



# HUTT VALLEY DISTRICT HEALTH BOARD

## Community Public Health Advisory Committee

15 MARCH 2019

Ground Floor Board Room, Pilmuir House, Lower Hutt Hospital, High Street, Lower Hutt 9.00am.

	ITEM	ACTION	PRESENTER	MIN	TIME	PG
<b>1 PROCEDURAL BUSINESS</b>						
1.1	Karakia			2 min	9.00am	
1.2	Apologies	<b>Record</b>	Y Grace	3 min	9.02am	
1.3	Continuous Disclosure - Conflicts and Declarations of Interest Register	<b>Confirm</b> <b>Accept</b>	Y Grace Y Grace	2 min	9.05am	2
1.4	Confirmation of Draft Minutes 16 November 2018	<b>Approve</b>	Y Grace	5 min	9.07am	4
1.5	Matters Arising	<b>Note</b>	Y Grace	3 min	9.12am	7
<b>2 DISCUSSION</b>						
2.1	CPHAC Membership <i>Population Health Co-opted Representative</i>	<b>Discuss</b>	H Carbonatto	10 min	9.15am	
<b>3 PRESENTATION</b>						
3.1	a) Wellbeing Plan	<b>Discussion</b>	Corinne Thompson Population Health Programme Manager, Hutt Valley DHB	25 min	9.25am	
3.2	b) Regional Public Health Presentation– Key Initiatives	<b>Discussion</b>	Peter Gush, Service Manager, Regional Public Health, Hutt Valley DHB	25 min	09.50am	
3.3	c) Healthy Families Presentation	<b>Discussion</b>	Hayley Buchan Manager, Healthy Families	25 min	10.15am	
<b>4 OTHER</b>						
4.1	General Business	<b>Note</b>	Y Grace	5 min	10.40am	
4.2	2019 Work Programme	<b>Discuss</b>	H Carbonatto	15 min	10.45am	8
<b>DATE OF NEXT MEETING 21 JUNE – BOARDROOM, GROUND FLOOR, PILMUIR HOUSE, HUTT HOSPITAL</b>						

### APPENDICES

3.1	Wellbeing Plan Presentation	9
3.2	Regional Public Health Presentation	13
3.3	Healthy Families Update Presentation	20



## Conflicts & Declarations of Interest Register

### Hutt Valley District Health Board Community & Public Health Advisory Committee

**UPDATED AS AT 01 NOVEMBER 2018**

Name	Interest
Yvette Grace <i>Chairperson</i>	<ul style="list-style-type: none"> <li>Member, Hutt Valley District Health Board</li> <li>Member, Hutt Valley District Health Board Hospital Advisory Committee</li> <li>Deputy Chair, 3DHB combined Disability Support Advisory Committee</li> <li>General Manager, Rangitane Tu Mai Ra Treaty Settlement Trust</li> <li>Husband, Family Violence Intervention Coordinator Wairarapa DHB</li> <li>Sister in law, Nurse at Hutt Hospital</li> <li>Sister in Law, Private Physiotherapist in Upper Hutt</li> </ul>
Prue Lamason <i>Member</i>	<ul style="list-style-type: none"> <li>Member, Hutt Valley District Health Board</li> <li>Member, Hutt Valley District Health Board Hospital Advisory Committee</li> <li>Member, 3DHB combined Disability Support Advisory Committee</li> <li>Deputy Chair, Hutt Mana Charitable Trust</li> <li>Councillor, Greater Wellington Regional Council</li> <li>Deputy Chair, Greater Wellington Regional Council Holdings Company</li> <li>Trustee, She Trust</li> <li>Daughter is a Lead Maternity Carer in the Hutt</li> </ul>
John Terris <i>Member</i>	<ul style="list-style-type: none"> <li>Member, Hutt Valley District Health Board</li> <li>Member, Hutt Valley District Health Board Hospital Advisory Committee</li> <li>Member, 3DHB combined Disability Support Advisory Committee</li> <li>National President of Media Matters in NZ – a viewer advocacy group work in the area of TV and the internet, and incorporating Children's Media Watch</li> <li>Patron – Hutt Multicultural Council Inc</li> </ul>
Lisa Bridson <i>Member</i>	<ul style="list-style-type: none"> <li>Member, Hutt Valley District Health Board</li> <li>Member, Hutt Valley District Health Board Hospital Advisory Committee</li> <li>Member, 3DHB combined Disability Support Advisory Committee</li> <li>Member, Hutt Valley District Health Board Community and Public Health Advisory Committee</li> <li>Hutt City Councillor</li> <li>Chair, Kete Foodshare</li> </ul>
Mr Andrew Blair <i>Member</i>	<ul style="list-style-type: none"> <li>Chair, Capital &amp; Coast DHB</li> <li>Chair, Hutt Valley District Health Board</li> <li>Chair, Hutt Valley District Health Board Hospital Advisory Committee</li> <li>Member, Hutt Valley District Health Board Finance, Risk and Audit Committee</li> <li>Member, 3DHB combined Disability Support Advisory Committee</li> <li>Member, Hutt Valley District Health Board Community and Public Health Advisory Committee</li> <li>Owner and Director of Andrew Blair Consulting</li> <li>Advisor to the Board, Forte Health Ltd Christchurch</li> <li>Former member of the Hawke's Bay DHB (2013-2016)</li> <li>Former Chair, Cancer Control (2014-2015)</li> </ul>

Name	Interest
	<ul style="list-style-type: none"> <li>• Former CEO, Acurity Health Group Limited</li> <li>• Advisor to Southern Cross Hospitals in relation to the opportunity to participate in the establishment, ownership and operation of a private surgical hospital facility in the Queenstown Lakes region</li> <li>• Chair, Queenstown Lakes Community Housing Trust</li> </ul>
<b>Tim Ngan kee</b> <i>Member</i>	<ul style="list-style-type: none"> <li>• Member, Hutt Valley District Health Board</li> <li>• Member, Hutt Valley District Health Board Finance, Risk and Audit Committee</li> <li>• Member, Hutt Valley District Health Board Hospital Advisory Committee</li> <li>• General Practitioner, Churton Park Medical Care</li> <li>• Partner, Churton Park Medical Care</li> </ul>
<b>Ken Laban</b> <i>Member</i>	<ul style="list-style-type: none"> <li>• Member, Hutt Valley District Health Board</li> <li>• Member, Hutt Valley District Health Board Finance, Risk and Audit Committee</li> <li>• Member, Hutt Valley District Health Board Hospital Advisory Committee</li> <li>• Trustee, Hutt Mana Charitable Trust</li> <li>• Member, Ulalei Wellington</li> <li>• Chairman, Hutt Valley Sports Awards</li> <li>• Member, Greater Wellington Regional Council</li> <li>• Commentator, Sky Television</li> <li>• Broadcaster, Numerous Radio Stations</li> <li>• Member, Christmas in the Hutt Committee</li> <li>• Trustee, Te Awakairangi Trust</li> <li>• Member, Computers in Homes</li> </ul>



## CPHAC Meeting Minutes

<b>DATE:</b>	16 November 2018	<b>Time:</b>	9.00am – 10.55am
<b>VENUE:</b>	Board Room, Pilmuir House, Hutt Hospital, Lower Hutt		
<b>PRESENT:</b>	Prue Lamason (Acting Chair), Tim Ngan Kee, John Terris, Lisa Bridson, Ken Laban, Taefa Heker Robertson, Dale Oliff		
<b>APOLOGIES:</b>	Andrew Blair, Yvette Grace, Teresa Olsen		
<b>IN ATTENDANCE</b>	Christine Rabone (Minutes), Helene Carbonatto, Kerry Dougal, Tofa Suafole-Gush, Peter Gush		
<b>PUBLIC</b>	No members of public present		
<b>PRESENTERS</b>	<p><b>Health of Older Persons 2018 Update</b> Kate Calvert, Service Planning Integration Manager, HVDHB</p> <p><b>Connecting Care in the Community</b> Susan Bowden, Manager, Care Coordination HVDHB</p> <p><b>Presentation from Wesley Community Action</b> David Hanna, Director, Wesley Community Action</p>		

	Agenda Item	Discussion	Action Required and by Whom
<b>1</b>	<b>PROCEDURAL BUSINESS</b>		
1.1	<b>KARAKIA</b>	Kerry Dougal led the Karakia and Prue Lamason welcomed attendees to the Hutt Valley DHB CPHAC Meeting.	
1.2	<b>APOLOGIES</b>	<b>Received from</b> Ken Laban, Yvette Grace and Teresa Olsen	
1.3	<b>INTEREST REGISTER</b>	New members yet to advise of updates required to Conflict of Interest Register.  Board Members to note any further conflicts.	

1.4	<b>CONFIRMATION OF PREVIOUS MINUTES</b>	Minutes were accepted as true and correct.  Moved <b>Lisa Bridson</b> , seconded by <b>Tim Ngan Kee</b>	
1.5	<b>MATTERS ARISING</b>	All action points completed	
2	<b>PRESENTATIONS</b>		
2.1	<b>Health of Older Persons 2018 Update</b>	<p>Presentation from Kate Calvert on the Ageing Strategy Work Programme 2018/19 and data trends.</p> <p>There was discussion on:</p> <ul style="list-style-type: none"> <li>• Concerns around people living alone without support.</li> <li>• The presented data being based on NASC referrals resulting in the regions full need not being captured.</li> <li>• Aging being looked at as a disease rather than part of life and the change in focus needing to move away from being so medicalised.</li> </ul> <p>Prue Lamason thanked Kate for her presentation.</p> <p>The Committee <b>NOTED</b> the presentation.</p>	
2.2	<b>Connecting Care in the Community</b>	<p>Presentation from Susan Bowden covering what Care Coordination do, their processes, and the community support they provide.</p> <p>There was discussion on:</p> <ul style="list-style-type: none"> <li>• Issues surrounding assessments when elderly patients are being discharged from hospital into facility based care rather than back to their private residence. This is currently being looked into by the Care Coordination Team.</li> <li>• Clinicians desire to directly refer patients to the Care Coordination Team and the difficulties that present given proper assessments should be undertaken when patients are medically stable.</li> <li>• Elder abuse in aged care, with management confirming this is not an issue we see, with elder abuse a larger issue from family and caregivers.</li> </ul> <p>Prue Lamason thanked Susan for her presentation.</p>	

		The Committee <b>NOTED</b> the presentation	
2.3	<b>Presentation from Wesley Community Action</b>	<p>Presentation from David Hanna on the birth of Wesley Rata Village to Wesley Community Action - where they are today.</p> <p>There was discussion on:</p> <ul style="list-style-type: none"> <li>• Excellent work being undertaken by Wesley Community Action to create a whole and holistic community around 'older person's needs.</li> </ul> <p>Prue Lamason thanked David for his inspiring presentation.</p> <p>The Committee <b>NOTED</b> the presentation.</p>	
3	<b>OTHER</b>		
3.1	<b>General Business</b>	Helene advised that as a decision is yet to be made on these meetings going forward, dates for 2019 CPHAC Meetings have not yet been set.	

## CPHAC

## PUBLIC

## MATTERS ARISING FROM PREVIOUS MEETINGS

Original Meeting Date	Ref	Topic	Action	Resp	How Dealt with	Delivery date	Completed Date
18 May 2018		<b>Interest Register</b>	Advise of Interest Register update	John Terris	Email Kristine McGregor so she can update the formal Interest Register	August 2018	
17 August 2018		<b>Interest Register</b>	Advise of Interest Register update	Taefa Heker Robertson	Email Christine Rabone so she can update the formal Interest Register	November 2018	
17 August 2018		<b>CPHAC Membership</b>	Population Health Expert to attend February 2019 CPHAC Meeting	Helene Carbonatto	Identify and invite PH representative to February 2019 CPHAC Meeting	February 2019	

**Community Public Health Advisory Committee  
Work Plan for 2019**


2019's Topics

Meeting Date	Topic	Responsibility	Meeting Date	Topic	Responsibility	Meeting Date	Topic	Responsibility	Meeting Date	Topic	Responsibility
15-Mar			21-Jun			20-Sep			20-Dec		
	Wellbeing Plan	Corinne Thompson		Clinical Services Plan Implementation	Natalie Richardson		Child Health	Jodi Caughley/Harley Rogers		Palliative Care Update	Jazz Heer
	Regional Public Health	Dr Peter Gush		Integration Services Plan	Brian Nevin		School Dental	Keith Fraser		Older Persons	Kate Calvert
	Healthy Families Presentation / Update on the Wellbeing Plan	Hayley Buchan									

2018's Topics

	Clinical Integration Programme	Stef Fridd		Clinical Services Plan	David Moore (Sapere)		Older Persons	Kate Calvert		Rebional Public Health	Dr Peter Gush
	Pacific Health Services	Nanal Muaau		Wellness Plan	Dr Peter Murray		Palliative Care	Jazz Heer			
	Primary Care in the Hutt	Bridget Allan		Annual Planning	TBA						



		CPHAC DISCUSSION PAPER
		Date: 3 March 2019
Author	Corinne Thompson, Population Health Programme Manager, Strategy Planning & Outcomes Group	
Endorsed by	Helene Carbonatto, General Manager, Strategy Planning & Outcomes Group	
Subject	Wellbeing Plan Progress Update	
<b>RECOMMENDATION</b> It is recommended that CPHAC:  a) <b>NOTES</b> the initial priority areas for implementation of the Wellbeing Plan.  b) <b>PROVIDES</b> feedback to management on the implementation work.		
<b>APPENDICES – WELLBEING PLAN</b>		

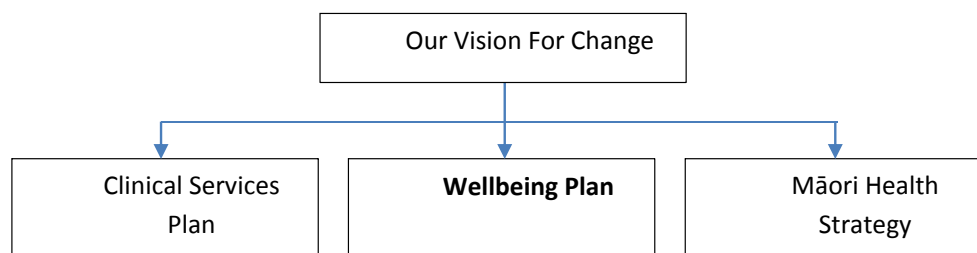
## 1. PURPOSE

The purpose of this paper is to update CPHAC on the progress of the Hutt Valley DHB Wellbeing Plan.

## 2. BACKGROUND

The Wellbeing Plan, 'A Thriving Hutt Valley' was developed in 2018, and focusses on our strategic direction of Supporting Living Well. It sits alongside the other DHB plans (see picture below) as a mechanism for addressing the significant issues raised in our engagement around prevention and developing resilient and healthy whānau and communities. The Plan aims to provide a strategic framework for how the DHB invests in wellbeing promotion and engages with other stakeholders. It also commits us to focus on prevention, strengthening our whānau and communities and addressing the wider determinants and environmental factors that impact our wellbeing.

### Our DHB's Strategic Framework



### 3. AIM OF THE WELLBEING PLAN

As a DHB, we want to promote wellbeing through how we invest, work with our partners and communities and use the tools we have available to us to make , *'The Hutt Valley a healthy place for whanau and community to connect, grow, live and learn, work and play.'* Much of the work in addressing wellbeing is around advocacy, leveraging off other partners and providers, and supporting/facilitating other providers to drive towards a common goal.

To achieve the Plan's aim, the DHB signed off 7 key focus areas where we need to focus our efforts and investments for the next five years:

- 1) Promoting wellbeing at work
- 2) Tamariki and whanau with complex social needs
- 3) Housing
- 4) Tobacco
- 5) Alcohol and other drugs
- 6) Enabling healthy eating and active lifestyles
- 7) Embedding the Wellbeing Plan

### 4. INITIAL WORK FOCUS

The DHB appointed a Population Health Programme Manager in November 2018 to drive the Wellbeing Plan implementation. The DHB also appointed a Maori Health Portfolio Manager in October 2018 and a proportion of his time is allocated towards the delivery of the Wellbeing Plan.

The initial focus of the DHB's work on the Wellbeing Plan has been to engage with our partners to build working relationships for delivery of the Plan, understand how best to work with partners on the Plan and understand collectively agreed priority work. For each of the Focus areas, the following Plan activities have been identified with partners for Initial Focus (the last three months until end February 2019) and Next Stage (March – December 2019):

#### 4.1 Promoting Wellbeing at work (Focus Area 1)

Initial Focus:

- The Mauri Ora (staff wellbeing programme) launch. We have recently launched a dedicated staff wellbeing programme called Mauri Ora to help build a happier and healthier workplace culture that promotes wellbeing and supports our values. The programme has identified three priority areas: mental health & wellbeing, healthy eating and physical activity.

Next Stage:

- Implementing the Mauri Ora Action Plan (for example, a walking track around the hospital) following feedback from staff.
- To determine the opportunity to progress the DHB towards being an accredited Living Wage employer
- Supporting the Maori Health team and HR in their work to ensure a workforce that is reflective of our community and is culturally competent.

#### 4.2 Tamariki with complex social needs (Focus Area 2)

Initial Focus

- Identification and support opportunities for tamariki and whānau experiencing complex needs: In order to better align maternal and child health services to respond to the tamariki and whānau with complex social needs, the DHB is undertaking a process of co-design with providers and whānau, exploring options for service design and development (First 1000 Days Co-Design Project).

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Opportunities to identify and better support families are being explored through the project. In the first instance the project is focused on the services provided through health (ie, Hutt Valley DHB or Ministry of Health funded services). The First 1000 Days Co-Design project will conclude in May 2019.

- Utilisation patterns for those with complex social and/or health need: To support the First 1000 Days Co-Design Project the DHB is undertaking a large scale data project following a cohort of children born in 2013 until their Before School Check at age 4. The project is looking to understand service utilisation for those with complex health needs or those identified as being in a family experiencing social complexity. The utilisation patterns of these two cohorts will be compared to population utilisation to better understand need and demand.

Next Stage:

- Embedding of a process to identify and better support tamariki and whānau
- Exploring integration opportunities between Hutt Valley DHB and social sector partners

#### **4.3 Housing (Focus Area 3)**

Initial focus and Next Stage

We are currently working with the local Councils and RPH to identify how the DHB can best support the work on improving poor housing and reducing homelessness within the Hutt Valley (including recently involvement in Hutt Valley Homelessness Strategy). The housing focus is not a priority for 19/20.

#### **4.4. Tobacco (Focus Area 4)**

Initial Focus

- We are working with key providers and community partners to develop a coordinated (2 year) Hutt Valley Tobacco Control Action Plan, focussing on our target populations, cessation and on strengthening our smokefree environments. This is nearly complete and has already refocused some of our tobacco funding to new areas.
- We are supporting the continued development and expansion of our smoke-free workforce within the Hutt Valley health system with the appointment of a Smokefree Systems Innovator for Upper Hutt in partnership with Upper Hutt City Council and Healthy Families.
- We are enabling access to work in the hospital for two staff from our Regional stop smoking service provider, Takiri Mai te Ata, to help Maori and Pacific patients who smoke to consider quitting and to support them in their cessation journey.

Next Stage

- Working with our partners to implement the coordinated Tobacco Control Action Plan
- Working with Takiri Mai te Ata to improve the hospital automatic referral system.

#### **4.5 Alcohol and other drugs (Focus Area 5)**

Initial Focus and Next Stage

We have not yet commenced work here but focus will be on supporting our key partners, including RPH on the work they undertake in this focus area.

#### **4.6 Enabling Healthy Eating and Active Lifestyles (Focus Area 6)**

Initial Focus

Our focus has been on relationship building with key partners, providers and community working on healthy eating and active lifestyles.

We have also been gaining a better understanding of the current status of the Water in Schools projects

## Next Stage

- Working with partners to get a better understanding of resourcing of healthy eating and active lifestyle work in the Hutt Valley.
- Understanding and learning from collaborative models of delivery such as Healthy Auckland Together.
- Working with partners to develop a coordinated healthy eating and active lifestyles plan across all funded services provided in the Hutt Valley.
- Working with partners to develop water in schools project to have more impact and consider widening to 'food in schools'.


#### 4.7 Embedding our Wellbeing Plan (Focus Area 7)

## Initial focus:

- We have been meeting with key partners to understand their perspectives and roles.
- We have been building a Wellbeing team both by working closely with various DHB colleagues and with key stakeholders at our Hutt Valley partners.
- We have been identifying where to lead, where to coordinate and where to support.
- We are currently reviewing existing Governance Groups to determine appropriate governance for Wellbeing Plan.

## Next stage:

- Develop more detailed implementation plan for each focus area with partners.  
Develop outcomes framework with key partners.
- Develop networks to support wellbeing work.
- Ensure services and programmes we commission have a strong equity focus.

		CPHAC DISCUSSION PAPER
		Date: 1 March 2019
Author	Peter Gush – Service Manager Stephen Palmer – Clinical Head of Department	
Endorsed by	Melissa Brown – Acting Chief Operating Officer Dale Oliff – Acting Chief Executive	
Reviewed/approved by	Helene Carbanatto	
Subject	Regional Public Health Key Initiatives	
<b>RECOMMENDATION:</b> It is recommended that CPHAC receives this report from Regional Public Health and endorses the initiatives described in this report.		
<b>APPENDUMS:</b>  1. RPH ORGANISATIONAL CHART  2. HEALTH IN ALL POLICIES PROGRAMME LOGIC		

## 1. PURPOSE

This report has been prepared on the premise of covering off Regional Public Health's *key initiatives* so does not purport to be a complete update of all activity that RPH delivers for the health and wellbeing for the Hutt Valley DHB communities.

In layman's terms RPH's activity can be categorised into three purposes:

- Health Protection  
(environmental factors, disease control and regulatory activity)
- Health Promotion  
(encouraging healthy lifestyle choices across all age groups), and
- Influencing, particularly Territorial Local Authorities and central Government, to consider the impacts of their decisions/policies on the health of the population.

RPH's priorities are:

- Working with Māori
- Engagement with primary care
- Child Health

To demonstrate how we are organised as a service around the functions attached is RPH's organisational chart as Appendix 1.

## 2. BACKGROUND

Regional Public Health (RPH) is the sub-regional public health unit of Hutt Valley, Wairarapa and Capital & Coast DHBs. As such, the five core public health functions including health promotion;

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health protection; health assessment and surveillance; public health capacity development; and preventative interventions are provided. Hutt Valley DHB is the Ministry of Health contract holder for these core public health services.

## **2.1 Cross-sectorial Activity**

In his Letter of Expectation of 19 December 2019, the Minister of Health mentioned specifically cross-sectorial collaboration (page 5 under *Integration*). The following few examples are where RPH is already connected across-sectors.

### ***Wellington Region Drinking-Water Joint Working Group***

In the post Havelock North water supply incident era the protection and supply of safe drinking water has come to greater prominence, and is specifically mentioned in the Ministry's 2019/20 Annual Plan and Planning Priorities Guidance to DHBs. RPH has been implementing the recommendations from the Havelock North Drinking Water Inquiry as guided by the Ministry. This has included:

- Facilitating development of and participation in an interagency "Joint Working Group" and associated workshops;
- Facilitating regular quarterly meetings with council owned suppliers to review their progress on complying with the legislation;
- Developing procedures to review water supplies that do not meet the NZ Drinking Water Standards, to assess risk to public health and reach agreement with the water supplier on how residual risks will be managed going forward;
- Developing a RPH emergency response plan for drinking water contamination events;
- Supporting improvements in water suppliers 'Water Safety Plans' that strengthen risk management approaches to keep drinking water safe.

RPH is a co-sponsor along with the Regional Council and Wellington Water Ltd for establishment of the regional Joint Working Group – a collaborative group formed from all councils and RPH, with a role in the protection of drinking water sources and the delivery of safe drinking water to the community. The group includes a wide range of professional groups from management, policy, enforcement, technical and operational areas. The work to date has included development of draft terms of reference and accountability structures (including a discussion around the involvement of Iwi in the work of the group), and a workplan for 2018-19.

The workplan has delivered two workshops: one on the development of Emergency Response Plans for each water supplier; and the second on best practice for risk management approaches to water supplies. Both workshops have involved sharing of resources across water suppliers with a focus on keeping the community well via delivery of safe drinking water.

### ***Wellington Regional Healthy Housing Response Group (RHHRG)***

RPH was a founding member, and continues to be a key stakeholder in the Wellington RHHRG. The vision of this group is "Everyone in the Wellington Region lives in warm, dry and safe housing by 2025". This has been previously reported to the DHB Boards.

Housing is one of the factors that significantly impact whānau health, it is a key social determinant. Many whānau will stay well if their homes are warm, safe and dry. Our staff contribute public health knowledge and expertise to help shape strategic direction and leadership for warm, dry, safe housing in the greater Wellington region. Given our equity focus, we ensure housing solutions are delivered in an equitable way. RPH also provides public health intelligence to help understand housing problems in the region and guide development of solutions.

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There is no secretariat function or resource for the RHHRG. RPH along with other key stakeholders contribute with in-kind resource such as meeting rooms, minute taking, analytical and advisor capacity through the development of funding proposals and scoping documents for the completion of a regional housing stocktake.

RPH consciously participate in the RHHRG as it contributes to and amplifies our operational housing work (Well Homes) and is a demonstration of how Health in All Policies (see later section on this subject) can work, by building strong relationships across sectors in order to influence systemic change: health, Local Government, Central Government, social services, disability groups, housing providers, Pacific and Iwi.

### ***Local Government New Zealand (LGNZ)***

We are currently working with LGNZ to create a webinar to inform council governance, leadership and staff about how to make homes warmer and healthier.

It is intended that a member of our Well Homes team will work with an Eco Design Advisor to develop an engaging and informative session. Initially designed for the council audience, potentially this could be used more widely in the housing setting once developed.

### ***Connecting the Valley's Children Hui***

RPH continues to organise, host and fund this important connection of health, education and social sector agencies and NGO's across the Hutt Valley who are involved in the well-being of our tamariki. On 28 February we hosted our Hui at Weltech where the movie "Resilience" which shows the effects of Adverse Childhood Experiences (ACEs) on children was shared, and was the key focus of the Hui.

Our amazing guest speakers, Dr Chris Bowden (lecturer at the School of Education, Victoria University) and Billy Graham (founder of the Boxing Academy that bears his name in Naenae, NZ'er of the Year Local Hero in 2011) shared their experiences and knowledge about children and whānau that they work with. Approximately 90 people from Social Workers, Educators, Youth Workers, Nurses, DHB Maori Unit and Pacific Health Services attended.



### ***Hutt Valley Governance Group***

This long standing group is led by the two Hutt Valley Mayors and its membership includes virtually every government agency in the Hutt Valley as well as NGOs. Recent particular areas that the group has lent its support to include:

- A focus on the establishment of a 'House for Men – Te Whare Tane' in the Hutt Valley. This is somewhere for men to be referred to in an emergency when Police issue them with a Police Safety Order as a result of a Family Violence incident
- A Homelessness strategy
- School Wellbeing Networks
- Water only in schools approach.

### ***Safer Hutt Valley Governance Group***

This group provides Governance for this valley wide initiative, and is accredited under the WHO International Safe Communities framework. Its three work streams focus on:

- Preventing Crime & Family Violence
- Road Safety, and



- Preventing Injury.

Membership includes both Councils, Police, RPH, Oranga Tamariki, ACC, NZ Transport Association, Fire & Emergency NZ and Corrections.

### **WHO Framework – “Health in All Policies”**

RPH is re-orienting some areas of work to a Health in All Policies (HiAP) approach. This is an approach to forming public policy that sees health-based organisations working collaboratively with non-health agencies. It is driven by the World Health Organization and backed by research. The aim of HiAP is improved population health and equity; it is therefore a strong enabler for priorities in the Minister of Health’s Letter of Expectations.

The essential element of HiAP is trusting cross-sectoral relationships. This fosters collaborative ways of working that extend the number of agencies and projects that are working towards goals of healthy communities. HiAP is an approach built over time; it will take commitment and openness to strengthen the collective impact.

We are prioritising HiAP because working solely within the health sector is not the best way to improve a community’s health. The health of our communities depends on many things. Genetics and lifestyles strongly influence individual health, but community-level arrangements for things like transport, employment, education and housing are also important. These wider determinants are influenced by non-health sectors such as local government.

In order to achieve healthy futures for our communities, RPH must work alongside mana whenua, communities and partner organisations on matters relating to equity and wellbeing. RPH will work more proactively, in an environment of mutual trust and respect, and harnessing collective effort towards wellbeing and equity. Many staff members at RPH are already working in the spirit of HiAP. A HiAP framework will help to support their work, and that of partner agencies, so that more can be achieved, together.

A programme plan has recently been finalised and recruitment of a Public Health Medicine Specialist to lead this work has been completed. Activities for the first year include significant stakeholder relationship development, a more proactive approach to policy activity, and improving influence capability using existing projects as training examples. RPH is committed to working with existing programmes such as the HVDHB’s Wellbeing Plan, CCDHB’s localities approach, and the Healthy Families NZ initiative in the Hutt Valley.

Recent examples of ‘HiAP’ in action include follow up work with Upper Hutt, Hutt and Porirua City Councils after the joint submissions from RPH and Primary Care on these Council’s Long Term Plans. Both pieces of work focussed on improving environments that influenced long term conditions; particularly Type 2 Diabetes.

Attached as Appendix 2 is the Programme Logic for HiAP.

### **Safe Drinking Water**

Refer also to the previous entry regarding the Wellington Region Drinking-Water Joint Working Group.

### ***South Wairarapa District Council Drinking Water Transgression***

Although not part of Hutt Valley DHB’s health district this recent incident is a good example of the expectations on RPH in this work area.

On 30 January 2019, we were notified by the South Wairarapa District Council (SWDC) of the presence of *E.coli* in a routine drinking water sample in the Martinborough water supply. Follow-up sampling confirmed contamination in a reservoir and the likely source was a period of inadequate



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treatment of the water source. RPH has multiple roles when a transgression occurs; regulatory, public health risk communication and enhanced surveillance of illness in the community; we:

- Reviewed the adequacy of SWDC's investigation of the source of the contamination and the actions to manage risk – our role included recommendations to increase sampling and actions to locate the source and implement a boil water notice or chlorination when a second positive sample confirmed wider contamination of the system.
- Issue a Public Health Alert to health services to be aware of the water contamination issue and a request to report potentially associated illness.
- Facilitated the issue of an emergency mobile alert via the Ministry of Health to ensure adequate awareness of the need to boil all water with significant visitor numbers to the area.
- Recommended that SWDC seek further technical support via Wellington Water.
- Supported SWDC by providing consistent public health messages, development of Frequently Asked Questions (based on monitoring or social media comments) and reviewing its daily public communications, and directly following up health queries.
- Commenced enhanced disease surveillance to determine if the contamination event was associated with an increased level of illness.
- Maintained liaison and communication with multiple stakeholders (WrDHB, WREMO, Ministry, SWDC, and Wellington Water) via facilitating regular teleconferences and Situation Reports.
- Undertook technical review of the actions taken and analysis of sampling results to determine when it was appropriate to lift the Boil Water Notice.

The likely cause of the contamination was the failure of the UV treatment on 23 January following a power outage. The UV unit has been recommissioned, the reservoirs and reticulation flushed and subsequent sampling showed no contamination. The Boil Water Notice was lifted on 21 February.

We stood up an internal Incident Management Team to manage the scale of our response and had up to six staff working (Medical Officer of Health, Health Protection Officers and managers) on the response, seven days a week for three weeks. Post transgression work for RPH will include:

- Assessing whether SWDC have sufficiently mitigated the risk of future contamination from the same source.
- Undertaking a compliance investigation; this is a substantial undertaking.

### ***Wellington Water Ltd – Water Safety Plan***

RPH is working with Wellington Water to develop the Regional Water Safety Plan (WSP) covering Hutt Valley, Wellington and Porirua water supplies. Usually a WSP is prepared for each individual water supply but in this case the new plan will cover four water treatment plants and all the infrastructure and systems that distribute the water. This is the first time such a large and complex WSP has been submitted for assessment anywhere in New Zealand. This approach is of interest to the Ministry as it will inform the development of new nation-wide procedures. The Ministry of Health is providing the assistance of a technical expert to support the approach.

RPH is satisfied with the safety of drinking water and water supplier progress to meet the legislative requirements for drinking water, within the areas of responsibility for HVDHB and CCDHB.

### **Another Alcohol Milestone in the Hutt Valley**

Central Lower Hutt has seven off-licences: Big Barrel, Pak N Save, Countdown Lower Hutt, Countdown Queensgate, Central Market (High St), New World Hutt City, and Commonsense Organics. The recent closure of the 'The Mill' and the earlier closure of a liquor store in Brunswick Street confirm that there is already an oversupply of cut-price alcohol in the central city.

**PUBLIC**

Although Liquormart Ltd did consult with RPH the company proceeded to apply for an off-licence to set up Blackbull Liquor on the corner of Rutherford Street and Melling Road (between Beaurepaires and Shady Lady Lighting). Of the three reporting agencies (Police; Licensing Inspector; and RPH) we were the only agency to oppose the licence. As Shady Lady and several members of the local community objected to the licence the Hutt City District Licensing Committee held a public hearing in October 2017, approved the new licence.

Shady Lady and some of the other community objectors appealed this decision to the Alcohol Regulatory and Licensing Authority (ARLA) which held a public hearing in May 2018. Based on evidence from the community objectors and the expert evidence on risk of alcohol-related harm (ARH) presented by Dr Palmer (Medical Officer of Health) at the DLC hearing, ARLA reversed the decision. In turn Liquormart appealed this decision to the High Court.

The High Court held a public hearing in October 2018 and the decision was released late November 2018. The High Court dismissed the appeal and emphasized that the DLC should give considerable weight to expert witness testimony and to the testimony of community objectors. There are no appeal provisions to the Court of Appeal.

The High Court is leading the way in establishing case-law around the importance of the second limb of the Object of the Sale and Supply of Alcohol Act 2012:

- (a) The sale, supply, and consumption of alcohol should be undertaken safely and responsibly; and*
- (b) The harm caused by the excessive or inappropriate consumption of alcohol should be minimised.*

Above all, this is a big success for the Hutt community with the Local Alcohol Policy now placing a cap on the number of off-licences in central Lower Hutt.

### **Fruit and Vege Co-ops**

In partnership with Wesley Community Action the number of Fruit & Vege Co-ops continues to grow, as well as increasing demand within established coops.

The 2019 co-op has got underway with a whiz and a bang! All co-ops began with a good number of orders for their first pack of the year. It is a positive start to the year to have a good number of orders across all co-operatives and new coordinators joining the team from Kapiti, Naenae, Featherston and Newtown.

Featherston Co-op (with a Masterton distribution hub) is due to launch in late February and Newtown is looking to launch in early March. Once these co-ops start, there will be a total of 11 across the sub region (including 4 in the Hutt Valley) with multiple additional distribution points across the region. These co-ops have been supplied with communications templates for their initial launch. All other co-ops have been supplied communications with updated branding

A significant activity for RPH was the numbering and distribution of 5000 returnable bags. These have been very gratefully received by co-op coordinators and their volunteers who are really excited about being able to respond to co-op member's feedback about single use plastic bags in this way. Several co-ops anticipate growth on the back of the returnable bags for people who indicated they would be keen to join once they are plastic bag free.

### **Water in Schools**

The 'Water in Schools' Working Group led by RPH, with the Bee Healthy Regional Dental Service, Heart Foundation, Healthy Families Lower Hutt, Healthy Futures Trust, the Ministry of Education and the Wellington branch of the NZ Dental Association (NZDA) has been working for the last two years on ways to encourage schools to promote water as the choice of drink. This was in response to the Ministries of Education and Health encouraging schools to adopt a water-only policy in March 2016.

**PUBLIC**

The working group was established to initiate follow up discussions and provide resources, reinforcing key messages on the importance of water to health and wellbeing. A survey to all schools also captured what was already happening – at least half were already, or moving towards being water-only schools.

Three schools in Hutt Valley have recently achieved Gold, Silver and Bronze Water in Schools status. Seatoun School has also been awarded a Bronze Certificate of Achievement. There are plans to celebrate these milestones with the schools through social media and local News. The value of this initiative is well demonstrated by Yendarra School's journey available on [YouTube](#)

The first key initiative was the development and distribution of the [Water-only Schools Toolkit](#), which provides practical advice to schools. The creation of the Water-Only in schools website, hosted by RPH provides up to date information and resources to assist a school.

Schools identified that one barrier to providing water at school events was having the appropriate equipment available to make it practical and easy to offer water. [Healthy Futures Trust water kits](#) are available to purchase, and provide everything a school needs to make water the drink of choice at their events. Additionally, the NZDA Wellington branch committed to a water-only future for our schools, and generously sponsored water kits to seven high needs schools in the Hutt Valley and Capital & Coast DHB district

### **Brief Description of Other Hutt Valley Initiatives**

#### ***Public Health Nurse Based at CommunityLink, Naenae***

From 1 July last year the Ministry of Social Development has funded the placement of a 0.5FTE Public Health Nurse (PHN) at CommunityLink, Naenae. This is modelled on the successful placement of a PHN at CommunityLink, Porirua which Capital & Coast DHB have funded for approximately 10 years.

This role provides a valuable service, linking Work and Income clients to health services and resources to improve their quality of life. Health information and health education is also provided to the clients. The PHN is a valuable referral link for case managers, connecting their clients to health services, information and support. In the first three months of being in place the Nurse assisted 304 Work & Income clients, many with high and complex health needs.

#### ***3 year old tympanometry initiative for Hutt Valley Te Kōhanga Reo***

Following the successful pilot of this initiative in three Te Kōhanga Reo in 2017, we have been able to work with the Ear, Nose and Throat Service at the Hutt Hospital and Strategy, Planning and Outcomes to start a programme to screen all three year olds enrolled at Te Kōhanga Reo in the Hutt Valley. It is anticipated that a total of 230 tamariki will be screened by the time this initiative is complete.

The first four Te Kōhanga Reo were visited in the week beginning 11 February, with 48 tamariki seen in this first round (as at 28 February). Project communications have been updated to reflect the importance of whānau attendance to the OME TKR (Otitis Media with Effusion Te Kōhanga Reo) DHB clinics should their tamariki be referred.

### **Appendix 1.      Appendix 2.**



RPH Organisational  
Chart - Groups and



HiAP at RPH logic  
model v2.pdf

# HEALTHY FAMILIES LOWER HUTT

February 2019



Healthy Families NZ is a large-scale prevention initiative that brings community leadership together in a united effort for better health. It aims to improve people's health where they live, learn, work and play by taking a systems approach to the reduction of risk factors for major health loss and increasing equity.

The goal is for all New Zealanders to enjoy health promoting social and physical environments that enable healthy food and physical activity choices, being smokefree, drinking alcohol only in moderation and increasing mental health resilience and wellbeing.

Healthy Families NZ takes a whole-of-community approach to make sustainable and long-term changes to the systems that influence the health and wellbeing of our communities. By making our environments healthier, we're laying the foundations for a healthier future for everyone.

Healthy Families NZ reflects the unique context of New Zealand communities, and the special relationship between Māori and the Crown, including obligations under Te Tiriti o Waitangi. The Healthy Families NZ Principles include an explicit focus on equity, improving Māori health and improving health equity for groups at increased risk of chronic diseases.

Healthy Families Lower Hutt is led by Hutt City Council and is one of [10 Healthy Families NZ communities](#) across Aotearoa.

## IMAGINE IF...

### LIVE

Imagine if the healthy choice was always the easy choice in our communities. Where our whānau choose to be active, smokefree, drink water and eat well.

### LEARN

Imagine if every school was a healthy place to be, where children and young people choose to be active, drink water and eat well. They will have all the healthy support they need to reach their potential.

### WORK

Imagine if all workers in the Hutt are supported with healthy active workplaces, where wellbeing is part of the organisation's culture.

### PLAY

Imagine if all our sports clubs model good health to our young people. Where water is the drink of choice, good kai is easy to get and drinking alcohol and smoking is not visible to our young people.

Imagine if our neighbourhood places and spaces supported our tamariki to get outside, be active and play.



## HOW WE WORK

We aim to work **collaboratively** with communities and stakeholders across different sectors and environments to:

- **Enable and activate leadership** at all levels to initiate and embed health promoting policies and sustainable change.
- **Implement and leverage initiatives** that strengthen a systems approach to address the underlying causes of poor health.
- **Increase coordination and alignment** for a comprehensive approach to chronic disease prevention.

**Leadership** is a founding principle of Healthy Families NZ. The role of the Healthy Families Lower Hutt Strategic Leadership Group is to provide transformational leadership by using their spheres of influence to create, enable and support the systems change Healthy Families Lower Hutt is driving. The members represent the sectors and communities that Healthy Families Lower Hutt works with. Our Strategic Leadership Group members are:

- Matt Reid - GM City and Community Services, Hutt City Council (Chair)
- Marcus Sherwood - DM Parks and Recreation, Hutt City Council
- Peggy Luke-Ngaheke - Manager Waiwhetu Marae
- Holona Lui - Director Catalyst Pacific Ltd
- Helene Carbonatto - GM Strategy, Planning and Outcomes, Hutt Valley District Health Board
- Bridget Allan - CE Te Awakairangi Health Network
- Phil Gibbons - CE Sport Wellington
- Kayne Good - Principal Adviser Ministry of Education Wellington
- Dave Appleyard - Principal Rata Street School
- John Anderson - Owner Stokes Valley New World
- Holly Novis- Healthy Families NZ Portfolio Manager, Ministry of Health

Some examples of change that has been created and enabled with the support of the Strategic Leadership Group include:

- Hutt City Council's Smokefree Outdoor Public Places Policy, Alcohol bylaw, health promoting events, increasing access to water in the community, driving a healthy streets and spaces approach, removing sweet drinks from pool vending machines and leading workplace wellbeing.
- Stokes Valley town centre has gone smokefree with substantial support and leadership from John Anderson from Stokes Valley New World.
- Hutt Valley District Health Board and Te Awakairangi Health Network are leading with workplace wellbeing having signed up to WorkWell.
- Collaborating on the water-only schools movement with leadership and support from the Ministry of Education and Rata Street School.



## OUR WORK

### HEALTHY KAI

We're working with stakeholders and our community partners to re-activate the food system to make healthy kai more accessible and affordable for all our communities. We know that healthy food is not the easy choice for many. Our food retail environment means some of our communities can be considered food swamps, where the density of foods high in fat, sugar and salt with minimal nutritional value outweigh access to healthier food.

#### Current activity

There are several initiatives across different settings led by various organisations and agencies that are currently all working to nudge the food system to be more health promoting for all. We see a role for Healthy Families Lower Hutt to help strengthen the coordination in the food system so we can collectively amplify the impact, develop capability across a wider range of initiatives and galvanise the prevention network around a shared vision.

**Healthy kai network** – following events in 2018 featuring Ron Finley, the Gangsta Gardener, we have connected with inspired people interested in creating change in the food system. We have started to engage these people (plus others) to become a local 'Healthy kai network'. We have held one wānanga to map the current activity and get to know more about those currently active in the food system. Our intention is to continue to nurture this group, working towards a shared vision, purpose and opportunities to work together to increase our impact.

**Naenae Market** – Naenae is a 'food swamp' where access to healthy kai is not easy and often not affordable. Healthy Families Lower Hutt worked with a range of community, health and Council partners to seed a healthy kai market in Naenae. Following a six week prototype period, Team Naenae Trust have decided to continue the market and act as the backbone organisation. The Naenae Food Market runs from 4pm-7pm every Friday night in Hilary Court.

**Fruit Trees 4 Marae** – this is a collaboration with the Ohomauri collective that aimed to build capacity and capability in kaitiaki of fruit trees and has resulted in 24 new fruit trees being planted to date. Over the past year it has evolved from just fruit trees to focus more broadly on māra kai (i.e. growing all food). Members of the Ohomauri collective co-facilitated the wānanga for the healthy kai network and will continue to play a part in strengthening the local food system, particularly in Māori settings.

***Imagine if good food was easily available and affordable for everyone where we live, learn, work and play and eating healthy kai was a normal part of everyday life.***

## TURNING THE TIDE

Turning the Tide is a movement that can transform the health, physical and mental wellbeing of the people of the Hutt. It can help create places where we live, learn, work and play where healthy choices are the easy and normal choice. Everyone has a role to play. Turning the Tide helps all of us see how our actions can contribute to a healthy future for the Hutt Valley.

### Current activity

[Turning the Tide](#) was launched in November 2017. The Healthy Families Lower Hutt team, our partners and leaders are weaving Turning the Tide into their interactions to gather support and engagement.

To date 64 organisations have joined Turning the Tide to demonstrate their commitment to making their places more health promoting.

***Imagine if Turning the Tide spread to other towns, cities and communities, where taking action to create a healthier future is part of living, learning, working and playing in Aotearoa.***

## SMOKEFREE LOWER HUTT

Hutt City Council now has one of the most comprehensive Smokefree Outdoor Public Places Policy in New Zealand. In May 2016, Council extended the Policy, prior to this the Policy designated outdoor public swimming pools, parks and playgrounds as smokefree.

From 1 July 2016, led by Healthy Families Lower Hutt, Council implemented the Smokefree Outdoor Public Places Policy through the Smokefree Lower Hutt Action Plan 2016-2019. Healthy Families Lower Hutt made the commitment to lead implementation of Council's Policy to ensure there was a focused and coordinated approach to delivery, and to ensure its success. Council's Smokefree Outdoor Public Places Policy now includes all:

- Playgrounds
- Outdoor public swimming pools
- Parks and sports grounds
- Bus shelters
- Train stations
- Beaches
- Outside Council buildings and facilities
- Council run and sponsored events
- Outdoor pavement dining areas.

We're also exploring designating areas in town centres as smokefree.

### Current activity

Stokes Valley's Scott Court and Wainuiomata's Queen Street have been designated smokefree. We are exploring smokefree town centres in Petone, Moera, Naenae, Taita and the Lower Hutt CBD. Our

exploration has included raising awareness of current smokefree areas in these communities and gaining feedback from the community on whether they would like their town centre to be smokefree. We are actively engaging with workplaces, the hospitality sector and community groups on adopting voluntary smokefree spaces.

In partnership with Hutt Valley District Health Board we have created a new role to support Upper Hutt City Council in their journey to a Smokefree Upper Hutt.

Healthy Families Lower Hutt has moved from leading the implementation of the policy to embed the policy, where possible, into Council's 'business as usual' practices. The Policy comes up for review in June 2019 and there is opportunity to assess the effectiveness of the implementation and explore amendments going forward.

Through this policy, Council is taking a stand for the health of its city and people. The Smokefree Outdoor Public Places Policy aims to reduce the visibility of smoking to our children and young people and reduce the impact from secondhand smoke. We are supporting current smokers to quit while raising a smokefree generation.

More detail about Smokefree Lower Hutt can be found at [huttcity.govt.nz/smokefree](http://huttcity.govt.nz/smokefree) and in the [Smokefree Events Toolkit](#).

***Imagine if our community spaces are all smokefree, where young people don't see smoking and aren't exposed to second-hand smoke.***

## GO THE H2O

Go the H2O is a movement to promote water as the healthy and easy choice of drink across sport, schools, workplaces, within communities and at events.

When we choose water, it means we're not drinking sweet drinks which contribute to obesity and many preventable conditions like tooth decay, type 2 diabetes, gout and poor bone health.

Sweet drinks are the leading contributor of total sugar for our children and second highest for adults.

### Current activity

***Value proposition of water*** – we worked with the Wellington Branch of the New Zealand Dental Association (NZDA Wellington) and our young people in Taita to create a pro water mural. NZDA Wellington sponsored the creation of the mural which is situated near the water fountain in Taita.

The artwork from the mural has now been adapted for use in other community settings including the water stations at the recent Te Matatini festival.

Through the Poly Odyssey event, a Pasifika articulation of the value of water has been created and validated by those involved. The kupu is "Vai Ola" which means "Water is life".

***Community hydration stations*** – six new high profile water fountains have been installed in community spaces in Stokes Valley, Taita, Naenae, Wainuiomata, Fraser Park and Petone. Council has confirmed an



annual budget to increase the number of water fountains in parks, gardens and sportsgrounds. Community has mobilised to increase the demand for more water fountains. This has resulted in Council's Community Panels being approached to fund additional water fountains in places of significance for those communities.

**Portable hydration stations** – the Go the H2O movement has gathered so much momentum that demand for portable hydration stations and water kits is outstripping supply. To make portable water solutions sustainable, local business owner Bulk Water Transport has partnered with Meet PAT to provide 20 hydration stations that can be used for events. This means that Hutt City Council's station can be focused on high priority community and Hutt City Council events without impacting the wider momentum.

**Player of the Day** – this initiative is continuing to grow. To be eligible for the pool passes, sports organisations have to demonstrate their pro-water kaupapa and promote water as the drink of choice. The impact of Player of the day to date includes:

- Five Councils providing access to 19 pools which reflects \$75,000 value in free pool passes.
- 28 clubs and two regional sports associations across nine sports codes actively promoting water as the drink of choice.
- 16,000 less burger vouchers in the hands of our young people.
- 22,000 new free opportunities to be active at the pools.

***Imagine if there was no demand for sweet drinks from our young people because water is the normal and desired drink of choice.***

## INDIGENOUS SYSTEMS RETURN

Healthy Families NZ sites are working collectively to move Māori and Indigenous Systems as ōranga solutions. As Healthy Families NZ moves towards becoming a standing item on the Iwi Chairs Forum agenda in the Pou Tangata category, the workforce is capturing and sharing their mahi that invest in Māori-led approaches which support health and wellbeing at scale.

### Current activity

Healthy Families Lower Hutt is working as part of the Ohomauri Collective; a group of community champions, local kaimahi and marae members who are passionate about taking a Te Ao Māori approach to preventative health. The Ohomauri Collective is about collaborating and co-designing initiatives to gain greater alignment and share the effort to empower hāpori Māori.

Sparked from the Ohomauri Collective, Fruit Trees 4 Marae is an initiative that is about passing on the matauranga to the next generation on how to kaitiaki our hua rākau and māra kai across marae, kura, rangatahi and community groups. Through seasonal hands-on workshops, over 30 people from three generations are learning not only how to grow a resilient and healthy source of kai, they are also reconnecting with the taiao and building relationships which strengthens the prevention system.

Key partners from the Fruit Trees 4 Marae initiative including TiHei Rangatahi and Kokiri Marae hosted the *He Kai, He Whenua* event in Wainuiomata featuring Ron Finley, the Gangsta Gardener. Supported by Te Awakairangi Health Network, Hutt City Council and Healthy Families Lower Hutt, this event aimed to

amplify the existing māra kai mahi and broaden the impact by bringing in a wider group of participants and stakeholders.

***Pēhea mehemea...every community had an abundance of fresh fruit and vege, that growing and sharing kai is just how we do things in the Hutt.***

***Through our rangatahi the whole community restores our relationship with our taiao.***

## HEALTHY ACTIVE STREETS AND SPACES

Cities have enormous potential to be fun, vibrant places where people want to live, learn, work and play. This mahi aims to provide a framework for growing Lower Hutt as a place where we interact with our surroundings; we are active together and feel safer, healthier, happier and more engaged with our city. By bringing our streets and spaces to life, we will create a successful city that works for everyone.

Safe and pleasant routes between home and key local destinations like shops, work, cafes, schools and libraries strengthen our connections with our city and each other. This is created by giving people a choice of how they easily move between places, and interesting things to do, see and play along the way.

This focus area brings together previous work on play (including Play in the Hutt), liveable spaces and lovable places and active transport. It elevates the discussions from independent topics to be an integrated approach that puts the wellbeing of people at the centre of our decision making.

### Current activity

Healthy Families Lower Hutt has recently funded FTE for two years to focus on city design. This role brings together active transport, play and urban design to ensure we can move quickly and strategically to influence the many opportunities that Council's focus on rejuvenation offers.

We're contributing a holistic systems level view on Council led design and development. This will help ensure the health and wellbeing of our people is at the centre of our collective design decisions and space activations.

The initial priorities for this mahi includes building a framework that captures the strategic intent, creating a decision making tool that enables people to be in the centre of the design process and finding opportunities like RiverLink and the Beltway Cycleway projects to demonstrate the value of this approach through prototyping.

We're working with our wider prevention network and partners to ensure health and wellbeing are influencing decision making on the Central City Transformation Plan that is currently being discussed by Council.

The research findings and insights from Play in the Hutt have been consolidated into a [visual snapshot](#) and [comprehensive report](#).

***Imagine if our local environments supported our whānau to thrive and reach their personal and collective potential.***

## WORKPLACE WELLBEING

As adults we spend around half our waking hours at work, so it's no wonder that the workplace is a place with huge potential to influence our health and wellbeing. More and more workplaces are realising that health and wellbeing is an investment - not a cost.

### Current activity

We show leadership in workplace wellbeing and connect workplaces to the available workplace wellbeing tools through forums, our spheres of influence and our '[work](#)' webpage. Healthy Families Lower Hutt played a key role in the development of Good4Work. [Good4Work](#) is an online tool designed for small to medium workplaces. We connect workplaces to local providers that can provide more in-depth support and service delivery such as Takiri Mai Te Ata Regional Stop Smoking Service.

We are also engaged in national efforts to support culture change in the workplace system. This includes supporting the establishment of a national Community of Practice which will harness collective efforts to solve problems, create new systems or improve on existing systems.

***Imagine if all workers in the Hutt are supported with healthy active workplaces, where wellbeing is part of the organisation's culture.***

## WHĀNAU FRIENDLY EVENTS

Whānau friendly events are part of creating a vibrant and lively city. Hutt City Council led events reach approximately 104,000 people per year. When we add this to the number of people that attend community led events supported by Council it becomes clear that making events more health promoting is a powerful way to normalise healthy choices.

### Current activity

We have developed a [smokefree Lower Hutt event toolkit](#) because whānau friendly and smokefree events are an important step towards reducing the impact of smoking on our community. In the future, we will be developing further toolkits covering healthy kai, wai and active transport.

***Imagine if all events held in Lower Hutt promoted healthy options so the healthy choice truly is the easy choice for all our whānau.***

## MORE INFORMATION

For more information about our mahi visit:

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

[www.facebook.com/healthyfamilieslowerhutt](https://www.facebook.com/healthyfamilieslowerhutt)