



Newsletter # 9 June 2008

Here's Helen

Welcome to winter and the amazing activities and foods that we can experience over the coming months. At the NPA this is also the time of year that we start planning for our next 12 month cycle of activities.

- As the programme has progressed over the last two years, we are continuing to provide small grant assistance. In the last month we have approved six Early Childhood Centre Nutrition Fund Applications, totalling \$13,500. These include a cycling programme for kids with disabilities, physical activity equipment and active movement programmes.
- NPA was part of the DHB's input to the Nelson to Stoke Corridor transport forum, pushing for a Health Impact Assessment on the proposed options as well as greater emphasis on sustainable and active transport. It was great to see the City Council Regional Land Transport Strategy vision moving away from building roads and infrastructure, to develop an improved transport network with a focus on behavioural change to reduce vehicle use.
- Way2Go has made a successful application to SPARC's Active Communities fund for \$210,000 over the next 3 years. This will create a pathway for inactive people to become active and link with sports.
- We've held our first short course on evaluation, facilitated by the School of Population Health (Auckland University). The NPA programme was used to provide working examples through out the course. There's more about evaluation on page 2.
- We brought ViaStrada up from Christchurch to offer 'Fundamentals of Planning and Design for Cycling', a programme developed in conjunction with Land Transport NZ and Transit NZ aimed at anybody planning, designing or reviewing roads or other facilities used by cyclists.

All the best with the good work you all do in the community, stay warm and keep active!

Helen Steenbergen
NPA Programme Director



Congratulations to the Marvellous Marlborough District Council who have just signed up to the Walk 21 Charter, the first local authority in our area to do so. This follows a visit to the region last year from Rodney Tolley, the London based director of Walk 21, with his message that a shift to planning for pedestrians rather than cars results in economic, social and health benefits. Robin Dunn & Sarah Appleton from the MDC enjoy a local walk (above).

Watch this space as more organisations join Canterbury and Otago District Health Boards, Land Transport New Zealand and other authorities from Sydney to London.

August means more grants

We have our next round of NPA grants coming up in August. Keep an eye on our website for details and application forms.

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On the Buses

The NPA has been on the buses, on the air and in the news for the last few weeks and you can expect to hear more from us as we spread the word about what's going on to make our region healthier and more active. We have been promoting NPA success stories in the community newspapers across the Top of the South, and using some eye catching imagery that sends a simple message to kids and their families to encourage healthy eating. On local radio, a promotional campaign has made use of commercials produced for Feeding our Futures, and we've supplemented these with ads that have a more local flavour, and also some on the Edge with a youth appeal.

We have picked up sponsorship of the Tuesday morning Fresh Air breakfast session on the Nelson-Marlborough access station Fresh FM, with Matt Lawrey talking at 8.10am to the subject of our main story in the print ads.

This campaign was put in place while we carry out the research that will inform our main social marketing strategy.



Helen Steenbergen jumps for joy.
Photo: Nelson Mail.

Gateway getaway



Sea kayaking at Squally Cove in the Marlborough Sounds on the Gateway Housing Trust camp.

Gateway Housing Trust clients and staff headed off for a couple of nights down the Sounds, thanks to an NPA grant. Senior Support Worker, Paula Chapman says as well as doing the cooking and cleaning together, the group went sea kayaking, fishing, and walking.

"Many of our service users have a lot of anxiety associated with their mental health, but at the camp they were able to really engage with each other," she says. "The trip also encouraged independence and included fishing and cooking the catch for dinner. We played games and shared stories - it was all very therapeutic for clients and staff!"

Paula says they've also used NPA funds to introduce a range of activities including cooking classes, healthy morning teas for their walking group and to pay for activities. The cooking classes are proving popular and they're a good way of introducing simple and healthy food choices that fit within clients' budgets.

Evaluation Training

The NPA is part of a group that's offering help to people working in the community, social services or health sectors to find out if their projects or programmes work, and how the evaluation aspects of programmes can be improved. There is a range of courses and workshops coming up - from short workshops through to a post graduate diploma.

These initiatives are led by the NPA, Nelson Bays Primary Health Organisation and the School of Population Health. Go to our website and download the brochure for details.

Smokefree & fizzy free

Healthy foods were on the menu when the Ngati Rarua Atiawa Iwi Trust held its Rangatahi Hui (youth gathering) earlier this year. Organiser Maria Briggs says the hui aimed to develop relationships between youth and pakeke and kaumatua (adults and elderly) and teach the young people about their land and history. The hui was held at Onetahua Marae in Golden Bay and catered for 28 rangatahi from across the region. NPA helped with the funding and PHO dieticians offered advice with the menu. Activities included opportunities to talk about and help prepare the kai, Auahikore-Smokefree drink bottles were given to all participants and there was time for outside activities including swimming and walks to local historic sites.



Liam's Story

Huge changes to his lifestyle and lots of encouragement have seen 8 year old Liam Mason from Marlborough lose over 26kgs in the past year. When Active Families Advisor Victoria Greenwood-Loose began working with Liam in February 2007 he was morbidly obese and had obstructive sleep apnoea. Liam joined the Club Activate programme, (now called Active Families) and Victoria helped him set goals, and came up with some resources for active play. To find out more about Active Families, contact the Advisor, Victoria Greenwood-Loose at Sport Marlborough on 03 577 8855 or for help with lifestyle changes in Nelson, contact Sport Tasman on 03 546 7910.

On the move in Marlborough

It's even easier to be active and lead a healthy lifestyle thanks to a new physical activity programme (Kaupapa Maori) underway in Marlborough. Matt McDougall is the Coordinator of a new initiative run by Maataa Waka Ki Te Tau Ihu Trust with help from the Nutrition and Physical Activity Programme and the NMDHB. Maori, young or old, are the primary target group, however the programme will work with other ethnic groups that are at risk, and is also working with local schools, providing nutritional guide lines and encouraging kids to get active. Contact Matt on (03) 577 9256 or at matt@maataawaka.co.nz to find out more.

