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 SalesaMinister 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 BezzantEditor-at-large, Healthy Food Guide  | Cole Theatre |
| 9:50am | Energizer | **Cole Theatre** |
| 10.00am | **Mastering Collaboration**Andrea ThompsonDirector, 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 CarterManager, 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 CurrSport and Recreation Programmes Manager, Hutt City Council  | Cole Theatre |
| 2.30pm | **Collaborating to Make a Shift in the Wellbeing of Young Women**Chloe BryanOperations Manager, The Shift Foundation  | Cole Theatre |
| 3.00pm  | **Community Led Collaboration: How a disused soccer field inspired a community network**Carolyn Watts and Julia MilneThe 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 BezzantEditor-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 PearceTechnical 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 mhealthProgramme to Reduce Risk Factors for Heart Disease, Obesity and Diabetes in M$ā$ori 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 PascoeLead 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 |