

Making a **Difference**

2008/09 plans and actions for Well Wairarapa

Encouraging healthy lifestyles

Developing healthy communities

- Promote healthy living, good nutrition and exercise
- Sell the benefits of healthy eating, physical activity and being smokefree through the Healthy Lifestyles social marketing strategy
- Increase proportion of adults eating three or more servings of vegetables per day and two or more servings of fruit per day
- Reduce the smoking rate
- Increase breastfeeding rates
- Support healthy eating initiatives in early childhood services and schools
- Promote and support community initiatives to improve nutrition and increase physical activity
- Work towards good oral health
- Zero tolerance for family violence
- Research attitudes, behaviours and beliefs surrounding nutrition and physical activity

Community-wide involvement

- Set up one district-wide governance group to bring together all the healthy lifestyle initiatives and the agencies involved
- Support community leadership and action with a Community Action Fund

Services working together

- Adopt a kaupapa Maori approach towards whanau ora
- Increase skills and knowledge of the nutrition and physical activity workforce
- Support General Practices to deliver good health and manage long-term conditions
- Work with District Councils on urban design to support healthy lifestyles



These plans and actions are part of national health targets 2,5,8,9
(see summary sheet)

FOR MORE INFORMATION



See the full version of the *District Annual Plan* at: wairarapa.dhb.org.nz

Family, fun, fitness & food



A course on how to create a healthier lifestyle had a group of women getting hands-on with planning meals, shopping, cooking and getting fit, while also motivating some to give up smoking.

“The other F words”, also known as “Fun, family, fitness and food” is six-week free course to create awareness of issues and give people experience of practical ways to improve their physical and mental health and wellbeing.

Run by the Masterton Christian Childcare Centre and Wairarapa Womens Centre, the course was successful in gaining support from the Nutrition Fund, a fund administered by the Wairarapa DHB to assist schools and pre-schools to support healthy eating and lifestyles. Each week had a different focus – healthy eating, physical activity and being smokefree. A session with a quit smoking coach, role modelling for children, a family fitness and fun session and a healthy shared lunch were all part of

the programme. Several health agencies provided expert advice and support.

After covering the effect of diet on behaviour, healthy school lunches, home-made burgers as an alternative takeaways and ‘consumer and money traps’ in the first three weeks, week four saw the group tackle a new challenge - to plan, shop for and prepare and a lunch for 10 people for less than \$30.

After a brainstorm of ideas and some lively debate about nutritional value, and the pros and cons of pre-prepared versus home-made, the group set off to the supermarket to put the theory into practice. Armed with the shopping list, a calculator and \$30 the group compared prices, read labels, took advantage of specials, debated white versus wholemeal bread, processed versus fresh, and came out with the ingredients for a balanced, nutritious lunch with 60 cents to spare. They then prepared and enjoyed a lunch of coleslaw, salad, ham and bread, rice crackers topped with cottage cheese and tomatoes and fruit kebabs.

“These women proved to themselves that healthy food on a budget can be done,” says co-ordinator Frances Dearnley. “The value for money is there, it just takes a bit of thinking and some simple practices like sharing food ideas, planning meals ahead, taking a list and buying specials.”

“I’ve got some new ideas about cooking and I’ll be a lot more wary of what I’m spending money on at the supermarket,” says Rita Davis. “Make your own can be a lot cheaper and more nutritious.”

Another course member, Helen Hargood, enjoyed the camaraderie and exchange of ideas with other course members. “You can feel a bit cut off at home with kids on your own,” says Helen. “To start with I didn’t want to be here but now I’m thoroughly enjoying it.”

While picking up some new tips and skills from the course, several course participants worked on other changes to their lifestyles. One had already lost 26kg with support from her GP and was jogging regularly with girlfriends. Another had lost three kg, and for another the course motivated her to try and give up smoking.