

Enhancing food security & physical activity for Māori, Pacific, and low-income families



Enhance Project

- Aim to understand environmental influences and identify solutions
 - Literature review
 - Focus groups
 - Identification of contributing factors and points of intervention (complexity theory)
 - Defining opportunities for intervention (workshops)
 - Evaluation of potential interventions (literature and key informants)
 - Portfolio of policies, programmes and actions
 - **2 Sections: Food Security & Physical Activity**
- Funded by Ministry of Health and Health Research Council*



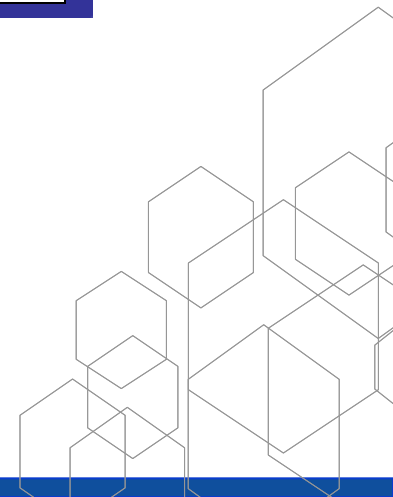
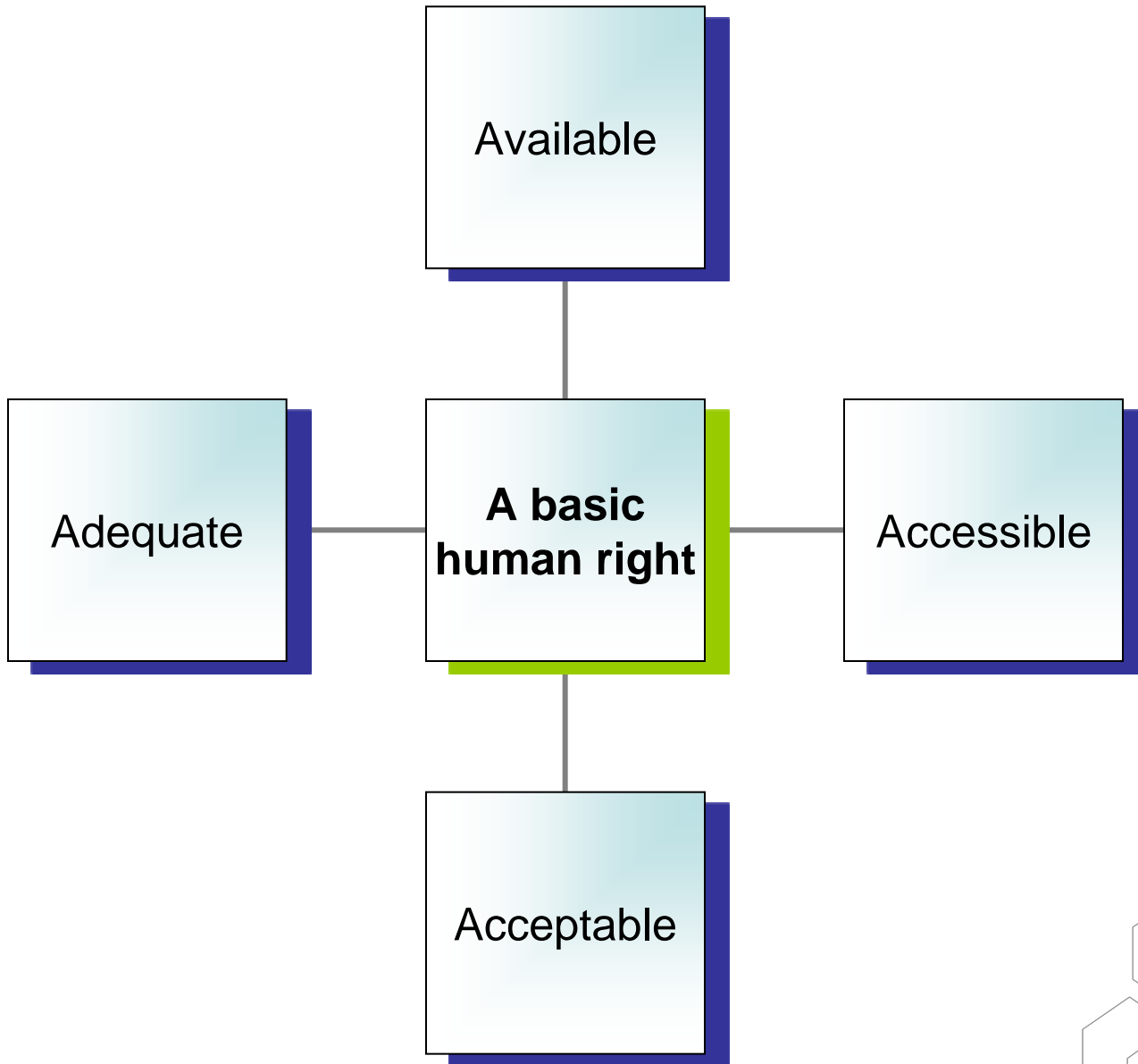
Multiple Interventions

The chapters in the Enhance report represent a 'portfolio' of interventions:

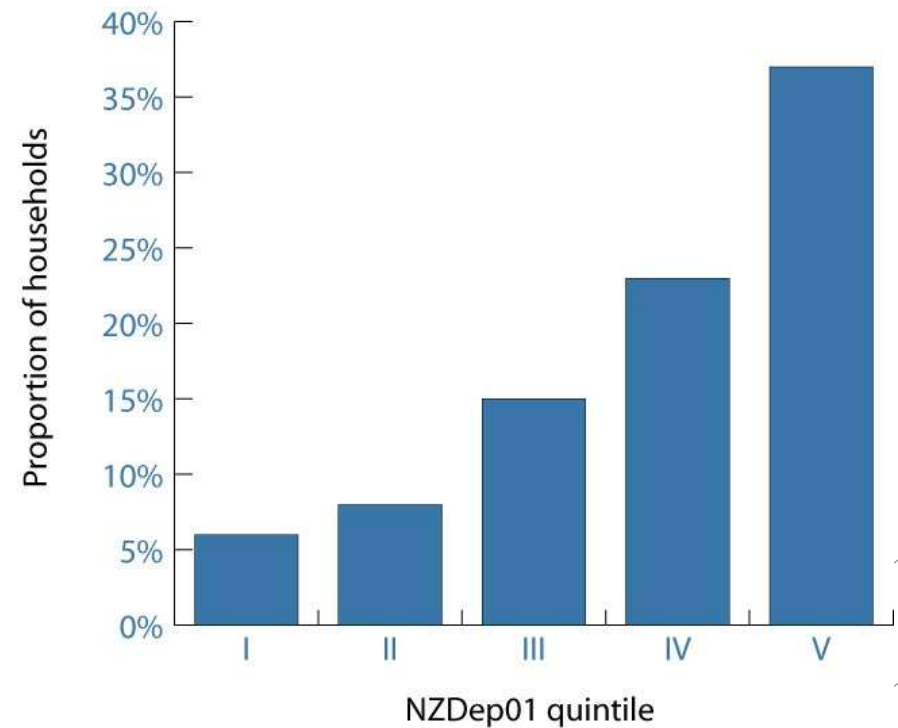
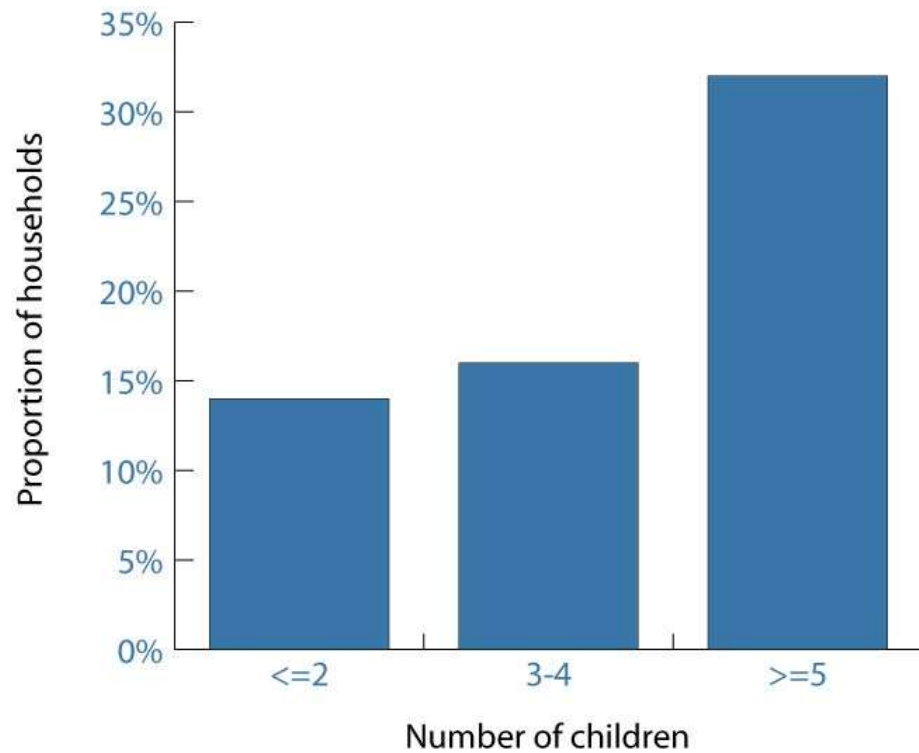
- Multiple interventions required (Why?)
Complexity implies that there is no one solution to any problem anymore than there is one discrete cause (Dennard et al 2008)
- that includes recommendations for action across the government, industry, community and research sectors.
- This presentation will focus predominantly on Community Actions
- impact across political, socio cultural, economic and physical environments.



Food Security




Food runs out *sometimes*




NZ National Children's Nutrition Survey 2002



Focus group findings

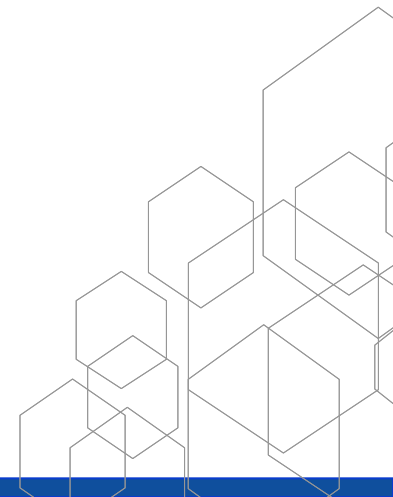


“It’s all just too hard”

- Desire for better access to healthy food
 - Barriers: money, knowledge and skills, habit, time, availability, culture
 - Supports: ↑money, ↓cost healthy food, ↑skills and knowledge, gardens
 - Solutions needed at multiple levels
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Food Security - Areas for action

- Money available in households
 - Economic instruments
 - Increasing the minimum wage
 - Lender responsibility
 - Full benefit entitlements
 - Provision of free/subsidised food in schools
- Food purchasing influences
 - Enhancing cooking skills
 - Traditional Māori food sources
 - Community markets and gardens
- Cost of healthy, nutritious foods
 - Community-based initiatives
 - The potential role of the food industry



Full Benefit Entitlements

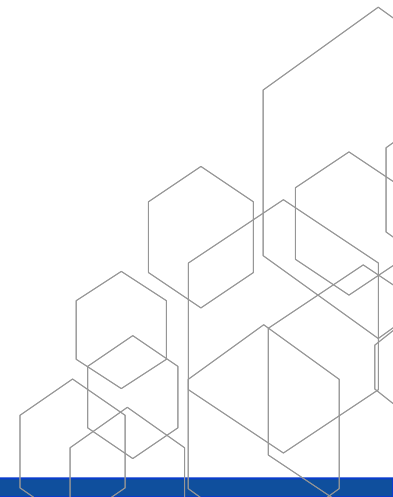
- Current, MSD policy that people receive full and correct benefit entitlement
- Majority of evidence by welfare advocacy groups e.g Caritas, Wellington Downtown Community Ministry.
 - Ethnic disparity in accessing the Special Benefit and greater in some centres than others (March 2002). This is dependant on case managers.
 - Health providers can invite Work and Income NZ to present at local gatherings to educate communities about thier entitlement to various benefits (eg Porirua Healthlinks)



Full Benefit Entitlements

- **Recommendations**

- MSD continue and enhance policy ensuring full and correct benefit entitlements for all beneficiaries
- Enhance case management to ensure the policy is fully and fairly implemented
- Potential local collaborations with MSD
- Potential benefit training



Fringe lender responsibility

- Increase in fringe lenders, e.g. mobile trucks in low-income areas & pay-day lenders, who lend to low-income customers at very high interest rates
- People are borrowing for everyday needs
- Can result in accumulated debt, a culture of debt dependency & increased stress

Recommendations

- Regulation of fringe lenders – e.g. Credit Reforms (Responsible Lender) Bill
- Access to affordable credit
- Financial literacy for users of fringe lenders



Cooking skills

- Cooking skills interventions could be a positive means of reducing a potential barrier to food security in some households
- Two common ways to teach cooking skills – schools for children and community classes for adults
- **Recommendations:**
 - **Teach practical cooking skills as part of the curricula in schools**
 - **Provide free, tailored, community-based cooking skills programmes for adults**
 - **Existing programmes are trialled and evaluated for more comprehensive implementation.**
 - **Cooking skills programmes need to be in a context of a comprehensive food security/nutrition policy, not a stand-alone solution**



Community markets, gardens & access

- Community gardens well-liked, and can have a positive effect on fruit and vegetable consumption and provide social benefits. No evidence of impact on food security.
- Community and farmers' markets have potential to reach a larger audience but need to be targeted appropriately.



Community markets, gardens & access

- **Recommendations:**

- Establish community markets in low-income areas
- Support establishment of community gardens where there is community support
- Evaluate community gardens & markets to determine their true impact on food security and nutrition
- If community market is not feasible in some areas, then subsidised fruit and vegetable delivery boxes or mobile vendors be considered as an alternative
- Cost-benefit analysis of providing supermarket shuttles



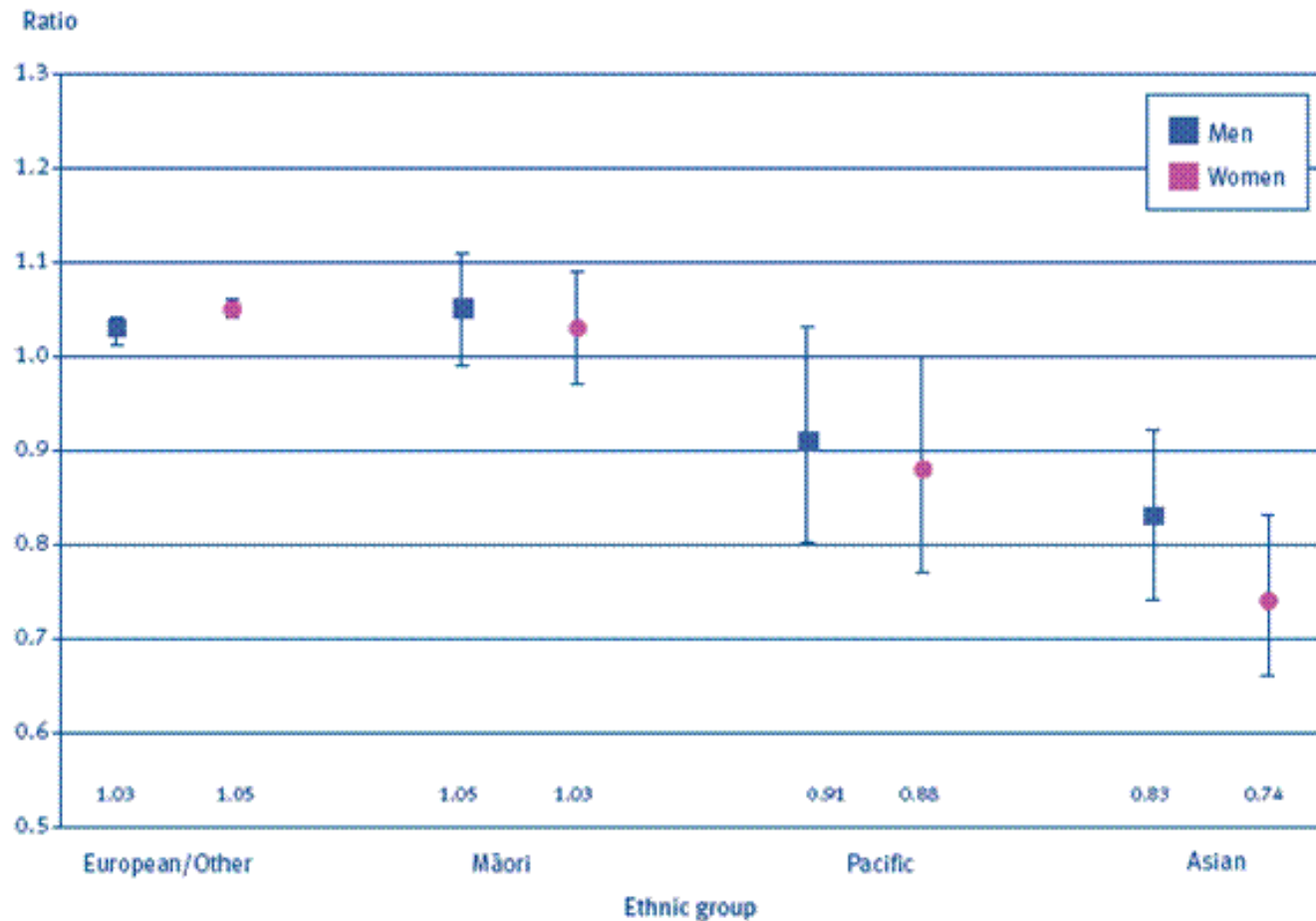
Physical Activity

- Physical Activity - Any bodily movement produced by skeletal muscles that results in energy expenditure
- Exercise - Planned, structured and repetitive bodily movement done to improve or maintain one or more components of physical fitness

Caspersen, CJ & Stephens, T (1994) The demography of physical activity. In Physical Activity Fitness and Health, Human Kinetics



Regular PA by Ethnic Group



Source: 2006/07 New Zealand Health Survey

Focus group findings

- Key barriers
 - Lack of motivation
 - Lack of time
 - Lack of money to access facilities
 - Lack of money to afford the transport
 - Lack of safety in neighbourhoods
 - Distance
 - Infrastructure
 - Modern technology
 - Lack of knowledge of what is available



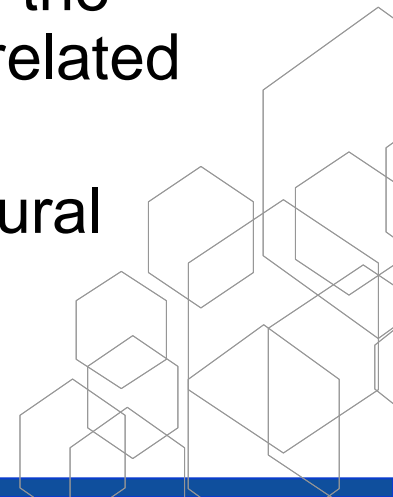
Two areas identified

- Urban design:
 - Open space and connectivity
- Culturally-specific physical activity:
 - Developing capacity
 - Tikanga
 - Evaluation and research



Improving Urban Design: Enhancing open space and connectivity

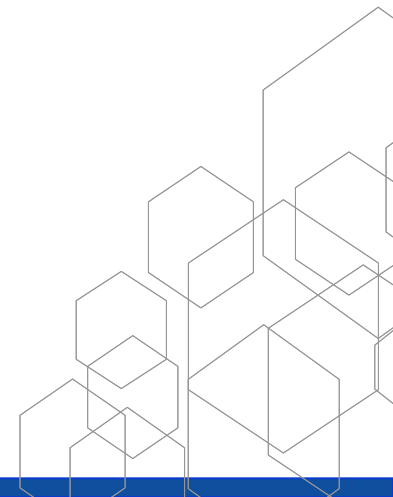
- Increasingly recognised that public health strategies focused on encouraging individual behaviour to increase physical activity have been insufficient
- NZ evidence for examining the effects of access to open space and street connectivity on PA is extremely limited
- **Recommendations:**
 - New research should be targeted at exploring the influence of the built environment on PA and related health
 - Researches to take advantage of various ‘natural experiments’ within the build environment (eg adjustments to the road/cycle network)



Improving Urban Design: Enhancing open space and connectivity

- **Recommendations:**

- Ensure that the ongoing process of developing a National Policy Statement on Urban Design incorporates an evaluation of the health implications of its recommendations
- Make submissions to local government to ensure that any reforms maintain a focus on wellbeing



Culturally-specific PA interventions

- Developing capacity to design, implement, and evaluate culturally-specific PA opportunities in NZ
- A variety of examples of programmes in NZ
 - Korikori a Iwi (5 Northland Māori communities)
 - Shake it-Beat It-Learn it Pacific exercise programme

Recommendations:

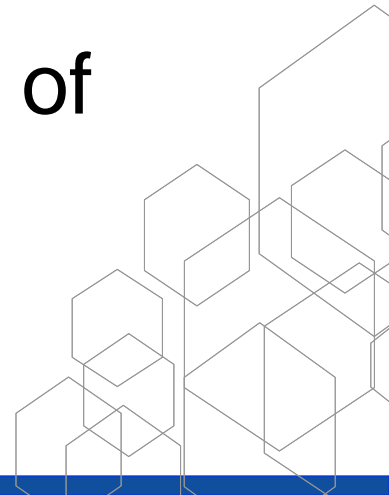
- A collaborative approach based on a community development model is required
- Funding explicitly includes stated capacity development elements, with subsequent analysis
- Presence of suitable expertise to facilitate mentoring strategies



Culturally-specific PA programmes

Recommendations:

- Sources of funding need to be available and accessible to ensure sustainability of initiatives
- Education and training for those delivering the programmes
- More rigorous design and evaluation of initiatives



Take home points

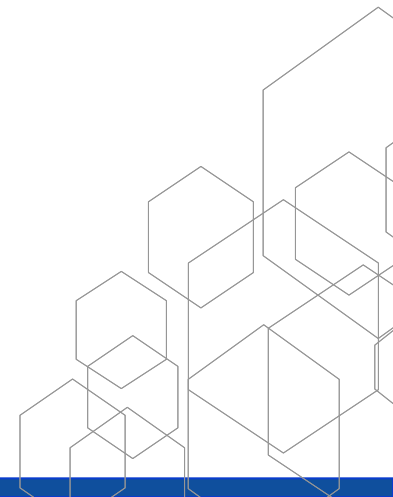
- Critical to understand the context in which people live their lives
- Food security and physical activity are complex issues that need complex solutions
- We know a lot about the problems BUT it is critical to identify solutions
- Multicultural research partnership assists — both within team and with community



Take home points

Enhancing Food Security:

- Potential local collaborations with MSD
- Financial literacy for users of fringe lenders
- Cooking classes at schools and in the community
- Community gardens, markets and access
- EVALUATION of current and future community-based initiatives



Take home points

Enhancing Physical Activity:

- Make submissions to local government on built environment reforms/issues
- Education and training for those delivering the programmes
- More rigorous design and evaluation of initiatives



Group Discussion

- 5 Groups
 1. Full benefit entitlements
 2. Lender Responsibility
 3. Cooking Skills
 4. Community Markets and Gardens
 5. Urban Design
 6. Culturally-specific Physical Activity

Questions for workshop participants

1. Why do you think your issue has particular relevance locally/in your community?
2. What programmes/initiatives do you know about that are already working to address the issue in your region?
3. What new opportunities can you see working to improve this issue?
4. What can you/or your organisation contribute to these new opportunities?
5. Which key people would need to be involved?
6. Who will coordinate future action?

