

Healthy Christchurch

Newsletter #56, Paenga-whāwhā (April) 2008

From the Healthy Christchurch Coordinators

This month's newsletter is late getting to you....we wanted to wait until the Healthy Cities and Communities Short Course (hosted by Healthy Christchurch) finished on 10 April so we could tell you a bit about it.

You will recall that the aim of the short course was to get participants thinking about how urban design can influence health (positively or negatively). Dr Iain Butterworth from Deakin University in Melbourne served as the course convener. The other 12 speakers, 4 welcomers, 4 organisers (including your trusty coordinators), 34 participants and the kapahaka group were New Zealanders. Participants came from as far away as Auckland in the north and Gore in the south, and from the greater Christchurch area.

Three participants were able to be sponsored by Healthy Christchurch signatories: 2 by Canterbury District Health Board (a person from St Albans Residents Association, and another from New Brighton Residents Association), and 1 by Partnership Health Canterbury PHO (a person involved with both the Lyttelton Port Project and SPOKES). In addition, Ngai Tahu Properties sponsored 2 people (one from Lincoln Envirotown and one from Te Runanga o Ngai Tahu).

The organisations that sent participants can be categorised as:

Healthy Christchurch signatories - 8

Non signatories - 12

The participants can be categorised by sector:

Health – 8

Government (all levels, including ACC) - 12

Education – 3

Business - 3

Healthy cities/communities initiatives - 4 (not including your trusty coordinators)

Community development – 4

Mancan House was the venue for most of the four days which were filled with a combination of-

- stimulating presentations;
- activities that required intense interaction amongst participants such as a visioning exercise, a central city hikoi for viewing sites of historical importance to Maori, and visits to critique several sites in the city via walking, cycling or taking a bus and subsequent preparation and delivery of group powerpoint presentations about the site visit findings. NB: All participants were given maps, and those taking the bus, bus passes, thanks to Environment Canterbury.
- a feisty panel discussion followed by an even feistier question and answer period; and finally,
- planning individual strategies for applying what had been learned to the participants' respective workplaces.

Monday night's dinner at the Gondola Restaurant provided participants with an opportunity to view from above the effect of dramatic landscape on urban design (and consequently health), a moving address by the keynote speaker, a chance to hobnob with the Healthy Christchurch Champions and Steering Group members, entertaining performances by both the kapahaka group and the Outwits, and of course, a tasty meal.

Thanks to Trees for Canterbury who once again loaned several native plants for table decorations and provided many others at a discounted price for speakers' koha.

Media enquiries were handled by the communications teams at Christchurch City Council and Canterbury District Health Board. Interviews with Iain were carried out by CTV, Plains FM and The Press.

Iain met with senior managers at Christchurch City Council for breakfast one morning, and with the Healthy Christchurch Steering Group for lunch later on. Both groups report that discussions with him were very productive.

Short-term visitors to the short course included Olivia Papuni (former Healthy Christchurch coordinator) and Douceline Wardle (former manager of St Albans Residents Assn)...both of whom attended one of Iain's healthy cities short courses at Deakin several years ago. Iain recognised and welcomed them both! Several Healthy Christchurch Steering Group members were also able to hear a few presentations.

Special thanks goes to Christchurch City Council for generously contracting and donating the services of course coordinator Vincie Billante, and to Dr Anna Stevenson, a public health specialist employed part-time by Community and Public Health (a division of Canterbury District Health Board) and part-time by Christchurch City Council. Both people are passionate about healthy cities and communities and the links to good urban design.

The key presentations were filmed, and all going well, a DVD will be available in due course. Many thanks to the Community and Health Information Centre staff who did their best to turn us into film producers! Most powerpoint presentations were burned to CDs and made available to participants at the finish of the course.

Participants were given backpacks (complete with water bottle!) full of fabulous readings, information about Christchurch, a copy of the recently-launched Christchurch City Council document (*Health Promotion and Sustainability Through Environment Design: A Guide for Planning*) and a recorded talk by Victoria University's Dr Ralph Chapman, Director of the School of Environmental Studies.

Here is some of the feedback we received from participants:

'Normally, I bring one idea back from a conference or workshop. I already have 4 or 5 and it's only the second day.'

'The presentations focussing on Maori perspectives of urban planning are the richest part of the course.'

'Every aspect of this course is relevant to my work. '

'Why aren't more policy-level decision-makers here?'

'Thanks for such an awesome course.'

'I found the session on developing indicators very helpful.'

'Congratulations on the superb organisation for Wednesday's site visits and coming back to the venue to prepare the presentations. You made it all so easy for us.'

Your trusty coordinators will be writing bits about this event over the next several newsletters so that you will get a full flavour of the content. We'll also post key powerpoint presentations on the Information Base, and will let you know when the DVD is ready.

Upcoming Events

A discussion on the UN Declaration on the Rights of Indigenous Peoples

Canterbury Workers' Educational Association (CWEA) in association with Network Waitangi Otautahi (NWO) invites you to a discussion.

Sacha McMeeking, General Manager Strategy and Influence with Te Runanga o Ngai Tahu (TRoNT) will begin with an overview. This will be followed by a discussion.

Canterbury WEA 59 Gloucester Street

Thursday 1st May 7.30 pm

All welcome - Koha for expenses

Training and Workshops

Jigsaw - Introductory Health Promotion Training "NO COST & Lunch provided!!!"

Jigsaw is a modular training programme that provides a basic understanding of the frameworks within which health promotion and public health are practiced, and the methods by which it is delivered. It is intended as introductory training for those who deliver health promotion and/or health protection services as all or part of their role. The Jigsaw programme consists of the following modules: Working bi-culturally through the Treaty of Waitangi, Health promotion and the Ottawa Charter, Determinants of health, Community development, Tackling health inequalities, Strengthening public health action, Working in settings, Adult learning, Facilitation and health education, Development of resources, Social marketing, working with diverse communities, working with the media, Planning and evaluation, Health protection, Integration.

▪ **6/05/2008 - 3/06/2008 - Christchurch (5 Tuesdays)**

Contact Colleen Moore, Group Secretary Health Promotion, Community and Public Health, Christchurch - Ph: 378 6777 DDI or Email: colleen.moore@cdhb.govt.nz

This would be some of the best free training you could ever enrol in.!

Active Canterbury and Christchurch City Council presents "Get Set Go", an essential workshop and resource for organisers of community programmes and events.

You'll find out everything you need to know about running a recreation programme or event including:

- Budgets and funding
- Promotion and publicity
- Effective evaluations
- Trouble shooting tips for events
- Designing programmes to suit your community

Thursday 1st May 9.30am to 12.30pm

Venue: Sports House Lounge, QEII complex, 171 Travis Road

Thursday 5th June 9.30am to 12.30pm

Venue: Fendalton Library and Service Centre, Jeffreys Road, Meeting room Two

Thursday 3rd July 9.30am to 12.30pm

Venue: South Library and Service Centre, 66 Colombo Street, Board meeting room

\$30 for voluntary organisations/individuals (ask us about our group fee)

\$50 for Government agencies or business organisations

Space is limited to 15 people per session, so be in quick!

If you have any queries about how to register or would like us to run a workshop with your team at a time and place to suit you call us to discuss the options, Jacqui on 941 5333 or Diana on 941 6628 or email: Jacqui.miller@ccc.govt.nz

Health Promotion Forum of New Zealand hopes you can join them in Christchurch for the following workshops!!

May 5 – 9.30am to 3pm

Cultural Democracy and Human Rights - \$45.00

May 6 – 9.30am to 3pm

Exploring Asian Health Promotion Models and Practices - \$45.00

These are registration only workshops. Please go to the Health Promotion Forum of New Zealand website www.hauora.co.nz look on the Coming Events page to download the Registration form for the event you wish to attend.

Places are limited so early registration is advised!!!

Resources

New Ministry of Health publications

Some, particularly those to come out of the Pacific Health and Disability Action Plan Review or the new Suicide Prevention Plan may be of interest.

These are available for download from the link below, which can be used to view all MoH published documents.

<http://www.moh.govt.nz/publicationsbydate>

Vacancies

Manager - Depression Support Network

Depression Support Network provides support services to people in the community recovering from depression and their friends and family.

As Manager you will lead a skilled and motivated team facilitating peer support and providing awareness education. You will work with the Board to implement the Trust's Strategic Plan for developing services to meet unmet community needs.

You will be experienced in team leading and managing Trust affairs, preferably in a community based service and involving working with Maori. Ability to maintain a positive work environment and a safe and supportive atmosphere for those distressed by depression is important.

The position is for 30-40 hours per week (negotiable). For a job description or more information, contact Simon Markham, Board Chairperson on 342-6464 (evenings) or email: markhams@xtra.co.nz. Applications close Friday 2nd May 2008, at PO Box 13-167, Christchurch, or at the above email address.

Short Term Opportunities in the Sunshine Capital

Co-ordinator Healthy Built Environments, ref 2235

Co-ordinator Healthy Social Environments, ref 2236

Hutt Valley DHB has a couple of short term opportunities for someone at Coordinator level (first level management) within our Health Promotion team. Would you have anyone who may be interested in helping them out for 3 months? Hutt Valley would welcome in particular the opportunity for someone with experience in the regulatory area (Sale of Liquor Act/Smokefree enforcement/tobacco control) to work with our Healthy Built Environments team.

The positions have been advertised, however with recent changes to the way the wider Health Promotion team is working they are keen to support these teams through the vacancy period; there are no suitable internal applicants at the moment. If you are able to help please feel free to contact recruitment@huttvalleydhb.org.nz or (04) 570 9189.

Items of Interest

Caught in the act of collaborating on Healthy Christchurch priorities

We love catching signatory organisations in the act of collaborating on the two Healthy Christchurch priorities (improving the physical activity and nutrition of people living in Christchurch, and reducing health inequalities by working to improve the health status of those who are the most disadvantaged) and writing about it!

Recognition for their fabulous efforts goes to Glenelg Children's Health Camp, Sport Canterbury, the Canterbury District Health Board, and Partnership Health Canterbury PHO through its Community Action to Improve Nutrition Capacity (CATINC) project.

Most of you will know that Glenelg serves a population of quite disadvantaged children from around the South Island. Being overweight (and even obese in some cases) is just one of several health issues that some of the Camp's children face. Addressing this as part of a holistic approach to helping these children became a priority, according to Allen Gibbs, the Camp's manager.

The 5-week New Image programme was developed for twenty of the Camp's children; they range in age from 8 to 13. Someone from Sport Canterbury individually assessed the programme's participants and developed a physical activity regimen for them. According to Allen, some of the children are now engaged in as much as 2 hours of physical activity per day, up from zip. Zero. None.

A nutritionist from the DHB looked at the Camp's menus and suggested changes which have been implemented. A psychologist with the DHB is working with the parents. Finally, parents are being assisted to learn healthy cooking/eating, thanks to the Great Little Cookbook which was jointly produced by the Nelson/Marlborough and West Coast District Health Boards a few years ago.

Allen reports seeing measurable and very positive outcomes for the children involved in the programme. For more information about this successful approach, you can contact Allen on 332 2541.

Celebrating Everyday Young New Zealanders

The Minister of Youth Affairs, with the assistance of the Ministry of Youth Development, is celebrating the positive contribution that young people make to our communities and to New Zealand, and will be profiling the achievements of 12 young people from all over the country as part of Youth Week 08 celebrations.

You are invited to nominate a young person to be part of this unique celebration. Open to any young person in New Zealand aged 12 to 24 years, Celebrating Everyday Young New Zealanders does not only reward the 'best', 'greatest' or 'highest' achievers, instead it promotes the many positive things young people do all around New Zealand. For more information and to nominate a young person who has made an inspirational difference by giving something back to their community, country or peers, go to

www.myd.govt.nz/EventsConferences/celebratingeverydayyoungnewzealanders

Anyone can nominate - youth workers, caregivers, teachers, parents, social workers, community leaders, parents, friends, coaches, even young people.

Nominations close on 2 May 2008.

If you have any enquiries please email mydinfo@myd.govt.nz or phone 0-4-916 3729.

Ten Tips for Staying Healthy

From the researchers at Townsend Centre for International Poverty Research, University of Bristol, UK in Health Promotion Journal of Australia 2000: 10 (1), p 71.

In case you'd forgotten that health is influenced by things outside the health sector:

1. Don't be poor. If you can, stop. If you can't, try not to be poor for long.
2. Don't have poor parents.
3. Own a car.
4. Don't work in a stressful, low paid manual job.

Contact: Healthy Christchurch Coordinators
Kathryn Cannan: 03 3786 820 or Robyn Wallace: 03 3786 838
Email: healthychristchurch@cph.co.nz

5. Don't live in damp, low quality housing.
6. Be able to afford to go on a foreign holiday and sunbathe.
7. Practise not losing your job and don't become unemployed.
8. Take up all benefits you are entitled to if you are unemployed, retired, sick or disabled.
9. Don't live next to a busy road or near a polluting factory.
10. Learn how to fill in the complex housing benefit/asylum application forms before you become homeless and destitute.

Excerpts from a letter to the Ministry of Health's Public Health Advisory Group from ECAG (Energy Costs Action Group) re: concerns about unflued gas heaters

".....This letter is to draw your attention to the concerns of the Energy Costs Action Group (ECAG) about the negative impact on health of unflued (i.e., portable) gas heaters and related issues. We would like to hear back from you as how the Committee views these issues, if and how it is addressing them, and any suggestions the Committee might have as to further action the group (on whose behalf this letter is written) might take.

By way of background, several organisations, some of which are signatories to the Healthy Christchurch Charterhave come together under the name Energy Costs Action Group 'to work together to mitigate the impact of high energy costs on people in Christchurch with low incomes'.

The organisations involved are diverse but share a common concern about portable gas heaters' negative impact on health and the need for affordable healthy options, especially for people on low incomes.

Included in the group for purposes of this letter are representatives from (in alphabetical order): Christchurch Power Consumers Society; Community Energy Action (a housing energy trust); Community and Public Health (the public health unit for the Canterbury District Health Board); David Close, a former member of the Electricity Commission and a former Christchurch City Councillor; the Mayor's Welfare Fund; Methodist Mission; and Rowley Resource Centre (a community centre for a low income suburban neighbourhood in Christchurch).

In relation to unflued gas heaters, the group is aware of the following:

- research being carried out by Otago University which looks at household air quality, including the impact of unflued gas heaters on that quality;
- that the results of this research are due sometime this year;
- that the Ministry of Health and Ministry for Consumer Affairs are interested in these results;
- the enHealth brochure called 'Unflued Gas Heater & Your Health' distributed through the Ministry of Health;
- that at least one Work and Income office in Christchurch makes a concerted effort to steer clients away from purchasing and using portable gas heaters;
- anecdotally, that some landlords in Christchurch are prohibiting the use of gas heaters in their rental properties because of the damage to wallpaper and paint caused by the increased moisture in the air;
- that the Mayor's Welfare Fund of Christchurch City Council does not fund gas heaters;
- people may regard gas heaters as being an affordable option because they can control and limit what they spend on heating, even though this means they are using an unhealthy appliance and may be paying more per kilowatt hour compared to other options;

- Community Energy Action includes the following excerpt on its website in respect of portable gas heaters: ‘Although common we cannot recommend these in any circumstance for the following reasons:
 - They release up to 1 litre of condensation into the air, per hour of use.
 - They work by combustion which draws in oxygen from the surrounding air (and release water vapour and carbon dioxide)
 - They get less efficient as they get older, which can lead to carbon monoxide (a toxic gas) being released.
 - Due to the above reasons, any room where a portable gas heater is being used needs to be well ventilated.
 - Using portable heaters in bedrooms is extremely dangerous and is strongly discouraged. This is because bedrooms are often small and poorly ventilated. People who are asleep will not be able to respond to any poisoning symptoms. The Gas Regulations require that gas installations are installed in accordance with a set of essential safety requirements in Part 1 of the NZ Gas Installation standard (NZS 5261). Part 2 of the standard is considered to be a means of compliance with Part 1 and it prohibits the installation of (fixed) unflued heaters in bedrooms & bathrooms.
 - The high radiant heat output can be a fire risk if placed near to combustible material such as curtains and furniture.
 - They are also banned in several countries.

While the group is concerned with the negative impacts on health of gas heaters, it also recognises that, given the continuing increases in electricity prices, these heaters may increasingly provide people on low incomes a way to stay warm, without plunging them into fuel poverty*. Without such heaters, people may end up being cold in winter which is even more damaging to their health. This could put poor families into a position of having to choose between two health-damaging options.

(* Fuel poverty is a term from the UK. It occurs when a household spends upwards of 10% of its income on household fuel to achieve a heating level that is in line with the World Health Organisation’s guidelines on keeping warm. Falling into fuel poverty can occur more readily for people on low incomes as the following example shows: A household with a monthly income of \$1192 ((based on 2004 median weekly income of Christchurch City Mission clients)) could spend only \$119.20 per month on fuel without falling into fuel poverty, whereas a household with a monthly income of \$2500 could spend \$250.).....’

Healthy Christchurch Steering Group

At its 19 March meeting, the Steering Group

- received an update on the Healthy Cities and Communities Short Course scheduled for 7-10 April.
- agreed to arrange for a few sponsored positions to the short course for people associated with signatory organisations who would not otherwise be able to attend due to the cost of the course.
- arranged to meet with Iain Butterworth during his time in Christchurch to discuss healthy cities initiatives in general and Healthy Christchurch specifically.
- progressed plans for a gathering in May of Healthy Christchurch Champions and Steering Group members to discuss future directions for the Healthy Christchurch initiative.

The next meeting is scheduled for 30th April 2008.