



## *Healthy Environment Approach (HEA)*

*Case Study:  
Leisure Programming from  
South to North*



*The  
Southern  
Initiative*



# 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**

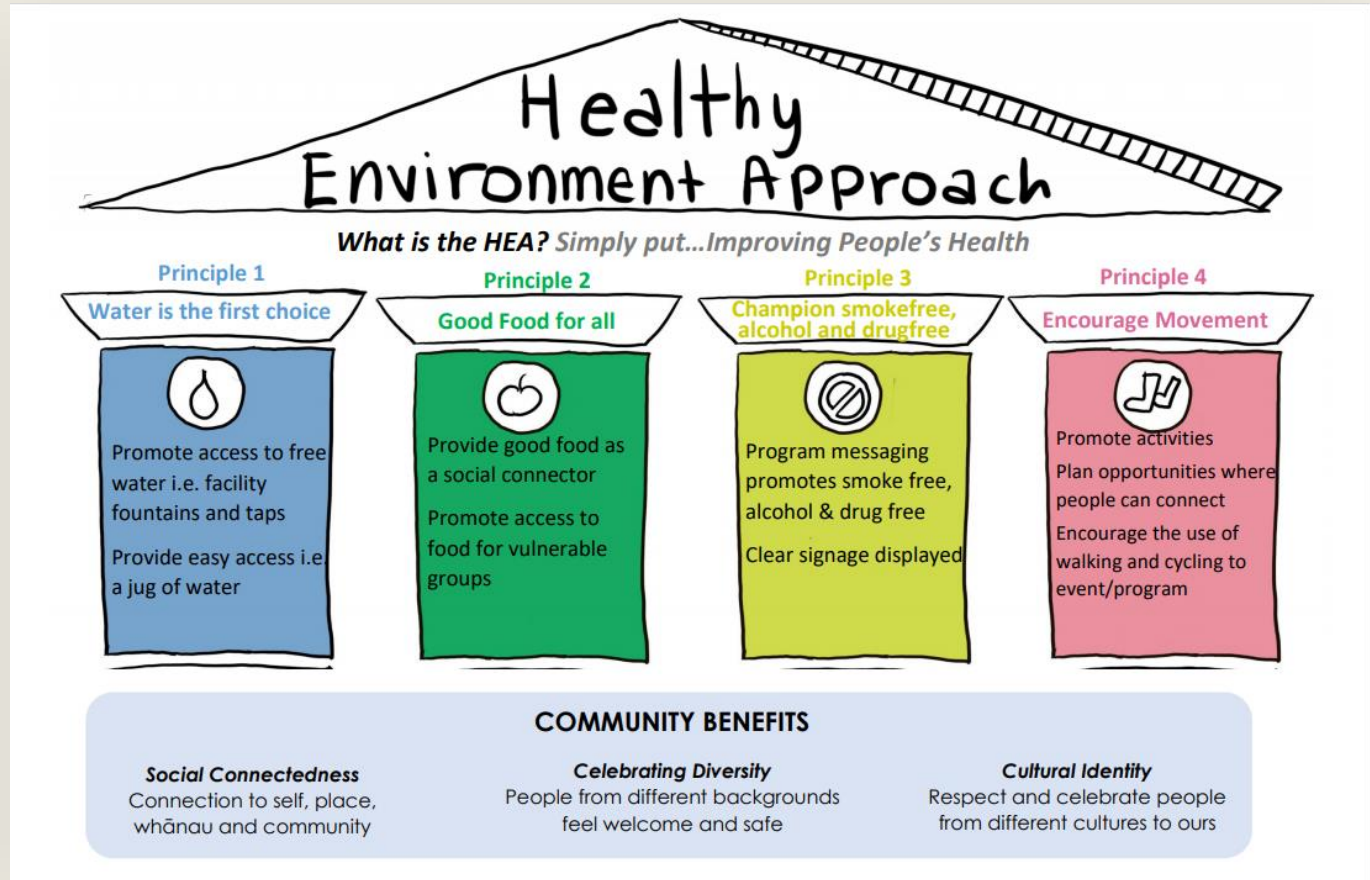
People from different backgrounds feel welcome and safe

### **Cultural Identity**

Respect and celebrate people from different cultures to ours

## Enablers

- Tikanga
- Whānau aspiration
- Collective impact
- Six Conditions of Systems Change
- Demonstrate Change



# Setting the scene

- Councils play a key role in creating thriving environments around healthy eating
- Conversations with communities about weight and the food children eat can be sensitive and difficult
- TSI Healthy Families South Auckland (TSI/HFSA) seek to enable and support Auckland Council to build on existing strengths and assets to help deliver improved health outcomes
- Effective strategies include improving the supply of healthier options and environments that support healthier options
- **2018** Southern Local Boards adopted the HEA principles into Events and endorsed Leisure Centres, Community Facilities (leases) and Community Places as priority areas
- **2019** the Southern Local Boards adopted HEA Principles into Grants Programme 2019/2020



*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.

*Note:*

*For this case study whānau also refers to our internal Auckland Council leisure staff who deliver youth services directly to tamariki and whānau.*

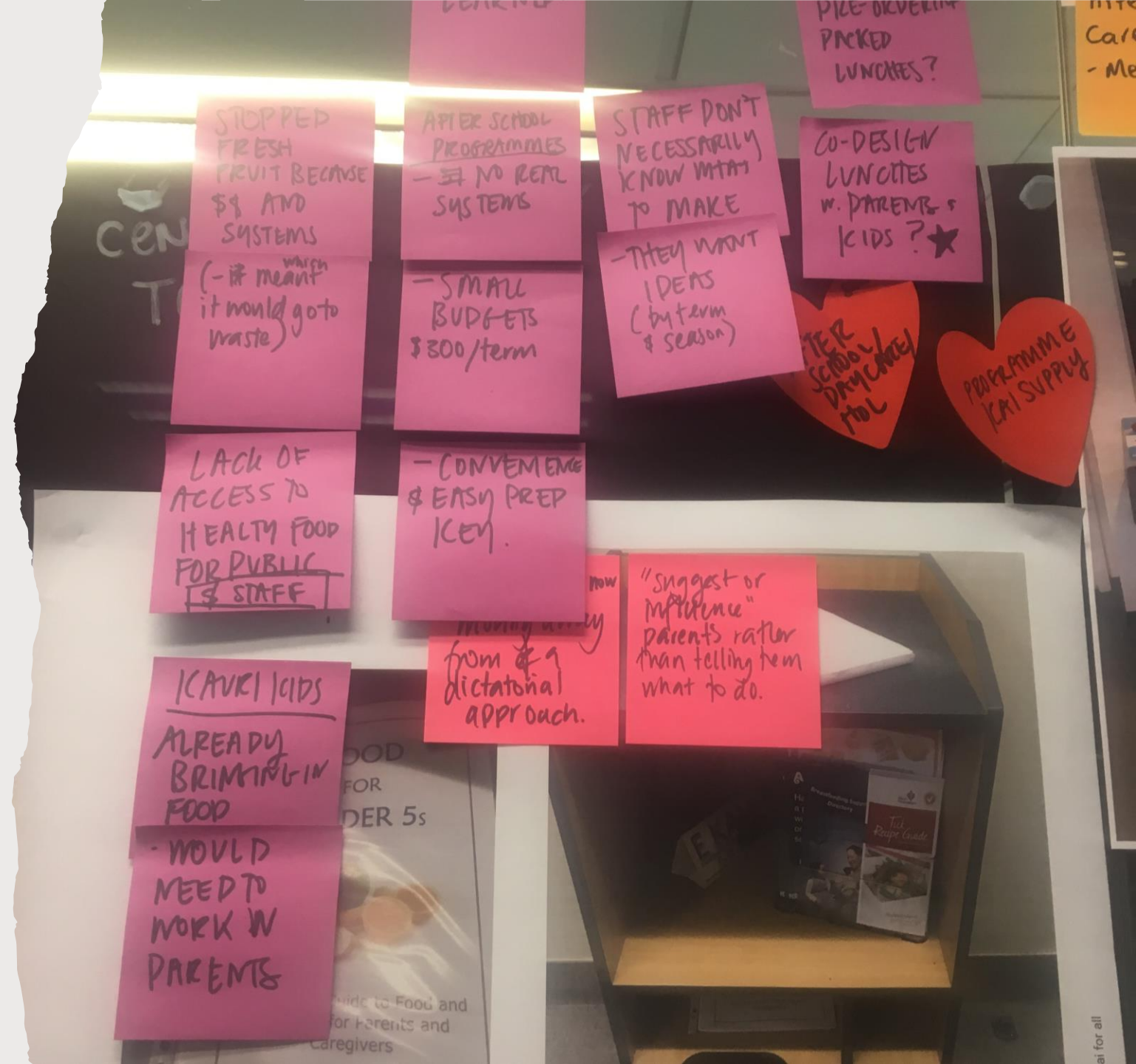
<b>PRINCIPLE</b>	<b>APPLICATION FOR WHĀNAU CENTRIC CO-DESIGN</b>
<b>Manaakitanga</b>	Hosting whānau in a way that empowers them, and removes any barriers to participation. Whānau feel welcome.
<b>Whanaungatanga</b>	Establishing meaningful relationships in culturally appropriate ways. Engaging whānau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

Enabler:

# Whānau Aspiration

## Whanaungatanga

- Established relationships with leisure whānau by kanohi ki te kanohi (empathy) interviews
- Whānau interviews were conducted across all South Auckland leisure sites delivering OSCAR and Kauri Kids programmes
- Leisure whānau were able to be openly honest, sharing what's good practice (what's working/what's not working), what does a healthy environment mean to them and if they could make any changes they wanted, what would it look like

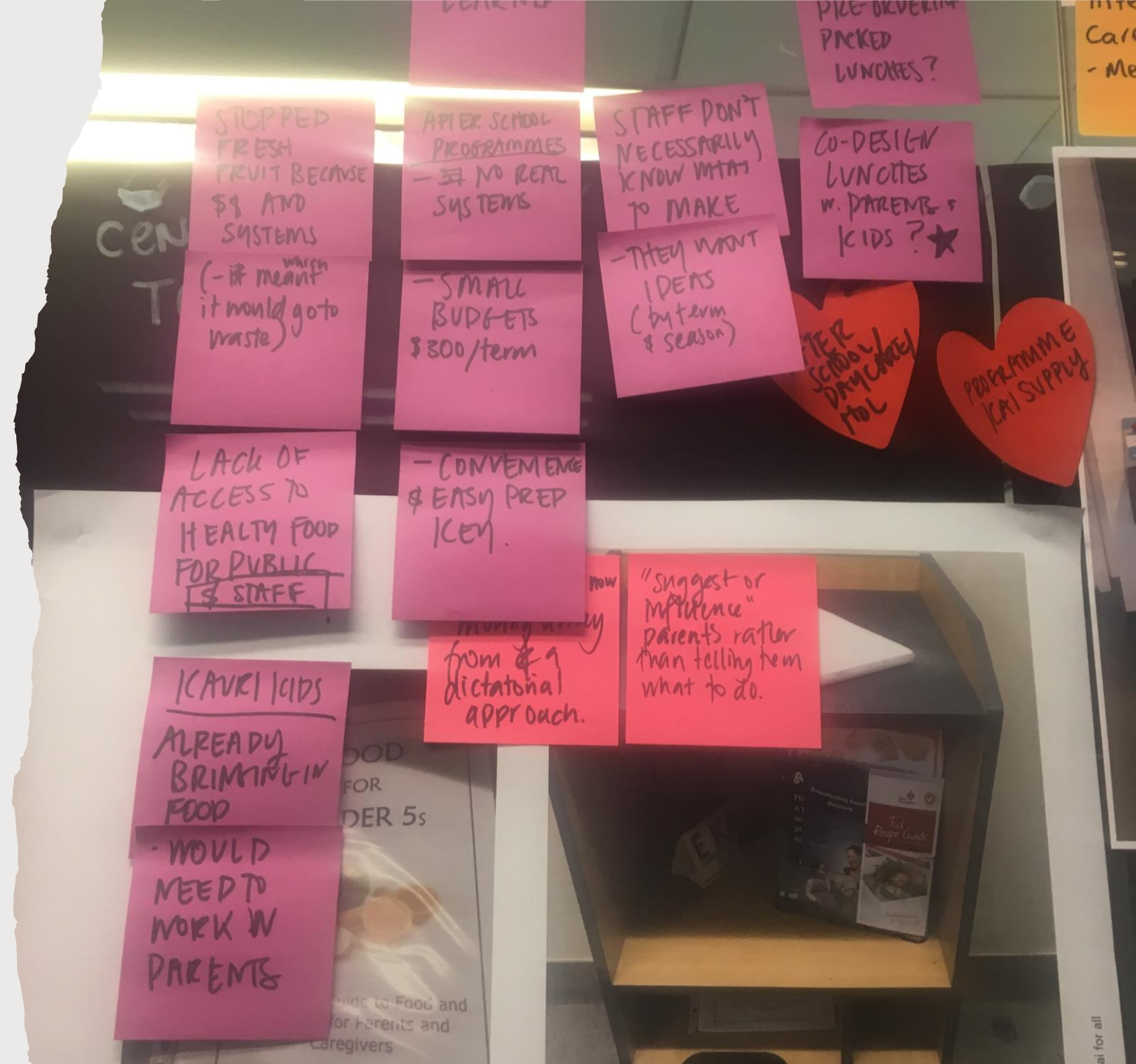


Enabler:

# Whānau Aspiration

## Manakitanga

- HFSA Lead Systems Innovator seek out permission from Leisure management to take staff off site to deliver and facilitate co-design workshops
- Whānau feel welcome and building trust
- Phase one: baseline data, insights included;
  - “We use staff room to clean dishes, no space.”
  - “Have to move from space to space, no oven.”
  - “Convenience and easy prep would be key.”
  - “Staff don’t necessarily know what to make – they want ideas by term/season.”
- Phase two: co-design workshops to synthesise data into themes and prioritise whānau needs to improve efficiency and access to good kai

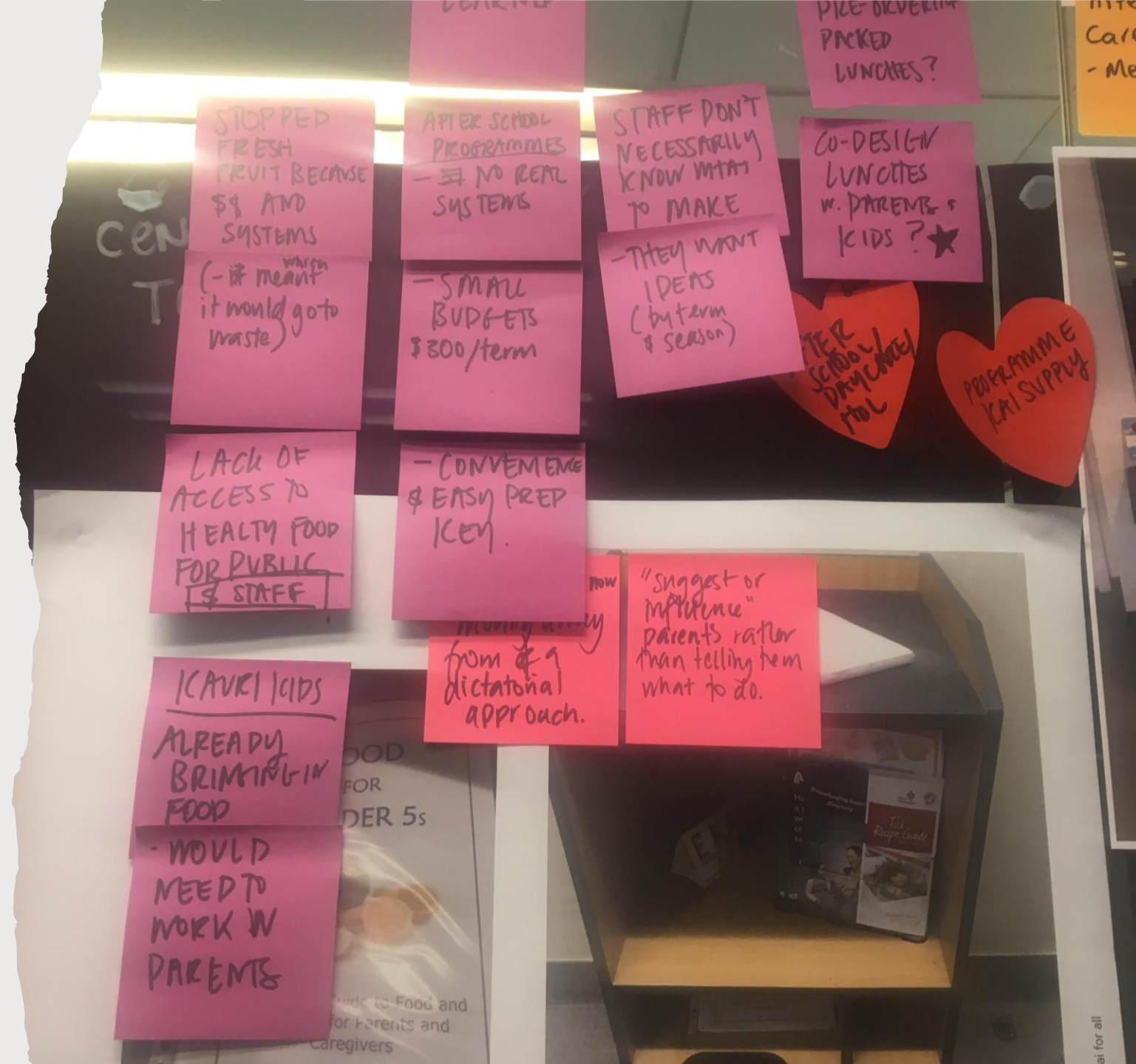


Enabler:

# Whānau Aspiration

## Tino Rangatiratanga

- Co-design process was determined by whānau to ensure full participation
- Whānau also decided who would be invited to attend their workshops
- HFSA brokered relationships with ARPHS and Heart Foundation staff to provide nutritional advise at the workshops



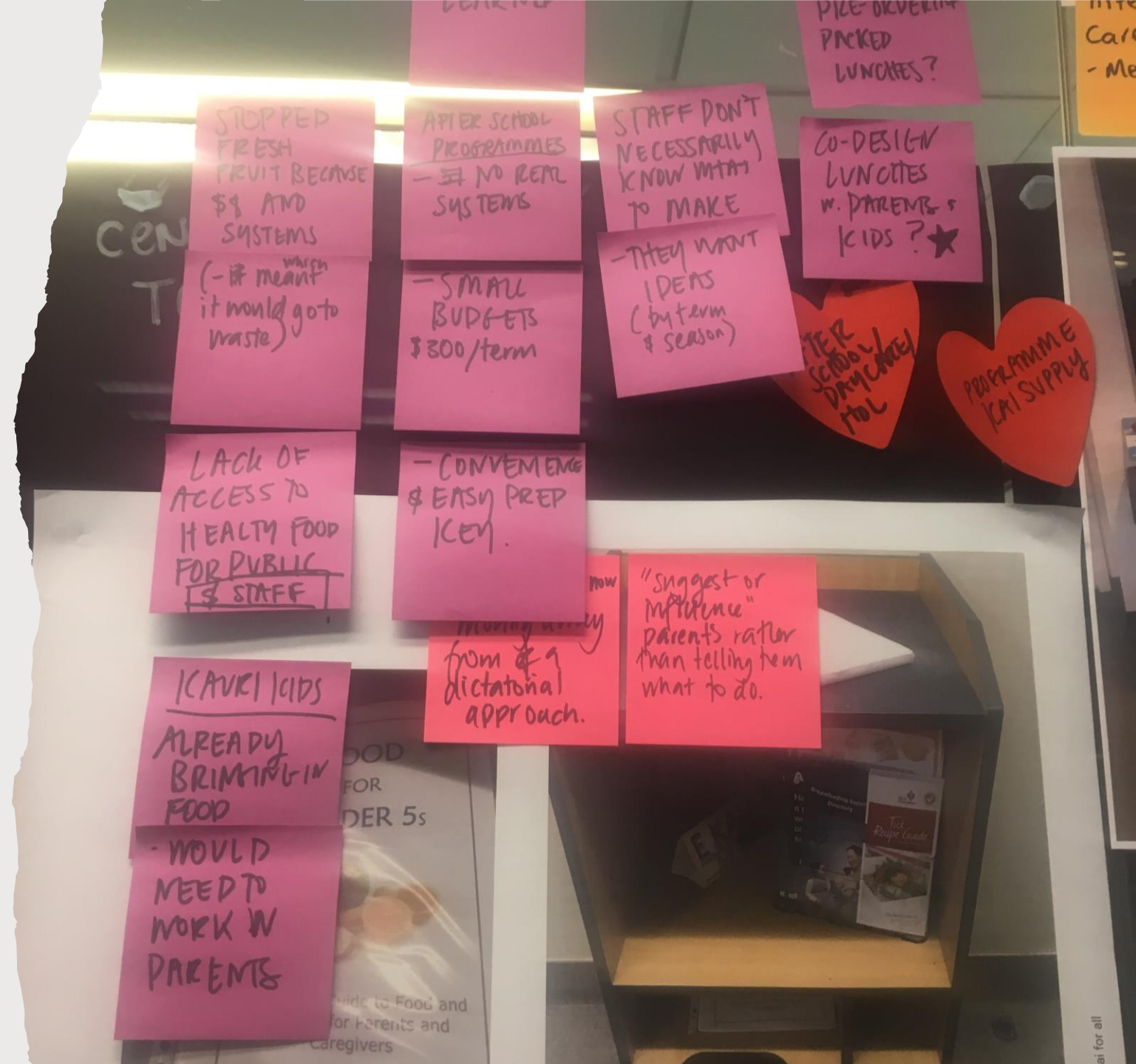


Enabler:

# Whānau Aspiration

## Mana

- Co-design workshops demonstrated whānau as the experts
- Data gathered of lived experience and actual reality such as identifying inconsistencies between purpose and resources, funding, staff capability

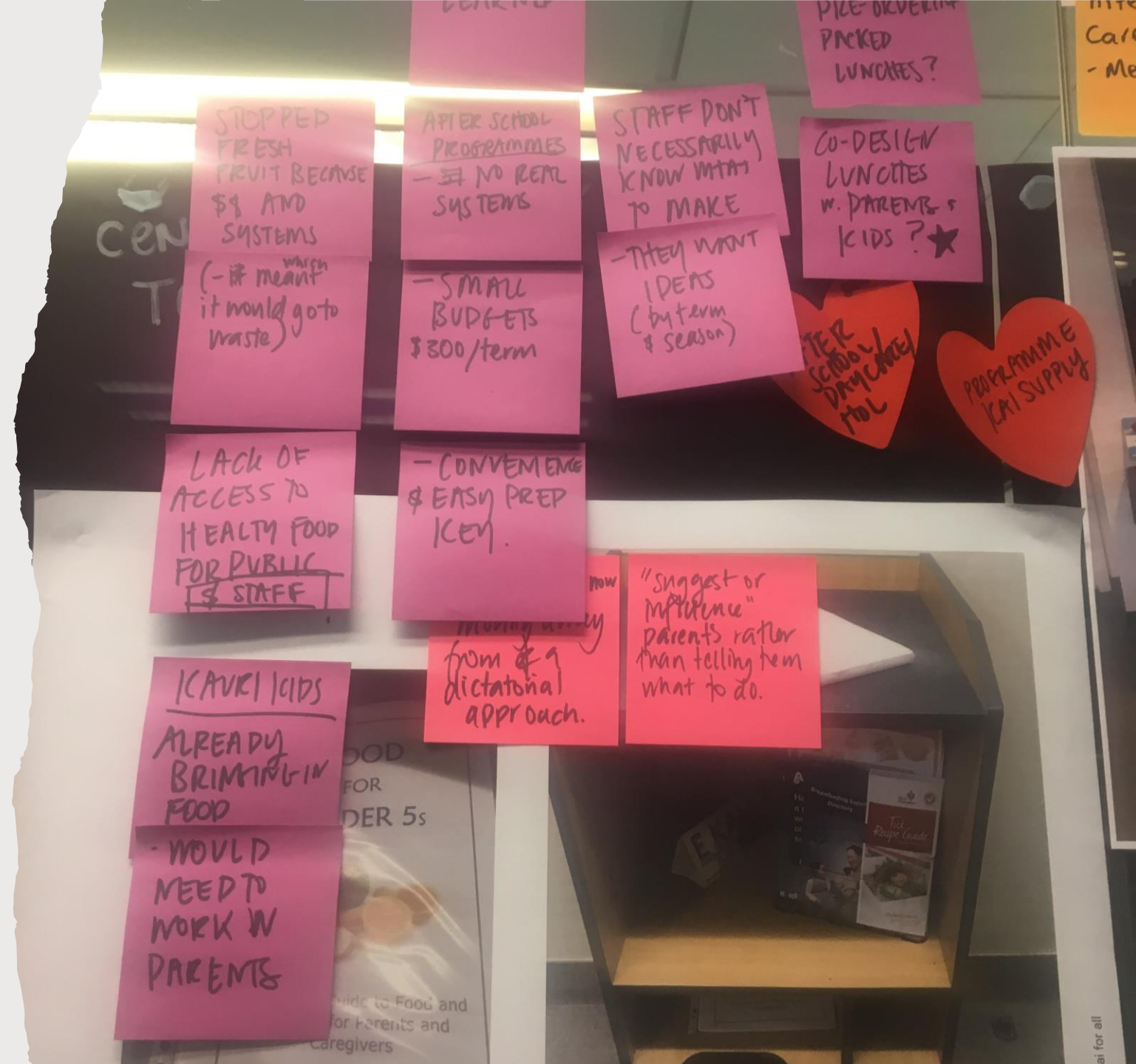


Enabler:

# Whānau Aspiration

## Ako

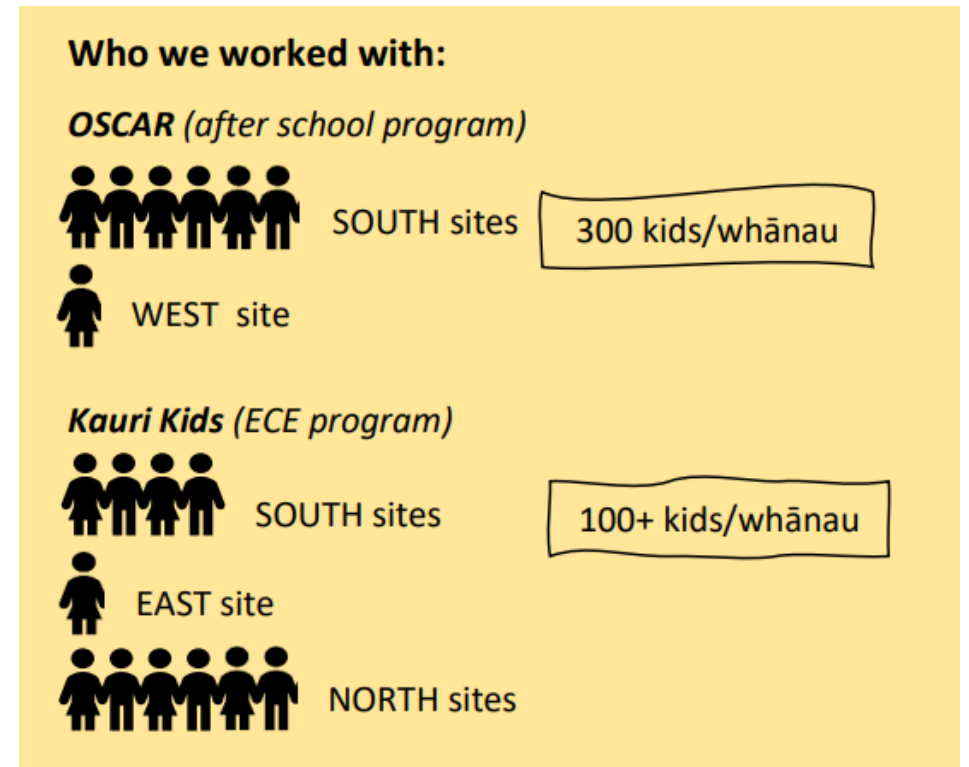
- Strengthening staff learning, they designed menu items that were fit for purpose
- HFSA provided seed funding for resources sharing power and control to whānau to test their menu items on site with tamariki
- Resource to develop a 'Good Kai Toolkit' for staff (train-the-trainer resources) to keep spreading their approach



# *Enabler:*

## *Collective Impact Strategy*

- Endorsement of HEA in leisure centres from South Local Boards
- Parks, Sport and Recreation (PSR) committed to increasing nutrition into recreation programmes by reducing sugar, saturated fats and portion size
- PSR recognised the need to improve their systems for:
  - Staff effectiveness such as saving staff time and administration
  - Supporting staff to increase access to nutritious food
  - Supporting tamariki to embrace healthy eating now and into the future



# Enabler: Collective Impact Strategy

## Challenge:

- “Hard to juggle budgets, inconsistent from term to term.”
- “Prep time can range from 30 to 40min, no dedicated staff for kai..that doesn’t even include the time spent to shop.”
- “Nowhere to store equipment or healthy kai like fruit, so we don’t buy a lot of perishable kai.”

## Solution:

- Work with leisure management to build a business case for better investment.
- Co-design with whānau a consistent approach to good kai across leisure programmes.
- Leverage Auckland Council catering contractor and develop a procurement system.

### Who we worked with:

#### *OSCAR (after school program)*



SOUTH sites

300 kids/whānau



WEST site

#### *Kauri Kids (ECE program)*



SOUTH sites

100+ kids/whānau



EAST site



NORTH sites

Enabler:

## Demonstrate Change

- Phase 3 (final phase) was to achieve a consistent approach to good kai across South Auckland leisure centres.
- Work with whānau to identify and pull together content of what works and understand what the challenges were to implement good kai.
- Demonstrate a significant shift across the system by shifting power dynamics and mental models where council policy and practices provide the basics for health.
- Practice and resource flow has been embedded and valued by leisure whānau who work to sustain it.

**“It took no more than a month before all the kids were enjoying the new healthy meals being provided.”  
(Recreation programmer for OSCAR programme, Faatuai Stuart).**

**“One parent later came up to me and said how their child was now eating more vegetables at dinner. It is great to see the change in their diets at home as well as here at Allan Brewster.”  
(Faatuai Stuart).**

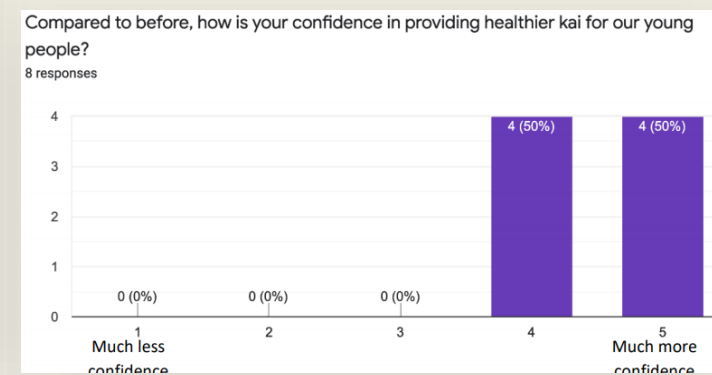
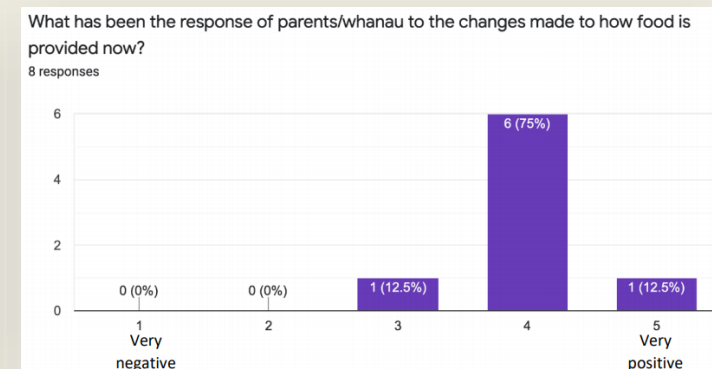
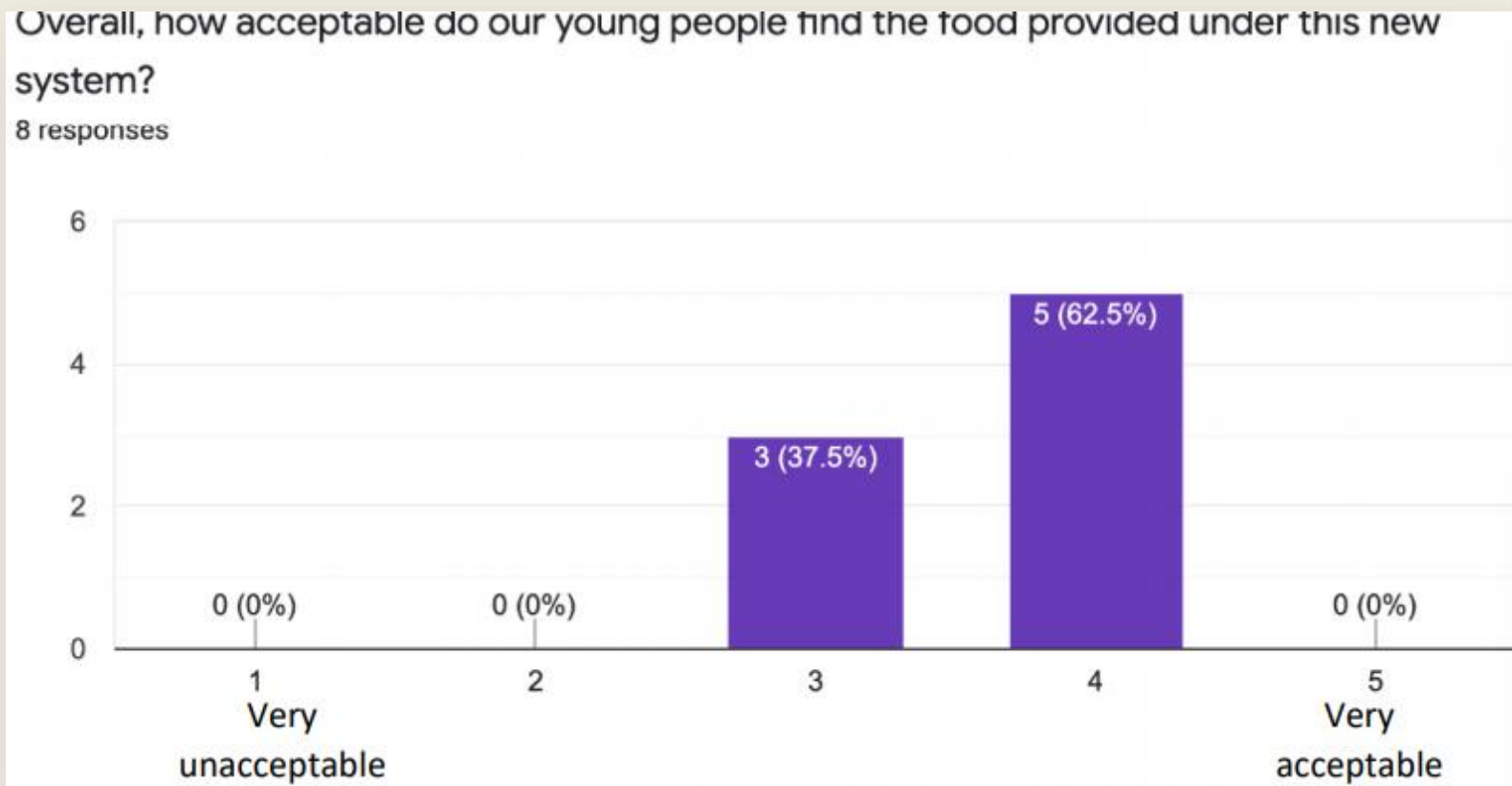
**PRINCIPLE 1.**  
**WAI (WATER) IS THE EASIEST CHOICE**  
It's easier to choose water over Sugar Sweetened Beverages (SSB's) because it is PROMOTED, made more VISIBLE & ATTRACTIVE, and more ACCESSIBLE (it is also free and/or cheaper)

**PRINCIPLE 2.**  
**GOOD KAI (FOOD) FOR ALL**  
Kai (food) is nutritious, inclusive, accessible, affordable, celebrated and sustainable

**PRINCIPLE 3.**  
**CHAMPION SMOKEFREE, ALCOHOL & DRUG FREE**  
Our community champions and leaders continue to promote smokefree, alcohol free & drug free (where appropriate)

**PRINCIPLE 4.**  
**ENCOURAGE MOVEMENT**  
We look for ways to nudge people to walk, cycle, play, and dance instead of driving or sitting

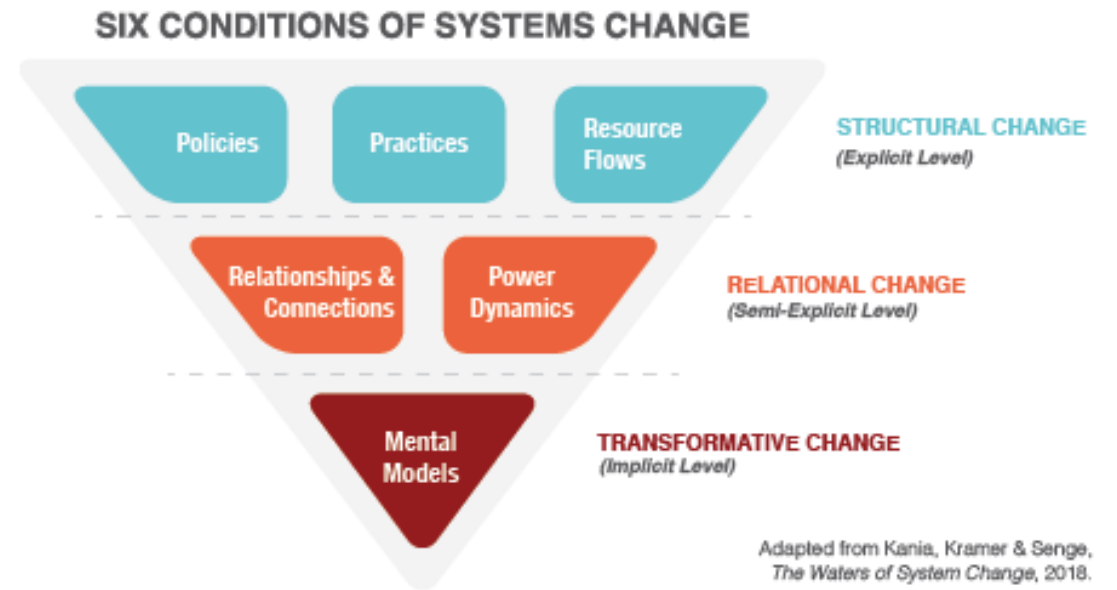
*Enabler:*  
*Demonstrate Change*



*Enabler:*

## *Six Conditions of Systems Change*

- Apply systems thinking by working across multiple levels, untangling Local Government policies & practices, and shifting mental models, power dynamics and resource flow:
  - Budget re-set for both OSCAR and Kauri Kid's for food budget was increased
  - All South Auckland leisure sites providing OSCAR and Kauri Kids programmes were set up for access to Bidfood ordering system and delivery service
  - The Bidfood ordering system is locked to only allow agreed menu items to be ordered
- Sourcing food via a provider such as Bidfood has provided benefits such as:
  - Reduced invoicing
  - Saving on staff time and administration
  - Centralized visibility for management
  - Allows for accurate forecasting and reporting
  - Improvement in cost and quality control



**“And with staff, we’ve now got a more efficient system that allows us to know what meals we are preparing each week. Before this change in our approach, we were looking at what was in the cupboard and starting from there.”**

**(Kauri Kids headteacher Neelam Mudalier)**

*Enabler:*

## *Six Conditions of Systems Change*

- South Auckland leisure test sites continued to prototype the 'Good Kai Toolkit' menu items on site
- Reaching over 300 tamariki and 300 whānau
- Providing 30,000 healthier meals over a six-month testing period
- Scaled the initiative across to West Wave and East leisure centres

**"The success of HEA with South Auckland Kauri Kids staff was a factor in bringing it into the northern sites".  
(Northern ECE operations manager Rebecca Hellowell)**

**"The changes are noticeable not only with the kids but also parents and staff."  
(Kauri Kids headteacher Neelam Mudalier).**

**"They (staff) have been driving this initiative with support from Healthy Families South Auckland and it has proven to be a real educational tool on how to budget for better ingredients and serve it in a way that the children will enjoy."  
(Senior manager Annie Reilly)**

**"Our parents used to prepare lunch boxes that included chips and sugary snacks. But since they now see their children getting nutritious meals for morning and afternoon tea, they're starting to pack their lunchboxes with just simple healthy food like sandwiches and yogurt."  
(Kauri Kids headteacher Neelam Mudalier)**



## Scaling Wide

- South leisure whānau have been strong advocates for the new system
- South whānau advocacy reaching north leisure sites
- TSI HFSA partnering with north sites to test 'Good Kai Toolkit'
- Seed funding to test good kai options on site with tamariki
- Support to build budget re-set business case



**"A recent evaluation we did has shown significant increases in confidence and efficiency of staff in providing healthier kai. Feedback has been very positive with the children learning the importance of healthy eating and taking that knowledge back home to share with their whānau."  
(Senior manager Annie Reilly)**

## Scaling Wide

- North leisure test sites continued to prototype the 'Good Kai Toolkit' menu items on site
- Reaching over 130 tamariki and 130 whānau
- Providing over 25,000 healthier meals over a six-month testing period
- Set up procurement system

<https://ouraukland.aucklandcouncil.govt.nz/articles/news/2020/12/south-auckland-leisure-centres-helping-kids-eat-healthy/>

<https://ouraukland.aucklandcouncil.govt.nz/news/2021/06/healthier-kai-for-kauri-kids-as-initiative-shifts-north/>

**“Feedback from whanau during the testing phase showed the changes it was making in the child’s appetite for healthier food. Comments about how their child is now enjoying fruit and vegetables at home have been really great to hear.”  
(East Coasts Bay Kauri Kids Head Teacher Paula Albertsma).**

**“It has also been a good confidence boost to those staff who maybe weren’t used to such food preparation. We want to ensure we are giving the children the very best and this approach has been beneficial to staff in that we now have greater consistency when it comes to food menu and preparation which means less stress”. (East Coasts Bay Kauri Kids Head Teacher Paula Albertsma).**





*The*  
**Southern  
Initiative**



## *Healthy Environment Approach*

### *Case Study:*

### *Leisure Programming from South to North*

More information contact Winnie Hauraki  
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### [Resources — The Southern Initiative](#)

[https://drive.google.com/file/d/1ZhiadYgyARg0b46raZ\\_fM9nD\\_EaO53oD/view?usp=drivesdk](https://drive.google.com/file/d/1ZhiadYgyARg0b46raZ_fM9nD_EaO53oD/view?usp=drivesdk)