

Healthy Christchurch

Newsletter #60 Mahuru (September) 2008

From the Healthy Christchurch Coordinators

Hooray have your say!

The evaluation of the Healthy Christchurch initiative is underway and the forthcoming signatory questionnaire is your organisation's chance to have a say about the success and future of Healthy Christchurch.

The evaluation is being undertaken by Michelle Whitaker, an independent evaluator. She is completing a Diploma of Public Health at the Christchurch School of Medicine and has a background in community and health development, not-for-profits and inter-sectoral partnerships. She has worked here and the UK.

The evaluation has already involved cross sector interviews with a number of signatories. The draft questionnaire will soon be piloted and the finalised questionnaire will be sent to all Healthy Christchurch signatories in the near future. Please start thinking who from your organisation should be involved in completing the questionnaire as the answers will represent your organisation. The October newsletter will confirm when the questionnaire will be ready. It will be able to be completed electronically or on paper.

Planning for the 3rd annual hui on reducing poverty in Christchurch, to be co-sponsored by Healthy Christchurch and Council of Social Services

Planning is just starting for this hui which is scheduled for International Day for the Eradication of Poverty, 17 October. Although the first planning meeting happens on 4 September, it's not too late jump in. The vision articulated at the close of last year's hui was that those organisations in Christchurch which are involved with people on low incomes would collaborate to come up with a city-wide strategy to address the issue. Please contact Sharon Torstenson at Council of Social Services (ph 366 2050) or a Healthy Christchurch coordinator (details at the bottom of the page).

Healthy Cities and Healthy Communities Coordinators Hui

On 19th August your coordinators hosted 5 colleagues working in healthy cities initiatives from throughout the country. The incredibly cold weather in Christchurch did not deter these hardy souls who came from Manukau, Wellington, Reefton and Gore.

This hui was the culmination of an informal meeting held amongst a small group of people who attended the Healthy Cities and Communities Short Course in April. The discussion back then centred on the possibility of forming a supportive network and seeking professional development for those working in the same or similar fields. Healthy Christchurch took the initiative and called on the skills of Vincie Billante, who played a huge role in coordinating the Short Course, to assess the level of interest in a hui, draw the group together and facilitate the meeting on the 19th.

The morning began with a welcome from Evon Currie, Healthy Christchurch Steering Group Chairperson and CDHB's General Manager for Public and Population Health.

A background to Healthy Cities/ Communities in NZ was presented by Frances Graham who is a qualified urban planner now working at the Ministry of Health. Frances provided a good overview not only of the healthy cities movement but also of other similar initiatives that subsequently emerged. Of particular interest was Agenda 21; she compared the aims and characteristics of Agenda 21 with healthy cities and showed

them to be very similar. She also noted that the Ministry for the Environment has a draft document called Sustainable Development for NZ: Programme for Action.

Paula Hawley-Evans of the newly established Health Impact Assessment (HIA) Support Unit gave a presentation about health impact assessments and also spoke of her experience as a Healthy Cities & Communities coordinator in the UK.

Jane Cartwright CEO of Partnership Health Canterbury Primary Health Organisation presented on working inter-sectorally, drawing on her experience of working in the health and local government sectors over recent years.

Each coordinator provided a brief overview of how their healthy city/community initiative was structured and of their current work. Coordinators spent the afternoon discussing possible ways forward as Healthy Cities/Communities appear to be dwindling in NZ.

The Healthy Christchurch priority to reduce health inequalities

Race Relations in Aotearoa New Zealand - Whanaungatanga ā iwi

Harmonious, respectful and productive race relations are key to reducing health inequalities. We can all think of examples in the world where this is not the case and as a result, one race of people can suffer extremely poor health. This article gives you a flavour of the racial make-up of New Zealand.

STATEMENT ON RACE RELATIONS

How we identified ourselves in the 2006 Census

All Up

European 2,609,592 67.6% - Māori 565,329 14.6% - New Zealander 429,429 11.1% - Asian 354,552 9.2% - Pacific 265,974 6.9% - Other 36,237 0.9%

European: Five largest groups

NZ European 2,381,000 - English 44,000 - Dutch 28,000 - British 27,000 - Australian 26,000

Maori: Five largest groups

Ngāpuhi 122,000 - Ngāti Porou 72,000 - Ngāti Kahungunu 60,000 - Ngāi Tahu 49,000 - Te Arawa 42,000

Asian: Five largest groups

Chinese 147,000 Indian 104,000 Korean 31,000 Filipino 17,000 Japanese 12,000

Pacific: Five largest groups

Samoan 131,000 - Cook Island Māori 58,000 - Tongan 50,000 - Niuean 22,000 - Fijian 10,000

All Up: Five largest groups

NZ European 2,381,000 - Māori 565,000 - Chinese 147,000 - Samoan 131,000 - Indian 104,000

Published by the NZ Human Rights Commission for the NZ diversity Action Programme, August 2008.

FOREWORD by Joris De Bres, Race Relations Commissioner Kaihautu
Whakawhanaunga a Iwi

We have long been passionate in New Zealand about our race relations. Our debates on the subject can be highly charged. Sometimes we forget how much we actually agree on. I hope this Statement on Race Relations will provide a basis for identifying common ground and for continuing the dialogue.

The first draft of the Statement was launched at the New Zealand Diversity Forum in 2007. It is a project of the New Zealand Diversity Action Programme, facilitated by the Human Rights Commission. After initial public consultation, a second draft was promoted

in March 2008 in association with Race Relations Day under the theme of Finding Common Ground. It was the subject of a workshop at the Parihaka Peace Festival, formed part of the annual Te Papa Treaty debates, and was discussed in other community, academic and public sector forums.

Roundtables of New Zealand Diversity Action Programme participants were held in Auckland, Wellington and Christchurch in May 2008 to consider the public feedback. The Statement was further revised to reflect the outcome of this process and then presented in its final form to the New Zealand Diversity Forum in August 2008.

This Statement follows on from the Statement on Religious Diversity which originated at the 2006 Diversity Forum and was published in May 2007. That Statement sought to provide a human rights framework for ongoing discussion and dialogue on issues raised by our increasing religious diversity. The Statement on Race Relations seeks to do the same in response to our growing ethnic and cultural diversity. Both statements are also a resource for advocacy, education and training.

The Statement is followed by some further commentary that reflects issues raised in the consultation process and provides some additional background information.

STATEMENT ON RACE RELATIONS

INTRODUCTION We live in an increasingly diverse society. We are a mix of Māori, Pākehā, Pacific, Asian and many other peoples. Although we are diverse, we are all New Zealanders.

Our growing diversity brings both benefits and challenges. It enriches our cultural heritage, increases our international connectedness and contributes to our economic well-being. It challenges us to counter instances of racism and discrimination and to foster intercultural communication, understanding and respect.

International treaties uphold the equal rights and dignity of us all. The universal human rights they contain are affirmed in the New Zealand Bill of Rights Act, the Human Rights Act, other statutes and the common law.

These human rights underpin our race relations. They are set out here as a number of brief statements that together provide a framework for further dialogue and monitoring of our progress in achieving harmonious relationships.

1 The Treaty of Waitangi We acknowledge the Treaty as the founding document of our nation. It recognises both the rights of Māori as indigenous people and the rights of all who have subsequently settled here.

2 Freedom from Discrimination We all have a right to protection from discrimination and to remedies if we experience it. Discrimination on the basis of race, colour, ethnic or national origins is unlawful.

3 Freedom of Expression We all have a right to freedom of expression. It should be exercised in a manner that respects the rights of others. Incitement of racial hostility is a criminal offence. The media have a responsibility to be accurate, fair and balanced.

4 Safety We all have a right to safety of our person and of our personal and communal property. Hateful acts including racially motivated threats, verbal abuse, harassment, physical assault and damage to property are unacceptable.

5 Participation We all have a right to participate in public affairs. We should be involved in decisions that affect us, through consultation and representation in decision-making bodies.

6 Equal Opportunities We all have a right to decent work, education, health and housing and an adequate standard of living. Where social and economic inequalities exist between ethnic groups, special measures should be taken to address them.

7 Newcomers Newcomers have the same fundamental rights as the rest of us. We should welcome, inform and support them to settle and participate in the community.

8 Education for Diversity We should all have the opportunity to acquire the knowledge we need for life in a diverse society, including an understanding of our history, the Treaty of Waitangi and the diversity of our cultures.

9 Cultural Identity We all have a right to use our own languages and to practise our own cultures within the bounds of the law and respecting the rights of others. The diversity of our origins, languages and cultures is an important social, economic and cultural asset that shapes our common national identity.

10 Rights and Responsibilities Human rights come with responsibilities. When we uphold and exercise our own rights and freedoms, we have a responsibility to respect the rights and freedoms of others and to contribute to harmonious race relations.

The Statement is followed by some further commentary that reflects issues raised in the consultation process and provides some additional background information. The full Statement of Race Relations can be downloaded from www.hrc.co.nz/diversity

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

Useful websites from the August issue of the Health Promoting Schools brochure!

New www.mission-oninfo.govt.nz – Mission-On is about improving young New Zealander's lifestyles through improved nutrition and increased physical activity. This site brings together information about Mission-On, who's behind it, what we're doing and what resources we have to help you encourage and support young people in making healthier choices.

There are sections for kids; youth; schools and ECE services; families and whanau; and communities. It also includes news; events and resources. Everything is at your fingertips!

New www.everyday-sometimes.org.nz – This site has been designed to help schools implement the Food & Beverage Classification System (FBCS). On this site you can search for FBCS registered everyday and sometimes food and drinks. Products will continue to be added over the coming months so keep this in your favourites list.

This is a handy tool to help your school decide healthy options for the canteen or lunch order system. Want to talk to someone about making changes? Phone the toll free support line – 0800 408 962. Also keep a look out for the FBCS newsletter in your school each term.

Physical Impact Symposium: 5 November 2008 – Wellington

The Cancer Society of New Zealand, with support from SPARC and the Ministry of Health, is hosting a one day Symposium on Wednesday, 5 November. The programme will feature speakers from New Zealand, Australia and France who will give examples of environments that support healthy lifestyles and reduce the risk of cancer. Personnel from the Cancer Society, SPARC, Ministry of Health, DHBs, PHOs, Local Authorities, Regional Sports Trusts, non-government organisations and others with a professional interest in this topic will benefit from attending. Entry is free but is limited to 150 people – registration is essential. Register online https://host.savio.co.nz/secure/CS08_reg.asp

Upcoming Events

International Safer Communities Conference, Christchurch, 20 -12 October 2008

[Safe Communities Foundation New Zealand](#) (SCFNZ) and [Christchurch City Council](#) are proud to be hosting the 17th International Safe Communities conference, which is supported by the WHO Collaborating Centre on Community Safety Promotion.

The conference is supported by the World Health Organisation (WHO) Collaborating Centre on Community safety Promotion and it will be the largest and most prestigious international conference of Safe Communities held in New Zealand to date.

Conference Objectives:

- Celebrate and strengthen community safety as an integral part of national and international injury, health, crime and violence policies, research and programmes;
- Increase synergies and foster partnerships between those working at all levels of injury prevention, violence prevention, crime prevention and safety promotion, to enhance community safety;
- Improve the evidence base through exchanges of the most recent findings and practices in all fields of community safety, violence prevention, crime prevention and injury prevention.

The conference venue is the Christchurch Convention Centre. Delegates and exhibitors will be housed on the same floor throughout the conference.

Conference Themes:

Working together to make a difference

There are 4 key themes to the conference

- 1: Working together to reduce risk of injury and crime:
- 2: Working together for vibrant and safe communities/cities
- 3: Working together to reduce the impact and consequences of crime and injuries
- 4: Working together to build the networks to think globally, plan nationally, act locally

These themes will be presented over three and a half days with a stimulating combination of keynote speeches, interactive workshops, discussions and poster displays.

For more details and to register go to: <http://www.conference.co.nz/index.cfm/lsc08/Welcome/>

Training and Workshops

“Finding and keeping board members in the not-for-profit sector– the role of best practice governance”

Many not-for-profit organisations struggle to find and to retain committed board members. This workshop will help address the problem, taking you through some practical strategies for finding board members. The training addresses the issue of retaining valued members by looking at a model of best practice governance that will give a board the skills and knowledge to meet its full potential. Topics include succession planning, meeting process, board purpose.

Date: Tuesday 23rd September 2008

Cost: \$30

Venue: Community House, 141 Hereford St (rooms 1 & 2)

Two session times:

1.30 – 4.30 (incl. afternoon tea), 5.30pm – 8.30pm (starting with a light meal)

Who should come?

The workshop is designed for board members and managers who report to boards.

For further information contact: Sandy Brinsdon, Talent Finders Ltd, Ph: 355 7760 or email: info@talentfinders.co.nz

Resources

From A guide to: Developing Management Plans to Marketing and Public Relations on a Shoestring - A Practical Toolkit.

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

See www.nscss.org.nz for a full list of Community Resources releases published by North Shore Community and Social Services Inc.

Vacancies

Kaitakawaenga / Advisor, Human Rights and Race Relations

Christchurch based, Full time, Fixed term to June 2011

The Human Rights Commission advocates and promotes respect for, and an understanding and appreciation of, human rights in New Zealand society, and encourages the maintenance and development of harmonious relations in New Zealand.

This role has a primary focus on the Treaty of Waitangi and will engage key audiences and members of the public, especially Tangata Whenua, to build relationships and foster action which will build an understanding and appreciation of human rights & harmonious relations.

The position will lead the incorporation of tikanga and te reo Maori in the Christchurch office. The Kaitakawaenga role will be 0.2 FTE of the overall Advisor position.

To request a job description, please contact Louise Flemming on 09 309 0874, or email humanresources@hrc.co.nz

Applications, comprising a detailed CV and a covering letter, can be emailed to the above address, or posted to: Human Resources Co-ordinator, PO Box 6751, Wellesley Street, Auckland. **Please include reference: 2536HN**

Applications to be received by 5pm Friday 12 September 2008

Part Time Job Vacancies at Christchurch Resettlement Services (CRS)

CRS is currently seeking 3 people to join our Health Information Provider (HIP) team.

CRS Health Information Providers (HIPs) are trained on various health topics and provided with resources to facilitate workshops within their communities. There is approximately 14hrs of work every 2 months.

The following part-time, independent contract, positions are available within our Health Promotion Team:

- **Health Information Provider – Afghan Community X2 (Male)**
- **Health Information Provider – Somali Community X1 (Male)**

Do you have strong networks within your community?

Are you passionate about supporting people in your community to understand and improve their health and well-being?

Do you have good communication and group facilitation skills?

Would you like some extra, part-time, flexible work?

If you are interested in this role please contact Lisa for more information and a job description.

Lisa Logan, Community Health Promotion Team Leader, Ph 335 0311 x25
cell: 021 023 63626 or email lisa.l@crs.org.nz

Items of Interest

School-based fruit and vegetable schemes: A review of the evidence

A new report was released late 2007 titled 'School-based fruit and vegetable schemes: A review of the evidence' by Karen Lock and Joia de Sa of the London School of Hygiene and Tropical Medicine. The report includes evidence that school-based fruit and vegetable schemes are effective at increasing the consumption of fruit and vegetables among children.

Report Summary

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

This report presents a systematic review of the effectiveness of interventions to promote fruit and/or vegetable consumption in children in schools worldwide. The results show that school-based schemes are effective at increasing both intake of, and positive knowledge and attitudes to fruit and vegetable intake. Of the 35 studies included, 65% of studies in both younger and older age groups showed statistically significant increases in fruit and vegetable intake at follow, with none decreasing intake. There was marked heterogeneity in study design, measurement and reporting of intake which makes comparisons of effect size or meta-analysis difficult. Differences in intervention effect ranged from +0.14 servings/day to +0.99 servings/day. 25 studies had follow up periods greater than 1 year and this review provides evidence that both large (national) and smaller (local) scale FV schemes can have long term impacts on consumption. One study showed that free school fruit and vegetable schemes can also help to reduce inequalities in diet. Only one study showed an effect on both increasing fruit and vegetable intake and decreasing overweight in the same scheme. It was unsurprising that other studies showed no impact on overweight or obesity, as changes to weight would be expected to occur at longer time scales than changes in dietary intake. This review concludes that school fruit and vegetable schemes work. Effective school programmes have used a range of approaches and been organised in ways which vary nationally depending on differences in the food supply chain and education system.

The full report is available from:

http://www.5aday.co.nz/cms_resources/SCHOOL%20REVIEW%202007.pdf

Healthy Christchurch Steering Group

At its 3rd September meeting, the Steering Group:

- received updates on the Healthy Christchurch evaluation; on the 19 August Healthy Cities/Communities coordinators hui; on the Steering Group's presentation planned for 15 September to inform sponsoring organisations about the City Health Report that the Steering Group is undertaking; and on the 17 September seminar on alcohol issues being organised for the Healthy Christchurch Champions at their request.
- endorsed Healthy Christchurch co-hosting with the Public Health Association Canterbury Branch a day-long symposium in late October about advocacy (as distinct from lobbying).
- endorsed Healthy Christchurch co-hosting with the Council for Social Services the 3rd annual hui on reducing poverty in Christchurch on 17 October (International Day for the Eradication of Poverty).
- agreed to explore how best Healthy Christchurch can advance healthy workplace policies (particularly in the areas of physical activity and nutrition) amongst signatories.
- agreed to explore how better links between the Safer Christchurch initiative and Healthy Christchurch can be maintained.

The next Steering Group meeting will be held on Wednesday 15th October..