



Get Active at Work with Feetbeat

Does your workplace want to have fun, get fit and reduce stress levels? Then it is time to start thinking about Feetbeat – an eight week walking programme for workplaces in the Auckland region starting in spring on 15 September 2008.

Feetbeat encourages workplaces and organisations to launch into spring by getting teams of up to eight people together and participate in regular walking exercise. Teams set a goal of a distance they would like to get to for example from Auckland to Wellington and work towards reaching or exceeding this distance.

Teams are encouraged to create unique and fun names and take photos of their achievements and there are prizes for the best name and photo. Although Feetbeat isn't intended to be competitive it can foster a fun interdepartmental rivalry and competition within the workplace.

Feetbeat was launched by the Auckland Regional Public Health Service in 2004 and has been growing since it began with 204 teams participating in 2007.

For further information and to register for Feetbeat 2008, visit our website:

www.arphs.co.nz/feetbeat/feetbeat.asp



Want to help your staff to be Smoke-Free?

Together with the National Heart Foundation, we have piloted a programme that uses in-house peer support to help staff quit smoking.

The programme offered support to staff with little cost: no need to pay outside contractors. The programme encouraged workplaces to train a staff member because they understand their fellow work-mates.



A 'smoke-free champion' was trained to issue QUIT cards for subsidised nicotine

replacement therapy (gum or patches) and run group smoke-free sessions to encourage staff to support one another on their journey to be smoke-free. The National Heart Foundation offered this free training.

For more information contact your Workplace Health Promoter.

Inside this issue:	
Coca-Cola Amatil	2
Housing New Zealand	3
Wilson Hellabys	3
Nutrition Corner	4
Vending for Health	4
Active Travel	5
Community Gyms	5
Breastfeeding	6
Upcoming Events	6

Heartbeat Challenge Award Coca-Cola Amatil New Zealand

It is with pleasure that we announce that Coca-Cola Amatil (NZ) Limited has achieved their Heartbeat Challenge Award. With 1100 employees nationwide Coca-Cola's workplace wellness programme has been well received by staff and participation was strong.



Participating in the Pedometer Challenge

But the awards don't stop there: Melanie Wood, Safety and Wellbeing Manager was awarded the Human Resources Institute's 'New Zealand Specialist of the Year' as well as 'Wellbeing

Initiative of the Year'.

What made her work so successful and award winning?

- Getting buy-in from senior managers

- Ensuring that safety and wellbeing is the responsibility of *all* managers
- High participation rates

Melanie says that the team events were the greatest success for their workplace wellness programme as they provided motivation and encouragement to get involved. Finally, Melanie says that "initiatives don't have to be expensive, and the benefits far outweigh the cost. When pulling together wellbeing initiatives for your business it is important to look at demographics and tailor accordingly".

Coca-Cola's Programme included:

Healthy Eating:

Cafeteria changes including changes in portion sizes of muffins and menu changes to align with the National Heart Foundation Guidelines. Purchases of healthy choices in the cafeteria have increased with the addition of salads and vegetarian options.

Nikki Hart presented 20 thirty minute nutrition seminars on topics including label reading, healthy snacks, food groups, family nutrition and healthy eating for shift and on the road workers.

Physical Activity:

Pedometer Challenge – almost all the staff participated in this introductory event that challenged employees to do a virtual walk of New Zealand, visiting all the Coca-Cola sites along the way.

Smoke-Free:

Melanie completed the free smoking cessation training provided by the National Heart Foundation. She now provides Quit cards on site, so staff can get subsidised nicotine patches and gum.

All Three Focus Areas:

A 6-week team lifestyle challenge: Staff were encouraged to make lifestyle goals and log changes including losing weight or inches, changing their TV or alcohol consumption, increasing exercise and quitting smoking. Almost half of all employees completed the challenge, and some quit smoking altogether.



Pedometer Challenge—Staff Letters to the GM

"... it helped me build my confidence and also it kept me motivated to move around everyday. So before I started this campaign I was tipping the weigh in scale at 135kg. I'm a really big guy so I can't run, but walking is what I love doing ... Even now that this competition is finished I still take my kids out for our [walk]....I feel like a new person."

"...I had a marvelous experience with this campaign.... I started out with many doubts about my own abilities and what contribution I could possibly reinforce in my team and my team mates. I've quietly lost 14.5kgs and also gained some

respect on behalf of my department... this challenge has been a great success especially seeing people pushing themselves beyond their limitations."



One of the winning teams

Heartbeat Challenge Award Winner Housing New Zealand—South Auckland Region

Housing New Zealand was identified in the Counties Manukau District Health Board, Let's Beat Diabetes plan as one of the key organisations for 2005 - 2006 to promote healthy and active workplaces.

With the support of our workplace health team, the South Auckland Region of Housing New Zealand (SAR-HNZ) started on their quest to become a Heartbeat Challenge organisation.

In March 2008 we were proud to award them with their Heartbeat Challenge Award which was presented to their Regional Manager, Madhavan Raman.

The South Auckland Region of HNZ includes neighbourhood units in Mangere, Manurewa,



Right to Left: Madhavan Raaman, Lizz Jenkins, Ann-Maree Powell, Tagilima Gale, Karen Teofilo, Denise Wiki, Tai Faalogo (ARPHS)

Clendon, Papakura, Otara, Onehunga, Otahuhu and the Manukau Service Centre.

Some initiatives they have been promoting are:

- Healthy recipes VOSA (internal newsletter)
- Healthy food options
- Weight loss support group
- Shared fruit basket
- Workplace Nutrition Policy



They have also made over five changes in the areas of physical activity and smoke-free/ stress free/ work-life balance.

The key drivers are Denise Wiki (Community Relationships Manager) and Lizz Jenkins (Community Relationships Co-ordinator) who are both based at the Manukau Office. The representative team includes staff from all the site offices in the area.

Heartbeat Challenge Award Winner Wilson Hellabys

Wilson Hellabys recently achieved their Heartbeat Challenge award.

Some of their changes and initiatives included:

Healthy Eating

- Free fruit basket
- The Diabetes Project Trust provided an information session
- The Heart Foundation cooked a "tick" standard Christmas lunch for staff
- White bread was swapped to a high fibre variety.



Physical Activity

- A Community Gym site visit, providing discounted membership to staff
- A walking programme with support from AUT
- Tag team sports day at Richmond Park
- Touch teams organised over the summer months
- Afternoon pool and darts group



Nick Sach and Glen Gibbons

Smoke-Free/ Stress-Free/ Work-life Balance

- Smoking Cessation consultations with Katherine Archer from Impact Health
- *Stop Smoking Day:* Nicotine Replacement Therapy was offered. Action on Smoking and Health (ASH) provided a session about smoking cessation programmes: their cost and the benefits of being smoke-free
- Budgeting and counseling support
- All staff are encouraged to have regular check ups with Impact Health

Congratulations to Wilson Hellabys.

Nutrition Corner

Lily Neumegen, Public Health Dietitian



What Fruit and Vegetables are in season?

Kiwifruit

Broccoli

Yams

Rhubarb



Soup ideas

Soup season is here. They are a great way to add a wide variety of vegetables and legumes to your diet. They are also warming and satisfying especially during the colder winter months.

Check out www.vegetables.co.nz for tasty soup ideas.

Also try www.healthyfood.co.nz and enter 'soup' into the healthy recipe search for a huge range of recipes.

Be careful with salt...

Salt, or sodium chloride, has been used for centuries to enhance the flavour and taste of foods, but beware of using too much during cooking. It has been estimated that we consume around 2 teaspoons each day and this is far too much. A high intake of salt (among other things) will increase your blood pressure, a major risk factor for heart disease.

Most of the salt we eat comes from processed and

manufactured foods. This means basically anything in a food packet. Check the labels of your favourite foods, and you will be surprised. Aim to choose foods which have less than 450 mg sodium per 100 grams.

It can be tempting to load foods with salt during cooking.

Think about:

- Taste testing soups before adding any salt
- Using less highly salted foods such as olives, bacon, corned beef, sausages, luncheon, pickled onions and soy sauce
- Look at alternatives ways to flavour foods with herbs (such as basil, oregano, sage, coriander or rosemary) and spices (such as ginger, nutmeg, mustard, cumin or Cajun)
- Modifying old recipes which often ask you to add more salt than you need.
- Remember stock cubes are salt. Beware of lemon pepper, chicken, rock and sea salts.

- If you do use salt during cooking or at the table make sure it is iodised.



Other names for salt:

Sodium, monosodium glutamate (MSG), sodium bicarbonate, sodium lactate, sodium ascorbate, sodium nitrate, sodium citrate, sodium phosphate, meat/yeast extracts, rock and sea salts, vegetable salt, baking powder and soda, stock cubes

Better Vending for Health Guidelines

These guidelines have been developed to help workplaces stock their vending machines with a range of food and drinks that have lower levels of energy, fat, sugar and salt.

The Guidelines will help you: **Classify** snack items as 'Better Choice' or 'Other Choice' with its quick guide on how to read food labels.

Promote the 'Better Choice' items in your vending machine. This can

be done by increasing the range of 'Better Choices' while still retaining some old favourites in smaller packages.

Implement the changes, work with your vending company and maintain your profits.

This is a great way to support

staff to make healthier food choices.



Copies of the Guidelines are available from your Workplace Health Promoter or Auckland Regional Public Health Service Resource Centres.

Phone: 623 4600
ext 27188.



Support Staff to Get Moving with Active Travel

Staff who car-pool, use public transport, cycle or walk to work are more healthy, active and motivated.

Promoting travel options that include walking and cycling to work can contribute to the wellbeing of staff. Those who car-pool, use public transport, cycle or walk to work are more healthy, active and motivated. Spending 30 minutes a day walking to and from work can help to reduce the risk of a heart attack, control weight, and lower blood pressure and cholesterol. Including cycling or walking in your journey is an easy way to save money, avoid traffic congestion, get fit and have fun.



Travel Wise—Auckland Regional Transport Authority

TravelWise for workplaces is a regional programme that helps workplaces support their staff to find other ways to get to work besides their cars.

By reducing the number of vehicles going to your workplace and promoting other ways to get to work, workplaces can save on car parking, improve staff productivity, deliver health and wellbeing benefits for staff, and improve your company image.

Enjoy the scenery – you'll be amazed by how much better you feel and how much you learn about your local community.

Interested in being in the TravelWise programme?

Contact: Juanita de Senna
Workplace Travel
Co-ordinator, Auckland
Regional Transport Authority
(09) 379 4422 x9091
juanita.desenna@arta.co.nz
www.travelwise.org.nz/workplaces



Get Moving—Stay Healthy



Community Gyms offer a group or workplace rate for workplaces that have 10 or more people interested in a fitness membership throughout the Manukau Region for just \$9.00 per week. With the latest in fitness equipment and facilities this is an offer not to miss.

A group or workplace membership offers fantastic staff benefits with access to seven fitness centres so there is bound to be one close to you.

Centres are located in Papatoetoe, Mangere, Otara, Manurewa, Pakuranga, Howick and Beachlands.

You can combine with other branches or similar workplaces to achieve 10 people, and you can bring in one family member at the same rate (Conditions apply)

A membership with Community Gyms offers you:

- Access to any of the 7 Fitness centres
- Free use of Spa and Sauna Facilities
- Free use of most group exercise classes including Aqua Aerobics where available
- A Face2Face 6 week starter plan which includes five personalised consultations
- Half price joining fee

Get a group together now and call Michelle Olds on 262 5960 x 8818 / 027 495 1933 to help you get your team into action.

www.manukauleisure.co.nz



Supporting Breastfeeding Mothers in your Workplace

Three good reasons to support breastfeeding mothers in your workplace

1. Save Money

Your business will save money by retaining employees. There will be no recruitment costs, no training costs and fewer temp staff required.

2. Less absenteeism

Your business will save on sick leave. Breastfed babies are less likely to get sick so mothers take fewer sick days off to care for them.

3. Better company image

Your company's image will improve by supporting working mothers. The mothers become more productive, happier, less likely to resign and help build the company's image.

Three simple steps to support breastfeeding mothers

1. Time

- Adequate maternity leave.
- Flexible hours on return to work.
- Breastfeeding breaks.

2. Space

- Private clean space to breastfeed or pump.
- Comfortable chair and foot rest.
- Child safe and friendly.

3. Support

- Have a written policy
- Designate a staff member to implement the policy.
- Ensure that staff are supportive of breastfeeding mothers.



For more ideas on how to support breastfeeding, including guidelines to set up a space for breastfeeding and an example of a breastfeeding policy for the workplace, contact

Women's Health Action:
www.womens-health.org.nz
 Click on 'breastfeeding' and then 'workplace' or
 Call Louise James on
 520 5295



Auckland Regional Public Health Service

Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Counties Manukau and Waitemata

Heartbeat Challenge™ (HBC) is a workplace health and wellbeing programme which focuses on strengthening the workplace environment that supports and improves health for all employees. It is available Auckland-wide and is delivered by the Auckland Regional Public Health Service (ARPHS). HBC is funded by the Ministry of Health.

Want to learn more about how Heartbeat Challenge™ can benefit your workplace?

Contact Judy Montgomery on 623 4600 xtn 27749 or email JMontgomery@adhb.govt.nz

More Information on Heartbeat Challenge™ can be found on the web:

www.arphs.govt.nz/promoting_health/workplace.asp

Upcoming Events

1-7 August	World Breastfeeding Week	www.womens-health.org.nz
27-31 August	Cancer Society Awareness Week	www.cancernz.org.nz
29 August	Daffodil Day	www.daffodilday.org.nz
15 September	Feetbeat—Start day	www.arphs.govt.nz