

13 NORTH HORNBY HEALTHY LIFESTYLES REPORT– 12 MONTH REPORT

Officer responsible Community and Recreation Unit Manager	Author Helen Miles, North Hornby Community Recreation Co-ordinator, DDI 9416520
---	--

The purpose of this report is to inform the Community Board on the progress and outcomes after 12 months of the Healthy Lifestyles project. Board members will recall that this project is a partnership between the Council (via the Board) and SPARC, which aims to increase the health and well-being of North Hornby residents.

BACKGROUND

The North Hornby community has a population of 3090 people. The community demographics show a high number of families in the low-income bracket, high levels of deprivation, and a significantly higher number of one-parent families. There are a number of social services agencies operating in the area including; Salvation Army which runs food bank and budgeting services, Te Whare O Nga Whetu (Multi-Cultural Centre) which runs a number of cultural programmes including Kapahaka for Youth, Older Adults Cultural group and several training programmes for youth. The Hei Hei Broomfield Community Development project began in the area in 1998 as a result of research conducted by Council. A Community Worker was appointed under the umbrella of Anglican Social Services.

The project is based on Councils' current policies and strategies:

- * Social Well-Being
- * Community
- * Art
- * Recreation & Sport
- * Older Persons
- * Children
- * Youth
- * Equity and Access for People with Disabilities.

The Project's Goal: To Improve the Quality of Life of People in North Hornby, by:

- Increasing physical activity participation levels, leading to increased social engagement of residents living in North Hornby.
- Breaking down social isolation by increasing community participation using recreation as a tool.
- Decreasing physical and mental health costs related to negative impact of lifestyle and home/family/community environment.
- Increasing levels of motivation and self-esteem leading to improved quality of residents' lifestyles.

Objectives:

- Increase community participation in "healthy" processes/programmes that will impact positively on the lives of people in the local community.
- Address health/well-being issues in the area through a multi disciplinary/multi agency approach – e.g. health education, nutrition information, etc included as part of a physical activity programme.
- Maximise opportunities within recreation programmes for participants to socialise and get to know each other and to learn more about services and activities in their local community.
- Use the community development model and process as a framework for developing recreational and health programmes for this area.

Current Situation

The North Hornby Community Recreation Co-ordinator (Helen Miles) has spent the last year establishing relationships, gaining an understanding of the needs, and setting up programmes or assisting community groups to set up programmes that will meet the needs of the North Hornby community. There has been a strong emphasis on facilitating the involvement of community groups or organisations in all of the projects / programmes in order to ensure the activities continue after the two-year period of this project.

The following programmes/ projects have taken place or are underway:

Healthy Lifestyles Weight Loss Programme

This group's aim was to increase people's physical activity and assist participants to eat healthier food to reduce weight. The programme ran for ten weeks. The meetings were divided into two sections - the first section focused on healthy weight loss and the second section focused on a physical activity.

Evaluation

All participants when starting with the group were asked to fill in a questionnaire; this was then repeated at the end of the ten week period. This information allowed for comparisons to be made to see if there was a change in people's health and well being (both measured and perceived). Each week most individuals' weight loss was recorded. This enabled the facilitator to monitor the amount of support and information an individual needed from week to week. At the end of the programme each participant was given another questionnaire to evaluate the presenters and improvements that could be made in future.

Weight loss:

- The group lost a total of 31.3 kilograms.
- During the 10 week programme 16 people joined the group.
- People who attended 6 or more groups on average lost 2.89 kilograms.
- The average attendance rate of this group was 66%.

Physical activity

- * There was a 10% improvement for participants who had difficulty at getting in and out of a chair.
- * Overall there was a 26% improvement in the group in terms of mood, energy levels, pain levels and how participants were generally feeling.
- * There was a 1% improvement in the baseline among the group in terms of flexibility and movement relating to everyday tasks.

Comments

- Lost weight, more walking, and better eating.
- I have enjoyed the course and it is working for me, I am losing weight and feeling a lot fitter and more active.
- More energy since been at your group, walking more not saying yes all the time when people ask me to do things. I have learnt to say no!
- More energy! I am now more physically active and walk everyday.
- Feel fitter this has given me more confidence to lose weight loss, although slow.
- I have joined the gym and going every day.
- Pedometers are excellent!
- Have heaps more energy. Now walking for ½ hour each (or most) days. I have lost weight feel altogether healthier.
- Due to weight loss and extra exercise my blood pressure dropped to almost normal and my cholesterol level dropped from 8.5 to 5.5 without medication
- I have more movement and find things easier.

Overall results

All participants have made significant changes to the amount of physical activity they do each week. This was facilitated by number of factors:

- Introduction to a variety of physical activities throughout the ten weeks
- Pedometers
- Weight loss
- Links within the group and the community
- The development of community programmes e.g. aqua class

The outcome for this group three months since completion of the programme is that many of the members have made significant changes to their lifestyle by incorporating regular exercise into their daily routine. Joining local community groups or linking up with someone in the group to do regular physical activity has achieved this. The group still keeps in contact via email and they get together once a fortnight to get physical and support each other.

Taiaha Wananga

The Wananga teaches the use of the Taiaha or Maori longstaff, which has a special appeal for Maori. It is firmly based in 'kaupapa Maori' or Maori philosophy. Through learning the Taiaha, one can enhance oneself in terms of self-esteem, confidence, identity, mana, pride and dignity. Forty children and youth have attended two Wananga so far this year. The programme has been beneficial in addressing a number of behaviour, health, personal and social issues.

OSCAR & Fiji Social Services After School Drop In Cooking Programme

This project is partly funded by Community and Public Health to provide a hands on cooking programme that educates children who are attending the after school programmes. This programme was initiated because of concerns of food security at home and the increasing trend of obesity among children.

Children's Swimming

To provide support to a community group working with children to provide swimming lessons and an ongoing involvement in swimming. The group of children have attended swimming lessons at Kings swim school and then went on to join Sockburn Swimming Club. The club provides an opportunity for the kids to participate in regular physical activity whilst fostering a sense of community and decreasing isolation.

Dance Programme

This exciting dance class is available to all primary school aged children. Children get the chance to explore creative movement and try a number of different dance styles and basic steps including Jazz, Hip Hop, while developing strength, flexibility and poise. This programme is running from Hei Hei Community Centre.

Community Garden Wheelbarrow

The community identified that many households in the Hei Hei / Broomfield community did not have any garden tools to maintain or develop their gardens. This was a major issue for those families who were renting and were under the threat of eviction if their property was not maintained. In February 2004 the Community Wheelbarrow committee came under the auspice of the Hei Hei Residents Association. The group was successfully in gaining sponsorship from Switched On Contracting who provided a trailer with a mower and a number of garden tools. The group has continued to seek sponsorship and grants to meet the current growing demand from the community for the use of the wheelbarrow

Hei Hei Broomfield Community Wheelbarrow Aims:

- To empower North Hornby residents to take responsibility and pride in maintaining and developing their gardens by providing gardening tools for loan.
- To encourage residents to learn about how to maintain, recycle, reduce costs, and develop their gardens.
- To develop and foster the community's self esteem and pride in the area they live.
- To reduce the cost of maintaining and developing a garden
- To foster and strengthen the North Hornby community.
- To encourage an active lifestyle
- To provide an opportunity to increase community networking – e.g. getting to know your neighbours (through the use of the wheelbarrow and through volunteering)

Preschool Disco / Ticklish Allsorts

In April another successful preschool disco was held, with over eighty local preschool children attending. In July as part of Kidsfest the Ticklish Allsorts performed at Hei Hei Community Centre on Wycola Avenue. This event was fully booked with 350 people attending.

Neighbourhood Gala Day

A group from the community and various organisations are starting to plan for a neighbourhood gala to celebrate Neighbourhood Week.

Aqua Basix

This programme initially started at Kings Swim School to provide an Aqua class for those people who are overweight and who do not have the confidence to attend a public session. The session has now moved to Pioneer Leisure Centre, where the group is joining in with the Aqua Basix class on a Monday. The classes are subsidised for people living in the North Hornby area.

CONCLUSION

The first year of this project has seen some very successful programmes and networks established, which are contributing to the aim of increasing well-being in the North Hornby community.

Staff

Recommendation: That the information be received.

Chairman's

Recommendation: That the information be received.