

Healthy Christchurch

Newsletter #79, Here-turi-kokā (August) 2010

Healthy Christchurch is sponsored by Canterbury District Health Board, Christchurch City Council, Environment Canterbury, Ministry of Health, Pegasus Health, Te Runanga o Ngai Tahu, and University of Otago, Christchurch. 191 organisations are currently signed up to the Healthy Christchurch Charter.

From the Healthy Christchurch Coordinators

Changes to the Healthy Christchurch Team

Our exotic Pacific Island Princess, Maria Pasene, is on the move.

Fakaalofa lahi atu, Kia Orana,
(I extend my love to you)

I'd just like to take this opportunity to say thank you to the Healthy Christchurch fanau (family).

During my time as a Healthy Christchurch co-ordinator I have enjoyed being part of an exciting and evolving project. I have had the pleasure of meeting many passionate and motivated people who care about the health and wellbeing of their communities. In particular I have loved working alongside my colleagues Robyn and Michelle – the frivolity and team support have been an essential part of the chemistry.

I am taking leave for six months to take up a temporary position as the Pacific Health Project Manager with Pegasus Health. The aim of this role is to develop a Pacific health plan and support the planning, implementation and evaluation of Pacific Health services within Primary Healthcare. I will be working closely with the Pacific Reference Group, Community Pacific Health, Social service providers, CDHB and Clinical Networks including General Practitioners and Pharmacy.

Ultimately I see this as an opportunity to improve access and increase engagement and participation of Pasifika individuals and communities in health.

Mutolu Kia. Nofo ti malolo. Goodbye to you all.

Or ... I think Arnold said it best "Tu lui mai au" (I'll be back!) - who by the way is also of Niuean/Cook Island heritage.

--**Maria Pasene**

Although we will miss her humour and input as a team member, Maria is not lost to us. We will stay in touch during her time at Pegasus Health, to extract useful and informative tid-bits to update our Healthy Christchurch signatories about the work she is doing.

Congratulations and good luck Maria on your next adventure. Tofa Soifua

Reducing Alcohol Related Harm

On 10 June 2010 at the request of The Very Reverend Peter Beck, Dean of Christchurch Cathedral, Healthy Christchurch hosted a Public Forum. This was a repeat of the forum hosted for MP's on 30 April 2010.

Approximately 120+ people attended the public forum and received a birds eye view of issues faced and impacts felt by those working in service areas such as St John, Emergency Dept., Police, Drug & Alcohol Addiction. The audience were not only informed but at times they were moved by presenters' impassioned korero. Whilst the public often hears through various media about the tragedy of a young person who died from alcohol poisoning or road crash or the effects alcohol has on the extended family, the public forum was a rare glimpse into the world of those who work in services that care for our communities and the toll that caring takes on them, their staff and resources.

For those who attended it was a sobering experience (no pun intended).

Healthy Christchurch Champions and Steering Group were so impressed by the presentations they agreed to have them copied to DVD for use as a resource. Thank you to ALAC for their assistance with funding the DVD work. If you are interested in getting one of these DVD's, please contact your Healthy Christchurch Coordinators. (*contact details below*)

The Champions of Healthy Christchurch continue to be committed to adding their collective voice to the many concerns being raised about the issue of alcohol misuse and reducing alcohol related harm in our city.

Minister Simon Power has offered to come to Christchurch and meet with the Champions after the Government responds to the Law Commissions Report. The Champions look forward to having the opportunity to discuss their concerns directly with the Minister. We will keep you posted.

Professor Doug Sellman says "we have a once in a generation opportunity to achieve new liquor laws. Many think that much has been achieved already, that awareness of the issues is greater than ever before. This may well be true, but nothing will actually have been achieved until we have new liquor laws. We must call for governmental action that will ultimately benefit us all".

Taking a break

From Robyn: You won't be hearing anything from me during September as I have decided to take a break and visit Italy to take in the beautiful historic sites and fantabulous food. Undoubtedly you will be well looked after by Michelle who will keep you informed and updated about what's on, what's happening, what's going to happen and what might happen. Oh my goodness, the life of an oracle!! Arrivederci until October....

The Healthy Christchurch priority to reduce health inequalities

Christchurch City Health & Wellbeing Profile Update



The consultation hui that have been happening all over the city since November 2009 are drawing to a close.

The work on analysing the collected data against identified indicators is now underway. The process incorporates review by 3 separate individuals to ensure comprehensive analysis of the data. We will keep you posted on progress.

People are still able to have their say by filling in the survey at www.whatsworking.org.nz

Spotlight on Healthy Christchurch's Health Impact Assessment Project

The Health Impact Assessment project is 10months old now and will provide updates for the Healthy Christchurch newsletter on a more regular basis.

Building capacity

The HIA project steering group comprising; Christchurch City Council, ECAN, Canterbury DHB and Partnership Health have been planning activities to support health and wellbeing awareness in their organisations. The HIA role includes a capacity building approach within the Steering Group itself and within the partner organisations. This is to support the undertaking of HIA's within the overarching goal of supporting health promoting public policy. The CCC planning guide called "Health Promotion and Sustainability through Environmental Design" has been used in a range of ways to support this work.

Interestingly this document is soon to be posted on the HIA Gateway/UK enabling it to get an international profile. Watch this space...

<http://healthimpactassessment.blogspot.com/2010/02/new-hia-gateway-resources.html>

A range of activities are being developed and delivered. These include:

1. **An over view of the Health Impact Assessment project** - suitable for staff/team/management meetings.
2. **A workshop on what health is** - to raise awareness of what determines our health and wellbeing.
3. **HIA training** - 1 or 2 day trainings are available.
4. **Health in All Policies** – this is about health proofing our policies and projects.
5. **Building HIA understanding** - through sharing our completed HIA's.
6. **Learning by Doing** – participating in the HIA project work e.g. screening, scoping, appraisal, reporting and evaluation
7. **Professional Practice Groups** – to understand HIA and building skills and knowledge to participate in a HIA workshop.

Undertaking Health Impact Assessments

The work on the transport planning HIA's with ECAN and CCC is nearing completion. The literature review and reports will soon be available. We will let you know when they get posted on our websites.

An HIA on an aspect of health sector planning is in planning stages with the South Island Shared Service Agency Limited (SISSAL). It is due for completion in October.

Evaluation

Evaluation is integral to HIA work. It will generally consider the HIA process, whether the objectives of the HIA were met and to what extent the recommendations made by the HIA have been taken on board in the final policy/plan/project decision making (impact evaluation). Evaluations are being carried out for both the transport planning HIA's as well as for the SISSAL project.

The first 2 years of the overall Health Impact Assessment project is being externally evaluated by *2Evaluate*, a Christchurch based evaluation company. The evaluation report will inform how the HIA Steering Group wants to proceed after the 2 year period. The HIA Steering Group meets monthly and Alison reports to them.

Nationally – The Ministry of Health HIA Support Unit worker attended one of the HIA Steering Group meetings recently and is looking at strengthening the relationship between the HIA work nationally and the Christchurch project.

Regionally – there are pockets of HIA practitioners' across the country. It is hoped to have a day for them to meet together adjacent to the HIA Conference in Dunedin in November 2010.

Health Impact Assessment is a recognised tool in WHO Healthy Cities work. The transport and health literature review undertaken as part of the HIA is about to be published with strong interest in it across NZ already being shown.

Please make contact if you would like more information about Health Impact Assessment. Alison Bourn ph 364 1777

Smokers more likely to be depressed: study

Smoking could increase the risk of depression, according to Otago University research published 1st June in the prestigious British Journal of Psychiatry. The study found nicotine-dependent people were more than twice as likely to have symptoms of depression as those who did not smoke.

Researchers from the university's Christchurch Health and Development Study asked more than 1000 people about their smoking habits and symptoms of depression at ages 18, 21 and 25. Lead researcher David Fergusson said statistical analysis of the results found smoking increased the risk of developing depressive symptoms. The findings differed from a number of previous studies that found a causal link from depression to smoking, rather than smoking to depression.

"Our findings are consistent with the conclusion that there is a cause and effect relationship between smoking and depression, in which cigarette smoking increases the risk of developing symptoms of depression," Professor Fergusson said. "The reasons for this relationship are not clear. However, it's possible that nicotine causes changes to

neurotransmitter activity in the brain, leading to an increased risk of depression." He also emphasised that the findings did not prove smoking caused depression.

The study was funded by the Health Research Council.

The Healthy Christchurch priority to improve the physical activity and nutrition of people living in Christchurch

Add Colour to your meals, Value to your health and Savings to your food budget.

Fruits and vegetables contain fibre and many of the vitamins and minerals the body needs to function. They also come with a colourful health bonus of phytochemicals, which provide extra health protection. You won't find this kind of protection from supplements in a bottle.

Each one of the large range of phytochemicals has a unique role in looking after our health. You don't need to know the details of what to get where though - it's easy to ensure you get all the protective compounds. Just make sure you eat fruits and vegetables from each of the colour groups (red, orange/yellow, blue/purple, green, white) most days.

With at least two servings of fruit and three servings of vegetables a day reported benefits include a delay in the development of cataracts, reduced asthma symptoms, improved bowel function, better management of diabetes, increased likelihood of being a healthy weight, improved night vision, strengthened immune system and a reduced risk of macular degeneration, some cancers, heart disease and stroke.

These benefits come most cheaply when you eat fruits and vegetables in season. We've just had the autumn harvest - now is the perfect time to enjoy the rich colours of fruit and vegetables, loaded with super nutrition. Apples, mandarins, feijoas, pumpkins, kiwifruit, carrots, leeks, brussel sprouts, broccoli and potatoes are just some of the seasonal harvest heroes.

Start by swapping your typical snack choices for fruits and vegetables.

For the next week swap the muesli bars at lunchtime for a large juicy mandarin and you save 90 cents off your shopping bill - and gain the immune system boost of daily vitamin C. If you then leave the packet of chocolate chip cookies on the supermarket shelf and instead buy some crunchy apples for your snack, which is 25 fewer teaspoons of fat to consume and an extra dollar to spend elsewhere. Simply exchanging a bag of chips and your favourite dip for chopped up vegetable sticks dipped in hummus can take 40 cents off your grocery bill and 30 teaspoons of fat off your waistline.

Move onto lunch and let the savings mount up. A home-made tomato and cheese or salad and tuna sandwich with fruit to finish is under two dollars including the phytochemical boost. Compare that with a bag of potato chips, a pie, fizzy drink and chocolate bar. That combo will set you back at least six dollars while loading you with unhealthy fats, too much sugar and too much salt.

Buy broccoli for less than a dollar. Dress it for success- steam it until just tender then serve it up with some zest from an orange sprinkled on top and a light dressing from the juice, a pinch of ginger and a little of your favourite oil. Another quick tasty idea is to top the broccoli with a teaspoon of lite sour cream and a handful of toasted sunflower or pumpkin seeds.

Choose colourful in-season fruits and veges - keep your health looking rosy and your bank balance in the black.

Items of Interest

ESR Innovative Research in the Community

This seminar for Healthy Christchurch was held on Thursday morning , 22nd July. ESR were great hosts and had organised the session very well. Presentations included:

- ❖ Faecal source tracking : investigating water quality and contamination. This included an Avon River Study in 2009 involving ESR, ECAN and CCC www.waterquality.org.nz
- ❖ Are chemical levels in our diet safe and nutritionally adequate? Some interesting results from the Total Diet Study that occurs every five years.

Contact: Healthy Christchurch Coordinators

Robyn Wallace: 03 378 6838

Michelle Whitaker: 03 378 6820

Email: healthychristchurch@cdhb.govt.nz

- ❖ Community-based research in the Hokianga: environmental health, community development and whanau ora showcasing good practice collaboration.
- ❖ Community engagement for NZ Police: a project in Porirua City with a focus on family violence, to help Police improve its engagement with communities.

Following the presentations there was time for reflection and discussion. The response from participants and scientists alike was extremely positive. The room was buzzing with ideas, networking and research questions and needs. Feedback included: “very interesting and informative and met some great contacts”, “a fresh and encouraging opportunity” and “I wasn’t entirely clear of the returns from time out to attend this seminar. However, I found it extremely enlightening and was particularly inspired by Jeff Foote and Annabel Ahuriri - Driscoll’s presentation on the collaborative action research in the Hokianga.”

Some positive spin-offs have already resulted, e.g. Annabel and Jeff have been asked to present at the Human Rights Commission's NZ 2010 Diversity Forum in August.

We will keep you updated with further developments from this catalyst of ideas and opportunities.

SAY NOW - Sport Assisting Youth NOW - Successful Mentoring En Masse

SAY NOW has come about through the need to address the issue of alcohol abuse within our communities.

It introduces a potent community initiative formalising the mentoring of our youth through sport.

The primary purpose is to decrease alcohol abuse and other related issues and their subsequent affects within the local communities by taking a 'holistic' approach to the issues surrounding today's youth.

In order to achieve a change in the degree to which alcohol influences our communities, there needs to be a generational change in attitudes to drinking. Minimising alcohol abuse through education and mentoring will contribute to a reduction in an array of antisocial behaviours.

SAY NOW will support sports clubs by giving them the skills, guidance, assistance and motivation to expand on their initial positive attitude on youth in our communities.

Why the attention on sports clubs?

Sport is an integral part of New Zealand’s culture, a way of life to many. Most would argue that it has a key place in our health and well being.

Unfortunately, alcohol has long been associated with sport in New Zealand.

In 1999 a study by the Alcohol Advisory Council of New Zealand showed that people in sports clubs were consuming large amounts of alcohol in an unmanaged way. Rugby Union was an example of a high priority group with 53% recorded as heavy drinkers.

We see sports clubs as a place whereby behaviours are learned and young persons influenced. This creates an opportunity to influence good behaviours into our youth. Every year or season a new generation moves into a sports club and with this an opportunity to develop that generation.

For this reason the sport club, as one of the cornerstones in our communities, is identified as a place where change can be created.

The sports club is often the only role model for youths upon leaving school.

With the above in mind, the sports club is an ideal setting to support an improvement in attitudes and behaviour.

Benefits to the club

The outcome is to create an environment that is for the majority of the community, young and old alike rather than a drinking environment for the minority - through the changes in culture brought about by this initiative we would like to see greater numbers in sports clubs and bringing them back to the days of old where they were the cornerstone of the community. Clubs need to be rejuvenated and a change in culture has the potential to do this.

The clubs will reinvent themselves as the hub of the community and the emphasis will be on positive community attitudes.

Mums and Dads will want to stay with their Under 10 year olds because they will not have to worry about the behaviour.

This will be the revival of the sports club. Income will be generated by greater membership numbers as the wider community puts more value on the leadership role of the club.

Implementation

'SAY NOW is an easy, simple approach with the outcome of a mass mentoring style programme which is operated through sports clubs!'

Attendance at the seminar will be acknowledged by way of a SAY NOW certificate.

Seminars have already taken place in North Canterbury and this month in Christchurch clubs.

The seminars will be facilitated by Sport Canterbury.

Clubs will be asked to have key club figures attend both seminars with one focused on the coaches and managers whilst the second for the players.

For any further information please contact NZ Police Officer Kerry Lancaster – Canterbury Alcohol Strategy and Enforcement Team 378 0447.

Training and Workshops

Sexual Health Updates

The Sexual Health Team from Community and Public Health (a division of the Canterbury District Health Board) is happy to provide update sessions for any group or organisation working in the community. Topics include: STIs (Sexually Transmitted Infections), HIV/AIDS, Safe Sex, Contraception, the HPV Vaccine, Antenatal Screening for HIV, Women's and Men's Sexual Health. These sessions are free of charge.

The team has done one of these sessions recently with the Early Start Team and it went very well. This is a good way for the Sexual Health Team to use their time well to work with teams who are out and about in the community and to increase their knowledge.

Please ring Diane Shannon on 3786 755 or email diane.shannon@cdhb.govt.nz to discuss further.

Vacancies

Caring for Carers looking for a Social Worker – 25 hours per week

Caring for Carers is an organisation that supports families and friends of people with disabilities or chronic ill health. We are seeking a professional Social Worker for an existing part-time position.

Email us at caringforcarers@xtra.co.nz or phone the office on (03) 377 8426 for a copy of the Job Description

Applications to include a CV and letter of application.

Post to:- Caring for Carers, PO Box 13 167, Christchurch 8141

Applications close 9th August 2010

Resources

New Resources available from the Community Health Information Centres (CHIC)

The Community Health Information Centre or CHIC provides free health information and resources to many sections of the community including schools. They have an extensive variety of resources such as posters, pamphlets and stickers from a number of sources including the Ministry of Health and other health agencies such as Family Planning, SPARC and the Mental Health Foundation, and in a variety of languages including Te Reo Māori, Pacific and Asian languages.

With Healthy Christchurch's recent focus on alcohol misuse within our community, including the latest introduction of the **5+ Solution in a Bottle** (DRU0013) resource, it is appropriate to look at some of other resources on this subject available from CHIC.

CHIC stocks a number of ALAC resources, like **Alcohol, Your Kids and You** (DRU0044), **Alcohol: Facts and Effects** (DRU0048) targeted at parents, caregivers and teenagers alike, with useful strategies and information. **New Zealand and its Drinking Culture** (DRU0130) further emphasizes Healthy Christchurch's concerns about the acceptance and celebration of drunkenness within the community. Specifically for teenagers are two pocket sized resources which cover what alcohol does to the body (**Serving 1: Sobering Facts**, DRU0009) and dealing with alcohol (**Serving 2: Smart Moves**, DRU0007).

For those concerned about their own or someone else's drinking, CHIC has two very popular resources: **Drink Check** (DRU0184), a scratch test on drinking habits, and **Straight Up Guide to Standard Drinks** (DRU0187) which gives information on how to know how much alcohol you're really drinking. Did you know that a shot of straight spirits, a 100ml glass of wine and a 330ml can of beer all contain the same amount of alcohol (approximately 10g)?

For bars and restaurants, CHIC is able to provide alcohol signage on patron identification, safe transport options and **The Bar Code** (DRU0008) for new operators.

For more information on these featured resources or any other resource queries contact your local CHIC office or visit the Community and Public Health website www.cph.co.nz.

CHIC Office Address	Telephone/Fax/Email
Canterbury 80 Chester Street East or PO Box 1475 Christchurch	Ph: 03 364 7844 or 0800 102 702 Fax: 03 379 6125 Email: chic@cdhb.govt.nz Hours: Monday to Friday 10.30am - 5pm
Mid Canterbury Elizabeth Street or PO Box 110 Ashburton	Ph: 03 307 6902 Fax: 03 307 8081 Email: ashburton.chic@cdhb.govt.nz Hours: Monday to Friday 9am - 5pm
South Canterbury 18 Woolcombe Street or PO Box 510 Timaru	Ph: 03 688 6019 Fax: 03 688 6091 Email: timaru.chic@cdhb.govt.nz Hours: Monday to Friday 9am - 5pm
West Coast 3 Tarapuhi Street or PO Box 44 Greymouth	Ph: 03 768 1160 Fax: 03 768 1169 Email: westcoast.chic@cdhb.govt.nz Hours: Monday to Friday 9am - 5pm

"Its not OK" family violence prevention has updated their website and produced some new resources. Take a look: www.areyouok.org.nz/

The new resources that can be ordered via the website are:

- How Can You Help? - a credit-card sized leaflet that provides practical suggestions for how you can help if you are worried about someone.
- Good for Staff – Good for Business - a set of workplace resources for businesses and employers who want to support people affected by family violence. The resources include:
 - a set of six posters (with space for local information) (hardcopies can be ordered)
 - a booklet for employers about how family violence affects the workplace and what employers can do (hardcopies can be ordered)
 - a more detailed resource about how employers can get involved (available online only).

Keeping Kids Safe and Secure - a booklet to help whanau, friends, neighbours and workmates keep children safe from family violence. It has information about how we can all

support parents to keep children safe. It also outlines what to do if you suspect children are being abused.

In addition to these resources, Mayors say It's not OK is an online toolkit developed for councils. It includes case studies, some learning from councils already involved in family violence prevention work and a media kit with key messages for Mayors.

There are also the existing posters, leaflets, toolkits and other resources available to be downloaded and/or ordered from the website.

If you would like more information Sheryl Hann 04 916 3452 or 029 650 1296

Improvement and Innovation Resource Centre

This is a web based resource that will provide the tools, knowledge and latest information that will support the health and disability sector as it works to improve service delivery, implement innovations and increase productivity. The HIIRC is sponsored by the Ministry of Health, with the guidance of the sector to promote sector engagement, identify and serve as a central repository of best practices innovations, new evidence and learning and to make New Zealand related research more accessible to clinicians, providers and researchers.

The Health Improvement and Innovation Resource Centre is the web based resource that will provide the tools, knowledge and latest information that will support the health and disability sector as it works to improve service delivery, implement innovations and increase productivity. The HIIRC is sponsored by the Ministry of Health, with the guidance of the sector to promote sector engagement, identify and serve as a central repository of best practices innovations, new evidence and learning and to make New Zealand related research more accessible to clinicians, providers and researchers. <http://www.hiirc.org.nz/>

Healthy Christchurch Steering Group

At its 23 June and 4 August meetings the Steering Group –

- Were informed of the addition of two new Champions for Healthy Christchurch – Prof. Andrew Hornblow, Independent Chair Partnership Health Canterbury PHO & Rex Williams, Commissioner ECAN.
- Agreed to work with CCC Communications to draft a media release highlighting Champions support of recent High Court decision to decline the renewal of Victoria Night 'n' Day liquor licence and draft series of adverts on alcohol misuse for community newspapers.
- Agreed to send a letter to Minister Simon Power accepting his offer to meet with the Champions in Christchurch
- Approved two new signatories to the Healthy Christchurch Charter:
--Coronary Health Improvement Project (CHIP)
--Canterbury Breastfeeding Advocacy Service (CBAS)

The next meeting of the Steering Group is scheduled for 15 September 2010, 11am-12.15pm at Community and Public Health, Poplar Room, 76 Chester Street East.