyone in Aotearoa eating well and leading an active life.

Tūngia te ururoa kia tupu whakaritorito te tutu o te harakeke

Ngā mihi nui

SHAYNE NAHU

(Tainui, Te Arawa, Irish)

ANA Executive Board Chair

EXECUTIVE DIRECTOR’S COMMENT

I am proud to have led ANA over the past 12 months. I’m delighted with the feedback we consistently receive from our stakeholders about our value to the sector. The ANA Focus newsletter has gone from strength to strength since its revamp this year, achieving over 90% satisfaction rates in the annual ANA survey. The newly updated ANA website contains a rich collection of resources on nutrition and physical activity.

My personal acknowledgement goes to the wide variety of stakeholders that engage with us regularly. Public health is a long-term challenge and passion and tenacity are required as we continue to see a growing number of unhealthy food environments, food insecurity and inequities burdening our most vulnerable populations.

Over the past year the ANA Board has been asking some key questions about the future direction of ANA. We have reflected on an organisation that has delivered high quality professional development nationally for over 20 years. After a long career of personally working in public health, I remain optimistic and look forward to opening new doors in the coming year.

Me mahi tahi tātou, kia ora ai te katoa

Ngā mihi

ALISON PASK

ANA Executive Director



ANA HIGHLIGHTS

ANA has delivered the Ministry of Health 2019/20 contract to a high standard. Here are some examples of activities that met – and often exceeded expectations – of the nutrition and physical activity public health sector.

NEW ENGAGEMENT TOOLKIT

Following the successful 8th Activity and Nutrition Conference, May 2019: 'Collaboration: Everyone's Business -Te Mahitahi: Hei Painga Mo Te Katoa' ANA funded an **Engagement Toolkit**. This is a web-based tool that is a hub of useful tools and activities that can be used to enhance collaboration. This has proven to be a valuable tool for the public health sector.

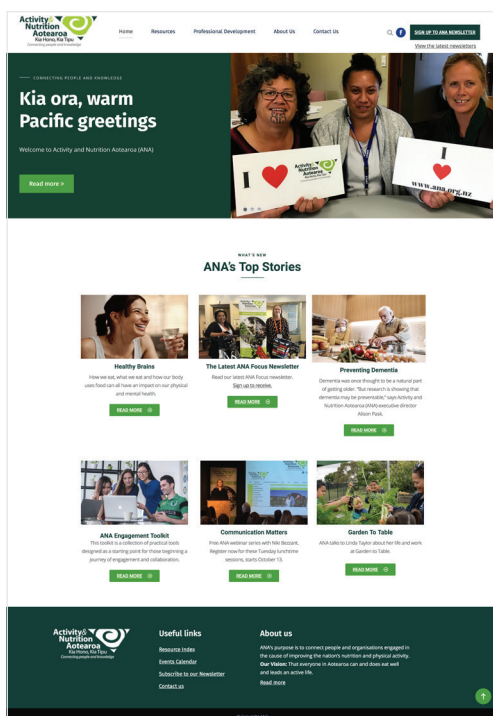
"Sincere congratulations on the development of an amazing ANA Engagement Toolkit! I read it when you circulated it for the first time a few weeks ago and plan to use it for my university teaching as of 2020! What a fantastic resource!"

REFRESHED ANA WEBSITE

The ANA website, www.ana.org.nz was refreshed and improved including: adding a wealth of indexed resources; creating profiles of people working in public health; linking to more information on making submissions; more study options for professional development; and enhancing the visual appeal of the website.

During the year the website attracted almost 12,000 visitors. A total of 264 new articles and resources were added. The most popular articles were: Baby food pouches friend or foe, and Advice on washing of fruit and vegetables during Covid-19.

"Congratulations on the new website! Beautiful imagery, inviting and user friendly!"



AUDIENCE COMMUNICATION

ANA regularly communicates with over 2,000 public health nutrition and physical activity practitioners including health promoters, educators, recreation practitioners, policy analysts and researchers working across New Zealand and internationally.

ANA reaches across many different sectors including District Health Boards, Non-Government organisations, Early Childhood Educators, schools and universities, regional sports trusts, central and local government, Māori and Pacific providers, Public Health Units and Primary Health organisations.

The fortnightly ANA Focus newsletter was revamped this year, with a carefully curated mix of relevant articles, research and events.

According to the annual ANA survey:

- **92%** of survey respondents are either satisfied or highly satisfied with the ANA Focus newsletter
- **92%** say the ANA Focus has provided new knowledge useful to inform the sector's work
- **75%** say the content in the newsletter has informed their own planning or practice

ANA is also active on social media; the ANA Facebook page has over 3,000 subscribers.

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

PUBLIC HEALTH FORUMS

ANA, together with the Ministry of Health, held two different one-day forums for:

- Nutrition Managers from each Public Health Unit in New Zealand
- 80 of the new Healthy Active Learning workforce

"I enjoyed the collaborative process of the day from the outset"; "excellent organisation and communication by ANA"

ANA FINANCIAL REPORTS

STATEMENT OF FINANCIAL PERFORMANCE		
	2020	2019
Total Income	\$330,665	\$413,786
Total Expenses	\$249,208	\$367,240
Net surplus/(deficit)	\$ 81,457	\$ 46,546

STATEMENT OF FINANCIAL POSITION		
	2020	2019
Total Assets	\$544,710	\$437,070
Total Liabilities	\$ 47,190	\$ 21,007
Equity	\$497,520	\$416,063

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 2020 has been audited by Moore Markhams.

Audited performance reports are available on the Charities Register.

ANA EXECUTIVE BOARD	
Shayne Nahu (Chair)	Elected AGM 2017 – current
Janell Dymus-Kurell Māori board member	Nominated November 2018 – current
Vito Lo Iacono	Elected AGM 2018 – November 2019
Sione Tupou	Elected AGM 2018 – May 2020

ANA STAFF		
Alison Pask	Acting Executive Director	October 2018 – November 2019
	Executive Director	November 2019 – current
Kim Tucker	Contract Administrator	

ANA MEMBER ORGANISATIONS

