



# HEALTH IN ALL POLICIES

CANTERBURY

*Highlights of some of the partnerships and collective initiatives improving health, wellbeing, sustainability and equity across our region*



## HEALTHY GREATER CHRISTCHURCH – WAKA TOA ORA

After more than 15 years of activating the concept that all sectors and groups have a role to play in creating a healthy city, the time was right for Healthy Christchurch to grow to include Healthy 'Greater' Christchurch.

The formal expansion was initiated by the Greater Christchurch Partnership identifying Healthy Christchurch as a lead for the 'Health and Communities' stream of the Urban Development Strategy, along with the Selwyn and Waimakariri District Councils.

The Healthy 'Greater' Christchurch advisory group, which has representation from both statutory and NGO sectors, then engaged with signatories around the emerging high-level work programme. This includes continuing to lead new projects, being a vehicle for communication and consultation with communities, and providing a mechanism to be a voice at decision making tables around the region.

The growth of the network was highlighted at the February hui in Lincoln. Representatives from 45 organisations — local government, community groups,

government departments, health and iwi — gathered to discuss the expansion and new opportunities to work together. What became apparent was that boundaries of place or sector were arbitrary and the initiative gave people a chance to focus on what they had in common.

A key outcome for the year was completing the review of the Charter. The refreshed Charter will be launched at a hui in early 2019 and provide an opportunity to officially launch the new name of the network, 'Waka Toa Ora', which was gifted by kaumātua Maurice Grey. The name communicates that we are all in a waka together, rowing in the same direction and navigating the many dimensions of wellbeing such as physical, social, spiritual, and mental and emotional — *hau ora, wai ora, mauri ora, toi ora*. We are stronger navigating the regional landscape together.

Moving forward Healthy 'Greater' Christchurch will continue to enable effective collaboration across the region through strong information networks, face-to-face discussions, and planning around issues important to the community.



## CREATING HEALTHIER STREETS WITH LUCY SAUNDERS

Making streets more inviting and public transport more accessible can improve social connection, the local economy and public health.

UK Public Health Specialist Lucy Saunders, driving force behind the 'Healthy Streets' approach, reminded us of this during a series of talks and workshops in August. Healthy Streets can be used to assess plans and improve population health and equity outcomes for residents.

While in New Zealand, Lucy was supported to also visit Christchurch by the South Island Alliance,



Environment Canterbury, and the Greater Christchurch Partnership Transport Group, to engage with planners, local government, social services and others from across the region. This included a workshop with planners, a governance breakfast, and a Healthy Christchurch public hui. The Healthy Christchurch hui also featured: Jeanette Ward, Abley; Jillian Frater, Avansar; Rex Williams, Cycling Action Network; and, Simon Kingham, University of Canterbury.

"We need to make our streets inclusive to everyone. It's about looking at the spaces between buildings and asking – is this meeting our basic, fundamental needs? Do I feel safe? Is the air clean? If I need to stop, is there shelter and somewhere to rest?"

The Healthy Streets indicators are already having an impact on projects here in NZ. They have been embraced in Auckland, and in Christchurch planners used them to check the proposed schemes for the St Albans area downstream of the Northern Corridor extension. Christchurch City Council (CCC) designers are also using them internally.

**Learn more about the Healthy Streets Approach™**



## CHRISTCHURCH ALCOHOL ACTION PLAN LAUNCHED



A safe, vibrant, healthy Christchurch free from alcohol-related harm is the vision of the Christchurch Alcohol Action Plan (CAAP). Officially launched in August, the CAAP encourages community action and participation in local responses to addressing harm.

Community and Public Health, CCC and NZ Police have worked closely together over the past two years to develop the CAAP – a multi-agency response to community concern about harmful alcohol use.

Safer Christchurch chair and city councillor Anne Galloway says the CAAP outlined the collective strategies and actions involved, "The plan is designed to be a resource that involves and supports all organisations, groups and individuals committed to improving public

health and safety in our city through the reduction of harmful alcohol use."

The CAAP will be rolled out over a five-year period through a number of initiatives with local communities, Council, Canterbury DHB and Police.

**Learn more about the Christchurch Alcohol Action Plan**





# SUSTAINABILITY HIGH ON THE AGENDA

Climate change has been called the 'biggest global health threat of the 21st century'. Taking action to tackle climate change presents a big opportunity to improve both the health of the environment and people. Organisations in the region are taking up that challenge and making a number of changes to the way they operate to reduce their carbon footprint.

Climate Change Leadership is a strategic priority for CCC. They have committed to a goal of their activities being carbon neutral by 2030 and are working on a number of internal and external initiatives to improve sustainability across both their operations and across the city.

Environment Canterbury has made the move to embed climate change considerations into all their decisions. The installation of 114 solar panels on the roof of their Tuam Street office is the latest in a series of initiatives that have resulted in a considerable decrease in energy consumption for the office. Their efforts have resulted in savings in the vicinity of 18% over the past year.

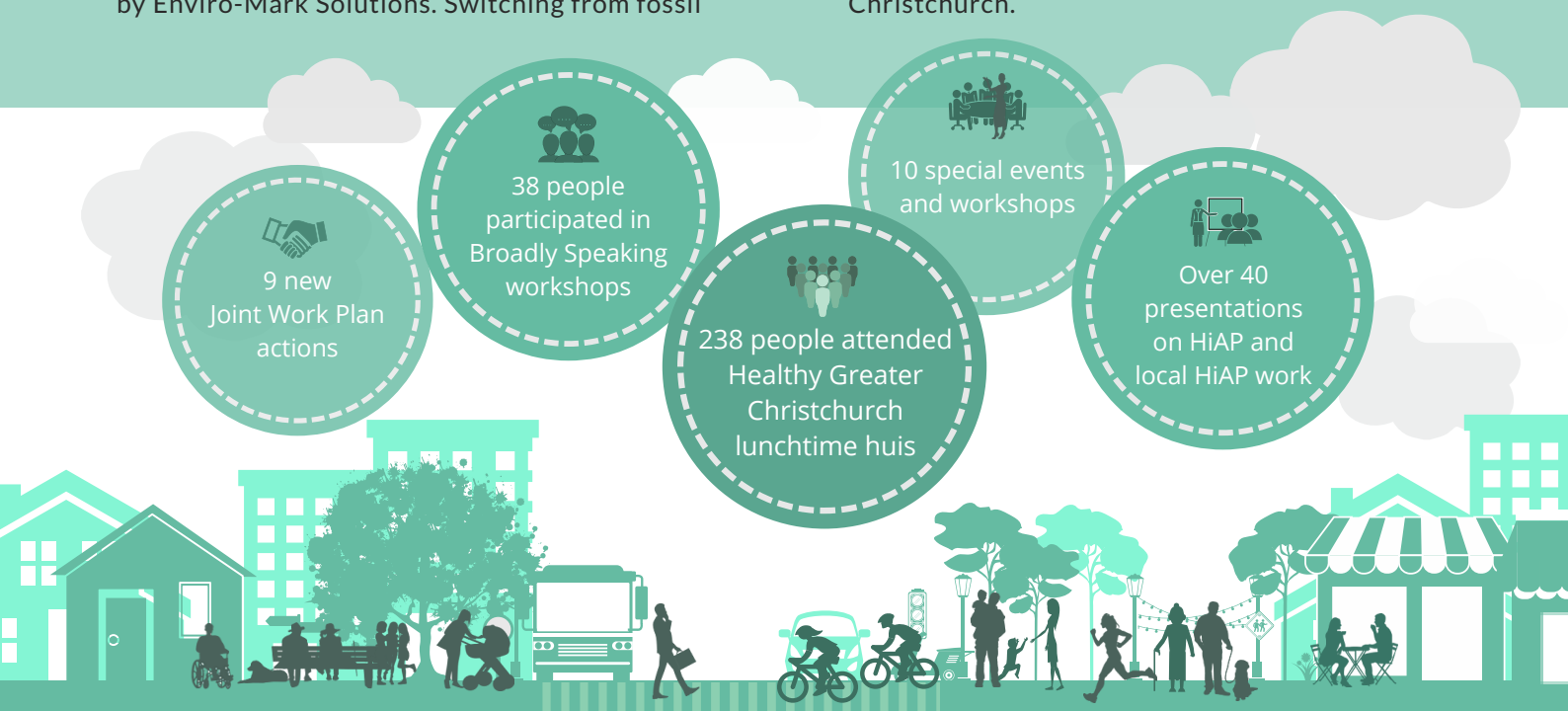
After reducing their emissions by 20%, Canterbury DHB was named among New Zealand's top 20 carbon reducers for 2017-2018 by Enviro-Mark Solutions. Switching from fossil

fuel to biomass for their boilers at Burwood Hospital was a key element in shrinking their carbon footprint and boosting their CEMARS sustainability goals. Other top emissions reducers in the region include Hall McMaster and Associates Limited (62%), the University of Canterbury (34%), and Lamb & Hayward Funeral Directors (13%).

Canterbury DHB's efforts to reduce carbon emissions were recognised at the 2018 EECA Business Awards, alongside Kevin Crutchley from CCC who was Highly Commended for the Energy and Emissions Leadership Award. Aligning his role against international Sustainable Development Goals, Kevin is bringing a suite of resource efficiency measures to the Council that are lowering greenhouse gas emissions and increasing the electrification of the fleet.

## Electric car sharing

Christchurch is now home to New Zealand's first fully battery-powered electric car sharing scheme. Developed by CCC and run by Yoogo Share, the scheme lets people hire electric vehicles at different points in the city. Alongside CCC, 12 other foundation customers signed up to the service, including Canterbury DHB, Environment Canterbury, and Ara, and it is open to public membership. Powered largely from renewable energy, the service will both reduce greenhouse gas emissions and improve air quality, which will have positive health benefits for the residents of Christchurch.





## 'OUR SPACE' 2018-2048: GREATER CHRISTCHURCH SETTLEMENT PATTERN UPDATE

A major focus of the Greater Christchurch Partnership this past year was developing and consulting on Our Space 2018-2048: Greater Christchurch Settlement Pattern Update. Input came from all partners and considered the spatial, housing, transport and business interactions into the future. Part of the consultation included a workshop to assess the Our Space draft against the updated Integrated Planning Guide (currently in development). The broad range of participants—including NGOs, developers, housing, business owners, transport, disability, and environment groups—used the wellbeing lens of the Guide to explore ways to strengthen the plan.



## INTEGRATED ASSESSMENT FOR THE ŌTĀKARO AVON RIVER CORRIDOR

Alongside their extensive public engagement activities, Regenerate Christchurch established an Integrated Assessment process for the Ōtākaro Avon River Corridor Regeneration Plan to ensure genuine input and meaningful participation by stakeholders and the community. The third workshop in August 2018 was an opportunity to evaluate the content of an early draft of the Regeneration Plan using criteria developed earlier in the process, provide recommendations to strengthen and improve the Plan, and reflect on the process. Participants appreciated the inclusive nature of the process, the freedom to express their ideas and the high level of engagement.



## JOINT WORK PLANS

The Joint Work Plans between Canterbury DHB and CCC, and Canterbury DHB and Environment Canterbury continue to be effective, enhanced by joint governance level reporting meetings. During the year the work portal shared by the three partners was re-organised to reflect the following focus areas of the joint work:

- Ensuring safe and sustainable water supply and waterways
- Promoting healthy environments
- Supporting healthier home
- Strengthening communities
- Improving connectivity and accessibility
- Building capacity through collaboration



## ACCESSIBILITY HIGHLIGHTS

Canterbury DHB, CCC and Earthquake Disability Leadership Group representatives met with ChristchurchNZ to brief them and explore approaches to universal accessibility of events. Together they subsequently raised accessibility with event organisers and are monitoring changes over time. Some early improvements include the good accessibility information included in the 2019 Bread and Circus information materials. The Accessible Events checklist and toolkit are now finalised and available on the CCC website.





## AIR QUALITY

In response to concerns from some Yaldhurst residents about the health effects of quarry dust, a four-month air quality monitoring programme run by Environment Canterbury, with support from Canterbury DHB and CCC, was completed in 2018. In particular concern was the potential presence of respirable crystalline silica, a fine dust that can cause serious health problems if present at high enough levels. Although no serious public health risk was found, there was an occasional nuisance dust issue. The monitoring programme has resulted in a change to quarry dust management practices which now require all quarry operators within 500 metres of someone's home to install dust monitors on their boundaries.



## SHIFTING OUR TRAVEL BEHAVIOUR

A very successful Greater Christchurch Partnership programme helped hundreds of people who work in the central city find more active ways to get to work. Using surveys, presentations and 1400 one-to-one interviews to explore travel options, the shift to bus, biking, walking and carpooling led to a 31% reduction in car use among participants and financial benefits of over \$30 million; achieving 2041 Accessible City target in one year. Canterbury DHB has subsequently initiated a similar programme among its hospital employees which is showing positive early results.

**Watch a video on what provides the fastest commute to Christchurch Hospital – an e-bike, an e-scooter, a bicycle, bus or car?**



## HEALTHY HOUSING

Environment Canterbury launched the Healthier Homes Canterbury service providing funding support for assistance to transition to cleaner warmer home heating technology. The service enables eligible Canterbury ratepayers to add the cost of home heating, insulation and/or ventilation to their rates bills. Support from CCC will help provide whole of home advice to approximately 1,000 homes per year for the next three years. Later in October, a Healthy Greater Christchurch workshop to encouraged submissions on the proposed Healthy Home Standard and changes to the Residential Tenancies Act to improve conditions for the growing number of people who rent. Presenters included Anglican Advocacy, CCC, Canterbury DHB, and Tenants Protection Association.



## ADVANCING COLLABORATION

Collaboration is a flexible and dynamic process with a continuum of different approaches from co-existing to integrating. Following a joint talk by CCC and Canterbury DHB at the 3rd International Conference on Wellbeing and Policy in Wellington, CCC were invited by SOLGM (New Zealand Society of Local Government Managers) to present at their Council Collaboration and Partnering Forum in November. The decade long partnership between CCC and the Canterbury DHB was the only case study with a health board and that covered multiple areas of activity. Among the other successful cases presented, the partnership was the only one to have truly reached a level of collaboration of long term interaction and shared goals.



## BUILDING CAPACITY

### NEW HIAP TOOLKIT

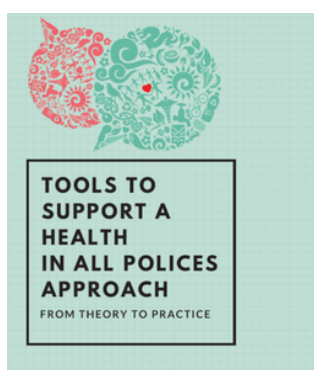
A handy new resource *Tools to Support a Health in All Policies Approach: a guide for moving from theory to practice* can make working across sectors a little easier.

Developed to support conversations between policy-makers, planners and other partners in local and central government agencies, the toolkit features a wide range of tools that have used here in Canterbury, including several that have been developed locally. The tools can be applied to ensure that health and wellbeing are explicitly considered in plans and policies. The toolkit also highlights some useful resources for working with specific population groups.

The toolkit provides brief overviews, timeframes and examples of use. Some tools are best for large scale planning exercises, but many tools are flexible and can also be used as desktop exercises or for small group workshops.

Bringing in a health and wellbeing perspective to plan and policy development can not only generate new ideas or solutions but will ultimately result in a better project that will have a positive impact on population health and wellbeing. Using such tools together also helps build relationships and share resources.

**Download**  
"Tools to Support  
a Health in All  
Policies Approach"



### RENEWED CANTERBURY WELLBEING INDEX

In December, the new Canterbury Wellbeing Index was launched. The Index brings together high-quality information about community wellbeing in Christchurch City, Selwyn District and Waimakariri District in a new online format. With data sourced from the Canterbury Wellbeing Survey and a wide range of local and national agencies, the new Index includes 56 indicators of wellbeing and He Tohu Ora, a new section with 19 Māori-focused indicators, which are informed by a Māori worldview.

The new easy-to-navigate website has many features that lets users view and extract the data to support the wellbeing of our local population.



Explore the data at [www.canterburywellbeing.org.nz](http://www.canterburywellbeing.org.nz)

### BROADLY SPEAKING

All planning, policies and initiatives can potentially affect the health of a community.

Broadly Speaking is a free training workshop on the determinants of health and the HiAP approach. Participants have come from Canterbury DHB, Sport Canterbury, CCC, Environment Canterbury, Regenerate, and other community organisations.

Delivered by Community and Public Health, the interactive workshop runs over two morning sessions. Register now for one of three courses in 2019.

- 27 February & 13 March
- 8 & 22 May
- 7 & 21 August

Download an information brochure on  
Broadly Speaking with registration details



Health in All Policies (HiAP) is a structured approach that systematically takes into account the health implications of decisions, seeks synergies, and avoids harmful health impacts, in order to improve population health and health equity.

For more information contact Canterbury's Health in All Policies Team, based at Community and Public Health *Te Mana Ora*, part of the Canterbury District Health Board.

<https://www.cph.co.nz/your-health/health-in-all-policies/>