

**Canterbury**

District Health Board

Te Poari Hauora o Waitaha



*West Coast District Health Board*

*Te Poari Hauora a Rohe o Tai Poutini*

**Healthy Eating – Healthy Action  
Oranga Kai – Oranga Pumau**

**Ministry of Social  
Development and HEHA**  
*A Joint Approach*

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*HEHA Portfolio Manager*



# Introduction

- HEHA and MSD – common priorities
- Scope and potential for joint action
- Project 1 – Brief intervention training
- Project 2 – Community Link Centres
- Project 3 – Working with clients
- Project 4 – Workplace wellness
- Challenges and opportunities moving forward



## Healthy Eating Healthy Action - Oranga Kai Oranga Pumau

### ***HEHA Objectives***

- Increase physical activity
- Improve nutrition
- Decrease overweight & obesity
- Increase the capability and capacity of communities and workforce
- Priority focus including lower socio economic groups, Maori and Pacific communities, children and youth.

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MINISTRY OF SOCIAL DEVELOPMENT

Te Manatū Whakahiato Ora

*“The Ministry of Social Development is about helping to build successful individuals, and in turn build strong healthy families and communities”.*



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MINISTRY OF SOCIAL DEVELOPMENT

Te Manatū Whakahiato Ora

## ***Priorities***

- Give children the best start in life
- Help young people achieve their potential
- Enable people to live independent lives
- Support families and whanau to be safe and resilient
- Strengthen communities



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## Work & Income Canterbury



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### Work & Income Canterbury:

- 11,140 Invalids Beneficiaries
- 7,080 Sickness Beneficiaries
- 5,226 Unemployment Beneficiaries
- 9,400 Domestic Purpose Beneficiaries

14 Work & Income Service Centres throughout  
Canterbury





## Project 1: Brief Intervention Training

- 30 minute fortnightly training sessions
  - Healthy Eating – the Basics
  - Making the Food \$ go Further
  - Physical Activity & the Green Prescription Programme
  - Heart Health and Chronic Condition Prevention & Mgmt
  - Breastfeeding – the Foundation of Healthy Eating
  - Smoking Cessation
- Provision of health displays in local offices
- Pilot Service Centre sites:
  - Hornby Heartlands
  - Greymouth
  - Kaiapoi/Rangiora





- Introducing the Cooking Skills to Life Skills course
- Community courses available
- Cooking demonstration
- Cost comparison of food items
- Practical cooking tips
  - the benefits of using crockpots
  - using beans and lentils and halving the meat
  - cheaper places to shop for food
- Tips for passing onto clients



- Why is physical activity important for health?
- Guidelines for health – at least 30 minutes, 5 times per week
- Structure, incidental, snacktivity
- What is a Green Prescription?
- Plan of activity for GRx clients
- Be active programmes available in Canterbury



- Mixed response from case manager regarding the usefulness of brief intervention training
- Some very positive about information and are providing advice to clients
- Some concern about clients taking exception to this and fitting it within their role
- Very positive about health displays and comments that the information has been well utilised by clients
- Work & Income Governance Team interested in wider roll out to other Canterbury offices

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# Project 2: Community Link Centres

## Community Link

*“makes it easy for people, their families and communities to access the help and support they need”*

- Range of government and non-government working together and sharing a location
- Partners include ACC, Career Services, Child Youth & Family, Housing New Zealand, Work & Income, Workbridge
- Simplifying the way people access government and community support, advice and assistance



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## Linwood Link & GRx

Green Prescription Coordinator has a regular clinic at Linwood Link and more recently Hornby Heartlands

Offers physical activity support to clients

Further opportunities for nutrition and physical activity providers?





## Project 3: Working with Clients

- Identified need for Work & Income clients to learn fundamental cooking skills
- HEHA contracted with nutrition provider to deliver courses directly to Work & Income clients
- Clients are offered the course and courses provided once sufficient numbers are gathered
- Clients supporting gardening initiatives and workshops provided by HEHA
- Community Max at Hakatere Marae





## Project 4: Workplace Wellness

Work & Income Greymouth trialled healthy@work concept

12 month programme – focused on making changes within the workplace for wellbeing of staff:

- Establishment of a ‘health team’
- Participation in HEHA and related activities
- Onsite bike for staff use
- Health notice board for staff
- Onsite health seminars
- Healthier snack box
- Catering changes



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## The Challenge

- Supporting and working with MSD to achieve mutual goals without creating ‘extra work’
- Providing relevant information and appropriate services
- Ensuring there is community capacity



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# Opportunities

- Amendment and expansion of the initiative
- Provision of training/services to other MSD departments
- Opportunities for involvement in Community Link Centres



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# Moving forward

- Ideas for future interventions?
- What's worked well for you?

