

2023



# Waitaha Canterbury Health in All Policies Annual Report

Prepared by the Health in All Policies (HiAP) team at Te Mana Ora/Community and Public Health (National Public Health Service, Te Whatu Ora Health Zealand) on behalf of Waitaha Canterbury agencies and organisations supporting a HiAP approach.

The goals of local government and the health sector are closely connected, aiming to develop resilient, healthy, and thriving communities both now and in the future.

This synergy has been recognised in the Pae Ora legislation and by the Review into the Future for Local Government. Both emphasise that the wellbeing of our communities relies on more than hospitals and stress the importance of a collaborative environment where all sectors work together.

Health in All Policies (HiAP) plays a vital role in fostering inter-sectoral cooperation to tackle wider health determinants, enhance wellbeing locally and regionally, and strive to reduce disparities in health.

The 2023 HiAP Annual Report showcases innovative projects and partnerships in the Waitaha Canterbury region where organisations are joining forces to enhance health through improvements in the environment, housing, transportation and ways of working. The selected items show the many ways of applying a HiAP approach.

As the new health system unfolds, our objectives remain aligned, and we remain committed to a HiAP approach to bring about long-term change.

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. Organisations in Waitaha Canterbury have been supporting this collective approach for over 18 years.

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



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# Celebrating a decade of 'Joint Work'

Working in a joined-up way means that Te Whatu Ora Waitaha, Environment Canterbury (ECan) and Christchurch City Council (CCC) can coordinate actions to improve health and wellbeing in Ōtautahi Christchurch and Waitaha Canterbury.

In 2023, together the organisations celebrated the significant milestone of 10 years of formal partnerships. While the organisations have worked together for many years, strategic Joint Work Plans (JWPs) were established with ECan in 2012 and CCC in 2014. The partner organisations work collaboratively across areas such as promoting healthy environments, strengthening communities, and improving connectivity and accessibility.

To mark this milestone, a celebration was held in November 2023. The event was an opportunity for people to re-connect after the disruption of COVID-19 and to reflect on past work. Staff from each organisation presented numerous examples of successful shared projects, including equitable support for home heating solutions to improve air-quality, smokefree policies, encouraging healthier commutes, and exploring the health impacts of climate change.

The JWPs have strengthened relationships across the partner organisations and resulted in a more collaborative approach to shared areas of work. This collective work has led to a better understanding of the determinants of health and the HiAP approach among partner organisations, and has resulted in better health and wellbeing outcomes for communities.



Top photo: Tony Moore (CCC), Emma Davis (ECan) and Dr Anna Stevenson (Te Whatu Ora)

Middle photo: Tony Moore (CCC) emphasises how we are stronger working together

Bottom photo: ECan chair Peter Scott opens the celebration

# Exploring the impacts of climate change on health

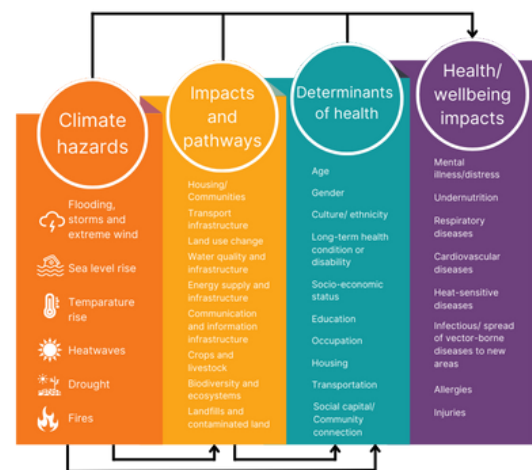
Local councils require local data to effectively address the health and wellbeing impacts of climate change. To help meet this need, Te Mana Ora created the [Climate Change and Health in Waitaha Canterbury report](#). Arising from discussions with CCC and ECan around needing more detailed information in local technical reports on the human repercussions of climate change, the project aimed to bridge this gap by providing insights into the interactions among people, the environment, and the climate in Waitaha Canterbury.

Led by Te Mana Ora's Information and HiAP teams, multiple agencies contributed to the report. Team members from ECan and CCC were actively involved in guiding the process to ensure the report met their requirements and assisted in their long-term planning. Valuable insights and access to unpublished and 'grey' literature were provided by a diverse group of academics and climate change researchers from Aotearoa New Zealand and abroad.

Taking a holistic approach to health and wellbeing, the report examines the links between climate change and health in Waitaha Canterbury. It also delves into how various population groups are impacted by climate change and the cultural implications for Māori. Initial responses from councils have shown great enthusiasm for the report's comprehensive information summary and its usefulness as a tool for planning processes, including Long-Term Plans. Public health practitioners from overseas are showing interest in the report.

After the report was released, the HiAP team, with assistance from council staff, conducted a trial workshop involving climate change staff from CCC and ECan. The workshop effectively conveyed key findings in an understandable and relevant manner for the participants' work. Feedback from attendees highlighted a desire for more time for discussions and encouraged facilitators to extend the workshop to different audiences.

Te Mana Ora's team is continuing to develop resources and workshop materials to facilitate conversations about health and climate change. The goal is to equip planners, decision-makers, and the community with information to shape effective and health promoting responses to climate change.



Direct and indirect health impacts of climate change



# Assessing the wellbeing impacts of the draft Greater Christchurch Spatial Plan

To achieve the best outcomes, collective effort is needed to plan for population growth. The Urban Growth Partnership, established by the Crown and Greater Christchurch Partnership, is developing the Greater Christchurch Spatial Plan (GCSP). The purpose of the GCSP is to provide a blueprint for accommodating growth into the future, creating well-functioning urban environments, and building greater resilience in the sub-region. Following public engagement in March, the draft GCSP was put out for public consultation in June 2023.

While the draft GCSP was being prepared for public consultation, the HiAP team at Te Mana Ora worked with planners at ECan and Waka Kotahi NZ Transport Agency to assess the potential wellbeing impacts of the draft plan. The rapid assessment identified potential social, economic and environmental impacts of the draft GCSP. The assessment used criteria developed with Te Mana Ora during the earlier urban form analysis stage as well as wider wellbeing and equity lenses. Mana whenua also provided advice on the impacts using the framework, allowing for a more comprehensive perspective.

Overall, the assessment found that the draft GCSP has potential benefits for mental and physical health by avoiding hazards, creating more compact development around urban centres, promoting active and public transportation, minimising the use of single-occupancy vehicles, and reducing emissions, air pollution and heat. However, not all residents will benefit equally from the proposed plan. Achieving positive wellbeing outcomes and minimising potential negative equity impacts requires successful implementation, such as the development of the proposed Priority Development areas, and the eastern Christchurch Area and Kāinga nohoanga on Māori Reserves within urban areas.

Partners will consider the adoption of the final GCSP in early 2024.

**IF WELL IMPLEMENTED  
THE PROPOSED SPATIAL  
PLAN WILL ENHANCE  
THE WELLBEING OF THE  
PEOPLE OF GREATER  
CHRISTCHURCH**

*Finding of the Wellbeing Impact Assessment  
of the draft Greater Christchurch Spatial Plan*

# Ensuring safe and sustainable waterways

## PROMOTING RECREATIONAL WATER QUALITY IN WHAKARAUPŌ LYTTTELTON HARBOUR

Te Mana Ora and ECan collaborate to safeguard our recreational water for swimming. Recently, many favourite swimming spots in Whakaraupō Lyttelton Harbour received lower water quality grades, indicating unsuitability for swimming. Ahead of the 2023/24 peak swimming season, ECan and Te Mana Ora staff engaged with the community at events including Lyttelton Market, Governors Bay Fete, and Orton Bradley Park Spring Fair to discuss recreational water quality and grading systems.

Monitoring and grading water quality at swimming spots is a joint effort involving multiple organisations. ECan conducts tests to detect unsafe levels of bacteria or cyanobacteria (toxic algae) and shares this data with local health authorities and councils. Swimming areas are assigned long-term grades based on Ministry of Health and Ministry for the Environment standards. Local councils then display signs indicating water safety at sites. During peak recreational water season, sites are monitored weekly or fortnightly, with results recorded on Land Air Water Aotearoa (LAWA).

Surface water science manager Dr Elaine Moriarty said it was great to work together with colleagues at Te Mana Ora to talk to the people living and visiting Whakaraupō/Lyttelton Harbour about water quality issues in their area.

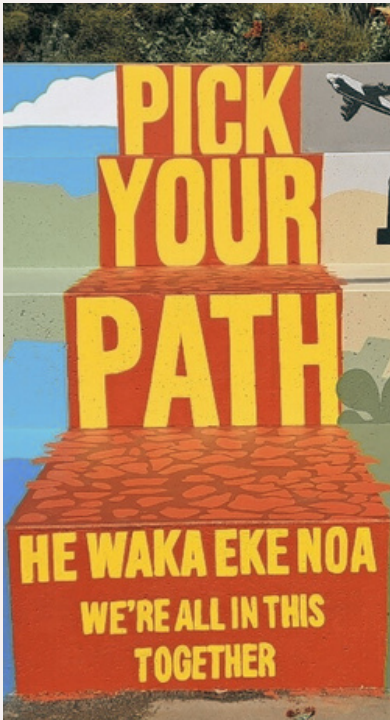
“We attended four community fairs and events across the harbour where we had conversations with the public about where is good to swim and what they can do on their properties to help improve water quality. We also conducted a letter box drop, a joint media education session on water quality and undertook multiple interviews to share our messages far and wide. I believe this grew the community’s understanding about the poor water quality in many of the bays in Whakaraupō, the actions they can take to help improve it, and how to keep themselves healthy when looking for a place to swim.”



Through collaboration, ECan, Te Mana Ora, and local councils can provide communities with clear guidance and work together to safeguard and enhance recreational water quality.

Health Protection Officer Matt Willoughby at the Lyttelton Market

# Promoting healthy environments



## CHILDREN'S CLIMATE ACTION IN WHAKARAUPŌ LYTTELTON HARBOUR

CCC, supported by Future Curious Limited, work with coastal schools on the Coastal Hazards Adaptation Planning Programme. Since 2020, 13 schools have participated.

The programme is first focused on the Whakaraupō Lyttelton-Mt Herbert area. Students from Diamond Harbour, Governors Bay and Lyttelton schools created murals reflecting their coastal connections, values and how these may be impacted by climate change. Shared values included close proximity to the sea and nature, ferry rides, and community culture. The schools aimed to convey a message of hope through their murals.

The arts play an important role when learning about and responding to climate change, providing a creative avenue to share the causes, impacts and solutions, as well as improving wellbeing and strengthening children's connection to place and nature.

Find out more at: <https://www.nzace.org.nz/spotlight/street-art-childrens-voices-climate-action>

## SOUTH CHRISTCHURCH HISTORICAL LANDFILL REMEDIATION

Collaboration played a crucial role in the success of the South Christchurch Landfill Remediation Project initiated by ECan. This project involved the remediation of land in 19 residential properties and required partnerships with the Ministry for the Environment (MfE), CCC, and Te Whatu Ora.

The project involved addressing a previously unidentified landfill in a residential area of South Christchurch, which was discovered by residents repairing their properties after the Christchurch earthquakes in 2010-11. The contamination levels in the soil were unknown until then.

Despite setbacks such as COVID-19 lockdowns, the remedial earthworks commenced in December 2022 and concluded by the end of May 2023. The project encountered uncertainties and cost escalations, but managed to stay slightly under the original budget.

The successful delivery hinged on the expertise of the team, effective communication, partnerships with the community, collaborative efforts across various ECan teams, and coordination with external organizations including MfE and Te Whatu Ora.

## WORKING TOGETHER TO PREPARE FOR EMERGENCIES

As the climate changes weather-related events are expected to be more frequent and extreme. Emergency management is complex and involves a range of national, regional and local agencies.

Te Whatu Ora is one of the responsible agencies that fulfill legislated roles.

Using a HiAP approach can benefit all the stages of emergency management. For example, resilience, equity and sustainability principles are integrated throughout the stages. The work in this area is compatible with HiAP goals of working across organisations and sectors to embed health and disability considerations.

Emergency management comprises four stages – the four 'Rs'



### PIONEERING HEAT HEALTH PLAN SUPPORTING OUR RESPONSE TO HEATWAVES

In 2021, Te Mana Ora introduced in the country's first heat health plan covering Canterbury, South Canterbury and the West Coast. Developed in collaboration with Environmental Science and Research, MetService, an academic, and a private contractor, the plan includes heatwave definitions, regional threshold temperatures, and a MetService heat alert system.

In 2023, MetService updated the alert thresholds to address the health impacts of high temperatures, not just unusual heat. Timely alerts are crucial as there is a narrow window for the health sector to respond to heatwaves to prevent an influx of heat-related illnesses at medical facilities. The alert system allows Te Mana Ora to issue heat health guidance to Civil Defence and the public, focusing on at risk groups like hospital patients, elderly care residents, and senior citizens.

Emphasising the importance of collaboration across sectors, the plan also includes strategies for local councils to mitigate the broader social, environmental and economic effects of heatwaves through cooling and greening initiatives.

Te Mana Ora shared the plan with various councils through the Canterbury Group CDEM, prompting CCC to develop their own heatwave response strategy.

### PROMOTING WELFARE FOR ALL

Delivering welfare services to individuals, families/whānau, and communities affected by emergencies is fundamental to effective emergency management.

Te Mana Ora has been working with regional welfare coordinators to consider how to better support disabled people and other higher risk groups in preparing for, responding to, and recovering from emergencies. Drawing on lessons from the earthquakes, fires and flooding events, as well as the response to the Covid pandemic, Te Mana Ora provides a unique perspective on health and wellbeing.

Some of the questions being explored are:

- What policies can reduce the vulnerability of communities?
- How can disabled people best prepare for emergencies? There may be no power, their usual carers may not be available. Contingency planning, communications, and backup support are crucial.
- How should disability sector providers be supporting their clients/residents? How can collaboration contribute to this?
- What accessibility arrangements are needed for shelters or quarantine?
- How can we provide psychosocial support that reaches a range of communities in ways that suits them, contributes to resilience and enhances mana?

We welcome ideas on the above to be sent to [Allison.nichols-dunsmuir@cdhb.health.nz](mailto:Allison.nichols-dunsmuir@cdhb.health.nz)

# Supporting healthier homes

## A JOINED-UP APPROACH TO HOUSING ACTION IN GREATER CHRISTCHURCH

Addressing the numerous housing challenges in Greater Christchurch has been a longstanding focus for the Greater Christchurch Partnership (GCP). After years of dedicated effort in this priority area, the GCP partners, along with stakeholders from various sectors, collaborated to develop a Joint Housing Action Plan in 2023.

Greater Christchurch faces many housing challenges, including projected population growth, housing shortages, rising unaffordability, and a mismatch between supply and demand. The lack of affordable and suitable housing can harm health and wellbeing.

The Joint Housing Action Plan envisions that every individual in Greater Christchurch should have access to a healthy, warm, sustainable, and affordable home. This plan also aims to achieve outcomes that are beyond the reach of individual partners alone and complements other initiatives like the Mana Whenua Kāinga Nohoanga Strategy and the Canterbury Mayoral Forum Housing Workstream. A diverse project team comprising staff from different organisations will collaborate to carry out the plan.

# Strengthening communities

## WAKA TOA ORA LOOKS FORWARD

In August 2023, Waka Toa Ora held its first annual hui after a few years' hiatus due to COVID-19. Nearly 70 people gathered for the **Hopeful Pathways: Navigating the future with connection and purpose** hui hosted by Selwyn District Council at Te Ara Ātea.

Waka Toa Ora, the health-led intersectoral network in Waitaha Canterbury, has over 200 signatories who have agreed to work together to protect and enhance the health and wellbeing of people and the environment. Formerly known as Healthy Christchurch, 'Waka Toa Ora' communicates that we are all in a waka together, rowing in the same direction, navigating the many dimensions of wellbeing, and that we are stronger navigating the regional landscape together.

The event, organised by steering group members from Te Mana Ora, ECan and Selwyn District Council, centred on two engaging panel discussions. The first, 'Placemaking' invited attendees to reimagine public space and how we can support people to engage with place and develop collective visions for our places. The second discussion, 'Re-imagining Transport in the face of climate change and equity', examined transport impacts on how we will live, work and play in future.

The day explored many topics including community engagement and responsiveness, how places shape us, and building reciprocal relationships with place and people. Attendees gave positive feedback about the event and the chance to explore realistic and hopeful opportunities in navigating uncertain times.



# Improving connectivity and accessibility

## HEALTHY COMMUTE PROGRAMME CONTINUES

The Healthy Commute Programme at Te Whatu Ora Waitaha aims to encourage staff to try new ways of commuting such as biking, scooting, walking and taking the bus, to improve the health of people and the planet. The steering group includes representatives from Te Whatu Ora Waitaha, CCC and ECan.

### NEW BIKE FACILITIES AT CHRISTCHURCH HOSPITAL

The unveiling of the bike park beneath the Waipapa building at Christchurch Hospital in March 2023 was the culmination of collective action and enthusiasm. The project, which started over four years ago, aimed to enhance staff wellbeing and alleviate car parking pressures. The establishment of the bike park was made possible through the dedication of the Healthy Commute group and other Te Whatu Ora Waitaha staff.

Despite disruptions caused by COVID-19 and financial constraints that put the project at risk, the hospital's bike users group advocated for the bike park. After petitioning the then Board, the campus bike facilities were reassessed, leading to approval for enhancements to better meet staff needs. Almost two and a half years after the Waipapa building's opening, the bike park welcomed its first users.

The bike/scooter park brings numerous advantages for staff and the broader community. The bike park offers a secure, weatherproof space with convenient internal access. Encouraging more individuals to cycle or scoot to work not only boosts staff health and wellbeing but also reduces traffic congestion, air pollution, and carbon emissions.

### TE WHATU ORA WAITAHA STAFF TRAVEL SURVEY

A 2023 survey revealed that health staff are increasingly opting for active transportation for their daily commute. Over 4000 Te Whatu Ora Waitaha staff who reside and work in Greater Christchurch responded to the travel survey. The Healthy Commute group organised the survey with support from the Information team at Te Mana Ora.

The survey aimed to gain insights into the commuting habits of staff, including their motivations and obstacles to change. It also gathered feedback on the CCC Travel Planning programme. The survey results showed that just over half of the respondents typically commuted alone by car, while around twenty percent cycled to work, and twelve percent used the bus.

Comparing the 2016 and 2023 data showed more employees at Christchurch Hospital are cycling and taking the bus to work, with fewer relying on cars. While there was positive feedback regarding the new Waipapa building bike park, the survey also highlighted the need for additional covered and secure bike parking.

In response to the survey, the Healthy Commute group is actively working to enhance bike storage facilities for staff, advocating for improved bus services, and planning a promotional campaign to celebrate the increase in active commuting.

## WORKING TOGETHER USING A HEALTHY STREETS APPROACH

Every decision we make about our built environment, however small, is an opportunity to deliver better places for people to live in and thereby improve their health. The Healthy Streets Approach is a human-centred framework for embedding public health and wellness in the public realm, transport and planning.

At the end of 2022, staff from several Waitaha Canterbury organisations attended an eight-week online Healthy Streets Foundations Course facilitated by the creator of the Healthy Streets Approach, Lucy Saunders. The course enabled participants to build skills and confidence to deliver a new approach to urban planning that prioritises the diverse needs of their citizens.

At the conclusion of the course, some attendees delivered presentations at Sport Canterbury and Te Mana Ora to raise awareness of the Healthy Streets Approach. The presentations covered the factors that contribute to a Healthy Street and the benefits.

A working group has since been formed on the back of the course and presentation. The group, called the Play Environments/ Healthy Streets Network, has representation from CCC, Te Mana Ora, Sport Canterbury, and Healthy Families Ōtautahi. The group is working on several joint projects, including working with local community groups in the South Brighton area on a Healthy Streets Pilot.

### PILOT NZ HEALTHY STREETS DESIGN CHECK TOOL

In September 2023, a New Zealand Healthy Streets Design Check Tool was released. This tool was developed in a partnership between Healthy Streets and Waka Kotahi and is currently being piloted. The tool can be used by engineers and designers to assess their work against a Healthy Streets framework.



## HEALTH ANALYSIS OF THE CANTERBURY REGIONAL LAND TRANSPORT PLAN

Including a health perspective in transport planning is important because of the many different ways that transport can impact health and wellbeing. The current Canterbury Regional Land Transport Plan (RLTP) was adopted in 2021 and is undergoing its first 3-yearly review. To ensure that health is considered in the RLTP, ECan asked the HiAP team at Te Mana Ora to analyse the potential health impacts of the draft plan.

The HiAP team did a rapid analysis of the proposed updates and highlighted potential health gains for the population in Waitaha Canterbury. Safety improvements, more public and active transport options and reduced emissions all have potential health benefits. The analysis also highlighted that transport options can be limited for different population groups, including rural communities. More research is needed to understand how different options for changing transport behaviour impact different groups in Aotearoa New Zealand.

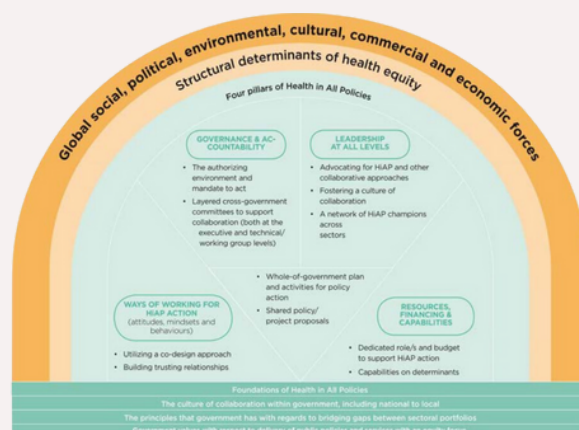
Taking a cross-sector integrated planning approach to transport is key to improving health and wellbeing outcomes for all communities in the region, especially those who experience transport disadvantage and transport-related health inequities.

The draft Canterbury RLTP 2024-2034 was released for public consultation in January 2024.

# Building capacity through collaboration

## CANTERBURY HIAP APPROACH SPOTLIGHTED IN ARTICLE

The HiAP team at Te Mana Ora published an article in the Health Promotion Journal of Australia in March 2023. The paper, "A 'bottom up' Health in All Policies program: Supporting local government wellbeing approaches" used the World Health Organisation (WHO) 'Four Pillars of HiAP' as a framework to discuss how a HiAP approach has been used to advance shared societal goals of a sustainable healthy population and environment in Greater Christchurch. The article describes some of the local HiAP work in Greater Christchurch over the last two decades.



## GROWING HIAP CAPACITY THROUGH ONLINE SEMINAR SERIES

In 2023, the HiAP team at Te Mana Ora hosted a series of online hui for colleagues around Aotearoa. The series aims to grow the understanding of HiAP and policy tools, and to explore how we can develop a national HiAP approach. An impressive selection of guest speakers presented at the four hui held in 2023 and covered a range of topics, including:

- Rob Quigley (Quigley and Watts Ltd) on Integrated Assessment
- Sophie Howe (first Future Generations Commissioner for Wales) on how the Future Generations Act in Wales enables collaborative partnerships
- Carmel Williams (South Australia) on the WHO Four Pillars of HiAP Model
- Darren Fiddler (Waka Kotahi) on decision-making in the transport sector

Watch recordings of the seminars from the [HiAP Newsletter page](#).

Contact the Health in All Policies Advisors at Te Whatu Ora:  
[hiap@cdhb.health.nz](mailto:hiap@cdhb.health.nz)

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