

# Healthy Christchurch

Newsletter #62 Whiringa-ā-rangi (November) 2008

## From the Healthy Christchurch Coordinators

**This is it! It's here and on its way to your organisation's Healthy Christchurch contact person!**

We've mentioned several times recently the formal evaluation of Healthy Christchurch. The contracted independent evaluator, your trusty coordinators, Steering Group members (past & present), the staff person at Community and Public Health who invented the Healthy Christchurch Information Base and those hardy souls in signatory organisations who piloted the questionnaire, have worked hard over previous months to come up with a meaningful (and do-able) evaluation of the Healthy Christchurch initiative.

The person in your organisation designated as the 'Healthy Christchurch contact' is about to receive an electronic questionnaire (hard copy for those without computer access). It will be important for those contact people to ensure that the answers to the questionnaire represent their organisation (as opposed to their own personal views). We know that in the case of larger organisations, this might be something of a mission, so start thinking how this could be done. An easy way is to put it on the agenda of meetings already scheduled, or email to key people for input.

We do appreciate your efforts. Your organisations' perspective will help shape any changes to Healthy Christchurch in the future. Healthy Christchurch is perceived as one of New Zealand's top Healthy Cities initiatives. Getting input and participation from signatories is imperative to ensure the initiative stays right up there.

If you think Healthy Christchurch is worthwhile, or that it could be doing better – THIS IS YOUR CHANCE TO HAVE YOUR SAY!

As a token of appreciation, there will be spot prizes for signatories. Details announced when the questionnaires go out!

The link to the electronic questionnaire will be emailed out next week. You will then have 3 weeks to complete it, so start thinking and planning now how that can be accomplished in your organisation.

Please read the next item (**Q & A about Healthy Christchurch**) which attempts to clarify some of the issues those piloting the questionnaire brought to our attention.

### **Q & A about Healthy Christchurch**

**Q** Isn't Healthy Christchurch mostly about 'medical' health?

**A** No. We hope we have been successful in getting the message across that health and well being are about (wider) social determinants (housing, education, racism, income, employment, lifestyle, transportation, urban design, etc) in addition to doctors, hospitals and medicines. In fact, estimates are that access to medical treatment accounts for something like 1/3 of the influences on people's health and wellbeing. So if you are working in a community-based organisation, all of what you do will impact on your clients' health and wellbeing in some way!

**Q** Is Healthy Christchurch the team (Robyn and Kathryn) which puts out the newsletter, etc?

**A** No. Healthy Christchurch is a network of like-minded organisations – all of you! Your organisation signed the Healthy Christchurch Charter and became an integral part of

Healthy Christchurch. Our network, unlike many others in the city, benefits from being supported (by the lovely coordinators Robyn and Kathryn), has a group of Champions who promote it (see below **The Healthy Christchurch Champions - Who are they? What do they do?**), and a keen Steering Group which provides oversight.

Healthy Christchurch is not a separate legal entity, but the coordinators (and their staff) are based at Community and Public Health, a division of Canterbury District Health Board. Before that, they were based at Christchurch City Council. Who knows where they might be based in the future?! The coordinators are there to support collaboration amongst signatories. They offer a range of services to 2 or more signatories who want to work together on something that 'promotes, protects or improves the health and well being of the people of Christchurch.'

**Q** Can individuals post their own notices on the Healthy Christchurch Information Base?

**A** You bet! Instructions on how to do so are at the beginning of the Information Base, or the coordinators can send you a set and talk you through the process. It's EASY!

**Q** We collaborate with lots of other organisations but Healthy Christchurch isn't mentioned. Is that OK?

**A** Sure!! But given the many benefits of working under the Healthy Christchurch 'brand', why wouldn't you? The benefits include the Charter to guide your work, the services (free of course) provided by the coordinators, communication channels through which to invite others to join your collaboration and to report on progress....to name but a few.

**Q** Is this questionnaire long and involved?

**A** Not really. It should take about 20 minutes to fill in after your organisation's Healthy Christchurch contact person completes any internal consultation needed. But think of it this way.....it's the first one that's been done since the original one in 2003! Now that's not too bad, is it, given the mana this initiative enjoys?

**Q** How can I link up with other signatories?

**A** A continually updated directory of all the signatories is located on the Healthy Christchurch Information Base. You'll see the link in about the middle of the top line.

### **The Healthy Christchurch Champions - Who are they? What do they do?**

Historically, the Healthy Christchurch initiative has been sponsored by seven organisations. In alphabetical order, these organisations are:

- Canterbury District Health Board
- Christchurch City Council
- Environment Canterbury
- Ministry of Health
- Pegasus Health
- Te Runanga o Ngai Tahu
- University of Otago, Christchurch (aka School of Medicine)

Each of these organisations has a 'Champion'...someone at a top level who gives mana and visibility to Healthy Christchurch. The Champions are the DHB Board Chair Alister James, Christchurch City Mayor Bob Parker, ECan Board Chair Sir Kerry Burke, Ministry of Health Public Health Operations Manager Warren Lindberg, Pegasus Health Board Chair Martin Seers, Ngai Tahu Kaiwhakahaere Mark Solomon, and University of Otago, Christchurch Dean Peter Joyce.

This year, the Healthy Christchurch Champions have decided they want to use their collective influence on the issue of alcohol misuse in our city and the harm it causes. Their vision is for Christchurch to be a world leader in changing our current harmful drinking culture. The Champions have set a strategy for themselves which, amongst

others, includes raising public awareness about the scale of the problem and adding their voice in support of initiatives shown to be effective.

Before deciding on a strategy, the Champions sought information from the Alcohol Advisory Council of New Zealand (ALAC), Safer Christchurch, the Tri-Agency Liquor Licensing Team (reps from Community & Public Health, a division of Canterbury DHB, the Alcohol Licensing division of Christchurch City Council and the Police), an emergency room doctor from Christchurch Hospital, and a professor at the University of Otago, Christchurch Addictions Centre in order to familiarise themselves about the issues at local and national levels.

The Champions have agreed a general statement about their next steps, the details of which will be fleshed out over time. The Champions' involvement on this issue will help embed the vision that the drinking culture in our city supports moderate use of alcohol so that whanau and communities enjoy life, free from alcohol harm.

The link between Safer Christchurch and Healthy Christchurch (two World Health Organisation initiatives) has been strengthened. Healthy Christchurch is a network of over 200 organisations (many of which are also involved in Safer Christchurch) who undertake 'to work together to promote, protect and improve the health and wellbeing of the people of Christchurch.'

As Champions of Healthy Christchurch, we have agreed to add our collective voice to the many concerns being raised about the issue of alcohol misuse in our city and related harm, and more importantly, to the solutions.

We envisage Christchurch as being a world leader in changing the harmful drinking culture we currently have.

We will add our collective voice by publicly supporting current initiatives that are making a difference.

Where appropriate, we will put our names forward in support of the submissions made by others (such as the Alcohol Advisory Council of NZ or Christchurch City Council or the Canterbury District Health Board) on key policy and legislative initiatives.

We will add our collective voice by raising awareness of the scale of the problem in Christchurch and ensuring that their own organisations contribute to the collection of comprehensive and meaningful data where appropriate.

We will encourage other community leaders to join in with our voices.

We will be positive role models when it comes to our own drinking behaviour.

We will ensure that the organisations we head up have sound workplace policies that are understood and followed by their employees.

We will promote alcohol-free events in the City so that alcohol-free events are not seen as "strange".

We will add our collective voice by calling for consideration of other measures that have been shown to be effective elsewhere.

## **The Healthy Christchurch priority to reduce health inequalities**

### **“Being Heard – Public Health Advocacy “**

On 31 October, the Public Health Association Canterbury Branch and Partnership Health Canterbury Primary Health Organisation, collaborating under the Healthy Christchurch umbrella, held a day long workshop about advocacy.

A couple of points made by Christchurch City Councillor Yani Johansen, one of the presenters on the day, were:

- The suburbs characterised by lower socio-economic status tend to have less in the way of services (e.g., library, swimming pool) than the more affluent neighbourhoods.
- People living in the less affluent neighbourhoods are not as politically active as their counterparts in more affluent suburbs and therefore do less lobbying for the things they want and need.

This suggests to your trusty coordinators that it is critical that our elected representatives make extra efforts to find and listen to those with no voice. It also suggests that it is critical for those of you who work with people in these neighbourhoods to continue to advocate for them and to help them find their own voices.

Part of the afternoon was devoted to small group work. Here were the instructions to participants:

### **‘The link between poverty and poor health**

Deprivation stemming from poverty is well known to have a negative impact on the health of people who are on low income. This has been documented world-wide, including New Zealand.

The negative impacts of poverty are numerous and can contribute to life-long poor health and disadvantage.

Here is a partial list of the many public health issues that are strongly associated with low income:

- Lack of/reduced access to health services (such as GPs).
- Poor educational achievement.
- Unsafe and/or cold, damp housing leading to illness and disabling injuries, especially for children and the elderly.
- Fuel poverty leading to illness, especially for children and the elderly.
- Teen pregnancy leading to health consequences for both mothers and babies.
- Poor dental health, especially among children living in areas with no fluoridation in their water supply.
- Poor access to healthy food.
- Low breastfeeding rates.

### **A priority for signatories to the Healthy Christchurch Charter**

In late 2005, the signatories to the Healthy Christchurch Charter endorsed a priority to ‘reduce health inequalities by working to improve the health status of those in Christchurch who are worst off.’ Poverty is something many signatories are concerned about (both now and in the future when it’s likely to get worse) and have met several times over recent years to work together in addressing the situation in Christchurch.

### **Today’s task for Small Groups**

1. Your group will be assigned one of the public health issues listed above (or your group can choose one that is not on the list).
2. Based on what you’ve learnt today, work within your group to decide –
  - How would you go about developing an advocacy strategy?
  - What would your advocacy strategy look like?
  - What will be the best way to get some traction on your issue?
  - Where would you get your facts and figures from?
  - Who would aim your strategy at?
  - Who would you ask to be partners in your strategy?
3. Write out your strategy on the sheets of butcher’s paper supplied.
4. A facilitator will help you stay on track.
5. Choose someone from your group to present your strategy to the whole group.’

A fuller description of the Being Heard – Public Health Advocacy Workshop will be included in the December newsletter.

## **The latest about Professor Tony Blakely on health inequalities**

You may be familiar with the name Tony Blakely. He (along with others) has documented in the Ministry of Health publications called *Decades of Disparity* the inequalities in health between Maori and non-Maori in New Zealand. Go to <http://www.moh.govt.nz/moh.nsf> to see these and other publications on this topic.

An article published about him by the Public Health Association of NZ Inc in its *PHA News* – October 2008 noted that while Professor Blakely sees that New Zealanders fare relatively well in many aspects of day-to-day living, health inequalities between ethnic groups, socioeconomic groups and regions remain. He points to housing quality as an issue that still needs attention.

The article mentions his admonishment of any government to include deprivation and ethnicity data in health funding formulas, so that primary health organisations serving populations with high needs and higher mortality rates will get a more equitable level of funding.

Finally, the article notes Professor Blakely's promotion of the Healthy Equity Assessment Tool as a way to screen programmes and policies for their potential to decrease (or increase) inequalities in health. To view this tool and read about how to use it, log on to <http://www.moh.govt.nz/moh.nsf/indexmh/health-equity-assessment-guide?Open>

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

*Newspaper article written for High Country Herald by CPH Timaru Team. This month's topic: physical activity....."*

### **Children are born to move, to move they need you!**

A dose of physical activity in a child's day will go a long way to ensuring better health outcomes both now and in the future. It is not uncommon for younger children to spend their day without touching the floor by the time they go from the highchair to the stroller or the car seat to the supermarket trolley. Children are born to move. Active movement is fundamental to a child's development.

Our world has changed dramatically over the last few decades. More children are driven to school, there is greater access to technology and opportunities to be physically active have been compromised. We need to be to be innovative as parents and teachers to combat inactivity and create opportunities for children and young people to be as active as possible.

Children are an ideal age to build activity into their daily routine as it helps create a pattern that will stay with them for the rest of their lives. Children should participate in at least 30 – 60 minutes of physical activity on most if not all days of the week; this should include vigorous physical activity. (Vigorous physical activity is activity that makes you "huff and puff" and where talking in full sentences between a breath is difficult)

How do you encourage children to build active movement into their daily routine? Here are some ideas parents may like to try:

- Invite other children over to play and encourage them to play games and activities that involve physical activity.
- Birthdays and Christmas time - buy your child activity-based presents such as balls, skipping ropes, hoops, scooters, skateboards, bikes etc.
- Involve your child in an organised activity or sport such as swimming, gym, tee-ball, tennis, cricket, athletics, holiday activity programmes.
- Provide a safe area for children to be active and creative. Allow children to take risks!

Rather than say 'Don't do that you might hurt yourself' reframe it with 'That looks tricky, how do you think we/you might do that'

- Get together with other families and take turns supervising the children at your local park, BMX track, the beach or swimming pool.
- Limit TV and computer use. Have TV free nights! Have TV free meal-times! Allocate time slots for your child's screen time.
- If realistic, organise a way for your child to walk to their ECE/School.
- Make sure your child has fun, enjoys participating and experiences success.

Children with active parents as role models are more likely to be active and there is a strong correlation between time spent outdoors and the level of physical activity in children. So parents, you are important in ensuring your children are healthy, active and happy.

## Training and Workshops

### Next Sexual Health Educators' Seminar

**Where:** At Christchurch Sexual Health Centre 33 St Asaph Street, Christchurch  
*Please use the entrance at 31 St Asaph Street*

**When:** Thursday 13 November 2008 from 1.00pm - 4.30pm

1.00 - 2.00 pm WELCOME

Time to catch up with work we are currently involved in, to share information, new resources and projects planned for this year.

2.00 – 3.00 pm STI Update – Latest trends and Issues in Sexual Health

Dr Edward Coughlan,

Specialist Sexual Health Physician, Christchurch Sexual Health Centre

3.00 – 3.30 pm AFTERNOON TEA

3.30 – 4.30 pm The HPV Immunisation Programme

The vaccine for HPV (the wart virus) has now been approved for funding by the government. How will the programme work and how do we ensure it is equally available to all?

Dr Ramon Pink,

Medical Officer of Health and Public Health Physician, Community and Public Health

4.30pm CLOSING

**NB:** *There is no cost for these seminars and afternoon tea will be provided.*

*Please let Diane know you're coming to help with planning.*

Diane Shannon, Health Promoter, Community and Public Health (a division of Canterbury District Health Board) Phone: 03 3786 755 DD or Email:

[diane.shannon@cdhb.govt.nz](mailto:diane.shannon@cdhb.govt.nz)

### NEW COUNTRY – NEW LIFE

*A FREE one-day programme that provides migrants with knowledge and skills for settling successfully in New Zealand.*

Run by Relationship Services and funded by the Department of Labour, this one-day programme offers participants:

- An UNDERSTANDING of New Zealand Culture
- Opportunities for NETWORKING and SUPPORT
- Tips on where to find HELP
- Help in setting your own SETTLEMENT GOALS

Lunch will be provided and all participants will be awarded an attendance certificate.

WHEN: 9:00am – 4:00pm 21<sup>st</sup> November 2008

CONTACT: Relationship Services Christchurch

TEL: 03 366 8804 or 0800 RELATE (735 283)

OR EMAIL: [christchurch@relate.org.nz](mailto:christchurch@relate.org.nz)

Contact: Healthy Christchurch Coordinators

Kathryn Cannan: 03 3786 820 or

Robyn Wallace: 03 3786 838

Email: [healthychristchurch@cph.co.nz](mailto:healthychristchurch@cph.co.nz)

*Register today: places are limited so don't miss out!*

**"Asian Mental Health - A Chinese Perspective"** - presented by Simon Tam.

Early registration is recommended.

Date: Wednesday 26 November 2008

Time: 9.30am - 12.30pm

Venue: Mental Health Education and Resource Centre, Level 2, 221 Gloucester Street, Christchurch

Cost/Subsidised: \$30.00 incl GST

*(for employees of organisations with a CDHB Mental Health Contract.) \*Priority places will be given to these employees.)*

Cost/No Subsidy: \$55.00 incl GST

*Please note that registration is essential and payment is required at the time of registering to confirm places.*

For further information or to register please contact MHERC on (03) 365-5344 or Email: [mherc@xtra.co.nz](mailto:mherc@xtra.co.nz)

## Resources

### Child and Adolescent Mental Health Fact Sheets

A number of fact sheets on mental health issues have been developed by the Werry Centre. There are a 23 in total including:

- Anxiety Disorders – A Guide for Carers
- Generalised Anxiety – A Guide for Young People
- Depression – A Guide for Carers
- Depression – A Guide for Young People

More information: [www.werrycentre.org.nz](http://www.werrycentre.org.nz)

### The Lowdown – factsheets

[www.thelowdown.co.nz](http://www.thelowdown.co.nz) has a range of factsheets about mental health written for young people. There are 14 topics covered including:

- Understanding depression
- Understanding anxiety
- Drinking drugs and depression
- Suicide

More information: <http://www.thelowdown.co.nz/#/knowledge/factsheets/>

## Healthy Christchurch Steering Group

At its 15 October meeting, the Steering Group:

- welcomed Rebecca Kemp as the new Steering Group representative for the Ministry of Health (replacing Liz Stephenson);
- heard a progress report on the evaluation of the Healthy Christchurch initiative;
- heard an update on the Champions' decision to focus on alcohol misuse and related harm, and discussed how to best support the Champions in their endeavours in this regard;
- discussed ways to support Healthy Christchurch signatories in developing and implementing healthy workplace policies;
- heard a progress report on development of a City Health Plan.

The next Steering Group meeting will be the last one for 2008 (can you believe it!!) and is scheduled for the 26<sup>th</sup> November.