

Welcome to the May 2006 Heartbeat Challenge™ newsletter.

Three Heartbeat Challenge Awards have been awarded since the last newsletter. The recipients are highlighted throughout this newsletter.

Pathways Trust, Auckland/Northern Region

Pathways Trust offers high quality accommodation and support services based in everyday community living environments for mental health service users. The Heartbeat Challenge programme therefore touches both staff and service users in each Pathways setting. The families of service users have also been encouraged to participate.

Pathways Trust started on the road to a HBC award in January 2005 and achieved their award in November the same year. Strong management support for the programme meant that half of Basil Fernandes' time was initially devoted to organising health and wellness initiatives. This role was extended to full-time some months later. This level of support for the programme and the commitment to health demonstrated by management are to be much admired. Congratulations to Basil for his hard work and enthusiasm and also the drive and commitment of the staff and service users who continue to participate.



Basil Fernandes, Lifestyle Coordinator and Jude Glass accept the HBC award on behalf of Pathways Trust.

Initiatives towards the award included-

- A Smokefree team was established to address benefits of smoking cessation for staff and service users. Training was undertaken by the team to enable them to offer support and nicotine patches to staff and service users.
- Sports tournaments including Cricket, Table Tennis, Tennis and Ten Pin Bowling
- Twice weekly walking group
- Round the Bays, Coastal Walks, Bush walks, Adidas Auckland Marathon
- Health education information on various health topics including stress and diabetes
- Group formed to support improvements to weight, blood pressure and blood sugar.
- Dietitian talks on health and nutrition and healthy shopping on a budget
- Healthy Cooking classes for service users
- Weekly emailed health tips and recipes.
- Links with Green Prescription programmes
- Pedometers for staff
- Staff bikes so they can accompany service users on bike rides
- 'Feetbeat' teams
- All food provided by Pathways is in line with Food and Nutrition Guidelines e.g. healthy!...and many, many more **CONGRATULATIONS!**

Maintaining Momentum

Once you have your health promotion programme up and running how do you ensure that you keep up the momentum?

Check these key points-

- Are management behind the programme 100%?
- Does someone have dedicated hours to work on the programme, is HBC reflected in their KPI's?
- Is the programme supported by a representative committee?
- Does the committee meet regularly?
- Have you undertaken an employee Needs Assessment process?
- Have you based your programme on the Needs Assessment feedback?
- Have you planned initiatives and activity for the next 3-6 months?
- Is the programme well marketed/branded/communicated to the staff?
- Is the programme built into the business/strategic plan?
- Do you have to report to management re progress on the programme?

Snippets

EEO - Health + Wellness

The March edition of the EEO Trust Work and Life Bulletin is dedicated to workplace health and wellness and includes a list of ideas for wellness initiatives as well as workplace health contacts. Two company wellness programmes are profiled. ARC presents evidence that their programme lowered absenteeism. Solid Energy developed a 'Living Lifestyle Challenge', find out more by accessing- <http://www.eeotrust.org.nz/awards/bulletin.cfm>



Resource Master List

Would you like a list of all the (mainly health orientated) organisations in New Zealand who provide resources (pamphlets, posters, booklets etc), information or support? Jenny has an electronic form which details a comprehensive list of organisations including contact details and website addresses. Please email a request JBratty@adhb.govt.nz

Jenny also has the 2006 Calendar of Events if you missed one.

MOH Resources

<http://www.healthed.govt.nz/> is the Ministry of Health website where you can order all MOH pamphlets, fact sheets and posters.



Working Well-mentally healthy workplaces

'Working Well', the workplace health division of the Mental Health Foundation run seminars nationwide. 'A Managers Guide to Mental Illness' is the next Auckland seminar will be held on 15th June 2006. The full nationwide calendar is on the website.

<http://www.workingwell.co.nz/>

For more information contact Judy Montgomery or Paul Lethan 0800 496 754. In- house seminars are also available.



Footbeat Results

2005 Footbeat results are now on the website. Take a moment to look at the photos, stories, winners etc. Go to- <http://www.arphs.govt.nz/Projects/HeartBeat/Challenge/FeetBeat/Feetbeat.asp>

Diabetes resources

Diabetes pamphlets are available from the Diabetes Projects Trust- Prevention Leaflet for Youth and Type 2 Diabetes Management Leaflet for Youth – simple effective messages about diabetes prevention through lifestyle. Although aimed at youth the simple language and use of graphics make it suitable for everyone. Both available in English, Samoan, Maori, Tongan, Arabic, Vietnamese, Cantonese and Hindi

Go to <http://www.diabetesprojectstrust.org.nz/>, go to Adolescent Project



Move more. Eat less

Elaine Rush at AUT has written a useful book called 'Move More Eat Less' which, if you wished to purchase in bulk, could be less than \$25 a copy. Topics covered include serving size, setting goals for physical activity and healthy eating, how to eat less fat, cooking tips and more. All money goes to support research and research students at AUT. Contact Elaine Rush. elaine.rush@aut.ac.nz



Quit Smoking Options

An excellent resource outlining all the Quit Smoking options available in Auckland is compiled by ASH and published by the Auckland Cancer Society. For a copy ph 09 5204866 or email ashnz@ash.org.nz.

Note: World Smokefree Day is May 31st.

Welcome to new staff.

Jenny is being joined in the workplace health team by new members to strengthen the Heartbeat Challenge Programme. Welcome to Nick Sach, Sugar Te Paa, Tai Faalogo and Project Manager Chris Weeks.

Waitakere City Council, Moselle Avenue Site



Members of the Waitakere City Council HBC representative committee celebrate achievement of the award.

Congratulations to Waitakere City Council, Moselle Avenue Site for achieving their Heartbeat Challenge Award. In August 2004 the chief executive Harry O'Rourke sent out a memo to all staff in the council to take up the challenge and participate in Heartbeat Challenge. A representative group was formed to drive the programme and a needs assessment process was undertaken with the staff. The Moselle Avenue site was selected as a pilot area however environmental initiatives were also implemented that benefit all staff in the council. Some examples of activity undertaken towards the award follow.

- Healthy changes to cafeterias with Eurest 'Taste Life' promotion
- Stock take and publication of Worklife balance programmes and initiatives available to staff
- Work experience placements of AUT Sport and Recreation students who drive the physical activity programme
- Physical activity schedule on the intranet- what's on, where, when.
- Published information on local walking and cycle routes
- Pedometers
- 'FeetBeat' teams
- Gym/swimming pool concession, fees can be deducted from pay
- Information on healthy eating in restaurants
- Friday lunchtime touch or indoor netball at Waitakere Stadium
- After work activities such as mountain biking at Woodhill Forest, yoga and badminton..and may more!
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Waitakere City Council has built Heartbeat Challenge into their Employee Wellbeing Policy Framework. This is a multi-pronged approach that gives equal value to legal compliance (e.g. Health and Safety), leadership and development and vision/values and principles. **CONGRATULATIONS!**

National Cervical Screening Unit, Auckland Region, Auckland Regional Public Health Service

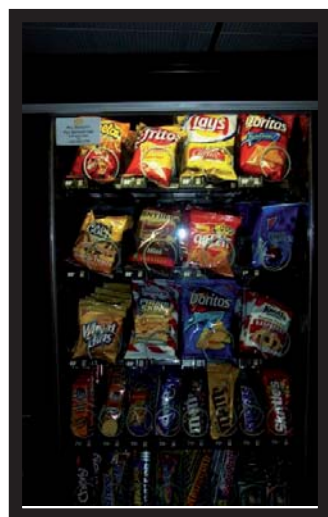


Francey Proctor receives the HBC award on behalf of Cervical Screening staff.

Congratulations to the Cervical Screening Unit who recently achieved a Heartbeat Challenge Award. A dedicated group of staff formed a representative committee to implement changes based on feedback from the staff. The unit comprises approximately 17 office based staff. See below for a selection of activities undertaken by them to achieve their award.

- Team participation in 'FeetBeat' 8 week walking programme
- Push Play Workplace Activity Challenge
- HBC notice board, recipe swap and newsletter
- Mental Health Foundation 'Working Well' seminars including team building and working well together
- Shared meals with healthy criteria, shared fruit platter
- Certificates for weight loss and other accomplishments
- Nutrition session by dietitian
- Heart Foundation 'Fat Kit' display
- 15' lunchtime walking group
- pedometer challenge

CONGRATULATIONS!

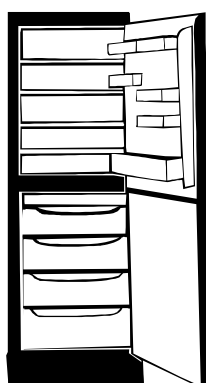


Healthy Options in Vending machines

A research study examined the effect of promotional materials on vending sales. They increased the healthy options in machines (under 5g fat per item) from 5 items to 8 items, added yellow price stickers below these items and put signs indicating low fat above the selection buttons. These were

compared with machines which did not have these interventions. The interventions did not result in lower sales from having more low fat items. The study authors concluded that increasing amounts of low fat items in the machine and promoting them did not result in any loss of revenue for vending machine owners.

The issue of a lack of healthy vending machine options is being raised more and more often by workplaces so an opportunity for change is being created! To increase healthier choices we need workplaces to exert pressure on their vending machine snack suppliers to provide healthier options.



Drinks vending and cafeteria fridges:

- Position free water coolers in easily accessible places and don't forget trusty tap water has fluoride for tooth health.
- Make water and sugar free drinks in your cafeteria fridges the most accessible.
- Ask your supplier to reorganise vending machine contents. Make Diet and Zero

versions of drinks more visible and consign full sugar drinks to the bottom of the machine...or limit the choice.



Signpost and Educate: It is good practice to consult staff about the changes and why you are making them. Contact Jenny Bratty if you would like some pictorial education material about sugar that can be posted on or near your drinks machine.

Keep up the fantastic work,
Jenny

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