



Newsletter #6 February 2009



Here's Helen...

It was great to get out over the break and enjoy the things that make our region special – like swimming, biking and walking. However, 2009 is well underway and the NPA team is looking forward to working with you all to build on the progress we've made to date.

We ended the year with the Top of the South getting a health tick in the major baseline survey completed by the NPA. The survey information gives us a much better picture of the region's exercise and eating habits; and although the results were mostly encouraging, when it comes to eating breakfast and limiting takeaways and fizzy drinks, there is still room for improvement – especially around eating the recommended three servings of vegetables a day.

The survey results are available from our website and will be a valuable tool for the various communities of interest we work with. We can get this data manipulated if needed to suit your specific needs and it will also be an excellent tool for schools, community groups and organisations when completing funding applications and writing proposals. It can be layered into the different demographics – for example if you want to know

Powerful Cars

Cars in the Nelson Marlborough DHB fleet are pushing a health message as well as getting people from A to B. The cars are very bright and noticeable with their fruit bowl appearance and Helen Steenbergen says the imagery will help the NPA to get its healthy eating message across.

how many servings of vegetables Marlborough boys under 10 are eating we can do that for you! We have had the first external evaluation done of the NPA project, part of the measures we have in place to ensure we are on target with the significant investment the DHB and other organisations are making into the future health of our region, as well as providing a basis to measure changes in the health of the population. The information will be released at the end of February and we will have more on this in our next newsletter.

Very soon our revamped website will be live on line. Changes have been made to make it easier and more useful as a resource for all of you to use. The new website features a grants' database section which will allow you to apply on line for funding and search for previously funded initiatives.

We have streamlined the application form and made some suggestions on the type of projects we are looking for, but encourage you to think 'outside the square' about how your school or pre-school can contribute to improving the health of our district.

Helen Steenbergen
 NPA Programme Director

Walking the Talk

In this new feature of our newsletter we introduce one of the NPA team.

Jenni Gane is one of the Marlborough Programme Managers. She says the job not only fits in with her own values, it is impacting on her beliefs and reinforcing the healthy lifestyle message for the Gane family on the Spring Creek farm they share with their extended family.

"We have about quarter of an acre of garden and we're growing just about everything from corn and silver beet through to berries and asparagus. We have just started reaping the rewards from our mini-orchard and we have some mature fruit and walnut trees. I find my three year old will eat just about anything that she has picked herself and we're getting the two older kids involved in a scheme my sister-in-law thought up where they earn money by growing vegies and selling them around the family – we even negotiate a higher price for spuds that have been washed!

Our family lives outside – we're either chasing dogs, playing touch or cricket or going out for a walk or a bike ride. I spend time with my daughter by coaching at swimming and last season I had a crash course in rugby by coaching my son's team until my husband could take over. I guess my message is you don't have to set aside time for exercise if you build it around family activities."

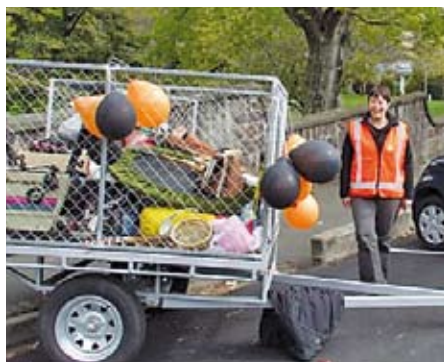


Jenni and her children 'grow their own'.

REPLAY: new homes for old gear

A mountain of football boots and thousands of items of sports gear came out of hiding during the REPLAY collection in Nelson last year. The Rotary Club of Whakatu is cataloguing, cleaning and preparing the gear for distribution before the winter sports season begins.

In Blenheim, Push Play also ran an equipment drive and giveaway day that had a great response.





SportStart helps keep kids active by offering financial help when needed.

Gear on the move

Sport Tasman and Sport Marlborough will be working to enhance the health and fitness of preschoolers with a new NPA grant. The recently announced funding will provide a trailer of equipment in each region that will do the rounds of early childhood centres. It will have bats, balls, balance and gym gear all aimed at teaching kids the basic skills of hand eye coordination and movement. The trailers should be set up and ready to be booked by April and we'll have more details in our next newsletter.

Top of the South health points

- 76% of people eat an adequate intake of fruit, national average 59%
- 58% engaged in at least 30 minutes of moderate activity on at least five of the previous seven days, national average 51%
- 78% eat breakfast every day
- 55% eat their main meal at home
- 59% have not had a fizzy drink in the last week
- 70% have takeaways less than once a week
- More than 11% and 7% respectively are walking or cycling to work or school
- 32% state time as the biggest barrier to being more active, followed by road safety 29% and health problems 26%

(From regional baseline survey 2008)

SportStart removes barriers

Children wanting to take part in a sport or recreational activity should have every opportunity to do so and the Regional Sports Trust is making this happen through SportStart.

SportStart funds are available across the Top of the South to parents or caregivers of children who can't afford to play in a sports team, go to a school camp or even sign-up to dancing lessons. They can ask about SportStart at the sports club or recreation provider and if the organisation is registered with Sport Tasman

or Sport Marlborough, the family can apply for funding.

Other agencies supporting this initiative include the NPA, Department of Corrections and Work and Income. The maximum amount available is \$100 per child per year - \$50 for summer codes and \$50 for winter codes.

For more information contact Steve Mitchell P: Nelson 546 3304,

E: sportassist@nel.sporttasman.org.nz or Kim

Willemse at Sport Marlborough P: 577 8855

E: sport@mar.sporttasman.org.nz

A cereal-ously good start to the day.

Finding a healthy bowl of cereal to start the day is easy – when you know what to look for. Beneath the bright packaging and promotional gifts, many cereals are at least one-third sugar, according to a Consumer Magazine survey (Oct 2008).

The survey of 45 cereals that appealed to children looked for those low in fat, sugar and sodium, but with some fibre too. Some cereals had more than 40% sugar or over three teaspoons a serving. Dried fruit adds to the sugar content but on the plus side it also contains fibre and other nutrients.



If a cereal has any form of sugar added, it is best to put it back on the shelf.

Sodium (the baddie in salt) is added to some cereals during processing. Consumer suggests choosing ones with less than 400mg of sodium per 100g.

Consumer recommends

- Harroways Rolled Oats
- Sanitarium Weet-Bix Fruity Apricot
- Sanitarium Weet-Bix Fruity Wildberry
- Sanitarium Weet-Bix Fruity Sultana, Bran & Apple
- Kellogg's Mini Wheats Golden Honey
- Pams Wheat Biscuits
- Sanitarium Weet-Bix
- Kellogg's Mini Wheats Blackcurrant Flavour
- Sanitarium Puffed Wheat
- Uncle Toby's Milk Oaties
- Sanitarium Weet-Bix Multigrain

Check out www.consumer.org.nz

Nelson Office Location Change

Nutrition and Physical Activity & Primary and Community

We now located at: Level 1, 295 Trafalgar Street, Nelson (above Café Affair)

Our new phone numbers are:

Helen Steenberg	546 3875
Richard Butler	546 3873
Luke Katu	546 3872
Lee Punt	546 3870

www.nutritionandphysicalactivity.org.nz