



Newsletter #12 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 to suit your specific needs, making it an excellent tool for schools, community groups and organisations when completing funding applications and writing proposals. It can also be layered into different demographics – for example if you want to know how many servings of vegetables Marlborough men over 50 are eating we can do that for you!

We have had the first external evaluation done



SportStart helps keep kids active by offering financial help when needed

### 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.

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 and made some suggestions on the type of projects we are looking for, but encourage you think 'outside the square' about how you, your organisation, school or group can contribute to improving the health of our district.

*Helen Steenbergen*  
 NPA Programme Director

### SportStart removes barriers

Children wanting to take part in a sport are getting more opportunities through the Sports Trust's SportsStart programme, supported by the NPA, Department of Corrections and Work and Income. SportStart funds help 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. Sports clubs or recreation providers have to be registered with Sport Tasman or Sport Marlborough and the family applies through them for up to \$100 per child per year - \$50 for summer codes and \$50 for winter codes. Ask at Sport Marlborough or Sport Tasman.

### 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'.

### Location change

#### Nutrition and Physical Activity & Primary and Community

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

Our new phone numbers are:

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

[www.nutritionandphysicalactivity.org.nz](http://www.nutritionandphysicalactivity.org.nz)

## Family cooking classes hit the spot

Don't have time... too scared... can't be bothered... don't know how...

These are just some of the reasons people choose readymade or takeaway foods over cooking their own. To show one-parent families that healthy meals are easy to make even on a tight budget, Birthright Marlborough held a three-day cooking workshop using the excellent facilities at Bohally School's Technology Division, with the Sports Academy and Sport Marlborough organising activities for the children inside and outside, while the parents got on with their cooking lessons.



Parents and children cooking together at the Birthright cooking workshop.

## Watch this space...

The NPA programme has approved new funding for some large projects this year, including a Marlborough Stadium activity project called, "Marlborough on the Move".

## Active transport

International walking guru Rodney Tolley visited the region in December and was impressed with some of the work done by local councils to make walking an easier transport option.

Dr Tolley is an expert on the 'Greening of Urban Transport' and the director of Walk21, a global partnership that plans for pedestrians rather than cars to achieve economic, social and health benefits. He says the developed world governments and local authorities are investing much more in walking and cycling:

"They see it as a logical response to global warming, peak oil and to the obesity and mental health epidemics."



Rodney Tolley with Paul Millen and Robin Dunn from Bike Walk Marlborough.

Dr Tolley noted some good work done by our councils, but also highlighted the issue of poor signage and interpretation.

## Breast is Best

Nelson Marlborough is taking a lead in nationwide moves to improve the initiation and duration rates of breastfeeding. Funding has been allocated to every DHB, and this region made a flying start with widespread consultation last year into the development of the Nelson Marlborough Breastfeeding District Action Plan. Implementation of the action plan will require commitment from all stakeholders and two advocate/coordinators will soon be appointed – one on each side of 'the hill'. They will roll out a programme that will include supporting the peer counselling programme, advocating in workplaces and encouraging cafes and restaurants to be family friendly.

## Top of the South Health points:

- 76% 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 NPA Regional Baseline Survey 2008)

## Old and young benefit

Sport Tasman and Sport Marlborough will be working to enhance the health and fitness of groups at both ends of the age spectrum with new NPA grants. The first 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.

At the other end of the age spectrum over sixties will be encouraged to get up and go with the appointment of a region-wide coordinator, funded by NPA and administered by Sport Tasman. The coordinator will work through organisations providing services and activities to the elderly to help to encourage them to be more active.

This is a direct response to the NPA Baseline Survey, which showed older people are not making the most of opportunities to get active, even when they have the capability. This project will also be underway by April.

## 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.

## Way2Go

Way2Go is a Nelson Tasman Active Communities project to increase the physical activity levels of the community. Way2Go is currently in 10 sites across the Tasman region from Golden Bay to Murchison. Thanks to NPA funding there will be increased delivery at existing sites and three new sites established. Each Way2Go site has a part time coordinator working with communities to ensure programmes are adapted to suit their specific requirements.

More info at [www.way2go.org.nz](http://www.way2go.org.nz)