

# CANTERBURY HEALTH IN ALL POLICIES 2019 ANNUAL REPORT



## GOOD HEALTH REQUIRES POLICIES THAT ACTIVELY SUPPORT HEALTH

Health in All Policies (HiAP) is a collaborative approach to planning and policymaking to improve overall wellbeing. The HiAP approach is all about cooperation, recognising shared goals and coordinating to ensure upstream drivers of health and social conditions are actively considered by all government authorities, related agencies and communities.

In Canterbury we have a long history of working in this way. As the focus at the national scale shifts towards keeping wellbeing objectives at the centre of policies and planning, we are well placed for continuing to deliver win-win situations across sectors. Here we present some highlights of implementing our approach to HiAP in 2019.

Canterbury's Health in All Policies Team is based at Community and Public Health, part of the Canterbury District Health Board (DHB).

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



## FEATURE PROJECT

# INTEGRATED PLANNING GUIDE FOR A HEALTHY, SUSTAINABLE AND RESILIENT FUTURE

All plans, policies and developments can potentially affect health. Integrated planning involves taking a holistic approach to addressing the needs of communities to determine the most appropriate course of action. It brings together the interlinked concepts of wellbeing, equity and sustainability assessments into one versatile assessment tool.

*The Integrated Planning Guide for a healthy, sustainable and resilient future* Version 3.0 (IPG) was collaboratively developed with local agencies and endorsed by the Greater Christchurch Partnership. Launched in August, the updated guide is a practical tool to help plan in ways that improve wellbeing by considering the impact of decisions across the building blocks of health.

The IPG can be used in multiple ways during planning and policy development. The targeted questions aim to enhance constructive thinking and encourage innovation. This tool can be used as a desk guide right through to being the focus at stakeholder meetings or integrated assessments. While it builds on previous resources, this new version also includes suggestions for indicators for each of the 14 themes.

To help potential users better understand how the IPG can be used, the HiAP team at Community and Public Health (C&PH), a division of the Canterbury District Health Board (DHB) have been presenting and running workshops with various groups and organisations.

In October, C&PH and Christchurch City Council (CCC) jointly hosted a workshop to

equip CCC planners with a deeper understanding of equity, health and wellbeing. The workshop encouraged planners to think about facets they would not normally consider and how the IPG can help them take this thinking forward into their work.

Tony Moore, CCC Principal Advisor on Sustainability, reminded participants why wellbeing was so important to CCC's work. "We live in a complex inter-connected world. We face many multi-faceted and wicked problems, so we need smart solutions that can effectively address social, cultural, environmental and economic wellbeing. It is vital for people writing policies, strategies and plans to think broadly and deeply about the issues and opportunities presented by their work. Successful planning must recognise and respond to this complexity."

### Why focus on wellbeing?



Figure 1. The themes of health and wellbeing covered in the IPG.

### DOWNLOAD A COPY OF THE INTEGRATED PLANNING GUIDE

<https://www.cph.co.nz/wp-content/uploads/IntegratedPlanningGuideV3.pdf>

## FEATURE PROJECT

# SHARING CANTERBURY'S HIAP EXPERIENCE WITH GREATER BENDIGO

Recognising the established HiAP approach here in Canterbury, a connection was established during the year between staff from Healthy Greater Bendigo in Victoria, Australia and the HiAP team at C&PH.

With a growing population of more than 110,000, the City of Greater Bendigo is located in the centre of Victoria, where local governments are responsible for public health and wellbeing. Greater Bendigo have a whole of community plan that requires working closely with a range of community partners both on its implementation and to jointly build capacity. Healthy Greater Bendigo is a local partnership that helps to make this happen.

After an initial meeting, Healthy Greater Bendigo invited leaders of the HiAP team to be part of the 'Wellbeing in Every Decision – Planning for a Healthy and Liveable Region' conference. The August event attracted nearly 200 delegates from across regional Victoria including local government CEOs and directors, state government regional directors, planners, health professionals and a broad range of community representatives.

At the conference, C&PH Public Health Physician, Dr Anna Stevenson, delivered a keynote on the HiAP journey in Canterbury, and a presentation on how to include wellbeing in planning. C&PH HiAP Team Leader Sandy Brinsdon also presented in a stream for land use planners on how integrated planning happens in Canterbury.

*"The training was thought provoking and well facilitated, broadening my understanding of the factors that shape the health of our community. The materials and format sparked important conversations about how we can bring others to the table, and work together to create a healthier and more liveable City."*

City of Greater Bendigo Mayor,  
Councillor Margaret O'Rourke

Prior to the conference, Anna and Sandy also provided 'Broadly Speaking' workshops to a wide audience including the mayor of Greater Bendigo. The training has had a lasting effect on relationships and advancing a HiAP perspective. Connections made helped Healthy Greater Bendigo staff secure a spot at the induction of all employees of the City of Greater Bendigo, and the City is also open to piloting local training that draws on the course content.

Julian Cleary, Social Planning and Policy Officer with Healthy Greater Bendigo, said, "Having Anna and Sandy provide an international perspective helped generate interest in the events and enabled us to reach sectors that we have not previously connected with. The training helped participants understand Healthy Greater Bendigo's work and their role in collaborating to shape a healthier community. This has set us up well to expand our influence to shape a healthier City."

## [WATCH A VIDEO OF THE KEYNOTE SPEAKERS AT WELLBEING IN EVERY DECISION](https://www.youtube.com/watch?v=IOY8GCC1cTw)

<https://www.youtube.com/watch?v=IOY8GCC1cTw>



# FOCUS AREAS

## STRENGTHENING COMMUNITIES

*Social capital can have a significant impact on health. Social networks are particularly important in increasing resilience and improving the chances of avoiding lifestyle risks. People and communities who lack social capital are at greatest risk of the health effects of social and economic disadvantage.*

### WAKA TOA ORA (HEALTHY GREATER CHRISTCHURCH)

Waka Toa Ora continues to provide opportunities for organisations working in or interested in health and wellbeing to connect and share information. The annual hui in March provided an opportunity to discuss various aspects of wellbeing and launch the network's new name — 'Waka Toa Ora'. The monthly lunchtime seminars continue to prove a popular means of connection and two extended seminars were organised to share ideas for a more inclusive community in response to the March terror attack. The weekly e-news also maintains an important means of connection and for sharing between community organisations.



#### Waka Toa Ora

The Waka Toa Ora Advisory group continues to provide the community work stream link into the Greater Christchurch Partnership. Conversations have centred around ensuring the climate change conversations within our organisations include the impact on humans of climate change.

#### [WATCH A VIDEO ON HEALTHY CHRISTCHURCH'S JOURNEY TO BECOMING WAKA TOA ORA](https://vimeo.com/327837629)

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## PSYCHOSOCIAL RECOVERY

The Psychosocial Committee, Governance Group, and Shared Programme of Action were a multi-organisation effort established to plan, coordinate, promote and monitor the psychosocial recovery and wellbeing of the population of greater Christchurch following the 2010/11 earthquakes.

In recognition that the worst damage to population wellbeing from the earthquakes has likely receded, the Psychosocial Committee and Governance Group decided to wind up. The partnerships nurtured through this work will continue and the ongoing intersectoral work will be refocused into the Greater Christchurch Partnership. The Greater Christchurch Claims Resolution Service are also developing a group to support the needs of those who continue to be affected by the insurance claims process. Although wellbeing continues to improve for most of the population, the Canterbury Wellbeing Survey demonstrates that the groups who continue to experience the most compromised wellbeing are people with chronic illness or disabilities, those living in the most financially disadvantaged households, and those who have not yet resolved their EQC/insurance claims or repair processes.

# SUPPORTING HEALTHIER HOMES AND ENVIRONMENTS

*Healthy people depend on having a healthy climate. Climate change affects social and environmental determinants of health – clean air, safe drinking water, sufficient food and secure shelter.*

## ADDRESSING CLIMATE CHANGE

The climate emergency declarations by both Environment Canterbury and CCC in 2019 emphasise the urgent need to address the consequences of climate change. This is an area of focus across the region. For example, Ngāi Tahu released He Rautaki Mō Te Huringa o Te Āhuarangi – the Ngāi Tahu Climate Change Strategy – to provide an overall framework that will support responses to the risks and opportunities presented by climate change, referencing the entire tribal structure, so that iwi, hapū and whānau aspirations can be met in a changing world. CCC has made climate change leadership a key strategy priority, and has set a net zero greenhouse gas emissions target for 2045 (excluding methane) for the district, developed tools to assist with tracking and reducing emissions and launched programmes relating to energy efficiency and electric vehicle charging infrastructure.

On behalf of the Regional Climate Change Working Group, Environment Canterbury commissioned a risk screening report to feed into the development of the Regional Climate Change Risk Assessment. The Risk Assessment aims to develop a shared understanding of the key climate change risks (threats and opportunities) to the Canterbury region, with a particular focus on local government responsibilities and existing/planned risk management strategies. The Risk Assessment will also include a human impact domain.

Canterbury DHB continues to work in partnership with Environment Canterbury and CCC through their respective Joint Work Plans. All three organisations continue to look for better ways to collaborate on taking action on climate change.

## URBAN PLANNING

The better our living circumstances, the greater our chance of having good health and a long life. A number of plans which will shape how we live in Greater Christchurch came into effect in 2019.

[Our Space 2018-2048: Greater Christchurch Settlement Pattern Update - Whakahāngai O Te Hōrapa Nohoanga](#) was approved by partner councils following a collaborative process led by the Greater Christchurch Partnership. This strategy outlines land use and development proposals to ensure there is sufficient development capacity for housing and business growth across Greater Christchurch to 2048. The IPG was used to guide a stakeholder workshop earlier in the strategy's development.

[Ōtākaro Avon River Corridor Regeneration Plan](#) was approved by the Minister for Greater Christchurch Regeneration in August 2019. It was developed by Regenerate Christchurch through deliberate collaboration with the community and partner agencies, including a series of Integrated Assessment workshops. The plan sets out a vision for the 602-hectare area, and has objectives to guide decisions and support ongoing regeneration of the Ōtākaro Avon River Corridor.



## IMPROVING AIR QUALITY

In late 2019, Environment Canterbury and C&PH initiated a collaborative project to follow up the outcomes of the 2014 Health Impact Assessment (HIA) of the Canterbury Air Regional Plan and wood burner regulations. The original HIA made a number of recommendations about supporting households as they were required to upgrade their heating appliances, and this led to the establishment of financial assistance for households. This HIA will focus on Timaru and Kaiapoi, with the goal of better understanding the impacts of recent regulatory changes and financial assistance in these communities. Assessment is planned to take place mid-2020. It is hoped that the findings of the HIA will inform Environment Canterbury's approach to air quality work which aims to minimise any negative impacts and maximise gains for human health while continuing to strive for improved air quality in all Canterbury air sheds. The HIA will support Environment Canterbury to make informed decisions about health impacts during their long-term planning processes.

To share tips on keeping homes warm and dry with those that need it most, Environment Canterbury and Canterbury DHB also collaborated on developing and distributing copies of ["Stay Warm and Well this Winter"](#) to medical practices and community organisations.

## IMPROVING CONNECTIVITY AND ACCESSIBILITY

*Access to a range of affordable and convenient transportation choices plays an important role for health. Being able to easily travel between home, work, school, childcare, and food shopping greatly impacts the quality of life for us all. Encouraging active transport options such as walking or cycling also reduces the impact of obesity, cardiovascular disease and diabetes on our community, and reduces emissions.*

In February, the Public Transport Joint Work Plan team from Environment Canterbury and C&PH led a small 'Enquiry by Design' workshop with Waimakariri District Council to consider the Waimakariri Bus Service Review. The process ensures each party gets to outline their priorities and objectives prior to any plan being drafted, then considers combined solutions with a much wider understanding of the issues. The workshop was a positive way to engage in the issues to be considered when drafting the route reviews.

Following the endorsement of the Greater Christchurch Public Transport Futures Programme Business Case by the New Zealand Transport Agency (NZTA) Board in June 2019, work began to consider in detail the long-term public transport network for Greater Christchurch. Christchurch's accessible buses are suitable for a wide range of people, and they can help people meet the challenges associated with visits to the health precinct. To help improve access for people to attend health appointments, Environment Canterbury and the C&PH HiAP team worked together to revise the ['Christchurch Hospital: Getting to the hospital is easy by bus'](#) brochure so that it now addresses issues that people with disabilities and older people experience when using public transportation.

# ENSURING SAFE AND SUSTAINABLE WATER SUPPLY AND WATERWAYS

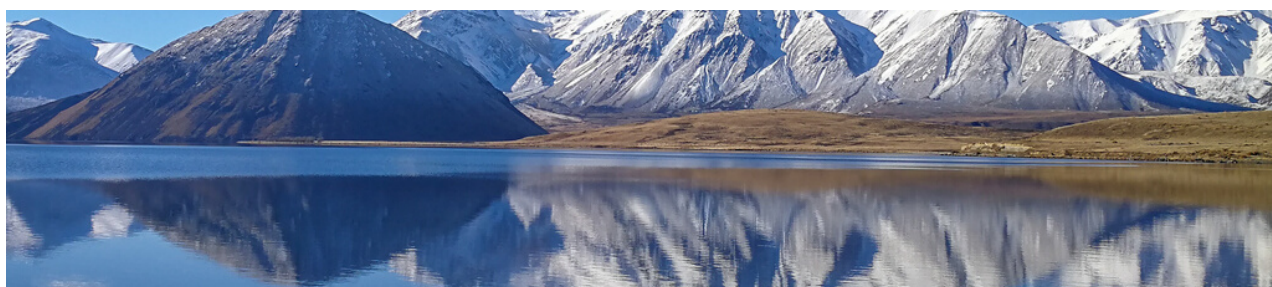
*As well as water being a social determinant of health, access to safe water and sanitation directly impacts on rates of disease. Ensuring the availability and sustainable management of water and sanitation for all is a key United Nations Sustainable Development Goal.*

Drinking water continues to be an area of important collaboration in Canterbury. Interim goals for drinking water targets for 2025 and 2030 have been developed under the Canterbury Water Management Strategy Fit for the Future project, with engagement with partners and stakeholders underway to refine the work programme. Councils and Canterbury DHB also continue to work together within the Canterbury Drinking Water Reference Group. Together, they provided advice to the Canterbury Chief Executive Forum on areas where Canterbury could improve outcomes in its proposed changes under the Three Waters review. Initial discussions are underway on what an aggregated service delivery model might look like in Canterbury.

A separate working group has also been established to focus on protecting community drinking water during drought conditions. A report on trends in groundwater level has been published and the working group is in the early stages of developing a work programme.

[The Te Wai Ora o Tāne Integrated Water Strategy](#) addresses eleven key strategic issues relating to: managing wastewater discharges, ensuring long term water supply, responding to stormwater management, flooding, and potential sea level rise issues, improving water quality and waterway health, and ensuring that the community values its many different types of water resources. Adopted by CCC in 2019, the approach includes a focus on managing water resources collaboratively with other agencies. Successful implementation of the Strategy will contribute to positive public health outcomes through programmes and projects such as managing wastewater overflows, protecting sources of human drinking water and ensuring safe and wholesome public drinking water supplies.

[The Whaka-Ora Healthy Harbour plan](#) is a catchment management plan with a vision of restoring the ecological and cultural health of Whakaraupō/Lyttelton Harbour as mahinga kai, for generations to come. Supported by a multi-agency partnership, the plan's vision and actions are based on the premise that if the environment is healthy the health of the whānau will be also, and their connection with their ancestral land and culture restored. The plan takes a holistic approach to health and wellbeing with positive implications for the community's mental and physical health as it is implemented. It's a long-term vision, which will require the effort, leadership and commitment of many people, across the catchment and across multiple generations.





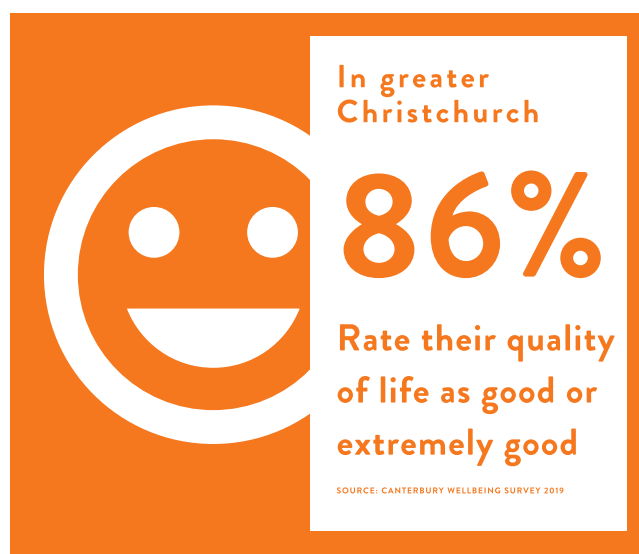
# BUILDING CAPACITY



Measurement is needed to demonstrate the shared impact and value of collaboration, inform resource allocation, and develop effective policies to achieve healthy communities. The many indicators and frameworks currently being developed in New Zealand will allow for better use of local data for local planning.

The Canterbury Wellbeing Index (incorporating He Tohu Ora) remains a rich and valuable source of data about many aspects of community wellbeing in Christchurch City and the Selwyn and Waimakariri Districts (including localised objective, subjective and Māori wellbeing metrics - He Tohu Ora).

It is accessible to all and is updated regularly as new data becomes available. For example the Index was updated in December to include data from the 2019 Canterbury Wellbeing Survey which takes the pulse of local wellbeing using a representative sample of adults across the three districts.



## EXPLORE THE INDEX

[www.canterburywellbeing.org.nz](http://www.canterburywellbeing.org.nz)

## BROADLY SPEAKING

Broadly Speaking is a free training course consisting of two workshops facilitated by C&PH that brings together people from across the health sector, local government, and a wide variety of organisations, to unpack the complexities of wellbeing in our population. The courses proved so popular in 2019 that extra courses were added in Christchurch and Greymouth.

One recent participant found the workshops provided “a platform to reinforce how policy impacts on the social determinants of health” and an impetus to share this with others. He was then able to apply Broadly Speaking concepts to help encourage creative wellbeing-focused solutions to issues facing Christchurch.

**“Excellent course.**

**Refocused my awareness of the social determinants of health. Great to add the picture to the day to day interface with people.”**

**Service Manager**

In addition to the Broadly Speaking courses offered in Christchurch and the West Coast, in 2020 facilitators will also be travelling to support the establishment of the course in other regions.

## LEARN MORE INFORMATION ON BROADLY SPEAKING

<https://www.cph.co.nz/wp-content/uploads/BroadlySpeakingInfoSheet.pdf>