



## 1. WORKPLACES

### GOAL: Workplaces in Otago role model good practice with respect to nutrition and physical activity

Action	Lead agency	Measures/ Indicators of success	Time Frame	Progress/Outcome
1.1.1 Otago HEHA Reference Group members commit to leading the development of a 'Healthy Workplace' Policy in their department or organisation	All	Implementation of NPA policies. Work place 'Health Team' formed within the DCC to deliver Healthy Workplace initiatives. Terms of Reference for the group to be formalised.	2010	<p><b>DCC</b> Support received from Executive Management Team to form a 'Health Team' within the DCC. The creation of a small budget has been approved to enable delivery of interventions that may incur small costs.</p> <p><b>Sport Otago</b> Policy written, with board for sign-off.</p> <p><b>Well Dunedin</b> Nutrition Policy implemented in January 2010, physical activity policy in development.</p> <p><b>Otago DHB</b> Nutrition and Physical Activity Policy launched in October 2008.</p> <p><b>Public Health South</b> Food and Nutrition Policy developed in 2005, now using Otago DHB NPA Policy.</p>
1.1.2 A 'Walk the Talk' service is provided to assist HEHA stakeholder organisations to achieve good practice	Public Health South Sport Otago	Walk the Talk service implemented	2009	Project complete. Nine organisations involved in implementing 'Walk the Talk' programmes and initiatives: Otago Pacific People's Health Trust, CYFS, Work and Income Alexandra, Arai te Uru Whare Hauora, Dunedin City Council, Otago Polytech, Delta Electrical,
1.1.3 A Workplace Wellness programme is developed to assist organisations achieve this goal	Public Health South	Workplace Wellness programme commences	2009	
1.1.4 Develop a database of programmes and equipment that are available for 'healthy	Otago DHB	Database completed	2008	Developed and new information is added as it becomes available. Organisations can also



workplace' challenges				be directed to <a href="http://www.nzwellatwork.co.nz">www.nzwellatwork.co.nz</a> for further information on establishing healthy workplace challenges.
1.1.5 Engage with the Chamber of Commerce to raise awareness and encourage involvement of related businesses	OHEHARG	Presentation to Chamber of Commerce	2009	
1.1.6 Vending machines in workplaces offer healthy options	OHEHACG	Number of venues involved	ongoing	<b>Otago DHB</b> Vending machine audit in January 2010; average 5.5% of foods met 'Better Choices' criteria from Better Vending for Health Guidelines.
1.2.1 OHEHARG member organisations commit to making it easy for mothers to continue to breastfeed upon return to work	All	Breastfeeding included in all 'healthy workplace' policies. DCC 'Health Team' to endorse breast feeding initiatives where and when feasible.	2010	<b>DCC</b> DCC 'Health Team' support from Executive Management Team. <b>Cancer Society</b> Currently no official policy but it would be accommodated if the need arose <b>Otago DHB</b> Guidelines for Breastfeeding-Friendly Environments developed as part of Nutrition and Physical Activity Policy. Breastfeeding space developed in Dunedin Hospital for employees, contractors and visitors. <b>Well Dunedin</b> Supports breastfeeding in the workplace but no official policy <b>Public Health South</b> Breastfeeding space developed at Wakari Hospital for employees, contractors and visitors.
1.2.2 Ensure that creating a breastfeeding-friendly environment is an aspect of all workplace programmes	Public Health South Otago DHB	Breastfeeding included in all 'workplace wellness' programmes	ongoing	Support for breastfeeding included in all Walk the Talk workplace health policies (see 1.1.3)



## 2. EDUCATION SETTINGS

### GOAL: Schools and early childhood centres provide healthy environments for students

Action	Lead agency	Measures/ Indicators of success	Time Frame	Progress/Outcome
2.1.1 Development of local initiatives funded through Nutrition Fund (NF) grants	Otago DHB	60% of schools and 40% of ECCs in Otago receive funding 75% of decile 1-5 schools receive funding	2009	181 grants have been awarded across Otago to date, with 62% of schools and 35% of ECEs having received funding; 75% of decile 1-5 schools received grants. Funding for the Nutrition Fund ceased in 2009/10.
2.1.2 Support implementation of the Food and Beverage Classification System in schools and ECCs	Otago DHB	Networks established for canteen managers and ECC cooks	2009	Ongoing with Heart Foundation
2.1.3 Approach Otago fruit growers regarding distribution of surplus fruit in season	OHEHACC		2009	
2.1.4 Established programmes are promoted and supported e.g. Active Schools, Active Movement, Healthy Heart Award, School Food Programme	Sport Otago Heart Foundation	Annual increase in % of primary and secondary schools and ECCs currently or previously involved in these programmes	Ongoing	<p><b>Sport Otago</b> 30 schools involved in Active Schools 16 Early Childhood providers involved in Active Movement In-Depth work 52 professional workshops held involving 528 primary school teachers 286 professional development sessions held involving 2046 early childhood educators, caregivers and parents</p> <p><b>Heart Foundation</b> 27 schools taking part in Healthy Heart Award 48 ECEs and 5 schools on the Heart Start Programme All 8 Fruit In Schools are currently working on the programme and have current awards: 3 gold, 2 silver, 2 bronze.</p>
2.2.1 Only existing programmes are supported as part of this plan, and coordination of these	Otago DHB Sport Otago	Regular collaborative schools meetings	Ongoing	8 Collaboration meetings facilitated for agencies working in schools



programmes and the agencies providing them is strengthened				
		Development of a webpage listing schools and their current programmes		
<p>2.3.1 Networks supporting HEHA related work are established e.g.</p> <ul style="list-style-type: none"> <li>• canteen managers' network group</li> <li>• early childhood centre cooks network group</li> <li>• edible garden network group</li> </ul>	Otago DHB Heart Foundation	Workshop numbers, attendance, and evaluation	2008	<p>To date two rounds of canteen managers' network meetings have been held with two-thirds of canteens represented.</p> <p>Two edible garden workshops have been held, involving 47 schools, in Dunedin and Central Otago.</p> <p>A series of 3 seminars has been held for ECE staff with the Heart Foundation and Public Health South.</p>



### 3. HEALTH SERVICES

#### GOAL: Health service environments are consistent with their messages

Action	Lead agency	Measures/ Indicators of success	Time Frame	Progress/Outcome
3.1.1 Health care settings (including Primary Health Organisations and Rural Trusts) develop Nutrition and Physical Activity policies	Health care settings, Otago DHB, Public Health South		2010	See 1.1.1
3.1.2 Support maternity facilities to maintain Baby Friendly Hospital Initiative (BFHI) accreditation	Otago DHB	Accreditation to BFHI or Baby Friendly Community Initiative as relevant		Four maternity facilities in Otago which quality for BHF1 are currently accredited.
3.2.1 Host a Nutrition and Physical Activity Study Day for health professionals and the HEHA sector	Otago DHB	Course evaluation	Annual	Looking at hosting this again in mid-2010
3.2.2 Support for Maori workforce professional development e.g. Te Hotu Manawa Maori Nutrition and Physical Activity training made available in Otago	Otago DHB		2009/10	In consultation with the HEHA Māori Advisory Group workforce development needs and opportunities are currently being identified; funding is available for the Māori community to access training opportunities through the Māori Community Action Project.



## 4. COMMUNITY

### GOAL: All Otago residents are able to achieve active, healthy, enjoyable lifestyles

Action	Lead agency	Measures/ Indicators of success	Time Frame	Progress/Outcome
4.1.1 Support the implementation of the: <ul style="list-style-type: none"> <li>- Dunedin City Physical Activity Strategy (PAS)</li> <li>- Clutha PAS</li> <li>- Waitaki District PAS</li> <li>- Central Otago PAS</li> </ul>	All	Completion of actions and KPIs identified in the strategy. Two main projects for the DCC in 2010 <ol style="list-style-type: none"> <li>1. Getting Dunedin Active promotional campaign</li> <li>2. Youth Zone(s) feasibility</li> </ol>	2010	<p><b>1. Getting Dunedin Active</b>            Promotional Campaign Project group formed with Co-ordinator leading the project. Budget approved for project through to 2012. Promotional Strategy currently being drafted along with project brief for marketing, graphic and website support. HEHA partners involved in GDA strategy: Otago Principals Association, HEHA, Dunedin City Council, Sport Otago, University of Otago, Otago Pacific Peoples Health Trust, Public Health South</p> <p><b>2. Youth Zone</b>            University of Otago currently undertaking research with high school aged youth around their perception of Youth space in Dunedin. Consultant appointed to undertake consultation with Youth not in high school, i.e. unemployed, employed, tertiary study.</p>
4.2.1 <ul style="list-style-type: none"> <li>- administer HEHA Maori Community Action Funding grants to support these projects</li> <li>- support communities to access Feeding our Futures grants</li> </ul>	Otago DHB  (Preferred provider)	As per contract with preferred provider	Ongoing	<p><b>Māori Community Action Project</b>            KTKO Ltd. contracted to employ a Project Coordinator for the Māori Community Action Project. Funding has been publicised to Māori communities and organisations, first Round closed October 2009, second round closing March 2010.</p> <p><b>Feeding Our Futures</b>            No applications submitted in Otago in 2009; funding ceased in 2009/10</p>
4.3.1 Review and make submissions on Annual	OHEHACG		Ongoing	



Plans , Long Term Council Community Plans and other relevant strategic documents				
4.3.2 Promote all opportunities for active transport e.g. car-free days, Bike Wise, public transport strategies, workplace wellness programmes	All	Raised profile of active transport with events such as Walk2Work Day and BikeWise well attended. DCC to provide support (knowledge or resources) to active transport initiatives when and where possible.	Ongoing	<p><b>DCC</b></p> <ul style="list-style-type: none"> <li>- Walk2Work day working group formed by the DCC. Budget confirmed for the event with preparation work involving marketing and event logistics.</li> <li>- Sport Otago project manager for BikeWise 2010 with DCC acting in a support role.</li> </ul> <p><b>Otago DHB</b></p> <p>Events promoted to staff via internal communication channels, support from HEHA to enter events.</p> <p><b>Well Dunedin</b></p> <p>Supports and promotes activity in the workplace, virtual triathlon, sneakers to meetings etc.</p>
4.4.1 Implement the Otago Breastfeeding Action Plan	Otago DHB		July 2010	Plan for 09/10 now in action and available on Otago DHB website and national HEHA network website.
4.5.1 Identify the options for creating a comprehensive Otago website	Dunedin City Council	Website promoting health and physical activity operational by the end of 2010	2010	<p><b>DCC</b></p> <p>Promotional Campaign Project group formed with Co-ordinator leading the project. Budget approved for project through to 2012. Project brief for website support being finalised.</p>
4.5.2 The Otago HEHA Coordination Group South Dunedin project	OHEHACG	Holding a healthy breakfast promotion for families	July 2009	Breakfast was held at end of September 2009; around 40 people attended and the event was covered in The Star. Initial discussions for Phase III held in early 2010.
4.5.3 The Green Prescription and Active Families programmes are promoted and supported	Sport Otago	Organisational targets achieved	July 2009	<p><b>1. Green Prescription</b></p> <p>991 Green Prescription referrals received and processed for 2008/09 (target of 574).</p> <p><b>2. Active Families</b></p> <p>32 families (41 children) participated in Active Families Programme in 2008/09</p>



4.6.1 Publicly accessible vending machines offer healthy options	OHEHACG	Number of organisations targeted	July 2009	Moana Pool and the University of Otago approached about vending machines, no update on progress with this.
--	---------	----------------------------------	-----------	--