

Respect
Whakamana tangata

Integrity
Mana tu

Self determination
Rangatiratanga

Co-operation
Whakawhanaungatanga

Excellence
Taumatatanga

Health Highlights



Well Wairarapa - better health for all

January 2017

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Life is better when you are healthier

Masterton's Dany Haira (Ngati Kahungungu and Rangitaane) was the second person in New Zealand to become qualified as a Group Lifestyle Triple P specialised practitioner, helping New Zealand's overweight and obese children.

The programme is designed to motivate and support families to develop effective strategies for managing their child's weight by introducing gradual but permanent changes to a family's lifestyle.

After working as a parent educator for Parents As First Teachers (PAFT) for 15 years, mother-of-four Dany was approached by Compass Health to deliver the Group Lifestyle Triple P programme to families, and she was pleased to assist. "There are many families in New Zealand who would benefit from a change of lifestyle, including my own, so I felt it was the perfect opportunity to help," she said.

"Completing the programme myself gave me even more enthusiasm. I knew I would have to walk the talk – if I'm going to deliver these messages to families, then I'm going to have to be healthy myself."



Dany Haira, lifestyle practitioner

By the time Dany had completed the first part of the training last year, her family had lost a combined 15kg of weight. However, it's more about a change of lifestyle than weight loss, she says. "After the first stage of the course, I returned home and my husband and youngest daughter came on board straight away. We previously had a sedentary lifestyle, so we increased our physical activity and changed our diet. My son has also started making changes. We are a lot happier and noticed a big change in energy levels and appearance, even after just two weeks."

Dany says while the change can be difficult at times, the family is in it for the long haul. "I understand how difficult it can be, so I think that gives me the ability to be able to relate to the parents more easily when I do it alongside them. This is a real win/win. Life is better when you are healthier - if we can do this, anyone can."

14 trainees completed the active-skills training programme, run by the South Island Alliance last year. The course was developed as part of the Alliance's regional plan to help prevent, identify and manage unhealthy weight in children.

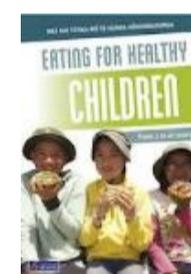
Hold the sugar - you're sweet enough already...



The World Health Organization (WHO) recommends our daily sugar intake should be just 5% of total daily calories.

For adults this generally equates to 6 tsps of sugar a day and for children just 3 tsps per day. A can of soft drink contains 3 days' worth of sugar for a child.

Offer water, avoid sugary drinks and protect your child's teeth, weight and wellness!



Eating for healthy children age 2 - 12 Ngā Kai Tō mō te Hunga Kōhungahunga

This booklet provides advice for parents, whānau and caregivers on the types of food children need to eat to be healthy. It describes how children can be active in everyday life. Get your free copy at www.health.govt.nz

Tips & tricks for the fussiest lunchboxes

Filling lunchboxes that are healthy but don't come home untouched can be a regular headache. Many kids don't like sandwiches and sometimes it feels like you have little option but to resort to expensive, salty/sugary prepackaged foods. But don't give up just yet - visit these websites for tips & tricks that will make your life happier AND healthier.

www.kidspot.co.nz www.healthyfood.co.nz



Raising healthy kids is now a government health target

The new Raising Healthy Kids target focuses on intervening in the early stages of life, to ensure positive, long-term effects on health.

Obesity rates have increased in all ages, genders and ethnic groups over the last 30 years, with those born more recently becoming obese at a younger age.

High body mass index (BMI) has now overtaken tobacco as the leading risk to kiwi health. Obesity is particularly concerning in children as it is associated with a wide range of health conditions and increased risk of early onset of illness.

The government has introduced a Childhood Obesity Plan and health target. Under the target, obese children will be identified at B4 School Checks (B4SC) and DHBs are responsible for referring them for assessment and family based interventions. GPs have various referral options, including the Group Lifestyle Triple P programme.



Back to school blues? Simple ways to keep your child happy, healthy and motivated this term....

- Healthy lunchboxes
- Frozen water bottles
- Encourage active sports
- Get to know the teacher
- Meet their friends
- Pick up on any sad signs

Each day, ask your child
"what was the
BEST thing that
happened today?"

