

## No 5. March 2007

Welcome to the first Heart Beat Challenge Newsletter for 2007. What more timely event could there be but for this edition of the HBC to be published at the same time as the Academy Awards.

Therefore we will roll out our very own red carpet and celebrate all the new recipients of the HeartBeat Challenge Awards within the past 6 months.

### Recipient 1: CMDHB

Health Board leads by example!

Counties Manukau District Health Board (CMDHB)

received a Heartbeat Challenge Award in July 2006. A committed steering group of staff representatives drove the implementation of the programme. Stephen Mc Kernan, who was CMDHB CEO at the time, accepted the award, acknowledging the importance of the district health board being a role model in the community.

Read on to find out some of the initiatives CMDHB put in place...

- ✓ A new healthy eating policy which covered all food outlets, vending machines and catering.
- ✓ Major overhaul of function catering choices in collaboration with Spotless Catering including training for those ordering the food.
- ✓ Employed a private wellness company to run a pedometer programme, wellness expos and other personal health initiatives



- ✓ Notices on lifts suggesting people take the stairs
- ✓ A Spiritual Centre was opened in October 2005.
- ✓ 'Like Minds Like Mine' training programme to support antidiscrimination.

Key success factors at CMDHB:

1. CEO and senior management support
2. Spotless Catering on board and supportive of changes to food service
3. A dedicated goal focused staff rep group.



Stephen Mc Kernan, CEO of CMDHB (now Director General of Health) accepts the HeartBeat Challenge Award on behalf of staff.

### Recipient 2: AHI Roofing

AHI recently renewed their HBC Award for the second time. Renewing an award is a significant achievement as a workplace must demonstrate that it maintained the changes for the original award and made at least one new change in each topic area. AHI surpassed their requirements for renewal.

Examples of some of AHI's initiatives were:

- ✓ Workshop on fatigue
- ✓ Daily promotions to staff during Mental Health Awareness Week
- ✓ New equipment for on-site gym
- ✓ More couches for staff 'chill out' area



- ✓ Sessions run by the Community Alcohol and Drug service including a review of alcohol policy
- ✓ Zero versions of soft drink promoted on drinks vending machine rather than high calorie full sugar versions.
- ✓ One on one weight loss counselling offered by Health and Safety Manager
- ✓ Change to healthier oil in cafeteria
- ✓ 2 new bike racks



#### Key Success factors at AH1

1. Management give high priority to health and wellness and recognise that staff are a key asset.
2. Management are prepared to take all staff off-site for health information sessions as they consider this important.
3. A motivated Health and Safety Manager who has a health background.

#### Recipient 3: Vero Insurance



Vero Insurance recently renewed their HBC Award for the first time. In 2006 Vero came fourth in the annual 'Best Places to Work-Large Organisation' awards. Heartbeat Challenge is supported enthusiastically by management and staff at Vero. Vero describe HBC as a useful framework to promote, encourage and empower employees to make changes.

#### Successful initiatives have included:

- ✓ Fruit available in the workplace
- ✓ 'Green Room'-chill out space
- ✓ Weight Watchers @ Work on site
- ✓ \$200.00 annual staff wellbeing allowance
- ✓ Smoking cessation- Health and Safety Manager can administer Nicotine Replacement Therapy via Quitcard as well as offering support. 39 prescriptions written in 2006
- ✓ In house 'Working Well' programmes run by the Mental Health Foundation. –'Supporting your Staff' and 'Balancing Your Life'.

#### Key Success factors at Vero

1. Management Support and a goal to be one of the best places to work.
2. Allocated budget

3. A goal driven key driver to implement the programme.

#### Recipient 4: Diagnostic Medlab



Diagnostic Medlab (DML) also recently renewed their HBC Award for the second time, a significant achievement. DML, an organisation in the healthcare environment, believes it is important to lead by example when it comes to staff health and wellbeing. This they do very successfully with a well planned Heartbeat Challenge programme driven by their HR Department.

#### An example of some of their initiatives:

- ✓ cafeteria signposting of healthy choices and regularly changing displays on health issues
- ✓ regular articles in the staff newsletter 'DMail'.
- ✓ Active lunchtime walking group
- ✓ Sports grants and sponsorship
- ✓ Smokefree presentation by staff member who successfully used the Alan Carr method, book and video available for staff loan
- ✓ Fish and free range egg deliveries

#### Key Success factors at DML

1. Heartbeat Challenge is written into the job description of a Human Resources Advisor
2. The organisation puts a priority on enhancing the work environment to support staff health
3. Strong CEO support for HBC.



Diagnostic Medlab staff who drive the implementation of the Heartbeat Challenge programme, from left- Naomi Johnson HR Manager, Daphne Fairfoot Laboratory Support Manager (responsible for our cafeteria contract with Eurest) Katrina Elliott HR Adviser (leads the Heartbeat Challenge Programme) Arthur Morris CEO, Susan Hedges Desktop Specialist IT (helps with DHealth displays)

**Recipient 5: Engineering Services, New Zealand Steel-Glenbrook.**



120 engineers at the Steel Mill took on the challenge to achieve a Heartbeat Challenge Award. The mill as a whole is also implementing the HBC programme and is getting very close to receiving an award.



An example of some of the initiatives were:

- ✓ Workload investigation project- stress reduction initiative which analysed workloads to ensure staff members did not have unreasonable workloads
- ✓ Snack box revamp-healthier options
- ✓ New meeting food options such as fruit, dried fruit and nuts and sushi.
- ✓ Cholesterol and blood pressure checks at Health Centre
- ✓ Canteen revamp- increased healthy choices
- ✓ A Physical Activity Team appointed to organise events
- ✓ Personal Fitness testing
- ✓ Weekly sports activities such as volleyball and soccer. Monthly events such as paint balling.

Key Success factors at Engineering Services

1. Management support for the programme
2. Staff prepared to help organise and drive the programme
3. Environmental support for health such as an on-site health centre and cafeteria and snack box/catering improvements as seen from the selection choices in NZ Steel's canteen.



**Recipient 6: Auckland District Health Board (ADHB) Careers Centre**



The Careers Centre based at the Greenlane site is the first ADHB department to receive a Heartbeat Challenge Award. The Careers Centre have enthusiastically embraced the programme with fun and team building being key benefits of their programme.

Initiatives undertaken included:

- ✓ Participation in the FeetBeat walking programme
- ✓ On-site Pilates classes
- ✓ Regular walks after work
- ✓ Push Play Day activities
- ✓ Installation of a water filter
- ✓ Increased Trim Milk availability
- ✓ Cookbook library
- ✓ Nutrition Notice board
- ✓ Mental Health workshop
- ✓ Publicity about massage available
- ✓ Promotion of Smoke Stop programme
- ✓ Encouragement to go home on time and not eat lunch at desk
- ✓ Recognition box-praise notes to colleagues

Key Success factors were:

1. Motivated person to drive the programme with support from an ADHB Occupational Health Advisor
2. A collegial team atmosphere



Staff at the ADHB Careers Centre celebrate their award.



## How fresh is that Food in Your Fridge?

The type and amount of nutrition information found on food labels can sometimes be very confusing or hard to understand. One of the most difficult tasks when selecting our foods is actually trying to find a relatively cogent description of what expiration dates mean. Do you know the difference between labels that say "use by," and "best by"?

### What is a date mark?

A date mark indicates the end of a food product's shelf life. Shelf life is the period of time that food can be kept under appropriate storage conditions before it starts to deteriorate. Manufacturers are responsible for determining the shelf life of their food products. Foods should be consumed before the date mark expires to ensure the food's safety and quality. Click on the link for more details.



<http://www.nzfsa.govt.nz/consumers/food-safety-topics/food-processing-labelling/food-labelling/fact-sheets/fs-2003-02-date-labelling.htm>

## Free Women's Health Workforce programmes:



If your workplace comprises predominately Maori and Pacific women or low income women you may be interested in the services of WONS: Nursing Education and Health Promotion Services. WONS organization work with women to promote wellness and provide a free mobile service in Auckland.

WONS can provide workplace education for staff on women's health issues; provide promotional materials and on-site clinics. Please phone Ruth Davy on 523 0263 ext 710 or email [rdavy@wons.org.nz](mailto:rdavy@wons.org.nz)

## Upcoming Events



### Shore to Shore

11th March 2007

9am start

The Shore to Shore Fun Run and Walk event has been running for 21 years and is open to all ages and fitness levels. So get your school friends, workmates or friends with kids together to get active and have heaps of fun!

This year, for the first time, children under 5 years will be able to represent their early childhood setting in a fabulous TODDLE ALONG MILFORD BEACH as part of the Shore to Shore event.

### Massey Matters "Te Ra Mokopuna Day"

31st March 2007

Moire Park, Massey

This day will focus on bringing families in the Massey region with young children together – about celebration but also parenting advice and information promoting local "helping" services. <http://www.sportwaitakere.co.nz/site/story.asp?bid=1&storyID=1069>



### Glen Innes Pamper Day

March 16th

9.30 am to 2.30 pm

Venue: Ruapotaka Marae

Massage, beauty therapy, health sessions and prizes. Free kai and child care



### Pasifika Festival

10 March 2007

Western Springs Park  
Great North Road



Pasifika Festival is the cultural experience of the Auckland calendar. It is the only day you can visit Pacific Island villages without leaving Auckland. Immerse yourself in the total Pacific Island cultural experience at Pasifika. You will be entertained by everything from contemporary arts and music to traditional food, handicraft and cultural performances.

<http://www.aucklandcity.govt.nz/whatson/events/pasifika/about.as>

## Personal Health



### Nature's Butter

Compare avocados with butter and see why they earn the reputation as nature's butter. You can have more than three times as much avocado as butter, and still have fewer calories! The same goes for margarine or mayonnaise. So for a delicious healthy spread that tastes awesome, opt for avocado in rolls, sandwiches and on toast.

	Avocado (3 slices/30g)	Butter (2 tbsp/30g)
Energy (calories)	72.0	222.0
Total fat (g)	7.68	24.5
Saturated fat (g)	1.23	15.6
Monounsaturated fat (g)	4.83*	6.2
Dietary fibre (NZ) (g)	0.6	0

\*As the table shows, avocados contain a high proportion of monounsaturated fat (the good fat shown to be beneficial in lowering blood cholesterol levels) and are naturally low in saturated fat. Like all fruit, avocados have no cholesterol.

<http://nzavocado.co.nz/nutrition.html>

## ASH Information Centre



The ASH Resource and Information Centre offers tobacco control research material and journals as well as promotional posters and brochures. A database of the research matter available is online so you can search it before you come in. If material of interest is found please visit the information centre at Level 2 27 Gillies Ave Newmarket between 8.30am to 5pm Monday to Friday. [www.ash.org.nz](http://www.ash.org.nz)

## Smokestop

SMOKESTOP is a New Zealand designed, online quit smoking programme at [www.smokestop.co.nz](http://www.smokestop.co.nz) which supports a smoker through the quit process. Written by quit specialists Dr Andrew Lawson and Denise Barlow, SMOKESTOP uses eight

simple sessions to prepare a quitter for being smokefree using an interactive process and email. It can be completed alone or with support from a friend or a health professional.

Contact: [www.smokestop.co.nz](http://www.smokestop.co.nz) or 0800 272 284



## Active Auckland Women

The Active Auckland Women's Club is in proud partnership with ASICS. AAW is a group that was started to assist in providing opportunities for women to be active in an informal, social setting. The club is free to join & offers motivational speakers and monthly walks. Each member will receive free quarterly physical activity newsletters with up to date information on health & wellbeing. Click link for 2007 Walking Calendar.

<http://activeaucklandwomen.org.nz/site/story.asp?bid=1&storyID=1031>

## Footbeat



Approximately 2057 people in 291 teams enrolled in Feetbeat (FB) 2006, with a majority of the HBC companies participating.

Evaluation of the programme showed motivation plays an integral role in the success of any effort to improve PA levels. Family and friends was the most common motivator, closely followed by colleagues and team-mates.

The vast majority of factors considered by participants as a barrier were external to the programme (illness, poor weather and a busy work schedule).

Congratulations again to our furthest distance winners 'Best Foot Forward' team from the BNZ.

Watch the space for Feetbeat 07.

**Keep up the good work!!**  
**Sugar & the Workplace Health Team**

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