

# Healthy Puketāpapa

## A Health and Wellbeing Action Plan 2019-2021

*Appendix to Healthy Puketāpapa Strategic Framework*



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## Introduction

Why a focus on health and wellbeing in Puketāpapa?

**Being healthy and well is more than being free from disease.** It is often thought that factors such as genetics and access to and use of health care services determine a person's health. While these are important factors, the greatest impact on a person's health and wellbeing encompasses all aspects of a person's life and the environmental or living conditions in which a person is born, grows, lives, works, plays and ages.<sup>1</sup>

For individuals and whānau health and wellbeing can be described as<sup>1</sup>

- **Toiora / Healthy Lifestyles.** A balance of physical health, spiritual health, family health and mental health.
- **Te Oranga / Participation in society.** The inclusion of people to participate in society, access to good health services or job opportunities or recreation. To build the connections that helps us to belong.
- **Waiora / Physical environment.** The positive and negative impacts on people's health and wellbeing as shaped by where we live, learn, work and play.
- **Mauriora/ Cultural Identity.** The security and knowledge that our identities are valued is a critical foundation for good health and wellbeing.

To enable this holistic view of health and wellbeing **Ngā Manukura** (community leadership) and **Te Mana Whakahaere** (autonomy) must be in place so that communities, whanau and individuals can take control of their health and wellbeing.

Action at the local level increases interactions between people in the community enhancing our wellbeing, with local authorities, communities and local organisations able to create a built and lived environment that supports and encourages healthy behaviours.

We know that people's living conditions are not always equal and can lead to poorer health and wellbeing outcomes for some. These inequities are often socially produced, to improve the health and wellbeing of the community, we need to address the drivers of social disadvantage, so everyone has a fair opportunity to reach their full potential.

## Healthy Puketāpapa

Healthy Puketāpapa will focus on environmental and system changes that support an improvement in health and wellbeing. It will **deliver a mix of whole of board initiatives and focussed initiatives that target those most impacted by harm or poor health outcomes** through a coalition of community, provider, agencies and topic expertise and in alignment of other council, community and agency programmes. Healthy Puketāpapa provides the opportunity for organisations who can influence the environments where Puketāpapa residents live learn work and play to align decision making and plans that contribute to the Healthy Puketāpapa vision.

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<sup>1</sup> See Appendix 5 Te Pae Mahatonga for further description of the domains of holistic health

## 1.1. How to read the Healthy Puketāpapa Documents

Healthy Puketāpapa has been developed to enable Puketāpapa communities and organisations to create a community with a sense of wellbeing, that feels happy, healthy, connected and safe. Healthy Puketāpapa: A Strategic Health and Wellbeing Framework outlines the delivery of five health and wellbeing priorities. Developed as a collaboration, the ownership and delivery of Healthy Puketāpapa will be through a coalition of community and providers. Healthy Puketāpapa is intended to be a tool that challenges our community, organisations, services and businesses to improve health and wellbeing at the local level.

There are two foundations documents for Healthy Puketāpapa

**Document 1: Healthy Puketāpapa: A Health and Wellbeing Strategic Framework** - The 5-10 year strategy for the development and delivery of Healthy Puketāpapa

**Document 2: Healthy Puketāpapa: A Health and Wellbeing Action Plan 2019-2021** – The 2-year implementation plan for the delivery of Healthy Puketāpapa

### **Document 1: Healthy Puketāpapa: A Health and Wellbeing Strategic Framework**

Designed to guide the work of Healthy Puketāpapa over the next 5-10 years the Strategic Framework provides a strategic vision and roadmap for implementation of Healthy Puketāpapa. More details of the framework and the context of health and wellbeing in Puketāpapa can be found in this document ([LINK](#))

The Framework outlines the following

- A vision for Healthy Puketāpapa - **Puketāpapa communities have a sense of wellbeing and feel happy, healthy, connected and safe.**
- Signpost - Three signposts have been developed to guide how and where to put our efforts and to help us make decisions during planning and review. These Signpost have been developed based on themes from the consultation and build on community strengths and priorities.
- The five priorities for Healthy Puketāpapa are
  - Wai (water) is the first and easiest choice of drink
  - Access to healthy kai (food) for all
  - Encourage movement
  - Access to healthy housing
  - Less use of harmful substances

Each of the Framework's priority area has 2-3 objectives that will drive action at the neighbourhood, environment and system level, and create links across other programmes currently being delivered in Puketāpapa. An additional enabler objective has been developed. This objective captures the work required across the five priorities to achieve the Healthy Puketāpapa vision. It builds structure and processes into the Framework and Action Plan, committing to a process of review, evaluation and sharing successes and lessons learnt.

## 1.2. Healthy Puketāpapa: A Health and Wellbeing Strategic Framework

AKITU / VISION

**Puketāpapa communities have a sense of wellbeing and feel happy, healthy, connected and safe.**

URUNGI SIGNPOSTS

**Mana Rangatiratanga  
Our Community, Our Responsibility**

**Business and Community  
Protecting Mauri Ora (Wellbeing)**

**Wāhi Takāro, Wāhi Ora  
Connecting People Through  
Welcoming Spaces**

WHAKĀROTAU / PRIORITIES

**Wai (water)  
is the first  
and easiest  
choice**

**Healthy Kai  
(food) for all**

**Encourage  
Movement**

**Healthy  
Homes**

**Less use of  
Harmful  
Substances**

Puketāpapa has increased access to free drinking water  
Puketāpapa is reducing the appeal of sugary drinks  
Sustainability up, plastic down

Environments where people live, learn, work and play have a focus on improving nutrition and supporting food sustainability  
Healthy Puketāpapa partners are leading by example by improving structures that promote healthy, fresh, local and sustainable food

Walking and cycling are the first or easiest choice  
Public spaces are valued and encourage activity for everyone  
Residents can connect locally and easily with movement opportunities

Tenants and landlords are supported to create healthy rental homes in Puketāpapa  
Intensifying Puketāpapa neighbourhoods build sustainable healthy homes with current and future communities  
Residents' voice shapes healthy home support in Puketāpapa

Healthy Puketāpapa partners are working together to reduce the harm of alcohol, tobacco and other drugs  
The community is leading on the issues and solutions for alcohol and other drugs harm reduction in Puketāpapa  
Puketāpapa is focused on prevention by building inclusion and valuing identity

ENABLER OBJECTIVE

**Leadership  
Engagement  
& Learning**

Knowledge empowers communities and decision making, and builds new opportunities  
Communications and engagement drives action  
Health and wellbeing is embedded in our decision-making, practices and policies

## Appendix 1 Healthy Puketāpapa: A Health and Wellbeing Action Plan

### Document 2: Healthy Puketāpapa: A Health and Wellbeing Action Plan 2019-21

This is the delivery arm of Healthy Puketāpapa. Our Healthy Puketāpapa Health and Wellbeing Action Plan 2019-21 focuses on 5 priority areas plus one Enabler Objective that will support the actions in the priority areas. Each of the priority areas in the Action Plan includes:

#### **What**

- We have been told by the community
- Work already underway in Puketāpapa

#### **How**

- will we know we are making progress? The targets we are setting to demonstrate actions are making the change we want to see

#### **Who**

- The partners that will help drive the actions for this Healthy Puketāpapa priority  
*Note* These partner lists will continue to grow so in this document show who is involved and interest as we start the work

#### **The tables**

- Show the objective and the actions expected to achieve this.
- How we will measure our progress on that action.
- The proposed Healthy Puketāpapa lead agency  
*Note* We will build capacity and enable communities to take on leadership roles as a key principle of delivery
- *Note* When the table indicates Healthy Puketāpapa is the Lead Agency, this work will be managed by the CEU Project Manager on behalf of the Healthy Puketāpapa collective

## Appendix 1.1 Wai (water) is the first and easiest choice of beverage

### What you said

- More accessible, clean and clearly identified water fountains around Puketāpapa in parks, town centres, schools and on bike routes.
- Promote tap water and the harms of sugary drinks, work with retailers to improve desire for water over sugary drinks
- Make water easy to access at events
- No more advertising sugary drinks to our tamariki
- The environmental is important – this was a strong message from Puketāpapa tamariki –reduce and reuse plastic.
- Connect drinking water to our environment and our cultural stories of wai, awa and moana to build belonging in Puketāpapa.

### What is happening

#### Number of water fountains in Puketāpapa 2019



- The east and south of the local board is not served well with water fountains.
- There are long term plans to double the number of water fountains across Puketāpapa.
- Partnership with Wai Auckland and Refill NZ to make it easier to reuse and refill water bottles for free anywhere

### How

- 100% of Puketāpapa schools and early childhood centres are water only
- That people can consume and refill water easily and freely wherever they are in Puketāpapa
- Work to reduce sugary drink advertising around school

### Who

Puketāpapa communities, Wai Auckland, Health Promoting Schools, Healthy Auckland Together (HAT), Watercare, Auckland Transport, Puketāpapa Local Board, Auckland Council Parks, Recreation and Sport (PRS), Puketāpapa Children’s Panel, Schools, University of Auckland, Hapai te Hauora, RefillNZ and more ...

| Objective  | Action  | Measure   | Action Lead  |
|--|---|---|--|
| 1.1 Puketāpapa has increased access to free drinking water | 1.1.1 Recommended new public drinking fountains are installed in Puketāpapa to improve availability, appeal and accessibility of tap water, particularly for tamariki and young people  | x% of proposed water fountains in high/med priority Parks list are in place by June 2021<br><br>% of water only Puketāpapa Schools and ECEs                         | Wai Auckland, AC PRS<br><br>Health Promoting Schools |
|  | 1.1.2 There is an equitable spread of RefillNZ sites across Puketāpapa  | Audit of RefillNZ refill sites (heat map)   | Wai Auckland/Refill NZ                               |
| 1.2 Puketāpapa is reducing the appeal of sugary drinks     | 1.2.1 Healthy Puketāpapa partners have implemented the healthy environment guidelines for wai through activities, events and/or grants  | Partners report implementation of guidelines at all event (% compliance)<br><br>Partners grant reports indicate HEG used in awarding grant decisions (% compliance) | Healthy Puketāpapa                                   |
|  | 1.2.2 Displace sugary drink marketing in public places where tamariki and whanau meet   | Out of home marketing audit complete<br>Number of actions and impact  | Auckland University HAT                              |
|  | 1.2.3 Connect and promote the cultural value of water as drink of choice  | Evaluation shows greater acceptance of tap water  | Community/TANI                                       |
|  | 1.2.4 Promote quality of tap water to address barriers to use   | Number of communications to promote quality of tap water  | Wai Auckland Watercare                               |
| 1.3 Sustainability up, plastic down                        | 1.3.1 Support actions on drinking water in the Puketāpapa Low Carbon Action Plan (LCAP) <ul style="list-style-type: none"> <li>Explore opportunities to cross promote Healthy Puketāpapa Wai and Active/Public transport initiatives</li> </ul> | As per LCAP measures  | Live Lightly   |
|  | 1.3.2 Plastic straw reduction community project   | Plastic straw reduction measures in place Y/N and # of establishments<br><br>Implementation agreed by disability sector Y/N   | Coalition  |

## Appendix 1.2 Access to healthy kai (food) for all

### What you said

- Work with schools, businesses and faith-based organisations on policies to create a healthy kai environment and reduce plastic waste
- Increase the range of healthy food outlets and work with current retailers and takeaways to promote healthy food and discourage unhealthy food
- Discover and develop opportunities for local healthy food businesses and social enterprise
- Puketāpapa has one of the most diverse range of food outlets in the country and this makes people proud. The Wesley market is really valued but access can be an issue (days and transport).
- Less junk food marketing especially at bus-stops and around schools
- Neighbourhood projects that celebrate growing, sharing and connecting through local food e.g. fruit tree planting and community composting
- Connecting mental wellbeing, spiritual and environmental wellbeing through food. Bring people together, celebrate cultural identities, build stronger communities and create understanding.

### What is happening

- Puketāpapa Low Carbon Action Plan<sup>3</sup>
- Taste of Puketāpapa happens every May
- Healthy Babies, Healthy Futures Programme
- Enviro-schools, Health Promoting Schools and Garden to Plate all have programmes with Puketāpapa schools

### How

- A food charter is enabling business and community decisions to promote, sell and access healthy kai
- Community events and facilities promote healthy options
- Organisations work together to create opportunities to build local, sustainable, low carbon kai projects
- Projects led by communities to create access to healthy kai for all

### Who

Kai Auckland, Puketāpapa Low Carbon Network and Live Lightly team, Community Empowerment Unit, Auckland Council Events, Puketāpapa retailers and business community, community members, schools, TANI, ProCare, Enviro-Schools, Health Promoting Schools and more...

| Objective  | Action  | Measure   | Action Lead  |
|--|---|---|--|
| 2.1: Environments where people live, learn, work and play have a focus on improving nutrition and supporting food sustainability       | 2.1.1 Puketāpapa Food charter is driving availability of healthy food and food sustainability across schools, retail and other settings <ul style="list-style-type: none"> <li>• Work with business to promote healthy options</li> <li>• Food recycling and waste activities</li> <li>• Junk food marketing is displaced near tamariki settings</li> </ul> | We have a food charter 19/20 (Y/N)<br><br>Food charter reach and project progression 20/21 (reporting)  | Kai Auckland with Healthy Puketāpapa                   |
|  | 2.1.2 Identify opportunities to use the food system and structures to improve health outcomes for Puketāpapa residents  | Opportunities identified and prioritised Y/N<br><br>Implementation plan developed Y/N   | Low Carbon Team/Live Lightly                           |
|  | 2.1.3 Explore profitable healthy kai as part of a local low carbon economy or regenerative urban agriculture  |   |  |
|  | 2.1.4 Partnering to design and deliver sustainable (low carbon) healthy kai community initiatives including kickstart small grants  | See enable measures below   | Low Carbon Team/Live Lightly                           |
|  | 2.1.5 Support actions relating to low carbon food in the Puketāpapa Low Carbon Action Plan that align to Healthy Puketāpapa <ul style="list-style-type: none"> <li>• Implementation of the Eco-neighbourhoods initiatives</li> </ul>  | As per Live lightly reporting measures in Low Carbon Action Plan  | Low Carbon Team/Live Lightly                           |
|  | 2.1.6 Explore opportunities to cross promote Healthy Puketāpapa Kai, Wai and Active/Public transport initiatives  | Number of cross promotional activities<br>Evaluation indicates uptake of cross-objectives activities  | Healthy Puketāpapa                                     |
| 2.2 Healthy Puketāpapa partners are leading by example by improving structures that promote healthy, fresh, local and sustainable food | 2.2.1 Healthy Puketāpapa partners have implemented the healthy environment guidelines for healthy kai through activities, events and/or grants  | Partners report implementation of guidelines at all event (% compliance)<br>Partners grant reports indicate HEG used in awarding grant decisions (% compliance) | Healthy Puketāpapa                                     |
|  | 2.2.2 Community and leased facilities are using the Healthy Environment Guidelines across venues and settings eg recreation centres, sport clubs, schools.  | As per TSI reporting measures   | The Southern Initiative and Parks Recreation and Sport |

## Appendix 1.3 Encourage movement

### What you said

- Puketāpapa residents love to walk especially with others
- We want to know where to access cheap friendly activity sessions that meet different cultural and ability needs
- Our green spaces are great, and you want to see them keep improving
- There are concerns about safety, fear of crime, poor lighting and use of alcohol in our public places which are deterrents to their use.
- Our road design could improve to feel safer for bikes and walking, so everyone can be mobile whatever ability or age.
- Create green and fun destinations that work across the generations and support mental health
- A desire to connect and care for Puketāpapa's maunga, parks and coastline

### What is happening

- Since 2015 there has been significant investment in urban cycle ways in Puketāpapa
- Community activities by AC Parks Recreation and Sport, AC Facilities and through Sport Auckland
- Auckland Transport and Local Board initiatives to develop greenways
- Bike Kitchen a community cycling and skills initiative

### How

- Continue to improve public and active transport options for Puketāpapa residents
- Continue to develop our parks and greenways for ease of use
- Local events offer 'give it try' activities that encourage movement
- Work in partnership to enable people to access a great choice of activities

### Who

Auckland Council Parks Recreation and Sport, Auckland Council Facilities, Puketāpapa Local Board, Auckland Transport, Travelwise, local schools, Sport Auckland and ProCare, Community and Community organisations, TANI, Live Lightly and more

| Objective  | Action   | Measure  | Action Lead   |
|--|--|--|---|
| 3.1 Walking and cycling are the first or easiest choice                  | 3.1.1 Further develop and promote greenways and cycleways through the Puketāpapa Greenways and Open Spaces Network Plan<br>3.1.2 Promote and develop public transport in Puketāpapa  | Auckland Council Parks Recreation and Sport and Auckland Transport plan measures   | Auckland Council Parks Recreation and Sport<br>Auckland Transport |
| 3.2 Puketāpapa spaces are valued and encourage activity for everyone     | 3.2.1 Continue park developments to meet community need through the Puketāpapa Open Space Network Plan   | Auckland Council Parks Recreation  | Auckland Council Parks Recreation                                 |
|  | 3.2.2 Promote the connections of nature and being active to mental wellbeing   | # and reach of mental wellbeing messaging through communications   | Healthy Puketāpapa  |
|  | 3.2.3 Connect residents to Puketāpapa's whenua and maunga to build pride and sense of belonging  | Auckland Council Parks Recreation measures   | Auckland Council Parks Recreation                                 |
| 3.3 Residents can connect locally and easily with movement opportunities | 3.3.1 Healthy Puketāpapa partners have implemented the healthy environment guidelines for active movement through activities, events and/or grants   | Partners report implementation of guidelines at all event (% compliance)<br>Partners grant reports indicate HEG used in awarding grant decisions (% compliance)  | Healthy Puketāpapa  |
|  | 3.3.2 Healthy Puketāpapa partners are connecting residents to local movement opportunities <ul style="list-style-type: none"> <li>Primary care linking patients to activity and/or locally led Green Prescription and Active Families</li> <li>Local activity opportunities are easy to find (online media explored)</li> <li>Continued delivery of free movement activities that are intergenerational and responsive to diversity</li> </ul> | Auckland Council Parks Recreation measures<br>Sport Auckland/ProCare measures<br><br>We know what physical activities are available across Puketāpapa Y/N Progress<br>We are promoting activities to locals Y/N progress | Auckland Council Parks Recreation<br><br>Sport Auckland           |
|  | 3.3.3. Puketāpapa Sport and Rec Clubs have the capability and connections with their local communities   | As per Parks Sport and Rec reporting measures  | Auckland Council Parks Recreation                                 |
|  | 3.3.4 Puketāpapa Sport & Active Recreation Facility Plan supports locally led programmes   |  | Sport Auckland  |
|  | 3.3.5 Prioritise activity funding that links communities and engages with those who miss out   | HPAP grants guidelines produced and implemented by HPT Y/N   | Healthy Puketāpapa  |

## Appendix 1.4 Improving access to healthy housing

### What you said

- How to access insulation support and ensure requirements for insulation are met/ reward great landlords, hold others accountable
- Free health checks with recommendations for rental properties
- Educate tenants on how to care for their rented homes so they get the greatest benefit
- Improve the quality and availability of social housing especially Housing NZ homes
- Change is hard, work with communities going through transition during new builds. Build communities and relationships across long-term residents and newcomers, all ages and ethnicities
- Homes that are fit for purpose meets the needs across cultural family size, aging and accessibility needs
- Houses are the buildings, the neighbourhood and the environment they are in, needs to be nurtured to make homes and communities

### What is happening

- Healthy rentals with Eco Matters to improve private rentals
- Kāinga Ora supporting tamariki and whānau whose health is impacted by poor housing
- HLC community development and planning as part of the Puketāpapa intensification
- Community cohesion projects through Council's Community Empowerment Unit and Local Board support

### How

- Continue the work of Healthy Rentals and Kāinga Ora in partnership with local Doctors and other services
- Targeted Healthy Puketāpapa activities with communities going through housing change

### Who

ADHB Kāinga Ora, Habitat4 Humanity, Eco Matters, HLC, Live Lightly, Auckland Council Community Empowerment Unit (CEU), Local Board, communities and more

| Objective  | Action   | Measure   | Action Lead        |
|--|--|---|--------------------|
| 4.1 Tenants and landlords are supported to create healthy rental homes in Puketāpapa                           | 4.1.1 Promoting new healthy homes standards and rights and responsibilities with landlords, tenants and agencies   | As per Low Carbon Action Plan Measures  | Live Lightly       |
|  | 4.1.2 Explore need for Ready to Rent Course for Puketāpapa business case   | Ready to rent course recommendation report Y/N  | HPT                |
|  | 4.1.3 Support the Low Carbon Homes and Buildings targets of the Low Carbon Puketāpapa Action Plan including Healthy Rentals programme <ul style="list-style-type: none"> <li>• local primary care and schools linked with programme</li> </ul> | As per Low Carbon Action Plan measures  | Live Lightly       |
|  | 4.1.4 Continue engagement of Healthy Puketāpapa partners and Housing NZ on improving social housing quality  | Qualitative feedback from partners engaging directly with Housing NZ  | Kāinga Ora         |
| 4.2 Intensifying Puketāpapa neighbourhoods build sustainable healthy homes with current and future communities | 4.2.1 Support the Low Carbon Homes and Buildings targets of the Low Carbon Puketāpapa Action Plan including sustainable homes  | As per Low Carbon Action Plan measures  | Live Lightly       |
|  | 4.2.2 Social Cohesion projects in new housing areas  | As per CEU social cohesion project measures   | CEU /HLC           |
|  | 4.2.3 Healthy Puketāpapa Partners continue to work with social housing developers, along with local schools and community groups to ensure the delivery of community - centred housing.  | Qualitative reporting -<br>Description of concerns raised, and solutions provided   | Local Board<br>HLC |
| 4.3 Residents' voice shapes healthy home support in Puketāpapa   | 4.3.1 Puketāpapa residents have defined what healthy homes means culturally, socially and physically<br><br>4.3.2 Puketāpapa partners have identified who is most in need and how to reach them.   | Meaning of Healthy Housing in Puketāpapa Student Report produced<br>Health Puketāpapa Coalition identifies networks and systems to support need | HLC & Kāinga Ora   |

## Appendix 1.5 Less use of harmful substances

### What you said

- No more bottle stores and other places to buy alcohol
- Alcohol advertising and sponsorship should be removed or replaced, as happened with tobacco advertising and sponsorship
- More Smokefree and liquor ban areas.
- Reduce the availability of tobacco and support people to quit
- Drugs are an emotive subject with strong views on responsibilities and enforcement as well as a need for a supportive health approach to addiction and prevention that addresses the wider factors of isolation, opportunity and poverty that contribute to addiction
- Programmes to bring together communities and whānau, with a focus on tamariki to educate, support and improve safety and spaces that connect people
- Celebrate cultural identity as a source of strength and protector for our people

### What is happening

- Community cohesion project run jointly in Puketāpapa and Eden-Albert local boards
- Toolkits available to support community to oppose new alcohol outlets
- Auckland Council Smokefree Policy and Action Plan

### How

- Work with communities to oppose new bottle store licences
- Implement the Auckland Council Smokefree policy for our meeting spaces
- Implement programmes that focus on community cohesion
- Work with communities to identify their issues around drugs and alcohol and potential solutions

### Who

CAYADS, NZ Drug Foundation, Alcohol HealthWatch, Auckland Public Health, Auckland Council Community Empowerment Unit (CEU), community and youth NGOs, community and more

| Objective   | Action   | Measure   | Action Lead                      |
|---|--|---|----------------------------------|
| 5.1 Healthy Puketāpapa partners are working together to reduce the harm of alcohol, tobacco and other drugs       | 5.1.1 Healthy Puketāpapa partners have implemented the healthy environment guidelines for alcohol, tobacco and other drugs through activities, events and/or grants  | Partners report implementation of guidelines at all event (% compliance)<br>Partners grant reports indicate HEG used in awarding grant decisions (% compliance)   | Healthy Puketāpapa               |
|   | 5.1.2 No more bottle stores <ul style="list-style-type: none"> <li>Build advocacy and capability at all levels</li> <li>Systems set up for new applicant notifications</li> </ul>  | Bottle stores are decreasing in Puketāpapa<br># and outcome of advocacy on bottle stores<br>Process evaluation of community advocacy  | Community and Healthy Puketāpapa |
|   | 5.1.3 Reduce alcohol sponsorship and advertising in Puketāpapa (areas for consideration include) <ul style="list-style-type: none"> <li>Sport sponsorship</li> <li>Outlet signage and advertising</li> <li>Alcohol promotion activities (direct/indirect)</li> </ul>                     | # and outcome of alcohol related marketing advocacy activities  | Alcohol HealthWatch              |
|   | 5.1.4 Explore a Puketāpapa bottle store accord on opening hours and alcohol outlets signage compliance   | Accord project scope developed Y/N<br>Accord project engagement & implementation progress   | Police                           |
|   | 5.1.5 Work towards smokefree Puketāpapa town centres and parks   | Additional Smokefree areas defined in Puketāpapa  | Public Health                    |
| 5.2 The community is leading on the issues and solutions for alcohol and other drugs harm reduction in Puketāpapa | 5.2.1 Healthy Puketāpapa partners are working with local Puketāpapa communities to determine issues, priorities and solutions for alcohol, tobacco and drugs harm reduction  | 19/20 Issues identified by community Y/N<br>19/20 Community Project options prioritised & scoped Y/N<br>Partnerships determined Y/N<br>Project(s) implemented Y/N   | CAYADs                           |
|   | 5.2.2 Community voice on access to services is communicated to service providers   | Community voice captured in reporting Y/N<br>Links with ADHB Funding & Planning and services Y/N  | Health Providers                 |
| 5.3 Puketāpapa is focussed on prevention by building inclusion and valuing identity                               | 5.3.1 Align with CEU community cohesion and Māori engagement projects <ul style="list-style-type: none"> <li>Explore the interest in a multi-cultural community space to provide a sense of place, welcoming, manākitanga and healing for all based on Te Ao Māori principles</li> </ul> | Progress and engagement measures as per CEU Innovation Fund milestones  | CEU                              |
|   | 5.3.2 Scope friendship benches proposal  | Scope including budget developed Y/N  | Healthy Puketāpapa               |
|   | 5.3.3 Puketāpapa celebrates its identity and cultural diversity and Puketāpapa communities are resilient and have good access to information and resources   | Reporting through library LB workplan <ul style="list-style-type: none"> <li>Support customer and community connection</li> <li>Celebrate cultural diversity and local places, people and heritage</li> </ul> | Auckland Libraries<br>ACE Events |

### Appendix 1.6 Enabler Objective: Leadership, Engagement and Learning

This objective reflects the work that needs to be done across the five priorities to keep achieve the Healthy Puketāpapa vision. It builds structure and processes into the framework and action plan, committing to a process of learning and sharing success and lessons learnt.

#### **How**

- We have the relationships, structures and process to know what we're doing is making a difference.
- We are communicating effectively with communities and partners
- Healthy Puketāpapa partners consider health and wellbeing impacts when making decisions

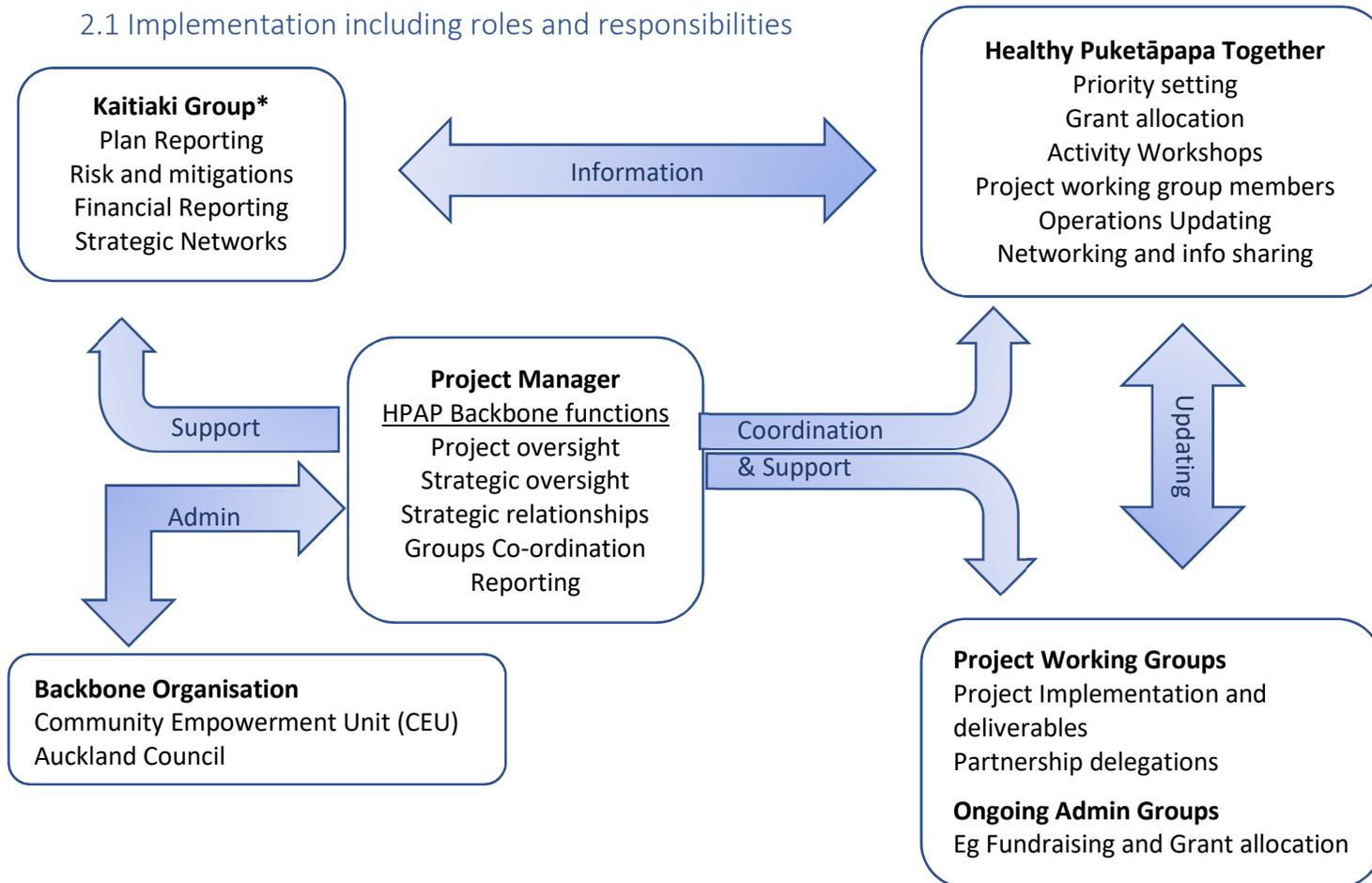
#### **Who**

HPAP Backbone organisation (CEU), HPAP project manager, Coalition partners, Puketāpapa Local Board, Auckland Public Health and Puketāpapa communities

| Objective  | Action  | Measure  | Action Lead                                 |
|--|---|--|---|
| E1 Knowledge empowers communities and decision making and builds new opportunities | E1.1 Community capacity and capability building <ul style="list-style-type: none"> <li>Long term planning for HPAP sustainability</li> <li>Topic based wānanga generate actions</li> </ul>                                      | Event quantitative reporting<br>Partnership feedback survey  | CEU   |
|  | E1.2 Engage Researchers to build knowledge and community research voice & skills  | See evaluation plan (partners #s and Outcomes & impact assessment)   | Healthy Puketāpapa                          |
|  | E 1.3 Sharing success / evidence base findings (including evaluation)   | 2019/20 Evaluation plan Y/N<br>2019/20 Implementation progress Y/N<br>2020/21 Findings and recommendations report including future iteration plans Y/N<br>19/20 Evidence sharing opportunities   | Healthy Puketāpapa                          |
|  | E1.4 HPAP annual progress report  |  |   |
|  | E1.5 Puketāpapa Health and Wellbeing Baseline Indicator Dashboard (including strengths-based indicators)  | Baseline indicator dictionary Y/N<br>Baseline Indicator Dashboard Y/N  | Auckland Public Health                      |
| E2 Communications and engagement drives action                                     | E2.1 Communications plan (including social media and possible platform)   | Communication plan produced and implemented  | Healthy Puketāpapa                          |
|  | E2.2 Matariki celebrate and reward (our people, our stories, our success)   | Number of nominees   | Coalition partners                          |
| E3 Health and wellbeing is embedded in our decision-making, practices and policies | E3.1 Healthy Puketāpapa partners' who provide grants and support, prioritise increasing diverse community participation in community-led projects   | Partners Report and reach (partners survey for evaluation)   | Coalition partners                          |
|  | E3.2 Systems support Healthy Puketāpapa partners to consider health and wellbeing impacts in all decisions <ul style="list-style-type: none"> <li>Local Board 2021-25 Plan is influenced by HPAP action and evidence</li> </ul> | H&W decision toolkit developed Y/N<br>H&W decision toolkit training developed and delivered Y/N<br>H&W is included in decisions (document review evaluation)<br>Impact of H&W in decision making | Healthy Puketāpapa / Auckland Public Health |
|  | E3.3 Town centre planning (eg Three Kings, Stoddart Road) includes health and wellbeing impact assessment   | Health Impacts Assessment or Health needs questions included in planning discussions<br>Evaluation of HIA impact   | Local Board                                 |
|  | E3.4 Community participatory budgeting for community led design and change- small kickstart grants (\$200-500)  | Evaluation report on priority setting by HPT<br>HPT Grant allocation review demonstrates CP/priorities and principles alignment (%)  | Coalition Partners                          |
|  | E3.5 Kaitiaki Group set up as Governance Group with TOR   | Group has ToR Y/N<br>Group meets regularly and with quora (%)<br>Partnership evaluation survey demonstrates satisfaction(%)  | Healthy Puketāpapa                          |
|  | E3.6 Ongoing administration groups formed   | Number and remit of groups<br>Partnership evaluation survey demonstrates satisfaction with group's mahi (%)  | Healthy Puketāpapa                          |

## Appendix 2 Implementation Framework

### 2.1 Implementation including roles and responsibilities



#### Future Focus

This implementation framework provides a flexibility for Healthy Puketāpapa to develop its infrastructure according to opportunities and on lessons learnt from implementation.

\*It is proposed that the kaitiaki group is comprised of community, mana whenua, NGO, Local Board, Auckland Council (CEU) and Public Health representatives. Relationships for this group in the process of being developed.

## Appendix 3 Delivery Timeframes

Delivery of a medium or long-term action can begin within the first 2 years of Healthy Puketāpapa but may not show significant traction for several years or have a longer delivery period.

| Priority Area | Short Term (1-2 years)   | Medium Term (2-5 years)   | Long Term (5-10 years)   |
|---------------|--|---|--|
| <b>Wai</b>    | <ul style="list-style-type: none"> <li>• Equable spread of Refill NZ sites across Puketāpapa</li> <li>• Implement the healthy environment guidelines for wai</li> <li>• Connect and promote the cultural value of water as drink of choice</li> <li>• Promote quality of tap water</li> <li>• Puketāpapa ECEs and schools are water only</li> <li>• Support actions on drinking water in the Puketāpapa Low Carbon Action Plan</li> <li>• Plastic straw reduction community project</li> </ul>                                   | <ul style="list-style-type: none"> <li>• Displace sugary drink marketing in public places</li> </ul>  | <ul style="list-style-type: none"> <li>• 100% of proposed new drinking fountains installed across Puketapapa</li> </ul>  |
| <b>Kai</b>    | <ul style="list-style-type: none"> <li>• Development of a Puketāpapa Food Charter</li> <li>• Partnering to design and deliver sustainable (low carbon) healthy kai community initiatives</li> <li>• Implementation of the Eco-neighbourhoods initiatives</li> <li>• Cross promote Healthy Puketāpapa Kai, Wai and active/public transport initiatives</li> <li>• Implement the healthy environment guidelines for healthy kai</li> <li>• Community and leased facilities are using the Healthy Environment Guidelines</li> </ul> | <ul style="list-style-type: none"> <li>• Puketāpapa Food charter is driving availability of healthy food and food sustainability across schools, retail and other settings</li> <li>• Identify opportunities to use the food system and structures to improve health</li> </ul> | <ul style="list-style-type: none"> <li>• Profitable local healthy kai businesses contribute to a local low carbon economy or regenerative urban agriculture for the benefit of Puketāpapa residents</li> </ul> |

| Priority Area             | Short Term (1-2 years)  | Medium Term (2-5 years)  | Long Term (5-10 years)  |
|---------------------------|---|--|---|
| <b>Encourage Movement</b> | <ul style="list-style-type: none"> <li>• Promote the connections of nature and being active to mental wellbeing</li> <li>• Promotion of greenways and cycleways</li> <li>• implemented the healthy environment guidelines for active movement</li> <li>• connecting residents to local movement opportunities               <ul style="list-style-type: none"> <li>○ Primary care linking patients to activity and/or locally led Green Prescription and Active Families</li> </ul> </li> <li>• Puketāpapa Sport &amp; Active Recreation Facility Plan supports locally led programmes</li> <li>• Prioritise activity funding that links communities and engages with those who miss out</li> </ul> | <ul style="list-style-type: none"> <li>• Connect residents to Puketāpapa’s whenua and maunga to build pride and sense of belonging               <ul style="list-style-type: none"> <li>○ Local activity opportunities are easy to find</li> </ul> </li> <li>• Puketāpapa Sport and Rec Clubs have the capability and connections with their local communities</li> <li>• Further develop and promote greenways and cycleways through the Puketāpapa Greenways and Open Spaces Network Plan</li> </ul> | <ul style="list-style-type: none"> <li>• Continue park developments to meet community need through the Puketāpapa Open Space Network Plan</li> <li>• Promote and develop public transport in Puketāpapa</li> </ul>  |
| <b>Healthy Housing</b>    | <ul style="list-style-type: none"> <li>• Promoting new healthy homes standards and rights and responsibilities with landlords, tenants and agencies</li> <li>• Explore need for Ready to Rent Course for Puketāpapa business case</li> <li>• Low Carbon Homes and Buildings targets of the Low Carbon Puketāpapa Action Plan including Healthy Rentals programme</li> <li>• Local primary care and schools linked with Healthy Rental programmes</li> </ul>   | <ul style="list-style-type: none"> <li>• Social Cohesion projects in new housing areas</li> </ul>  | <ul style="list-style-type: none"> <li>• Support the Low Carbon Homes and Buildings targets of the Low Carbon Puketāpapa Action Plan including sustainable homes</li> <li>• Healthy Puketāpapa Partners continue to work with social housing developers, along with local schools and community groups to ensure the delivery of community -centred housing.</li> </ul> |

| Priority Area                              | Short Term (1-2 years)   | Medium Term (2-5 years)   | Long Term (5-10 years)   |
|--|--|---|--|
| <b>Healthy Housing</b><br><i>continued</i> | <ul style="list-style-type: none"> <li>• Continue engagement of Healthy Puketāpapa partners and Housing NZ on improving social housing quality</li> <li>• Puketāpapa residents have defined what healthy homes means culturally, socially and physically</li> <li>• Puketāpapa partners have identified who is most in need and how to reach them.</li> </ul>  |   |  |
| <b>Less Use of Harmful Substances</b>      | <ul style="list-style-type: none"> <li>• implement the healthy environment guidelines for alcohol, tobacco and other drugs</li> <li>• working with local Puketāpapa communities to determine issues, priorities and solutions for alcohol, tobacco and drugs harm reduction</li> <li>• Community voice on access to services is communicated to service providers</li> <li>• Align with CEU community cohesion and Māori engagement projects</li> <li>• Scope friendship benches proposal</li> </ul> | <ul style="list-style-type: none"> <li>• No more bottle stores <ul style="list-style-type: none"> <li>○ Build advocacy and capability at all levels</li> <li>○ Systems set up for new applicant notifications</li> </ul> </li> <li>• Reduce alcohol sponsorship and advertising in Puketapapa (areas for consideration include) <ul style="list-style-type: none"> <li>○ Sport sponsorship</li> <li>○ Outlet signage and advertising</li> <li>○ Alcohol promotion activities (direct/indirect)</li> </ul> </li> <li>• Puketāpapa bottle store accord on opening hours and alcohol outlets signage compliance</li> <li>• Work towards smokefree Puketāpapa town centres and parks</li> <li>• Puketāpapa celebrates its identity and cultural diversity and Puketāpapa communities are resilient and have good access to information and resources</li> </ul> | <ul style="list-style-type: none"> <li>• Explore the interest in a multi-cultural community space to provide a sense of place, welcoming, manākitanga and healing for all based on Te Ao Māori principles</li> </ul> |

| Priority Area          | Short Term (1-2 years)   | Medium Term (2-5 years)   | Long Term (5-10 years)   |
|------------------------|--|---|--|
| <b>Enabler Actions</b> | <ul style="list-style-type: none"> <li>• Community capacity and capability building</li> <li>• HPAP annual progress report</li> <li>• Puketāpapa Wellbeing Baseline Indicator Monitoring Report (including strengths-based indicators)</li> <li>• Communications plan</li> <li>• Matariki celebration and reward (our people, our stories, our success)</li> <li>• Systems support Healthy Puketāpapa partners to consider health and wellbeing impacts in all decisions</li> <li>• Local Board 2021-25 Plan is influenced by HPAP action and evidence</li> <li>• Kaitiaki Group set up</li> <li>• Ongoing administration groups formed</li> </ul> | <ul style="list-style-type: none"> <li>• Engage Researchers to build knowledge and community research voice &amp; skills</li> <li>• Sharing success / evidence base findings (including evaluation)</li> <li>• Healthy Puketāpapa partners' who provide grants and support, prioritise increasing diverse community participation in community-led projects</li> <li>• Community participatory budgeting for community led design and change</li> </ul> | <ul style="list-style-type: none"> <li>• Town centre planning (eg Three Kings, Stoddart Road) includes health and wellbeing impact assessment</li> </ul> |



## Appendix 5 Te Pae Mahutonga



- **Ngā Manukura (community leadership)**

Leadership for the promotion of health and wellbeing in our communities needs to occur at a range of levels from leadership for the community through community role models and among peer groups. Communication, collaboration and alliances between all social leaders and groups are important.



- **Te Mana Whakahaere (autonomy)**

Communities – whether they be based on hapū, marae, iwi, whānau or places of worship, interest or residence – must ultimately be able to demonstrate a level of autonomy and self-determination in promoting their own health and wellbeing.



- **Toiora (Healthy lifestyles)**

Healthy lifestyles are more than just physical health. It includes a balance of physical health, spiritual health, family health and mental health. A healthy lifestyle is holistic and can provide protection against health and wellbeing risks.

How we live our lives impacts on how our body grows and ages. We know that lives that experience many risks have poorer health. However, it would be an over-simplification to suggest everyone has the same degree of choice to avoid these risks.



- **Te Oranga (Participation in society)**

Wellbeing depends on how people are included so they can participate in society. It is about the confidence with which they can access good health services or job opportunities or sport and recreation. Wellbeing is also about our connections, the relationships that build a supported and rich community. Participation helps us to belong.



- **Waiora (Physical environment)**

Health and wellbeing is shaped by where we live, learn, work and play. The nature and quality of this interaction between people and their surrounding environment and how this plays out has positive or negative impacts on people's wellbeing. This impact can be two-way, with people impacting positively or negatively on the environment which predicts how healthy or sustainable is it for future generations.



- **Mauriora (Cultural Identity)**

Good health and wellbeing depends on many factors, and cultural identity is a critical foundation. The promotion of security of identity through opportunities for cultural expression held privately, publicly and within our institutions supports wellbeing. Identity is more than a sense of belonging, it celebrates sharing a group's cultural, social and economic resources - valuing yourself and being valued for who you are.

## Appendix 6 Glossary and Acronyms

### Glossary

|                               |  |
|-------------------------------|--|
| Awa                           | Waterway or river  |
| Census                        | The official count of the people and dwellings in New Zealand. It occurs approximately every five years.   |
| Decile                        | A population divided into 10 equal groups according to what is being measured. In New Zealand, income is scaled 1 wealthiest to 10 poorest. School deciles 1 poorest to 10 wealthiest  |
| Food Charter                  | A statement of aims which bring together businesses, communities and organisations that are involved or interested in how and where our food comes from. It aims to improve local food production and delivery systems making them sustainable and increasing local, affordable, healthy food. |
| Inequality                    | An uneven distribution across a population as an outcome eg the gender pay gap, or age groups impacted by respiratory illness.   |
| Inequity                      | The unfair, avoidable differences arising from social factors, including education, employment status, income level, gender and ethnicity, which in turn influence on how healthy a person is.   |
| Local Board                   | Local boards provide governance at the local level within Auckland Council. They enable democratic decision making by, and on behalf of communities within their local area. There are 21 local boards in Tamaki Makaurau/Auckland.  |
| Maunga                        | Mountain or volcanic cone  |
| Median Household Income       | The figure that divides household incomes across a set area into two equal parts (half fall below the figure and half above)   |
| Moana                         | Sea  |
| Social Determinants of Health | The systems that are part of our everyday life, the environment where we live, learn, work, travel and play and how it shapes our opportunities and choices in life. These in turn impact on our ability to achieve good health and wellbeing.   |
| Tamariki                      | Children. Defined as birth to 15 years. Note Young people are defined as 16-24years  |
| Type-2 Diabetes               | Type 2 diabetes is the most common form of diabetes. For many people (but not all) it can be prevented through following a healthy lifestyle. Type 1 is caused by insulin not being made in the body   |
| WADE index                    | The Walkable Access to Destination Index (WADE Index) measures how close a population is to a range of services and destinations from their home. The final score is made up of all the indicators in the index and has a range of 0-100. A score of 80/100 is moderately walkable.            |

## Acronyms

|       |   |
|-------|---|
| AoD   | Alcohol and other Drugs   |
| CAU   | Census Area Units: A Statistic NZ geographical area or neighbourhoods calculated by a defined population size |
| CBD   | Central Business District   |
| CEU   | Community Empowerment Unit Auckland Council   |
| ED    | Emergency Department  |
| LSF   | Living Standard Framework   |
| MELAA | Middle Eastern, Latin American, and African. A census ethnicity category                                      |
| SDG   | Sustainable Development Goals   |
| WHO   | World Health Organisation   |

**Thanks to the Co-creation group for their mahi on developing the Healthy Puketāpapa Strategic Health and Wellbeing Framework and Health and wellbeing Action Plan. An especially big thank you and acknowledgement to all the organisations and individuals who gave up their time to contributed to the consultation which underpinned the work of the Co-creation Group.**

#### Healthy Puketāpapa Co-Creation Group

- ADHB
    - Health Promoting Schools
    - Kāinga Ora
  - Alcohol Health Watch
  - Auckland Council
    - Environment Services Infrastructure and Environmental Sustainability Initiatives
    - Community Empowerment Unit
    - CAYADS
  - Auckland Regional Public Health Service
    - Healthy Auckland Together
    - Wai Auckland
  - ProCare
  - Roskill Together
  - Sport Auckland
  - TANI The Asian Network
-