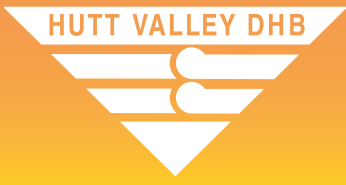


Brought to you by:



Health Highlights

www.huttvalleydhb.org.nz

HEALTHY PEOPLE HEALTHY FAMILIES HEALTHY COMMUNITIES

NOVEMBER 2017

Smokefree summer in Lower Hutt

The weather is changing and hints of summer are appearing across our city. Now is a great time to start thinking about getting out and about in the Hutt.

We're lucky to have so many outdoor places to explore and enjoy, especially as many of these places are covered by Hutt City Council's Smokefree Outdoor Public Places Policy.

Did you know these public places are smokefree?

- Playgrounds
- Public swimming pools
- Hospital grounds
- Parks and sportsgrounds
- Bus shelters
- Train stations
- Beaches
- Council run or funded events
- Outdoor pavement dining areas
- Outside Council buildings and facilities



Ready to quit?

Contact Takiri Mai Te Ata, the regional stop smoking service covering all areas in the Hutt Valley.

- It is a FREE stop smoking service
- Face-to-face support is provided in the home, community or workplace
- FREE NRT, patches, gum and lozenges are provided
- Trained stop smoking coaches provide motivational support for up to 6 weeks.

Takiri Mai Te Ata covers the whole population and provides specialist support for Māori, Pacific, hapū māma and whānau with mental health issues.

You can access the service anytime.



Up for the challenge?

We know that as the weather gets warmer, we need to hydrate more. The New Zealand Dental Association is asking everyone to ditch their sugary drinks in favour of water for 30 days in November.

Why should you join? In addition to celebrating National Oral Health Day on 3 November, the switch to water challenge is about helping you set a realistic goal to reduce the amount of sugar you consume. It's great for your teeth and your general health. For more information, visit www.nzda.org.nz

