

2022



Canterbury Health in All Policies Annual Report

Prepared by the Health in All Policies (HiAP) team at Te Mana Ora Community and Public Health (National Public Health Service, Te Whatu Ora) on behalf of Waitaha Canterbury agencies and organisations supporting a HiAP approach.

Waiho I te toipoto, kaua I te toiroa motu Let us keep close together, not wide apart

The Canterbury Health in All Policies (HiAP) Annual Report for 2022 highlights some of the ways agencies in Waitaha Canterbury work together to improve the wellbeing of our communities and our place.

Maintaining strong partnerships is vital in our shared work for wellbeing. Weather-related crises on top of the ongoing global pandemic reinforce the need to raise our game and work together to meet the challenges of supporting intergenerational wellbeing. A critical component of this are well-established practices in the HiAP kaupapa – collaboration, partnership, identifying shared goals and working to achieve ‘win-win’ solutions.

Change, even good change, is always difficult. The whakataukī above reminds us to prioritise trust building and

appreciate connections that provide a strong foundation for the partnerships needed to face the changes and challenges ahead.

Sustainability and wellbeing goals will only be met if we work together. The UN Sustainable Development Goal 17 (SDG 17) – ‘Partnership for the Goals’ – provides an overarching context for our local HiAP work.

Alignment with SDG 17 demonstrates a willingness to collaborate for positive change, shows accountability, and encourages impacts beyond our sectors. All attributes clearly demonstrated in this report.



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Health in All Policies (HiAP) is a structured approach that systematically takes into account the health implications of decisions, seeks synergies, and avoids harmful health impacts, in order to improve population health and health equity. Organisations in Canterbury have been supporting this collective approach for over 17 years.

For more information visit: <https://www.cph.co.nz/your-health/health-in-all-policies/>

Feature:

Planning for a Greater Christchurch

The Greater Christchurch population is growing significantly. By 2050 around 700,000 people are projected to be living in the Christchurch, Selwyn and Waimakariri districts, with the population potentially doubling within the next 60 years. We need to plan now for how our urban areas will provide housing for more people and what they will need to live well in the future.

Not only will people need suitable and affordable homes and sustainable transport choices, a major challenge in Greater Christchurch is how to promote healthier and more socially connected, resilient and sustainable ways of living. This includes where and how we live, how we protect and restore the environment, and how we adapt in the context of a changing climate.

Central government, mana whenua, and local government are working together to prepare a shared view for Greater Christchurch as it grows over the next 30-100 years. The spatial planning work programme aims to bring together land use and transport planning and economic development to deliver the Greater Christchurch residents have envisioned through the [GC2050 project](#).

To do this, the multi-agency project working group are developing a complimentary spatial plan, transport plan and scoping mass rapid transit.

While determining options for the growth scenario of the spatial plan, the working group, which included the Te Mana Ora Community and Public Health (Te Mana Ora) HiAP team, developed criteria to assess the scenarios against, drawing on the [GCP strategic framework](#), [past integrated assessments](#) and the [Integrated Planning Guide](#). In June 2022, a virtual workshop for staff from GCP partners, central government agencies and other key advisors evaluated three scenarios for how the region could grow as part of this project. The urban form direction was then able to be developed. A parallel mana whenua engagement process to consider local iwi values, priorities and expectations is also in progress.

[Public engagement is taking place in March 2023](#) and a draft Spatial Plan is expected to be out for public feedback later in 2023.



Feature:

Responding together to the impacts of the Bromley fire

Public Health staff were involved in a collaborative response with the Christchurch City Council and Environment Canterbury to the Christchurch Wastewater Treatment Plant odour episode in 2022. In November 2021, a fire at the Christchurch Wastewater Treatment Plant in Bromley caused significant damage to two trickling filters within the wastewater treatment plant. This meant that the wastewater treatment plant was not operating effectively, releasing a strong odour of hydrogen sulphide. The surrounding communities of Bromley, Wainoni, and South Brighton were affected by this odour. The odour impacted residents' day-to-day lives and caused some physical symptoms including nausea, tearing of the eyes, and headaches. The odour also affected mental health, people's abilities to dry their clothes outside, open windows for air circulation, and enjoy their garden or outdoor spaces.

The wellbeing of residents was a top priority for the response. Te Mana Ora staff provided public health advice during the initial fire event which caused dark, black smoke. It was over three weeks before the fire was completely extinguished. In mid-April 2022, Te Mana Ora was invited to join the Joint Working Committee with the Christchurch City Council, Environment Canterbury and operators regarding the odour from the wastewater treatment plant. In this collaborative response, health protection staff worked closely with Environment Canterbury to monitor the air quality around the wastewater treatment plant and provide regular updates regarding the changing levels of hydrogen sulphide and potential health impacts. Simultaneously, health promoters worked within the Community Wellbeing Response Group at the Christchurch City Council to mitigate the effects of the odour on the nearby community and provide clear communication and psychosocial support to affected residents. Through the Community Wellbeing Response Group, the Christchurch City Council provided regular updates to the community and offered some funding to the most affected households.

Clear information was also shared through local doctors and Pegasus Health made Partnership Community Workers available to affected residents concerned about the health impacts of the odour to provide access to free health and wellbeing support.

Fortunately, through a combination of work clearing the debris from the damaged trickling filters, starting up a new activated sludge system, and the warmer weather, the odour was well managed by mid-August 2022. Community members from the surrounding area noted that the overpowering odour had gone and the smell from the wastewater system had returned to pre-fire levels. Air quality monitoring has continued around the site.

The collaborative approach to responding to the Bromley odour episode meant that residents in the affected communities could receive robust and clear communication, as well as be reassured that it was highly unlikely that the smell, while extremely unpleasant, would cause any long-term health impacts. The collaborative approach also meant that residents were able to access support to manage symptoms and difficulties due to the odour. Finally, the ongoing air quality monitoring and communication also provided a clearer picture over time to residents of reducing levels of hydrogen sulphur, and further assurance that the odour was improving over time. While very challenging at times, the Bromley fire and its consequences highlight the importance of partnership to respond to complex issues, as well as the importance of clear, accessible, and responsive communication.

Focus areas:

Strengthening Communities

Waka Toa Ora

Waka Toa Ora is a public health led inter-sectoral network in the Waitaha Canterbury region. It is based on the WHO Healthy Cities model and was previously known as Healthy Christchurch. The member organisations signed up to the network's Charter, agreeing to work together to promote, protect and improve the health and wellbeing of people and whenua in Waitaha Canterbury. Waka Toa Ora recognises that all sectors and groups have a role in creating a healthy region.

Waka Toa Ora webinars have begun again after a short hiatus due to COVID-19. In 2022, Waka Toa Ora hosted a number of successful webinars via Zoom, such as on Pathways to Home Ownership, Minimising Gambling Harm, Work and its Role in Determining Health, Legionnaires' Disease, Hepatitis A, and Heatwaves. Providing these seminars have been greatly appreciated by the community; participants have commented that free or low-cost seminars are particularly beneficial for not-for-profit organisations, where training budgets can be low.

Additionally, sharing information via these webinars is seen as a helpful way to create awareness in the community about different issues, as well as share helpful resources, information and tools. Alongside lunchtime webinars, Waka Toa Ora has continued to send out a weekly email newsletter to all signatories. The newsletter shares information about upcoming events and opportunities, local services, and relevant local information.

During the year Waka Toa Ora also engaged in a consultation process with the Steering Group of Waka Toa Ora, to explore its future direction, function and purpose. The Waka Toa Ora Steering Group is made up of representatives from health, local and central government, and the third sector, and has previously been involved in hosting an annual hui and developing collaborative workplans to promote, protect and improve health and wellbeing in the Greater Christchurch region. Due to COVID-19, the Steering Group has not been active and therefore there was an opportunity to consider the purpose and function of the group going forward. The findings and recommendations from this consultation are still being worked through and discussed by the Steering Group, but as a starting point the group plans to host a 2023 annual hui to reconnect with all the Waka Toa Ora signatories again.

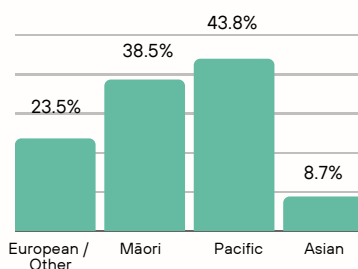


Fig 1. Hazardous drinking rates in Canterbury 2017-20

By ethnicity, in past year drinkers

Source: New Zealand Health Survey

Christchurch Alcohol Action Plan

Over 100,000 adults in Waitaha Canterbury are estimated to be hazardous drinkers, with high rates in Māori and Pacific adults who drink (see Figure 1). To help foster a collective view on alcohol-harm, Christchurch City Council, NZ Police and Health are partners under the Christchurch Alcohol Action Plan (CAAP).

2022 marked five years since the launch of the CAAP and the partners remain committed to reducing harm in the non-regulatory space. With the formal CAAP coordinator position finishing, the time seems right to evolve into a new stage. The annual CAAP Community Forum in October provided an opportunity for staff from the key organisations and the Waitaha Canterbury community to gather and discuss how to move towards the goal of a "safe, vibrant, healthy Christchurch free from alcohol-related harm". Speakers from police and community organisations highlighted issues and opportunities for action ahead, with attendees agreeing they would like more network meetings to share how their work is contributing to reducing alcohol-related harm.

Supporting healthier homes and environments

Health impact assessment of climate change in Waitaha Canterbury

The Te Mana Ora HiAP team are working with partners Environment Canterbury and the Christchurch City Council to undertake a health impact assessment of climate change in the Waitaha Canterbury region that can support our local partners in their decision-making and long-term planning.

The first stage of this health impact assessment has involved gathering a wide variety of local information and research on climate change hazards in Waitaha Canterbury and examining both local and international literature on the health impacts associated with climate change hazards. The initial scoping stage aims to summarise and collate all the existing but not well-connected information to produce a high-level report.

The initial report will include a summary of key climate change hazards in Waitaha Canterbury and the subsequent health and wellbeing impacts. The summary will also identify key population groups that are more likely to be affected by climate change, including geographic populations and demographic populations. The document will also outline recommended actions and responses that could reduce the health impacts of climate change and have other beneficial outcomes.

Ensuring safe and sustainable water supply and waterways

Water reforms

There has been a lot of change around water in Aotearoa with the Water Service Act 2021 and the creation of Taumata Arowai. Te Mana Ora, the Christchurch City Council and Environment Canterbury have been meeting more regularly this year to understand all the changes taking place and ensure that we continue to work together to support safe and sustainable water supply and waterways in Waitaha Canterbury.

The Christchurch City Council is in the process of establishing a Community Waterways Partnership Ōtautahi website. This will be a fantastic resource for the community when it is complete – with information on the partnership, the members, the waterways, the projects, the problems and solutions, and funding opportunities.



Improving connectivity and accessibility

Healthy Commute Programme

Collaboration is key to the Te Whatu Ora Waitaha Healthy Commute Programme, where Christchurch City Council carries out personalised journey planning with Metro bus incentives provided by Environment Canterbury. The aim of the Healthy Commute programme is to encourage staff to try new ways of commuting ways that promote the health of people and the planet such as walking, biking, scooting or taking the bus.

On the 22 September 2022, the Healthy Commute programme supported World Car-Free Day, a movement across the globe which encourages motorists to give up their cars for a day. In preparation for the day, staff from the Travel Demand Management team at the Christchurch City Council came to Ta Mana Ora to help kaimahi plan their transport shift, such as researching bus routes, getting a bus card or getting their bikes ready.

Over 50 kaimahi from Te Mana Ora took part and travelled 'car-lite' into work on the day. When asked how the car-lite commuters had travelled to work, 59 per cent had switched up their commute for the day to be more environmentally friendly, while 41 per cent indicated that they already travelled to work by a car-lite/ car-free mode most or every day (mostly bike, walking or bus). In the future, it would be great to extend the initiative across colleagues from Te Whatu Ora Waitaha and other organisations who can go car-lite for the day taking part!

529 Garage registration for bikes

The Christchurch City Council and Canterbury Police have partnered with 529 Garage to further encourage people to get on their bikes by discouraging bike thefts in the community. 529 Garage is a free and easy-to-use portal that enables bike owners to register their bike details, such as photos, descriptions and serial numbers, and helps Police return stolen bikes to their owners. As part of the registration, bike owners can also choose to get tamper-resistant sticker with a unique registration code to place on the frame of their bike, which provides a visual deterrent to possible thefts.

Christchurch City Council staff have promoted registration of bikes both at the central Christchurch hospital campus and at Te Mana Ora, with more than 75 free stickers given out in person, as well as over 300 requests for more to be posted out. Some people registered their bikes for their whole family and others registered their whole family of bikes.



Transport emissions reduction webinar

Under the Ministry for the Environment's emissions reduction plan, significant changes in transport behaviour are required to meet our most recent emissions targets and reduction plans. Transport accounts for 53.5% of total greenhouse gas emissions in Christchurch (see Figure 2 for transport emissions in Christchurch). The changes we make to how we travel will also play a part in influencing the health and wellbeing of individuals and communities. What this might mean for Waitaha Canterbury was explored in a Waka Toa Ora webinar with Clare Pattison, Principal Advisor, at Environment Canterbury.

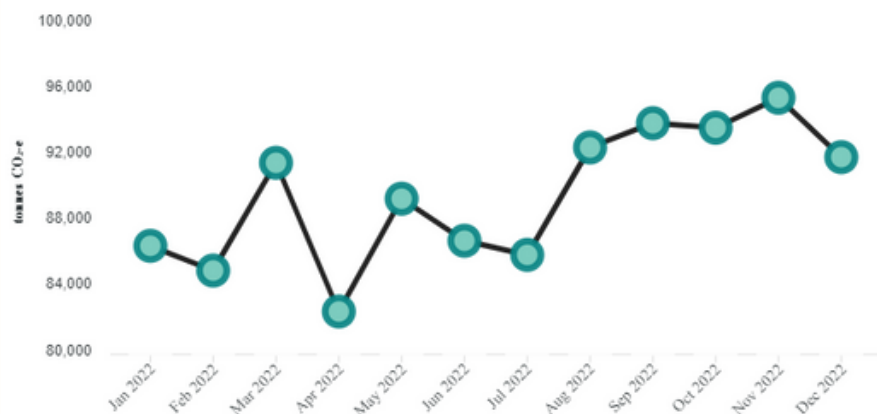
To reduce transport emissions, Clare suggested:

- Avoid car travel where possible – Consider how we and our communities could do everything else by another mode of transport (walking, cycling, scooting) within the next 8-15 years and keep car travel for essential services.
- Choose walking, cycling and public transport when you can, if you can. Every little change adds up to a big difference.
- The key concept is whakakotahitanga – making the shift together, towards travelling together.

[Watch the recording of the presentation](#)

Figure 2.
Transport emissions
in Christchurch by
month in 2022

Source: Christchurch
Emissions Tracker
<https://smartview.ccc.govt.nz/apps/emissions/?transport>



Wellbeing included in land transport monitoring

The Canterbury Regional Land Transport Plan (RLTP) 2021-2031 guides land transport planning and investment within the region. The plan includes the status of the region's transport network, priorities for investment and a 10-year programme. It also includes a monitoring framework, which measures transport system performance across priority areas.

In 2022, a new wellbeing measure for the monitoring framework was developed by Environment Canterbury in consultation with Te Mana Ora. The new wellbeing measure is based on the Māori health model Te Whare Tapa Whā and uses the four pillars of hauora (wellbeing) to consider and report on transport system impacts to health and wellbeing:

- Tinana (physical body) – Data on ambient nitrogen dioxide (NO₂) emissions
- Wairua (spiritual) – Still being developed
- Hinengaro (mental) – Active travel
- Whanau (connection to others) – Access to transport

Building capacity

Updated Integrated Planning Guide

The Integrated Planning Guide for a healthy, sustainable and resilient future Version 3.2 (IPG) is a versatile tool to help integrate outcomes thinking relevant to health, wellbeing and sustainability into policy and plan-making.

Through sets of questions grouped around the building blocks (or determinants) or health, the IPG can be used in multiple ways during planning, community projects and policy development to improve wellbeing outcomes for all members in our communities.

The latest version, released in November 2022, features an updated section on integrating Māori perspectives into this work, promoting that all sectors are responsible for achieving equitable health outcomes for Māori.

Broadly Speaking workshops back in 2022

Broadly Speaking is a free training course that brings together people from across local and regional government, the health sector, and a wide variety of other organisations, to unpack the complexities of wellbeing in our population. With COVID-19 restrictions lifting towards the end of 2022, in person Broadly Speaking workshops facilitated by Te Mana Ora were resumed. Three workshops were held in Christchurch and one on the West Coast for health staff along with local partner organisations including local Māori and Pacific providers. The evaluations showed highlighting the determinants of health is valuable to both public health and cross-sector work. Four workshops are planned for 2023.

[Download information on Broadly Speaking](#)

National HiAP workshop for health system

In July, the HiAP team at Te Mana Ora hosted an online workshop for over 50 colleagues working in HiAP-related public health roles across Aotearoa. Presentations included an orientation to HiAP, case studies from across the motu, and a reflection from Dr Kumanan Rasanathan representing the social determinants team at World Health Organisation.

As part of the workshop, participants were split into breakout groups to reflect and discuss existing strengths within public health in relation to HiAP, how this mahi relates to Te Tiriti o Waitangi and consider the new opportunities for HiAP in the transition to a National Public Health Service. Although COVID-19 has been disruptive to business as usual, the participants recognised that the pandemic also provided a good example of why HiAP approaches are important. The workshop also highlighted that there is lots of energy, enthusiasm and interest to use HiAP principles and develop HiAP approaches.

