

# CREATING HEALTHIER PHYSICAL AND SOCIAL ENVIRONMENTS



  
healthy  
families

Hutt Valley

He oranga whānau





**HEALTHY FAMILIES NZ** is a large-scale prevention initiative that brings community leadership together in a united effort for better health. It aims to improve people's health where they live, learn, work and play by taking a systems approach to the reduction of risk factors for major health loss and increasing equity.

**The goal is for all New Zealanders to enjoy health promoting social and physical environments that enable healthy food and physical activity choices, being smokefree, drinking alcohol only in moderation and increasing mental health resilience and wellbeing.**

Healthy Families NZ takes a whole-of-community approach to make sustainable and long-term changes to the systems that influence the health and wellbeing of our communities. By making our environments healthier, we're laying the foundations for a healthier future for everyone.

Healthy Families NZ reflects the unique context of New Zealand communities, and the special relationship between Māori and the Crown, including obligations under Te Tiriti o Waitangi. The Healthy Families NZ Principles include an explicit focus on equity, improving Māori health and improving health equity for groups at increased risk of chronic diseases.

Healthy Families Hutt Valley is led by Hutt City Council and is one of 10 Healthy Families NZ communities across Aotearoa. Healthy Families Hutt Valley was previously known as Healthy Families Lower Hutt. This recent name change better reflects the communities and partners we're working with.

## HOW WE WORK

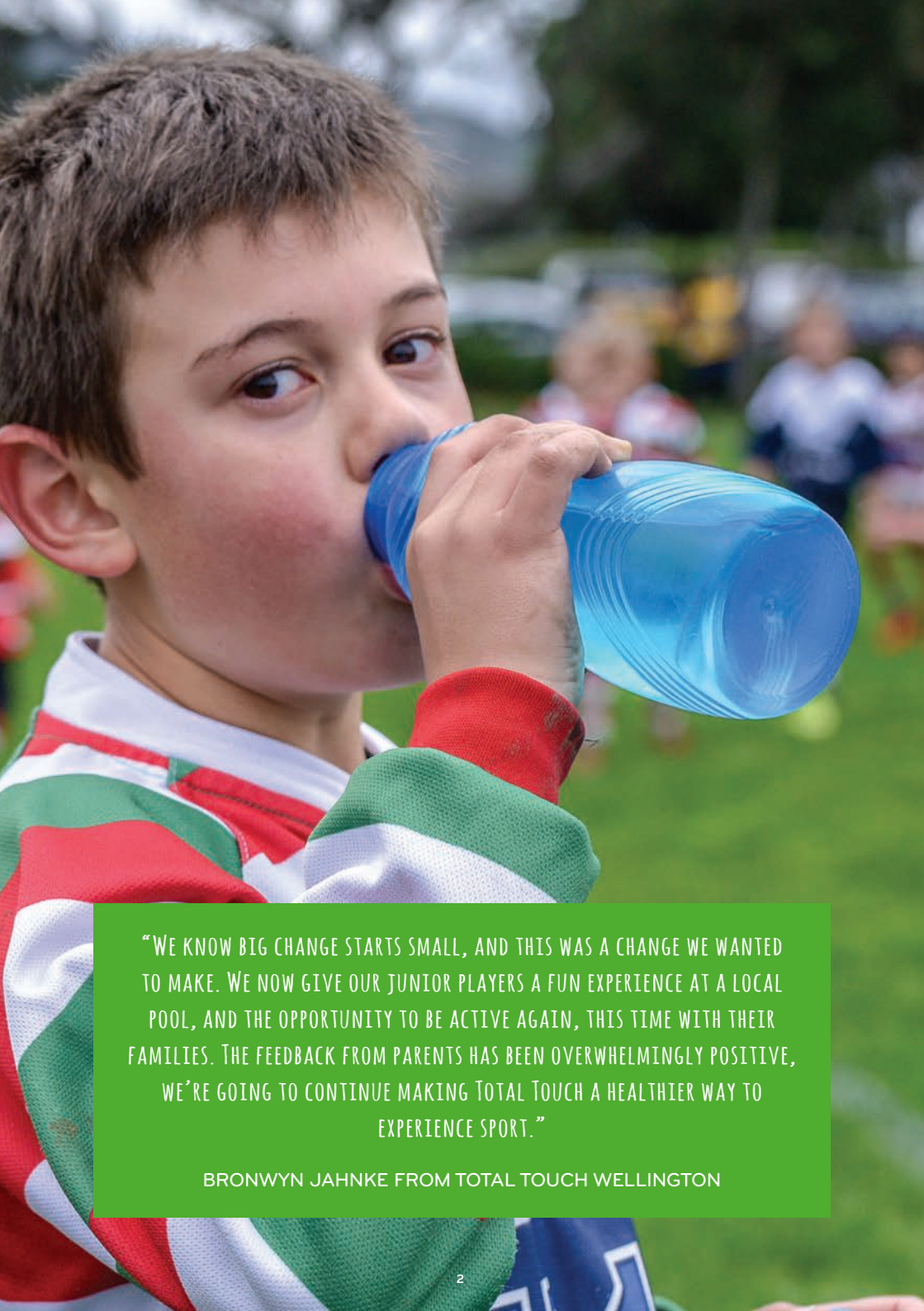
We work **collaboratively** with communities and stakeholders across different sectors and environments to:

- **Enable and activate leadership** at all levels to initiate and embed health promoting policies and sustainable healthy change.
- **Implement and leverage initiatives** that strengthen a systems approach to address the underlying causes of poor health.
- **Increase coordination and alignment** for a comprehensive approach to chronic disease prevention.

Knowing that our health and wellbeing is determined by complex social and physical environments, means we need to take an environmental and systems approach to make change. Systems change is about advancing equity by shifting the conditions that hold a problem in place. It includes being willing and able to change our own ways of thinking and acting.

**LEADERSHIP** is a founding principle of Healthy Families NZ. The role of the Healthy Families Hutt Valley Strategic Leadership Group is to provide transformational leadership by using their spheres of influence to create, enable and support the systems change we are driving. The members represent the sectors and communities that we work with including health, sport, business, education, Iwi, Pasifika communities and local government.





“WE KNOW BIG CHANGE STARTS SMALL, AND THIS WAS A CHANGE WE WANTED TO MAKE. WE NOW GIVE OUR JUNIOR PLAYERS A FUN EXPERIENCE AT A LOCAL POOL, AND THE OPPORTUNITY TO BE ACTIVE AGAIN, THIS TIME WITH THEIR FAMILIES. THE FEEDBACK FROM PARENTS HAS BEEN OVERWHELMINGLY POSITIVE, WE’RE GOING TO CONTINUE MAKING TOTAL TOUCH A HEALTHIER WAY TO EXPERIENCE SPORT.”

BRONWYN JAHNKE FROM TOTAL TOUCH WELLINGTON

## GO THE H2O IN JUNIOR SPORT

**Increasing physical activity and promoting water as the drink of choice for our tamariki has been the intent of our Player of the Day initiative.**

Sports clubs that have committed to a pro-water kaupapa on their sidelines have been able to reward their players with free access to Council pools, replacing takeaway vouchers handed out previously.

- A total of **69 clubs** and **seven regional sports associations** across 12 sports codes are now actively promoting **water as the drink of choice** to their players.
- Unhealthy food vouchers for Player of the Day have been replaced with **free pool passes**.
- **Six councils** across the Wellington Region are supporting the initiative, providing **access to 22 Council pools**.
- The Player of the Day certificates have provided more than **30,000 new free opportunities to be active** at Council pools representing approximately \$100,000 of Council investment in pool passes.
- This initiative has grown significantly from providing pool passes to 3,000 local tamariki to now having an **annual reach of approximately 17,000 pool passes** across the lower North Island.





lower hutt  
proud to be  
smokefree



Thanks for not smoking



“SMOKEFREE PUBLIC PLACES MAKE IT EASIER FOR SMOKERS TO QUIT AND STAY SMOKEFREE, SO BY EXTENDING ITS CURRENT POLICY TO EVEN MORE PLACES WHERE OUR CHILDREN WALK AND PLAY EVERY DAY, COUNCIL IS HELPING US MOVE A STEP CLOSER TOWARDS ACHIEVING THAT GOAL OF A SMOKEFREE NEXT GENERATION.”

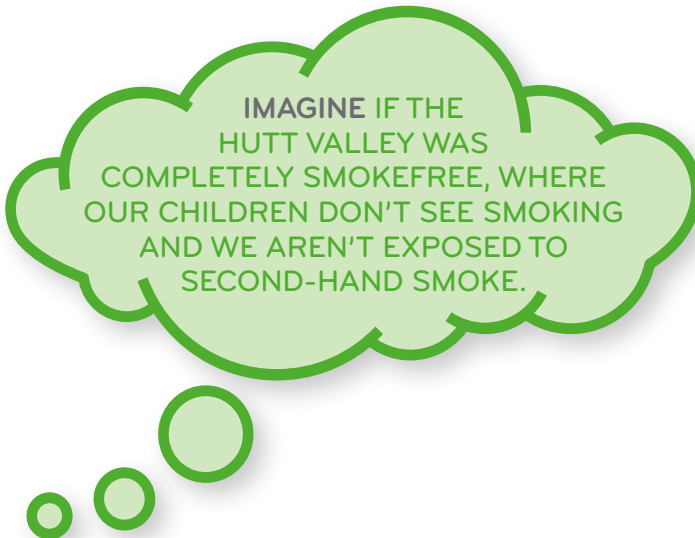
HAYLEY BUCHAN, HEALTHY FAMILIES HUTT VALLEY MANAGER

## SMOKEFREE HUTT VALLEY

**We are working to raise a smokefree generation by creating smokefree and vapefree spaces to denormalise smoking and supporting smokers to quit.**

First extended in May 2016, Council's Smokefree Outdoor Public Places Policy was further extended in September 2019 and now covers even more of Lower Hutt.

- The extended policy, **one of the most comprehensive in New Zealand** now includes **smokefree and vapefree** playgrounds, outdoor public swimming pools, parks and sports grounds including skate parks, bus shelters, bus stops and train stations, beaches, outside public areas around Council buildings and facilities, Council run and funded events, outdoor pavement dining areas, Lower Hutt CBD and all suburban centres.
- Through a partnership with Hutt Valley District Health Board we have reoriented funding for a new team member to **scale our impact** into Upper Hutt by leveraging our local government learnings from Lower Hutt.







## KAI IN THE COMMUNITY

**Making healthy kai an affordable and readily available choice for all our communities is the strategic intent behind our kai system mahi.**

Healthy Families Hutt Valley is working with partners and community leaders to explore the barriers to accessing fresh food closer to home.

- Prototyped with a local community trust how a **weekly market can provide healthier options** close to home by bringing together vege stalls and food trucks with healthier versions of traditional favourites.
- Physically mapped the food retail environment across Lower Hutt and Upper Hutt to demonstrate to decision makers and leaders the **lack of easily accessible healthy choices in some communities**, and the density of less healthy options.
- We're continuing to **engage deeply with local communities** about their lived experience of our kai system and the impact this has on their wellbeing.





## COMMUNITY WELLBEING

**Wellbeing is integral to maintaining and improving the physical and mental health of our people.**

In workplaces, on the street and across Council, we have been putting wellbeing at the forefront of the agenda.

- Sponsored a cross-council workshop to inform Hutt City and Upper Hutt City Councillors and Executive Leaders about the **health and wellbeing of their populations**.
- Created easy to understand infographics using the latest data and insights to encourage partners to put **wellbeing at the centre of their decision making**.
- Healthy Families Hutt Valley Strategic Leadership Group engaged and submitted on Hutt City Council's Central City Transformation Plan, encouraging it to enshrine the **principles that enable wellbeing**.





“TOWNS AND CITIES THAT PROVIDE PEOPLE WITH HEALTHY TRANSPORT OPTIONS THAT ALLOW THEM TO CONNECT WITH THE PEOPLE AND NATURE AROUND THEM ARE GREAT PLACES TO LIVE, WORK, PLAY AND EXPLORE.”

CLAIRE PASCOE, NZ TRANSPORT AGENCY

## HEALTHY ACTIVE STREETS AND SPACES

**Helping shape a city that gives our people spaces to play and connect while they are on the move is the strategic intent behind our Healthy Active Streets and Spaces mahi.**

We are working with our community and Local Government partners to bring our streets alive and create spaces that work for everyone.

- Healthy Families Hutt Valley has a Healthy City Design Lead role that works alongside transport and urban planners and communities to ensure we're designing **walking and cycling back into our lives**, making it the easy and obvious choice for getting around our city.
- We're working to ensure quality community engagement is undertaken around shared pathways, helping ensure that the designs and connections meet **community needs and aspirations**.
- Working with our communities using prototype methodology to engage at the street level and build our knowledge and **insights of what a playful, connected and active street looks like**.
- Through the Streets Alive approach across Council teams we're driving a practical framework and indicators for design decisions for our streets and spaces. **Streets Alive aims to put people (not profit or cars) at the centre of decisions** around how our streets and public spaces are designed and used.





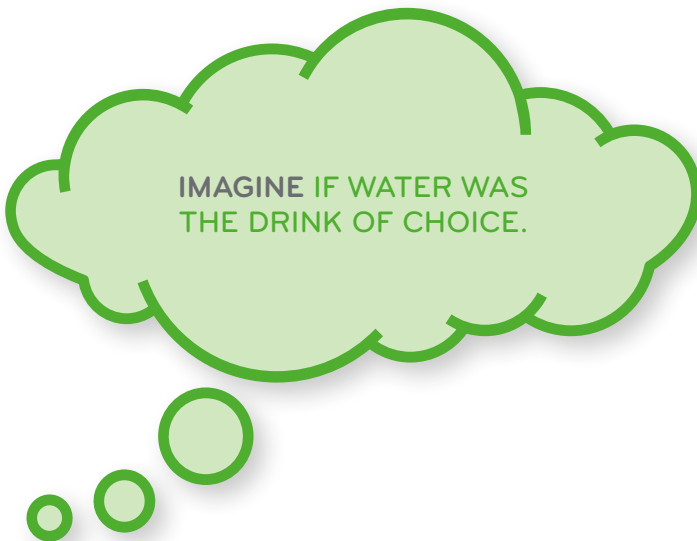
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## INCREASING ACCESS TO WATER

**Ensuring access to water and creating an inextricable link to physical and environmental hauora (wellbeing) is at the core of our mahi.**

We are working to make water the easy choice for everyone in our community where we live, learn, work and play.

- Influenced Council to invest in **seven new water fountains** in communities across the Hutt Valley, prioritising Stokes Valley, Taita, Naenae, Wainuiomata, Fraser Park, Moera and Petone.
- Gained commitment from Hutt City Council for a **yearly budget to fund more water fountains** in parks, gardens and at sportsgrounds.
- Through the Go the H2O movement an **extra 20 portable hydration stations** have been provided by a local business that can be used for community events, freeing up Council's station to be focussed on **communities most at need.**



“TURNING THE TIDE WAS STARTED BY HEALTHY FAMILIES HUTT VALLEY AS A WAY OF INSPIRING OUR COMMUNITIES TO SEE THAT TOGETHER WE CAN IMPROVE OUR COLLECTIVE HEALTH. WHAT WE ARE SEEING IN NAENAE IS THAT BY ACKNOWLEDGING AND CELEBRATING THE SMALL (OR BIG) CHANGES TO CREATE HEALTHIER PLACES, THIS HAS INSPIRED OTHERS TO TAKE ACTION.”

HAYLEY BUCHAN, HEALTHY FAMILIES HUTT VALLEY MANAGER





## TURNING THE TIDE

Local community champions in the suburb of Naenae in Lower Hutt have decided to take action to Turn the Tide so that the youngest members of our whānau grow up in an environment that supports them to thrive and reach their potential.

Small actions to change the environments we spend our time in are making a big difference to a large number of people within our community.

- Naenae's three primary schools, the local college, medical centre, library, cricket club, Tokelau Hutt Valley Sport and Cultural Association and the clubhouse for rangatahi are all **Turning the Tide by promoting water as the drink of choice.**
- **More than 5000 people** every year are now experiencing **pro water environments** in Naenae.





## TĀKARO – TO PLAY

**Play is an integral part of the physical, social, emotive and cognitive development of our tamariki, but it has been engineered out of our busy lives.**

We are connecting communities through play and working to make it accessible to everyone.

- Partnered with Sport NZ and Hutt City Council on 'Play in the Hutt' to engage with our communities to **better understand their experiences of play in our neighbourhoods**. Resulted in Tākaro - to play, an insights report that provided a clear picture of play across Lower Hutt.
- Play in the Hutt kickstarted **prioritising play opportunities** for our rangatahi and tamariki.
- Partnering with local Councils and community groups on Wicked Wheels and play events to demonstrate **reclaiming public spaces for play**.





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[healthyfamilieshuttvalley.org.nz](http://healthyfamilieshuttvalley.org.nz)