

Healthy Puketāpapa

A Health and Wellbeing Plan
for Puketāpapa

Summary 2019



Puketāpapa Local Board

Harry Doig, Chair

Puketāpapa Local Board

The Puketāpapa Local Board wants its communities to have a sense of wellbeing and feel happy, healthy, connected and safe. But we can't do this alone.

The local board contributes to this objective by funding projects to improve wellbeing and safety. We also work with the many agencies and communities trying to improve health and wellbeing and building connections between people.

Achieving wellbeing does not have to cost anything and can be as simple as getting out for a walk in the fresh air. The local board's plan *Healthy Puketāpapa* brings together agencies and the community to develop actions that will make a difference to the lives of people living in Puketāpapa.

Healthy Puketāpapa will identify ways to promote access to water, healthy food, and active transport like walking and cycling. Eating well and getting exercise contribute to a better quality of life and helps prevent lifestyle-related diseases, such as type 2 diabetes.

Together communities and agencies will work to improve housing quality in the board area and design and develop actions that reduce the harm of alcohol, tobacco and other drugs.

Healthy Puketāpapa is about striving for health and wellbeing opportunities for everyone, we can achieve this together.



Auckland Regional Public Health

Jane McEntee, General Manager Auckland Regional Public Health Service

Public health is the art and science of preventing disease, prolonging life and promoting health through the organised efforts of society. Auckland Regional Public Health Service's (ARPHS) role is to protect health, prevent disease, reduce inequities and promote wellbeing for the people and environment of Tāmaki Makaurau-Auckland.

To improve Tāmaki Makaurau-Auckland's neighbourhoods ARPHS works to control the spread of infectious diseases, monitors water and air quality, and promotes safe environments.

We also support changes to Tāmaki Makaurau-Auckland's neighbourhoods, so people can eat well, be physically active and safe, and avoid harm from alcohol and tobacco.

It will take everyone working together to make the changes we want to see across Tāmaki Makaurau-Auckland. Together we can explore how our neighbourhoods can move away from too many fast food outlets and adverts, too many cars and barriers to walking or biking. Working to make an environment that encourages us to be out and connecting with our whānau, neighbours, the wider community and the whenua-place that we live in.

Healthy Puketāpapa is an opportunity to shape local neighbourhoods. I hope that you get involved in the projects whether you are an agency, community group or resident and help shape Puketāpapa for the future so that everyone has the opportunity to be healthy and well.



Auckland Regional Public Health Service

Ratonga Hauora-ā-Iwi ō Tāmaki Makaurau



Working with the people of Auckland, Waitemata and Counties Manukau



A Health and Wellbeing Focus for Puketāpapa

Being healthy and well is more than being free from disease. Factors such as genetics and access to health care services are important to a person's health but the greatest impact on health and wellbeing involves all aspects of a person's life. The environmental or living conditions in which a person is born, grows, lives, works and plays has a big effect on us reaching our health and wellbeing potential.

By acting locally to improve the environment around us we can support and encourage healthy behaviours. We know that people's living conditions are not always equal, and this can lead to poorer health and wellbeing outcomes for some.



Healthy Puketāpapa: A Plan

Healthy Puketāpapa will focus on changes where we live, learn work and play to improve health and wellbeing.

The plan will deliver a mix of initiatives across Puketāpapa and initiatives that target those most impacted by harm or poor health outcomes.

Actions will be developed with our communities, services, agencies and topic expertise and will work alongside other council, community and agency programmes.



The Healthy Puketāpapa model of health and wellbeing

How people are included in society, our connections and the relationships that build a community.

**Te Oranga -
Participation
in Society**

A balance of physical, spiritual, family and mental health.

**Toiora -
Healthy
Lifestyles**

Our identities are valued as a foundation for health and wellbeing.

**Mauriora -
Cultural
Identity**

The impact of, and the connection we have to, where we live, learn, work and play.

**Waiora -
Physical
Environment**



Healthy Puketāpapa Strategic Framework

OUR VISION

The future we want

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

OUR SIGNPOSTS

The paths we will follow to reach the vision

Mana Rangatiratanga

Our Community, Our Responsibility

Business and Community Protecting Mauri Ora (Wellbeing)

Wāhi Takāro, Wāhi Ora

Connecting People Through Welcoming Spaces

OUR PRIORITIES

What we will focus on

Wai (water) is the First and Easiest Choice

Health Kai (food) For All

Healthy Homes

Encourage Movement

Less use of Harmful Substances

Delivery Objectives

Ngā Manukura (community leadership) **Te Mana Whakahaere** (autonomy)

Knowledge empowers communities and decision making, and builds new opportunities

Communication and engagement drives action

Health and wellbeing is embedded in our decision-making practices and policies

This is the mahi-work required across the priorities and how it is done to achieve the Healthy Puketāpapa vision together.



PRIORITY

What we will focus on

Wai (water) is the First and Easiest Choice



Health Kai (food) For All



OBJECTIVES

What we want to achieve

Increased access to free drinking water

Reducing the appeal of sugary drinks

Sustainability up, plastic down

The places we live, learn, work and play are improving nutrition and sustainable food options

Healthy Puketāpapa partners are leading by example to improve access and promotion of healthy, fresh, local, sustainable food

ACTIONS

How we are going to do it

New water fountains across Puketāpapa

Free water bottle refill sites across Puketāpapa

Events and facilities promote water first

Remove barriers and promote tap water as our first choice

Gather cultural stories of wai

Sugary drinks marketing is replaced where tamariki and whānau meet

Reduce plastic straw use in Puketāpapa

Connect wai projects to other Healthy Puketāpapa projects

Develop a Puketāpapa Food Charter with businesses, schools and community to

- encourage early childhood centres, schools and businesses to promote healthy options
- encourage food recycling and waste activities
- displace junk food marketing near tamariki settings

Work with partners to promote eco-neighbourhood initiatives

Organisations, events and facilities promote healthy kai



Encourage Movement



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

Healthy Homes



Tenants and landlords are supported to create healthy rental homes

Intensifying Puketāpapa neighbourhoods build sustainable healthy homes with current and future communities

Residents' voice shapes healthy home support in Puketāpapa

Less use of Harmful Substances



Work 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

Focus on prevention by building inclusion and valuing identity

Greenways and cycleways throughout the Puketāpapa

Promote and develop public transport in Puketāpapa

Park developments meet community need

Promote the connections of nature, physical activity and mental wellbeing

Connect residents to Puketāpapa's whenua-land and maunga-mountains to build pride and sense of belonging

Activities, events and grants promote physical activity

Residents are connected to local movement opportunities that are intergenerational and responsive to our diverse communities

Promote healthy homes standards

Support healthy rentals and improved social housing quality

Support actions to create sustainable homes

Social cohesion projects that support communities in new housing areas

Partners, housing developers, schools and community are engaged to create community-centred housing.

Puketāpapa residents define what is a healthy home to influence future actions

Puketāpapa communities define the issues, priorities and solutions for alcohol, tobacco and drug harm reduction

Promotion of alcohol, tobacco and drug free Puketāpapa activities and events

No more bottle stores is supported by community advocacy

Reduce alcohol sponsorship and advertising in Puketāpapa

Smokefree Puketāpapa town centres and parks

Community engagement and cohesion projects build inclusion and celebrate our diversity



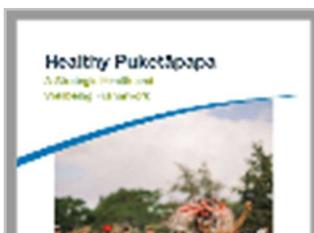


Healthy Puketāpapa Implementation

The Healthy Puketāpapa Strategic Framework is designed to guide work over the next 5-10 years and provides a strategic vision and roadmap for implementation of *Healthy Puketāpapa*.

Healthy Puketāpapa will roll out in collaboration with local communities, organisations and services. *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 so that everyone

Each of the Framework's priority areas has two to three objectives that will drive action in neighbourhoods, settings, the environment and in the systems that support our communities. Key to implementation are the priorities and decisions made with communities impacted by health and wellbeing issues. *Healthy Puketāpapa* also creates links with other programmes currently being delivered in the area.



More Information

The Healthy Puketāpapa Strategic Framework includes information on how the plan was developed and the health and wellbeing statistics in Puketāpapa.



The **Healthy Puketāpapa Health and Wellbeing Action Plan 2019-21** details the proposed actions and measures for delivery.

To find out more contact

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