



Case Study

Wai Ora Healthy Environments Healthy Environment Approach



Wai Ora Healthy Environments

Healthy Environment Approach

What is the HEA? Simply put...Improving People's Health

Principle 1

Water is the first choice



Promote access to free water i.e. facility fountains and taps

Provide easy access i.e. a jug of water

Principle 2

Good Food for all



Provide good food as a social connector

Promote access to food for vulnerable groups

Principle 3

Champion smokefree, alcohol and drugfree



Program messaging promotes smoke free, alcohol & drug free

Clear signage displayed

Principle 4

Encourage Movement



Promote activities

Plan opportunities where people can connect

Encourage the use of walking and cycling to event/program

COMMUNITY BENEFITS

Social Connectedness

Connection to self, place, whānau and community

Celebrating Diversity

People from different backgrounds feel welcome and safe

Cultural Identity

Respect and celebrate people from different cultures to ours

Background

- TSI HFSA responsiveness to mana whenua and mataawaka Māori community needs has been through events, sports and recreation
- Mataawaka Māori living in the Auckland region whose ancestral links lie outside of the Tāmaki Makaurau region
- Partnering with existing agencies with strategic health forums to facilitate effective Māori participation in health
- TSI HFSA value add, to apply systems thinking by working across multiple levels, untangling local government policies & practices, and shifting mental models, power dynamics and resource flow

At the 2018 Census

- The largest proportion of Māori descent lived in Manurewa (13% of Māori in Tāmaki Makaurau) followed by the Henderson-Massey (11%)
- 207,183 people in Tāmaki Makaurau identified as being of Māori descent. This is 24% of all Māori in Aotearoa, or 13% of the population of Tāmaki Makaurau
- The Māori descent population in Tāmaki Makaurau is youthful, in 2018, 49% of the population was younger than 25, and 31% were children under 15 years of age

The table are those that are identified by Auckland Council and for which Census data currently exists.

Reference: [Māori in Tāmaki Makaurau \(aucklandcouncil.govt.nz\)](https://www.aucklandcouncil.govt.nz)

Tāmaki Makaurau Top ten other affiliations	Tāmaki Makaurau
Ngāpuhi	50,577
Ngāti Kahungunu	7812
Ngāti Maniapoto	8346
Ngāti Porou	13,161
Ngāi Tahu / Kāi Tahu	6600
Ngāti Tūwharetoa	5991
Te Arawa	8739
Te Hiku	6336
Te Rarawa	7224
Tūhoe	6231
Don't know	29,226

Opportunity

- TSI HFSA collaborate in a shared learning environment with whānau to access evidence, insights and data to advance **maori ora healthy individuals** by building whanaungatanga and local leadership to design and implement systems change
- TSI HFSA apply systems thinking by working across multiple levels that influence systems change across local government policies and practices, shift mental models, power dynamics and resource flow
- TSI HFSA develop and implement a cross discipline approach in the way we work, that moves between the two worlds Te Ao Maori & pakeha to achieve systems change
- Event organizers continue with the status quo and deliver a standard event as determined by them i.e., does not contribute to reducing preventable disease such as childhood obesity
- Operationalize **wai ora healthy environment** events that measure health and wellbeing outcomes, ensures sustainability and makes certain event organisers are accountable



Setting the scene

- 2018-2019 TSI HFSA partnered with Community-led event organisers to better understand community-led solutions that model **pae ora healthy future** outcomes for mana whenua and mataawaka Māori in Tamaki Makaurau
- Gathering insight and testing at events of what **wai ora healthy environments** looks like for mana whenua and mataawaka Māori in Tamaki Makaurau and to understand the system shifts required to enable whānau to create healthy and sustainable environments
- Events included - MUMA, a proud co-sponsor of the *'Portage Crossing'* event alongside Auckland Council. Bringing South Auckland community together to celebrate the history of Manukau
- He Oranga Poutama ki Tāmaki Makaurau *'Iwi of Origin'* event engaging urban Māori in sport to celebrate Māori participation and iwitanga
- Auckland Council Polyfest, Manurewa Fun Run and Eye on Nature
- Engaging with over 650 whānau in real time gathering insight from event goers, event organisers and food vendors across local events providing necessary resources that achieve aspirations and health equity to support **whānau ora healthy families**



Enabler:

TSI Tikanga Framework

- Creating conditions where community feel valued requires a whānau centric approach.
- Tikanga principles guide our work to build the process around whānau/community, build skill and confidence, reinforce community as experts and ensure shared power.

PRINCIPLE	APPLICATION FOR WHĀNAU CENTRIC CO-DESIGN
Manaakitanga	Hosting whānau in a way that empowers them, and removes any barriers to participation. Whānau feel welcome.
Whanaungatanga	Establishing meaningful relationships in culturally appropriate ways. Engaging whānau in a way which builds trust.
Tino rangatiratanga	Whānau have the autonomy to decide how and when they will participate. Co-decide as well as co-design.
Mana	Whānau are the experts in their lives. Ensuring a balance of power.
Ako	Mutually reinforcing learning. Distributed power and control.

Applying Tikanga Framework

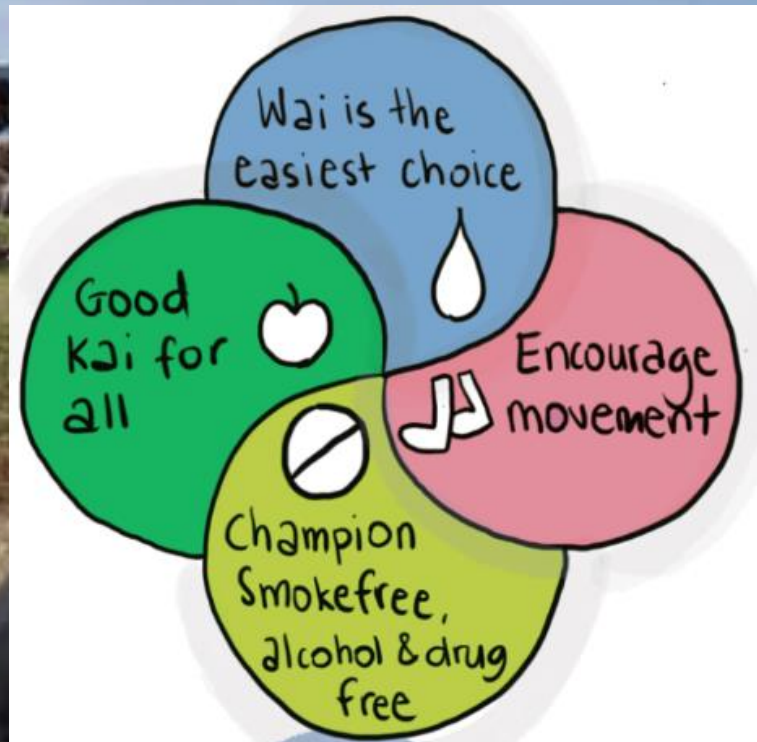
Learning and Observation

- Location of water increased the uptake of water consumption
- Multiple water stations at different locations encouraged the uptake of water
- Promotion of free water needed to be clear and visible to event participants
- Food that reflects the season
- A variety of healthy food that was filling
- Showing the healthy food options available



Applying Tikanga Framework

Insight



"This is just how we cook our foods. We didn't really try to be healthy".
Vendor

"If I knew there was free water, I would have brought my water bottle".
Public

"If I'm really busy I don't have time to smoke".
Public

"We definitely try, for our whanau and tamariki. It's not the healthiest, but we offer smaller sizes and healthier options".
Vendor

"Setting a good example for the kids is important and those who do want to eat healthy should have the option to do so".
Public

"Free water should be available at all events".
Public

"I am motivated to make changes for the health of the community".
Vendor

Enabler:

Collective Impact Strategy

- Co-design workshops to explore, imagine and test new ideas with the people closest to the issue
- The co-design approach assisted event organisers to determine scope regarding wai ora healthy environments
- Helped create clarity from complexity, presented ideas and identified opportunities for collaboration
- From the co-design workshops TSI HFSA were able to generate 4 practical principles, designed to be easy to implement

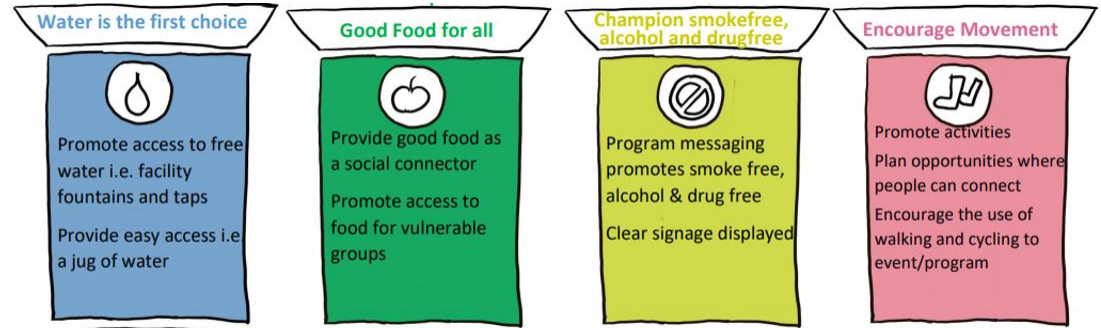


Challenge:

- *Perceived risk - "Is this going to be more work we have a lot of staff turn over...we can't sustain this."*
- *Uncertainty - "We don't have the budget or manpower to do this."*

Solution:

- *Developed an 'Event Guide' that was fit for purpose and came with options, tips and resources to support doing things a bit differently.*
<https://www.tsi.nz/resources>
- *Local board leadership for sustainable change.*
- *Community Grants relationship for systems change.*



Collective Impact

“For the Portage Crossing it’s a step in the right direction, a healthier direction - and we found the Healthy Environment principles were quite easy to implement.”
(MUMA)

“Eye on Nature has been shifting towards a Healthier Environment for many years. The Healthy Environment principles align with the Eye on Nature vision which is simple for us to adopt and implement”.
(Manukau Beautification Charitable Trust)

“This healthy approach was in line with the event’s focus and well accepted by all. The fun run encourages people to move more and promotes Healthy Lifestyle habits”.
(What Hope)

“We know that many of the groups which host community events in South Auckland are already keen to promote health and wellbeing. So, it makes sense to use Healthy Environment principles as part of other funding processes to ensure we are continuing to support our communities in that area.”
(Auckland Council Events facilitator)

Enabler:

Demonstrate Change

- Understood the need to balance freedom of choice with offering healthy alternatives. The Event Guide sought to achieve the right balance that allows a common-sense approach when applying HEA in an event. <https://www.tsi.nz/resources>
- By demonstrating a collective vision and ownership, the Auckland Council Event Production team embedded HEA into their practice. TSI HFSA were able to provide quality advice at Southern Local Board workshops.
- The Southern Local Boards adopted the HEA Principles and Guide to Creating a Healthy Environment Event. Ensuring sustainability of HEA principles via all Auckland Council funded or delivered events in the Southern Local Board areas.



Demonstrate Change



“Polyfest is all about celebrating the best in Pacific culture, so it’s great to see this council-sponsored event celebrating delicious traditional food and drink that is also healthy and nutritious, just like much of our food is back in the islands.”
(Manukau Ward councillor)

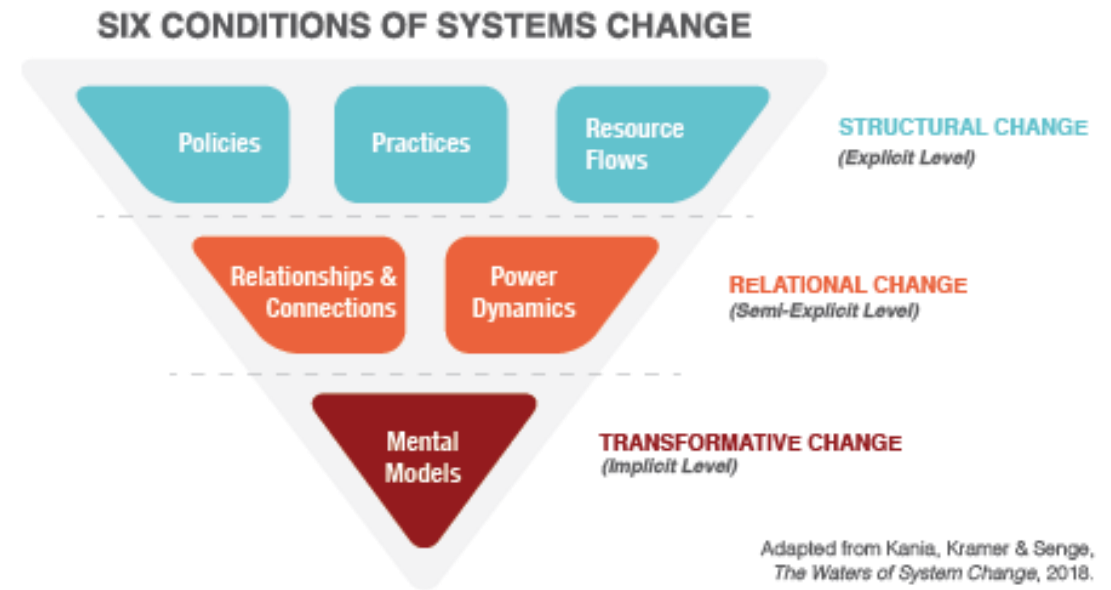
“As a local board we want to be supporting groups who are going to make healthier choices a priority in how they deliver activities for our community,”
(Manurewa Local Board Chair)

“Our board has been strongly advocating for council-run facilities and council-funded events to be free of sugary drinks and fatty foods, so we applaud the organisers of the Portage Crossing for taking this courageous step.”
(Mangere-Otahuhu Local Board Chair)


Enabler:

Six Conditions of Systems Change

- Apply systems thinking by working across Auckland Council systems.
- Leveraging off Community Grants event application funding system, incorporating HEA into event application KPIs for scale across the Auckland region.
- Local leadership required, led to TSI HFSA and Community Grants team providing quality advice at Local Board workshops and demonstrating the value and benefit to local boards health and wellbeing outcomes.
- Southern Local Boards adopted HEA Principles into Grants Programme 2019/2020. This has facilitated implementation of HEA into events at scale. This also makes certain HEA would be sustainable, event organizers accountable and health and wellbeing outcomes measurable for all local boards.
- TSI HFSA team continued to support event organizers operationalize HEA into practice, building staff capability.



Six Conditions of Systems Change

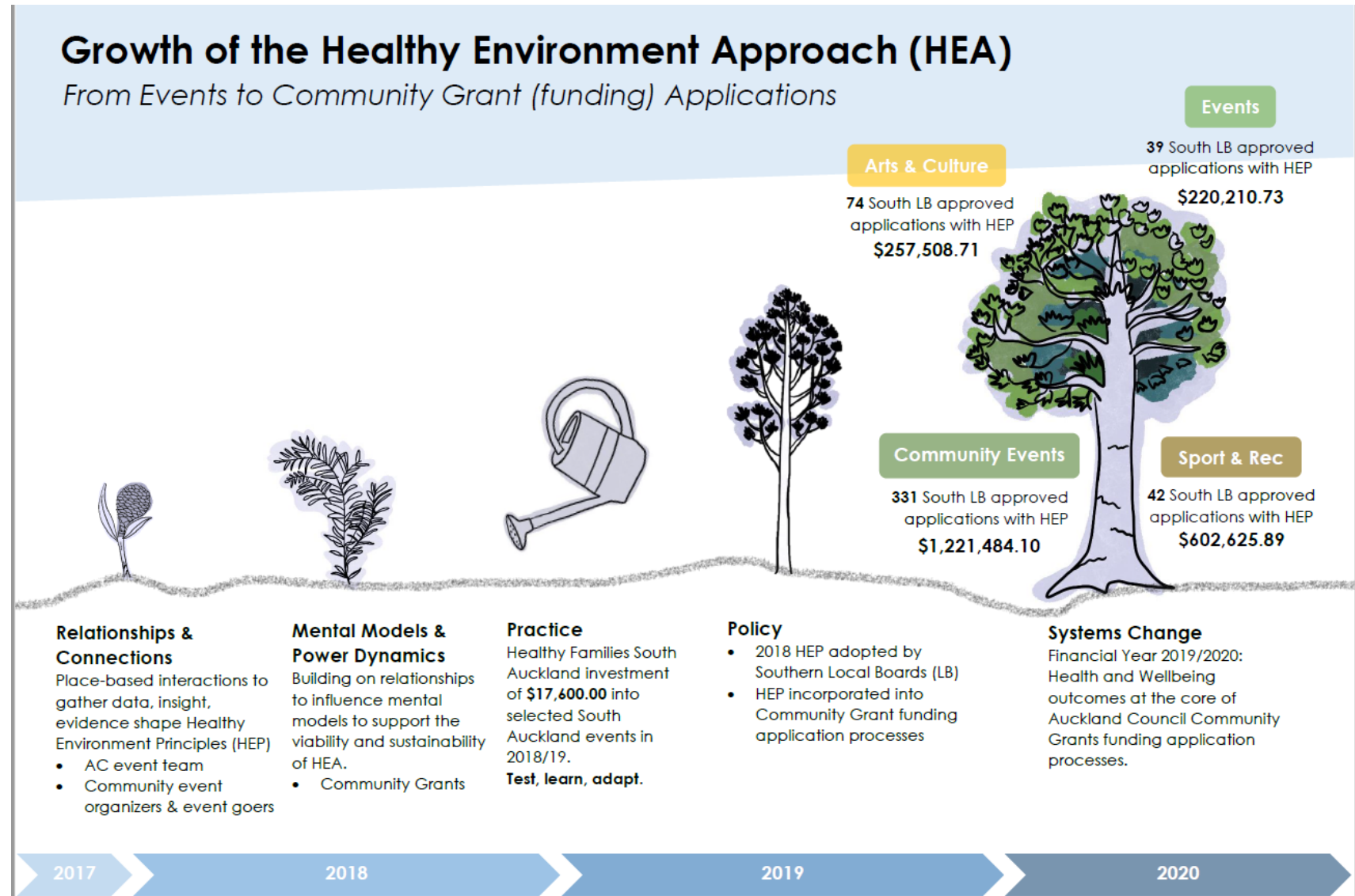


“I like that you renamed that whole section of questions to Healthy Environment Approach Auckland, I want to keep it that way”
(Senior Grants Advisor)

“The Local Boards provided us an opportunity to incorporate these principles into the community grant application process, which not only ensured that HEA is sustainable and event organisers are accountable, but also provided local boards with the opportunity to measure health and wellbeing outcomes.”
(Grants and Incentives Manager)

Scaling Wide

- TSI HFSA continued to support Community Grants team to operationalize HEA via Grants Programme 2019/2020.
- By doing so, this policy change built on community events, and in the process has influenced other funding areas such as Sports and Recreation and Arts and Culture events.
- This has supported a significant culture change through resource flow i.e., the community grant allocation for South Auckland FY2019-2020 \$2,301,829.43 – even with the impact of the COVID-19 pandemic in early March 2020.



***Wai Ora Healthy Environments
Healthy Environment Approach***

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