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News

HEARTBEAT challenge™

Heartbeat Challenge Awards, 2005

Recent Awards

Renewal

Carter Holt Harvey Packaging

Rangi Taipaleti, a member of the Carter Holt Harvey Packaging Health and Safety Committee accepts the Heartbeat Challenge Award (Renewal) from Jenny Bratty at a recent Health and Safety Breakfast.



For renewal of the award a company must demonstrate that they have maintained the changes that first enabled them to get their award and have made at least one other change in Nutrition, Physical Activity and Smokefree/stressfree.

Initiatives CHH have put in place for renewal included :-

- Healthy options in the cafeteria including contents labelling on the outside of sandwiches
- CHH marathon participation by some staff
- Lunchtime walking group
- Healthy snack/lunch ideas
- Compliance with the December 10th Smokefree legislation
- Smoking cessation information and cessation offer for staff
- Workplace Nutrition Policy
- Lunchroom 'Fat Kit' display
- Tips on Chips information
- Guest speakers at their regular breakfast meetings and many others...

New Award

Auckland Regional Public Health – South Office

Well it had to happen...Auckland Regional Public Health South office attained their Heartbeat Challenge Award! This is the office that Jenny works out of. It was a case of 'walk the talk'.. or be embarrassed! Jenny felt she couldn't ask anything of others if she didn't attempt to create a supportive environment for health at her own workplace.

Initiatives included :-

- Heart Week promotion
- Healthy shared meals
- YMCA gym discount offer publicity
- Good Fairy Week
- Stress information and display
- Feet Beat -2 teams
- Office hopscotch
- Weight Loss Support Group
- Healthy recipes
- Healthy Cookbook loan library
- Push Play Workplace Challenge
- .. and more..



Congratulations to all these companies! Well done!

Seven Benchmarks of Success for a Successful Workplace Health Programme.

1. **Capture senior management support -**

Unless management are behind the programme then the programme will really struggle. Management participation and support are key.

2. **Create a representative team -**

The programme should be 'by the staff for the staff' to ensure 'buy-in' and participation. A representative group should include management (or report to management) and 'shop floor' staff. It is important that management aren't seen to design the programme for staff, a top down approach should be avoided. Some companies use the Health and Safety Committee if they show enthusiasm.

3. **Survey the staff -**

It is important to get ideas from the staff as to what health and wellbeing initiatives they are interested in. Not all staff like filling in a questionnaire so be creative...use focus groups, brainstorming sessions, team meetings, one on one approaches around the workplace....whatever method is going to get the best response.



4. **Develop a Programme Plan -**

Plan for the next 3 - 6 months at a time. Use the data you have received from the staff to plan the most popular initiatives first. Report and feedback to the management team for support.

5. **Choose appropriate interventions -**

Do what is 'do-able in the context of the workplace (shifts, facilities available) and what budget is provided for the programme. Include initiatives that meet the needs of the ethnic make up of the workplace, the different age groups, learning styles and activity capabilities.

6. **Create a supportive environment -**

There is not a lot to be gained by, for example, a nutrition awareness programme if there are no healthy options in the cafeteria or vending machines - and sausage rolls at every meeting! The environment needs to be modified to support the changes and health awareness you are creating. Changes should be in consultation, radical changes initiated by management are often not well received!

7. **Evaluate Outcomes -**

The company should identify what the outcomes of the programme should be before they start, what do the staff and management want to accomplish from the health and wellness programme? Is it improved productivity, improved morale, more energy and alertness, greater staff retention, team building? Remember many of these outcomes will not be short term. Some markers that could be tracked are absenteeism, productivity, team work, increased sales of healthy options in the cafeteria. This stage is often given little attention but is important for the long term sustainability of the programme.

Ref: www.welcoa.org



'Tips On Chips'

Chips are a fact of life in many workplace cafeterias. 'Banning' chips is usually unrealistic if they are already offered for sale. It is possible to make the chips 20% less fat though and we



would strongly recommend that you approach your caterer to ensure that they are cooking the chips to the 'Tips on Chips' guidelines.

Training seminars are available to help caterers achieve healthier results for themselves and their customers. The contact person for more information is Judith Morley-John at the Heart Foundation at 571 9191.

Check out the website for more information. Download posters and guidelines.

www.heartfoundation.org.nz/index.asp?pageID=2145820906

How 'Tips on Chips' can save money

- Thick straight cut chips absorb less fat
- Filtering the oil extends its life
- Baskets of chips banged or vigorously shaken return oil to the fryer
- Big drops in oil temperature damage the oil more quickly

Make sure your staff cafeteria follows the 'Tips on Chips' method

Programme resources

Pacific Island

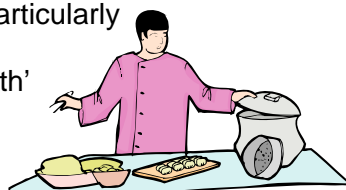
Check out www.pacificheart.org.nz/ for pamphlets and posters in Pacific Island languages. They have particularly good nutrition information.

Maori

Check out www.tehotumanawa.org.nz/ for Maori resources particularly Smokefree and nutrition. They have some great Auahi Kore/Smokefree posters with Maori role models featured. They have fat and sugar charts (4xA1) Attached to charts are bags of sugar/fat demonstrating the amount of sugar/fat in each food item. A good visual display, there is a cost for these.

Asian

Check out www.asianhealth.govt.nz/Resources.htm for Asian Health resources particularly the 'Lifestyle' (nutrition and smokefree) and 'Mental Health' sections. Presented in several Asian languages.



General

Check out www.vegetables.co.nz Excellent site for resources and recipes. Beautiful free posters of vegetables available to order. Select any vegetable for recipes. Also 'Tips on Chips' posters are available on this site.

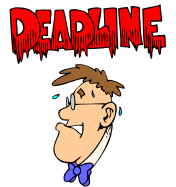
Depression

Depression is becoming an increasingly significant health issue affecting the workplace. The Mental Health Foundation has launched a new initiative to raise awareness of depression and help people to understand that they can recover from the experience and learn to cope. It is called the 'Out of the Blue' campaign and information can be viewed on www.mentalhealth.org.nz. They have produced a handy wallet card in English and Maori and a beautiful poster. These can be ordered via the website.

Stress in the workplace

Two great websites.

www.workingwell.co.nz
www.pocket-stress.com



Diabetes Support, and Exercise Classes

Classes are during the day so shiftworkers from South Auckland may be able to attend. Free Exercise classes on Mondays and Thursdays in Otara and Tuesdays and Thursdays in Mangere. These classes are fun and accessible to anyone of any ability. Also Diabetes Support groups meet monthly in the same areas. Ph 09 2739650 - Diabetes Projects Trust - for details. Spread the word to your staff. Jenny has some Flyers if you would like some.

Active Auckland Women's Walking

Sport Auckland lead a monthly walk in various parts of Auckland. The walks are held on the last Sunday of the month and cater for slow and fast walkers. Each month after the walk a prize draw is held for Asics sportswear. Details and calendar on the website. www.sportauckland.org.nz

PushPlay Activator

SPARC have recently released the PushPlay Activator. It has ideas for '30 minutes a day' PushPlay activities. Options include solo activities, group activities, indoor and outdoor. It is magnetised so can be attached to the fridge for easy access. Available from www.sparc.org.nz

Healthy Chop Suey Recipe

Contact Jenny for a healthy Chop Suey recipe for the staff cafeteria courtesy of the Pacific Island Cookbook, New Zealand Heart Foundation.

'Healthline'

Free 24 hour health advice from a registered nurse including Plunket Line 0800 611 116

Great idea for increased Physical Activity at work!

On Friday August 5th Auckland Meat Processors (AMP) in Otahuhu launched their 'Bus Stop Challenge' initiative. The challenge is a series of large laminated signs at various 'stops' around the meat plant. Each sign described an exercise which made use of what was available such as the curb or a seat, so there was no construction required. To do the whole circuit takes about 20 minutes but people can just do a portion of it depending on time. Workers at the meat plant have limited time during their workday. The great thing about this initiative is that representatives from the staff were involved in the project. The project was coordinated by Katherine Archer a freelance workplace health and wellness practitioner employed by the company on a regular basis. The route was chosen by a Rob, a staff member, in conjunction with a personal trainer, who devised the exercises.

At the launch the owners and manager of the company joined in and were seen huffing and puffing around the circuit. Management support is key for projects like this. There was a great turn out from the staff on their lunch breaks. Two circuits were completed to capture the main lunchtimes.

Tawera Nikau the league 'legend' came along to support the launch, joined in a circuit and presented spot prizes at the end. It was a lot of fun! Sport Auckland and Auckland Regional Public Health, Heartbeat Challenge were also involved in supporting the initiative. The personal trainer, Grey Tusani, will also be leading a low impact aerobics class for the women once a week at the plant.

Well done AMP, we applaud the supportive environment for health you are creating.



Fitness Trainer Grey Tusani takes the AMP staff through their paces

Katherine Archer, Impact Health-workplace health and wellness ph 027 2672224

Grey Tusani, Personal Trainer, 021 1190187, 09 8455109

Sport Auckland, Ashlie, ph 09 815 4723

Tawera Nikau 'Team One'-leadership and coaching, change management, motivation, team development in the workplace- 0800 832 6663, www.teamone.co.nz

Photos courtesy of Sport Auckland



It's Feet Beat time again!

Feet Beat starts on 13th September and runs until the 4th November, Push Play Day. We want this programme to be even bigger and better than last year. Remember - publicising the programme at your workplace and participation in Feet Beat counts as an HBC initiative.

**Have you thought about your teams for this year – and those funky team names?
- the 9th September closing date is not far away!**

The web site for Feet Beat is up and running, and the information, results, photos and stories from last year are published for you all to read. All the forms and information sheets for Feet Beat 2005 are also available for download from this site:

www.arphs.govt.nz/Projects/HeartBeat_Challenge/FeetBeat/Feetbeat.asp

Also on the website are some ideas that worked for some companies last year, in getting their staff involved in the programme. You are also now able to submit your entry on line.

We are looking forward to getting some really great photos and stories from this year to add to those already on the web.

All enquiries to Judy at feetbeat@ihug.co.nz or phone 09 4440617

Upcoming Events

Daffodil Day – August 27, 2005 Cancer society NZ www.cancersociety.org.nz

Auckland Working Well Seminar Series, 22nd September, 2005, Mental Health Foundation

Working Well Together - A Managers Guide To Mental Illness

For other Working Well Seminars in 2005 see www.workingwell.co.nz

International Mental Health Awareness Day October 10, 2005 www.mentalhealth.org.nz

“Food and Mood” This year focuses on the relationship between Nutrition and Mental Health

adidas Auckland Marathon, October 30, 2005.

For the first time ever, the event now includes the Heart Foundation 5km Walk. As well as providing opportunities for family groups, the 5km Walk provides an opportunity for the ideal workplace challenge. You could also include the Heart Foundation 5km walk as part of your Feet Beat programme.

Push Play Day, November 4, 2005 www.sparc.org.nz/getting-active

If you would like to publicise an activity or resource that would be useful to workplaces please let Jenny or Judy know.



**Keep up the fantastic work,
Jenny and Judy**

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