



Lower Hutt

He oranga whānau



WE'RE LAYING THE FOUNDATIONS FOR A HEALTHIER FUTURE





# HEALTHY FAMILIES NZ AIM:

TAKE ACTION ON THE SYSTEMS THAT INFLUENCE  
WELLBEING SO OUR PEOPLE CAN ENJOY HEALTH  
PROMOTING SOCIAL AND PHYSICAL ENVIRONMENTS.



# WHY LOWER HUTT

LOWER HUTT HAS SOME OF THE WORST HEALTH STATISTICS AND RISK FACTORS IN NEW ZEALAND

CHILDREN IN MOST DEPRIVED COMMUNITIES ARE 2.1 TIMES MORE LIKELY TO BE OBESE AS CHILDREN IN LEAST DEPRIVED AREAS

YOUNG PEOPLE ARE ON TRACK TO HAVE A SHORTER LIFE EXPECTANCY THAN US.





SCHOOLS



ECE



WORKPLACES



SPORTS CLUBS



MARAE



PLACES OF WORSHIP



COUNCIL CHAMBERS



BEEHIVE



# KEY AREAS OF FOCUS

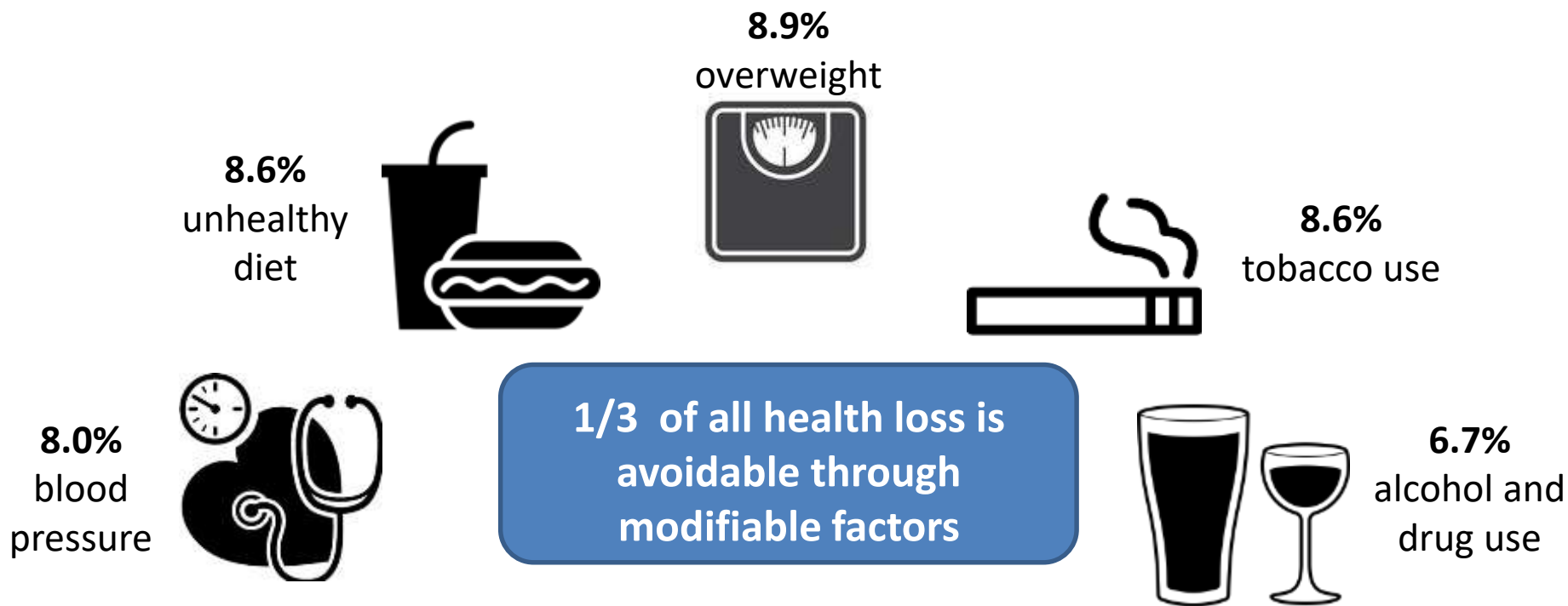
IMPROVED NUTRITION

INCREASED PHYSICAL ACTIVITY

MORE PEOPLE SMOKEFREE

REDUCED ALCOHOL RELATED HARM

IMPROVED MENTAL WELLBEING AND RESILIENCE



Some of our communities are at **greater risk** and **more impacted**

**Social and environmental determinants contribute to inequities in physical and mental health outcomes**



Housing

1 in 10

live in a crowded house, rates are highest for Pacific peoples



Material Hardship

15%

of 0-17 years lived in households experiencing material hardship



Transport

148,000

missed out on a GP visit due to transport





Thanks for not smoking







## PORTABLE WATER SOLUTIONS FOR SPORTS PARKS AND EVENTS



HIGH PROFILE FOUNTAINS NOW IN STOKES VALLEY, TAITA, NAENAE, FRASER PARK, PETONE, WAINUIOMATA





## Naenae Food Market

A healthy kai pop up market

Every Friday 4-7pm in Hillary Court until the end of November

Come along and check it out

- Fruit and veg
- Entertainment
- Food trucks

Find out more at [facebook/naenae-market](https://facebook/naenae-market)



## Hutt REAL FOOD CHALLENGE

Take action for local food

[www.huttrealfood.nz](http://www.huttrealfood.nz)







# PLAYER OF THE DAY



In total approx. **22,000** certificates have been rewarded to junior Players of the Day with an annual reach of 13,000

This equates to **22,000** free pool entries

"My daughter loved it! She received two so we went to the pools twice"



**\$75,000** investment from the participating Councils

and **16,000** less burger vouchers in the hands of our tamariki



"Much better than burger vouchers which defeats the purpose of being healthy and playing touch"



## The why

**1 in 3** NZ children **overweight or obese**  
45.7% Maori children 59.2% Pacific children

**KidsCam**  
Where do children spend time?

Food retail outlets

McDonald's > Sport & outdoor rec locations

**\$1million**

spent on dental treatment under general anaesthetics for 336 Hutt Valley children in 2016



Data from Ministry of Health, HVDHB, and University of Otago Wellington

**5 COUNCILS & 19 pools** across the Wellington region now accept the vouchers

Hundreds of junior sidelines across the Wellington region have opted to go **water-only** by encouraging their sporting juniors to make water their drink of choice





MAKING EVERY SPACE A PLAY SPACE – FOR ALL AGES AND STAGES





IF YOU PLAN CITIES FOR CARS AND  
TRAFFIC, YOU GET CARS AND TRAFFIC.



IF YOU PLAN CITIES FOR PEOPLE AND  
PLACES, YOU GET PEOPLE AND PLACES.

***We're  
in!***

***Turning  
the Tide***

***#turningthetidehutt***









Schools and ECE Services 14



Places of Worship 1



Sports Clubs and Codes 7



Cafe, Restaurant, Bar 4



Marae



Health Organisations 4



Community Organisation 6



Workplaces 18



Retailer 1



Events 9

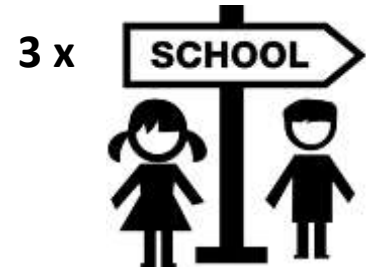




Medical centre



Library



College



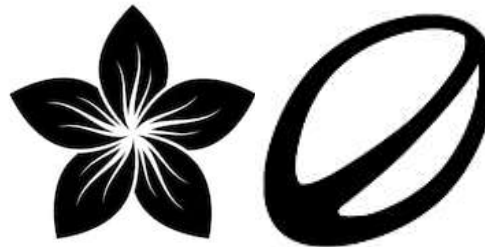
## Naenae Community



Food market



Cricket club



Tokelau HV Sports  
and Cultural Club



Clubhouse for  
Rangatahi

