



Newsletter # 5 August 2007

Appetite for Life

A healthy lifestyle begins at home - or at work if you're a staff member at the Nelson Marlborough District Health Board. In a pilot project called Appetite for Life, staff are getting one-to-one advice from a dietician, in a programme that we hope to roll out across the organisation later this year. We've also joined in a nationwide programme called 'Bike Now', funded by the Land Transport Authority. The first step is surveying staff, so we can do more to support and resource those opt to bike to work. The internal component of the NPA is the catalyst for much of the activity around staff health. We've used an NPA grant to buy gear such as pedometers to loan out to staff and have also funded yoga mats in the Nelson and Wairau Hospital gyms for expanded pilates and yoga sessions.



Taking a break from theatre are staff nurses Lynne Scaife and Pam Scott-Gale.

Out in the Community

Nelson Bays Primary Health is about to launch a community-based nutrition service in the Nelson and Tasman region, with funding from the NPA programme. Working closely with GP practices, the service will offer advice and resources for people with high needs and for those who would benefit with extra nutritional support. Two dieticians, Marion Van Oeveren currently working in Nelson, and Naomi Johnson from Dunedin have been appointed to work with clients on good nutrition, disease prevention and the management of chronic disease.

Climbing Walls & Monkey Bars

Everything from jump jam DVDs for St Pauls through to water bottles for the Spring Creek Playcentre have been purchased with the latest round of grants from the NPA. The \$50,000 grant round was to support schools and early childhood centres to undertake physical activity initiatives.

"We were really impressed with the thoughtfulness of the applications," says Richard Butler from the NPA. "It's clear that the people working with children are right onto the sort of things that will lead to healthier lives, and with NPA funding we can help them to achieve these goals."

We look forward to hearing back on the outcomes that the funding achieved later in the year.

Walking the Talk

Let us know what your organisation is doing to help staff with healthy eating and healthy action. If you have any photos that show how NPA funds have been used we'd love to have them for our newsletter or website.

Pass it on

You are welcome to send this newsletter on or to use any information in the interests of achieving the NPA vision. We also welcome suggestions of names or individuals or groups to be added to our mailing list.

Strategic Plan

The NPA Strategic Plan has now been formally accepted by the steering committee and the Nelson Marlborough District Health Board. The strategy recognises that people make decisions within a context of whanau and friends. The obesity explosion of the last 25 years has come about through factors such as food supply and our increasingly technological lifestyle. Solutions have to make it easier for individuals to make healthy choices. The NPA strategic plan lays out ways to make these changes through five Action Areas:

- A healthy childhood - breastfeeding, healthy food in schools.
- Healthy food, healthy choices - breakfast at home, more fruit and vegetables, healthy workplaces.
- Supporting vulnerable families - reducing obesity rates for children and inequalities for fruit and vegetable intake.
- Active neighbourhoods and active lives - increased sports participation, active transport to get to work.
- Improving chronic conditions - increased cardio-vascular and diabetes screening in vulnerable populations.

Contact us:

Nutrition and Physical Activity
Project Managers
Jenni/Maria - Marlborough
Phone: (03) 520 9851
Email: npa.marlborough@nmdhb.govt.nz

Richard Butler - Nelson
Phone: (03) 546 1317
Email: richard.butler@nmdhb.govt.nz
www.nutritionandphysicalactivity.org.nz



Maria Baxter and Jenni Gane

NPA People

Maria Baxter and Jenni Gane are job sharing the Marlborough NPA Programme Manager position and really enjoying the challenge of helping to kick the obesity epidemic on their side of the hill. They'll be networking, gathering info and providing the Marlborough point of contact for funding applications for the Community Initiatives. "We'll also be working on workplace nutrition and physical activity initiatives, starting 'at home' with the DHB," Jenni said.

Maria said working with the community attracted her to the job. "I'm looking forward to getting out to schools and early childhood centres to help improve long-term health." Jenni and Maria both have a background as dietitians. Jenni has worked in the Public Health Unit as a health promoter, and is still a part-time tutor with NMIT. Off work she enjoys netball. Maria runs a tourism business in Picton and likes to get out walking in the local hills.

Chop Chop

At Nelson Montessori Preschool the children help to prepare a healthy lunch. School director Nissa Mowjood says it is part of the learning process and an activity the children really enjoy. The preschool has a Healthy Heart Tick, and its own vegetable garden. Funding will also go towards a food processor and bread maker so the three-course lunch can be even more exciting. Fuelled up and ready for the outdoors, the children will soon have large wooden boxes and planks for play, thanks to the NPA Physical Activity Fund.

Our man at the NCC

Steve Gibling is the Recreation Advisor with the Nelson City Council, one of the key stakeholders in the NPA programme. Steve is a newcomer to Nelson (from Rotorua) and is pleased to be working in an area that he is really interested in - he's quite extreme on physical activity and is training up for an Ironman event in Wanaka later this year. His focus at the NCC is on getting the Nelson Tasman Physical Activity Plan integrated into all areas of council activity: "I really like the challenge of helping to lead an organisation to achieve some pretty important goals," he says. Steve believes the 'strength in numbers' aspect of the NPA will help in setting goals and achieving them. "The NPA has the resources to match the vision and that removes a barrier but it is still important that we think creatively and work smart."



Steve Gibling



Akiko Miyamoto AKA Vitamin C the clown at Walk the Victory Mile.

Doing the Victory Walk

A sunny Sunday in June and Nelson's Railway Reserve provided an ideal setting for the inaugural Way 2 Go Walk the Victory Mile. 150 people of all ages took part, including the local community constable in an electric blue wig, grandmas in sensible shoes, the local primary school principal and a city councillor. Some walked, some ran and some were pushed in buggies along the 4km round trip, and welcomed back with a cheer, a cup of soup, rolls, fruit and water and a mass salsa dance. Thanks to The Leader for information and photos.

Grovetown School Biking Forward

If you can't get to Nelson for the Weetbix Triathlon - run your own. That's the solution the children at Grovetown School came up with, and it's led to more students using their bikes to get to school by 'cycle train' following a police-run safety programme. Being a rural school (near Blenheim) there was concern about the young riders on the open road. Principal Selena Tonks approached Manchester Unity who donated high visibility vests, and applied for an NPA grant to have them screen-printed with a logo designed by one of the pupils. The vests are big enough to wear over school bags, they are worn by all the cyclists and accompanying parents on the cycle train and will be passed on each year. The Grovetown junior cyclists are now keen to get a cycle track within the school grounds... next stop the Tour de France?



Brandon Gardiner and Pylisjtayr Bucknell talking to Selena Tonks (Principal) about the vests.