



HEALTHY EATING – HEALTHY ACTION: ORANGA KAI – ORANGA PUMAU

Wheel Opportunities in Health

Dr Harriette Carr
Public Health Medicine Specialist
Ministry of Health





Outline

- Why is the Ministry of Health interested in Cycling
- Structure of the Health Sector
- Strategic Direction relevant to Cycling
- Cycling fit in the Health picture
- Health fit in the Cycling picture
- Government Walk the Talk – a practical example

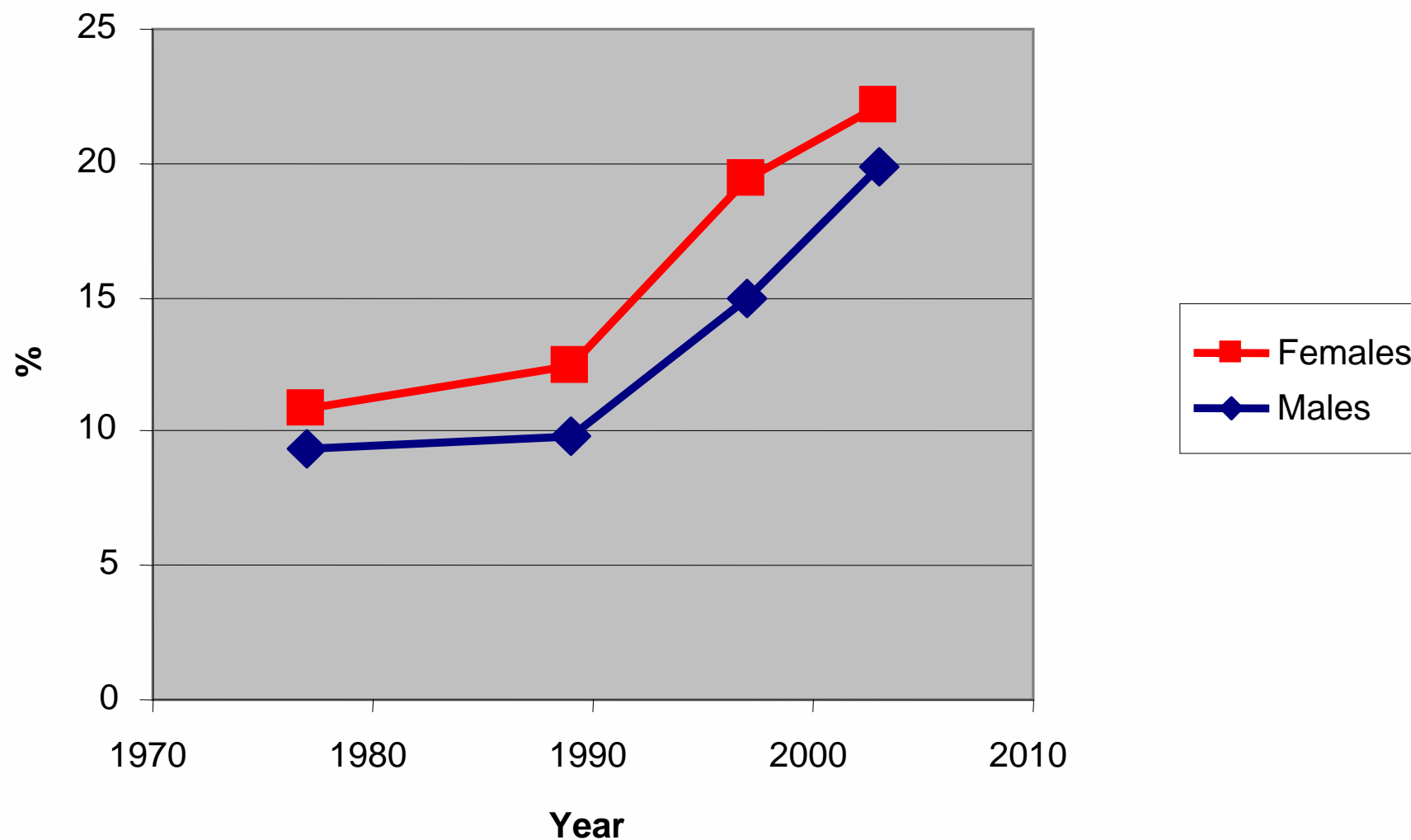


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Why is the Ministry
interested in cycling?

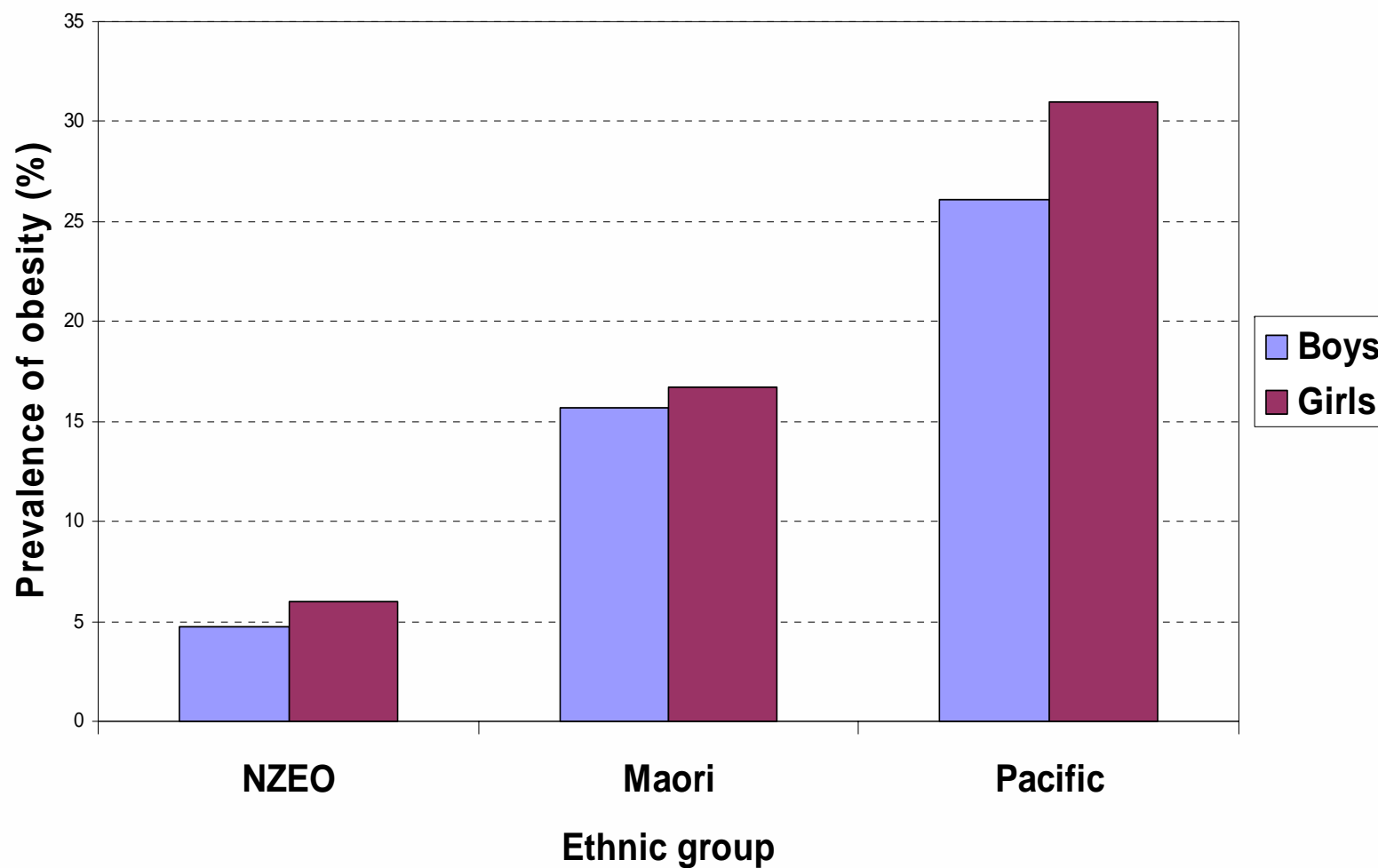


Obesity Prevalence in NZ Adults 1977-2003



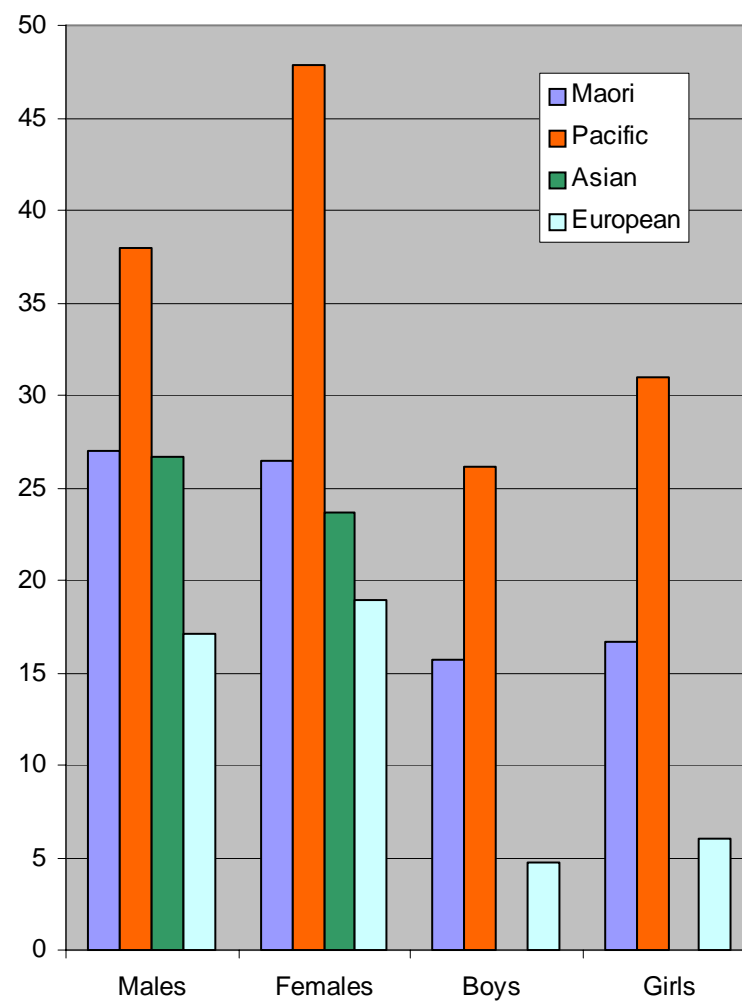


Obesity Prevalence in NZ Children by ethnic group (2002, age 5-14)



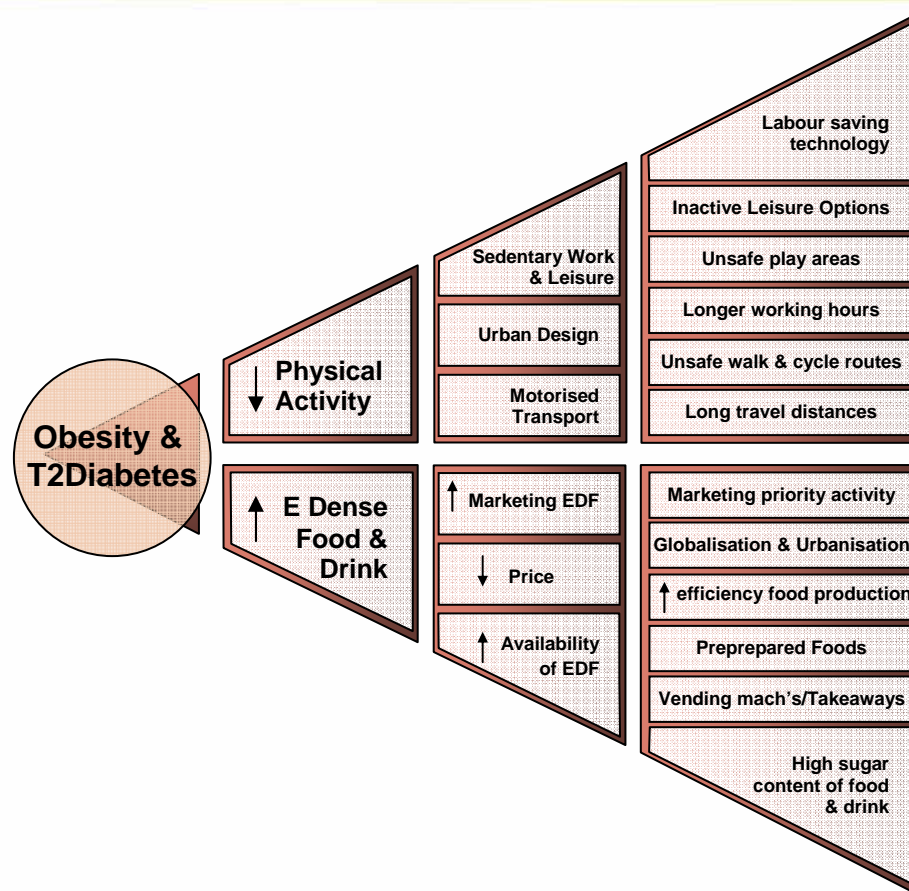


Ethnic inequalities in obesity prevalence, 2003





Environmental Determinants





Why is the Ministry of Health Interested in Cycling?

- Increasing physical activity
- Individual health benefits
- Reducing inequalities
- Cycling as a means of transport
- Injury prevention
- Environmental health



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Structure and direction of the Health Sector



Structure of the Health Sector

- Complex sector
- Realigned towards prevention
- Establishment of District Health Boards (DHBs)
- Devolution of funding to DHBs
- Primary Health Care
- Health promotion & preventive care



Strategic Direction relevant to Cycling

- New Zealand Health Strategy (2000)
- Healthy Eating Healthy Action (HEHA) Strategy + Background (2003)
- HEHA Implementation Plan (2004)
 - Creating Supportive Environments
 - Strengthening Community Action
- HEHA DHB Project Managers

Healthy Eating – Healthy Action: Oranga Kai – Oranga Pumau

Implementation Plan: 2004–2010

2004





Cycling fit in Health Picture

Ministry of Health

- Policy
- National collaboration and support
- Monitoring, research and evaluation
- National Funder
- Internal Programmes



Cycling fit in Health Picture

DHBs

- Programmes
- Initiatives
- Interagency collaboration
- District Promotion
- District Funder
- Internal Programmes



Cycling fit in Health Picture

Primary Health Organisations

- Funded to deliver health promotion programmes to their enrolled populations
- Programmes may include cycling

Non-governmental Organisations

- Programmes
- Initiatives
- Promotion
- Advocacy



Health fit in the Cycling Picture

Ministry of Health

- Steering Committee for Implementing Getting There: On Foot, By Cycle
- Co-Funder BikeWise
- HEHA Research and Evaluation Database
- HEHA Toolbox
- Govt Walk the Talk
- Health Impact Assessments



Health fit in the Cycling Picture

DHBs

- Planning and funding health services in their regions
- Accountable for health service delivery in their region

Public Health Units and PHOs

- Health Promotion Initiatives



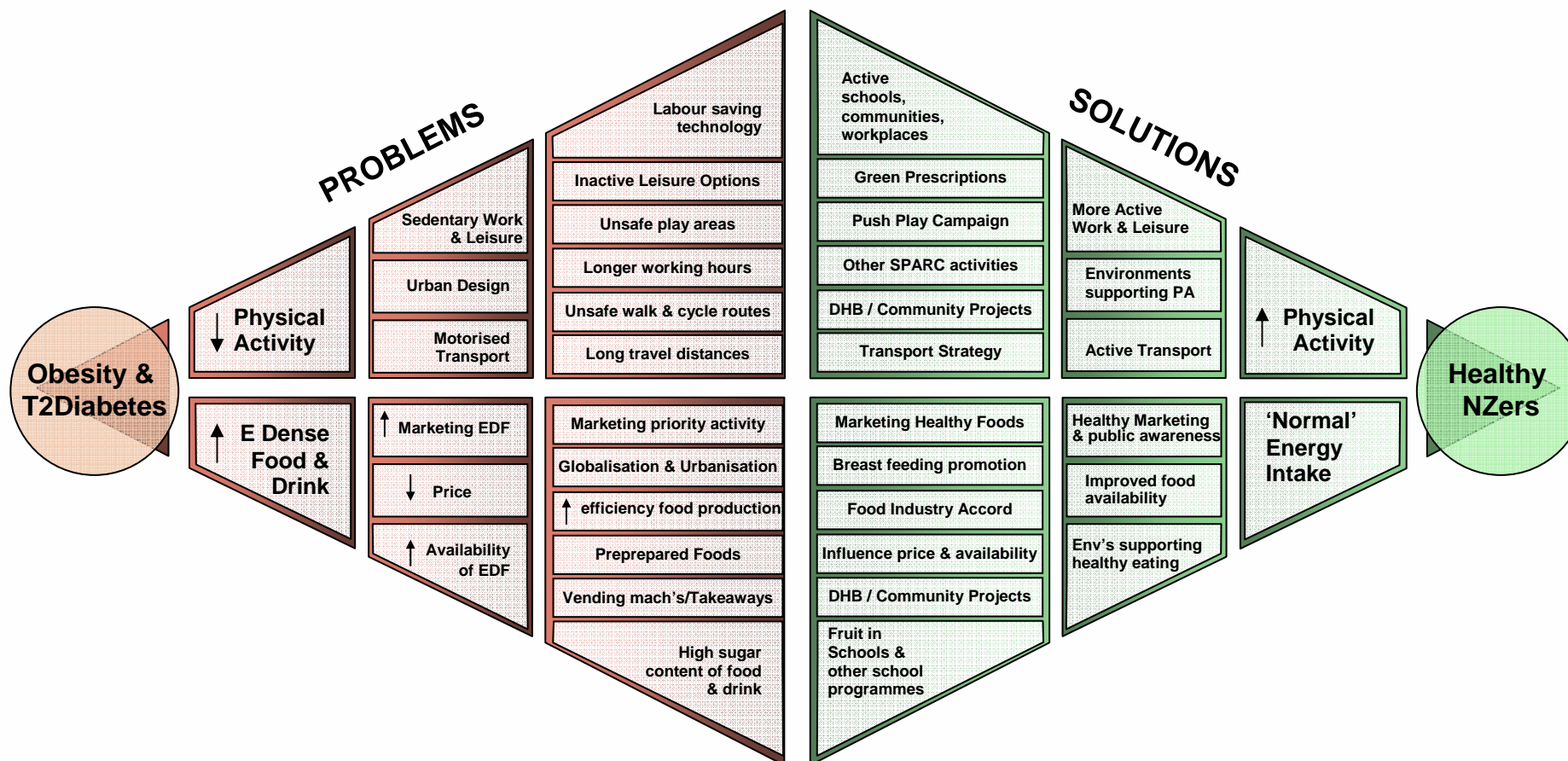
Government Walk the Talk

A practical example

- Encourage state sector to make responsible decisions about work environment and conditions of employment to promote healthy nutrition and physical activity
 - Making healthy nutrition options available and making physical activity accessible, convenient and fun
- Opportunities for supplementary cycling programmes
- Importance of Active Transport



Environmental Determinants and Related Solutions







Healthy Eating Healthy Action
Oranga Kai – Oranga Pumau

PUBLIC HEALTH DIRECTORATE, MINISTRY OF HEALTH

