8th Activity and Nutrition Aotearoa Conference 2019

Programme as at 4th April 2019- subject to change

**Day 1: Tuesday 21st May 2019**

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| 8.15am | Registration Desk Opens  Start your networking now over a morning cup of tea or take a walk around the lake | Horizon Lounge |
| 9.00am | Mihi Whakatau | Cole Theatre |
| 9.15am | Welcome from Mary Lambie MC | Cole Theatre |
| 9.20am | **Welcome from Activity and Nutrition Aotearoa**  Shayne Nahu  ANA Executive Board Chair | Cole Theatre |
| 9.30am | **Opening Speaker**  Hon Jenny Salesa  Minister for Building and Construction, and Ethnic Communities; Associate Minister of Education, Health, and Housing and Urban Development | Cole Theatre |
| 9:45am | **Let’s talk Social Media!**  Niki Bezzant  Editor-at-large, Healthy Food Guide | Cole Theatre |
| 9:50am | Energizer | **Cole Theatre** |
| 10.00am | **Mastering Collaboration**  Andrea Thompson  Director, Catapult | Cole Theatre |
| 11.00am | Networking Morning Tea | Banquet room 1 |
| 11:30am | **Growing Up in New Zealand: Transforming ordinary lives into extraordinary stories**  Professor Susan Morton  Research Director, Growing Up in New Zealand, University of Auckland | Cole Theatre |
| 12.10 | **Whakawhanaungatanga – Building sustainable relationships in education settings in the Waikato region**  Wikiwira Pokiha and Jo Cottrell | Cole Theatre |
| 12.25 | 5+ A Day | Cole Theatre |
| 12:30 pm | **Ministry of Health Update**  Dr Mary-Ann Carter  Manager, Wellness Nutrition and Physical Activity Public Health, Ministry of Health | Cole Theatre |
| 1.00pm | Networking Lunch  You are invited to extend your networking and engage in further discussion by attending a special interest group, talk to our sponsors or revitalise by taking a walk around the lake | Banquet room 1 |
| 2.00pm | **‘I just need two road cones’: The state of play in the Hutt Valley**  Mark Curr  Sport and Recreation Programmes Manager, Hutt City Council | Cole Theatre |
| 2.30pm | **Collaborating to Make a Shift in the Wellbeing of Young Women**  Chloe Bryan  Operations Manager, The Shift Foundation | Cole Theatre |
| 3.00pm | **Community Led Collaboration: How a disused soccer field inspired a community network**  Carolyn Watts and Julia Milne  The Common Unity Project Aotearoa | Cole Theatre |
| 3:30pm | **Taking the gold from each speaker and wrapping it together**  Mary Lambie MC | Cole Theatre |
| 3:45pm | Networking Afternoon Tea  Take this opportunity to be active around the lake | Banquet room 1 |

**Day 2: Wednesday 22nd May 2019**

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| 7.00am | Registration desk opens | | | | Horizon Lounge |
| 7.15am | 5+ A Day Breakfast: Breakfast served from 7.15 am | | | | Exhibition room |
| 7.30am | 5+ A Day Breakfast  **Translating science: How to communicate nutrition messages effectively**  Angela Berrill  Owner and Director of ABC Nutrition | | | | Exhibition room |
| 8.15 am | Make your way to the Cole Theatre | | | |  |
| 8.30am | Welcome to Day 2  Brian Sagala MC | | | | Cole Theatre |
| 8.40am | **How are we doing on social media?**  Niki Bezzant  Editor-at-large, Healthy Food Guide | | | | Cole Theatre |
| 8.45am | **Mātauranga as a Motivator of Lifestyle Change: Finally, the ‘weight’ is over**  Dr Isaac Warbrick  Senior Research Fellow, Auckland University of Technology | | | | Cole Theatre |
| 9.30am | **Sports nutrition and physical activity perfect partners?**  Jeni Pearce  Technical Lead Performance Nutrition, High Performance Sport New Zealand | | | | Cole Theatre |
| 10.00am | Networking Morning Tea | | | | Banquet Room 1 |
|  | **Concurrent presentations** | | | | |
|  | Chair: Jessica Jones | Co-Chairs: Jane Cartwright/ Nicola Potts | Chair: Shayne Nahu | | |
|  | **Exhibition room** | **Banquet room 2** | **Conference room 2** | | |
| 10.30am | Easy Meals with Vegetables  *Dave Monro* | What are the Perceptions of Midwives Providing Care to Women Who Have an Increased BMI in Pregnancy within New Zealand  *Jade Wratten* | Hauora Initiative Across BestStart Early Childcare Centres  *Clair Edgeler & Frances Arenhold* | | |
| 10.45am | Strategies to Promote Healthier Supermarket Purchases that are Good for Health and good for Business: A co-design study  *Leanne Young* | Are we Working Together Towards Achieving the Raising Health Kids Target? A report from a study asking Nurses about their perceptions of the Before School Check  *Dr Chris Moir* | How a Unique Community Mental Health Project Collaborates With Community Resources to Improve Health and Wellbeing of Whaiora, Local School Children and Local Community  *Arno Grueber* | | |
| 11.00am | Everyone has a Healthier Choice  *Lauren Richardson & Stella O’Connor* | Collaborating for the Future of Babies  *Nelson Wahanui* | Wai Auckland: Why Collaboration can make water the new normal  *Amanda Brien* | | |
| 11.15am | Fresh Food, Fresh Made, Fresh Minds  *Kai-Hong Tan* | Life Skills for the Future: Collaborating with teachers to equip kids with practical cooking skills  *Jeanette Rapson* | Active and Well in Nature with Green Prescription: Rangitoto Island  *Michael McCormack & Brooke Mitchell* | | |
| 11.30am | How Community-led Collaboration can Empower Mindset and Behaviour Change for Pacific  *Mafi Funaki-Tahifote & Yvonne Timaloa* | Using Systems Thinking to Collaborate and Catalyse Community Action for Children’s Nutrition  *Sarah Gerritsen & Michele Eickstaedt* | The Kai Ora Fund: A collaborative effort to improve the local food supply in Northland  *Daniela Johnson* | | |
| 11.45am | He Pataka Marohi: A cross-sectoral approach to addressing reliable access to vegetables and fruit  *Venessa Pokaia* | Breast feeding Stories Shared by Maori  *Jane Cartwright & Carmen Timu-Parata* | Understanding Facilitators and Barriers to Engagement to Whanau Pakari: A family-based, multi-disciplinary programme for children and adolescents  *Cervantée Wild* | | |
| 12.00pm | A Co-designed mhealth  Programme to Reduce Risk Factors for Heart Disease, Obesity and Diabetes in Mori and Pasifika Communities in New Zealand: Results from the OL@-OR@ cluster randomised controlled trial  *Cliona Ni Mhurchu* | Reducing the Sugar Intakes of Children in Aotearoa: Development of sugar reduction targets for packaged foods and beverages  *Helen Eyles* | **Lightning Presentations**  The Big Blood Pressure Check  *Tai Faalogo* | | |
| Diabetes 8-week Lifestyle Programme  *Abby Wilson* | | |
| 12.15pm | Networking Lunch | | | Banquet room 1 | |
| 1.00pm | **Concurrent presentations** | | | | |
|  | Chair: Sande Mareroa Gates | Chair:  Helen Eyles | | | |
|  | Exhibition room | Banquet room 2 | | | |
| 1.00pm | Multi-disciplinary Interventions for Children and Adolescents with Obesity: The Whanau Pakari experience  *Yvonne Anderson* | **Workshop 60mins**  Exposing Junk Food ads: How to complain about advertising targeting children  *Angela Culpin, Sally Mackay & Janell Dymus* | | | |
| 1.15pm | Drinking water fountains in New Plymouth District – using the voice of children to guide decision making  *Jill Nichols* |
| 1.30pm | Diabetes Projects Trust: Lifestyles programme taking a collaborative community-based approach  *Diana Anderson, Bani Ichhpuniani, Catherine Pask & Patricia Harry* |
| 1.45 pm | Energizer |
| 1.50pm | **Lightning Presentation**  Using Tai Chi and Traditional Dances to Enhance Wellbeing of Chinese Seniors in South and East Auckland  *Zhengxiux Xie* |
| 2.00pm | **Working Together to Create Healthier Towns and Cities**  Claire Pascoe  Lead Advisor Urban Mobility, New Zealand Transport Agency | | | Cole Theatre | |
| 2.50pm | **Collaboration: It’s Everybody’s Business**  Brian Sagala MC | | | Cole Theatre | |
| 3.00pm | Conference close | | | Cole Theatre | |