

Diabetes Projects Trust

Diabetes Foundation Aotearoa



Lifestyles Programme Taking a Collaborative Community-Based Approach



Healthy Workplaces
Healthy Eating on a Budget
GetWize2Health

Introducing The Lifestyle Team



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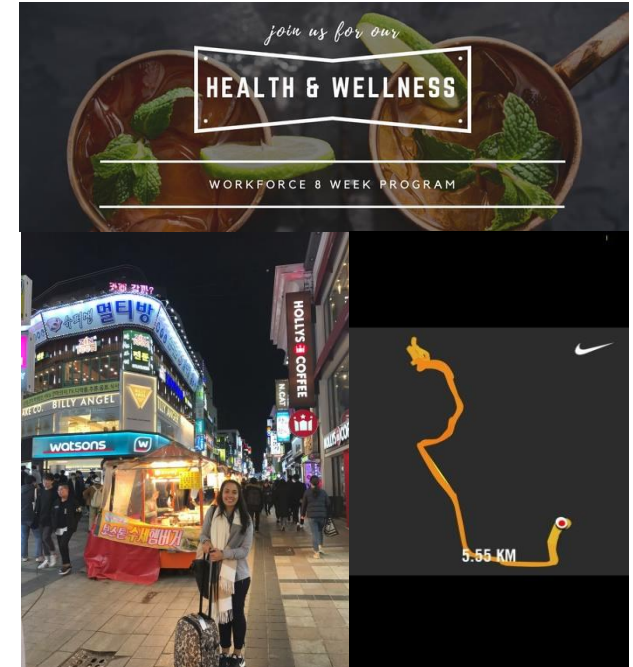
Trish Harry

Healthy Workplaces

The Healthy Workplace project helps workplaces to become a health supporting environment.

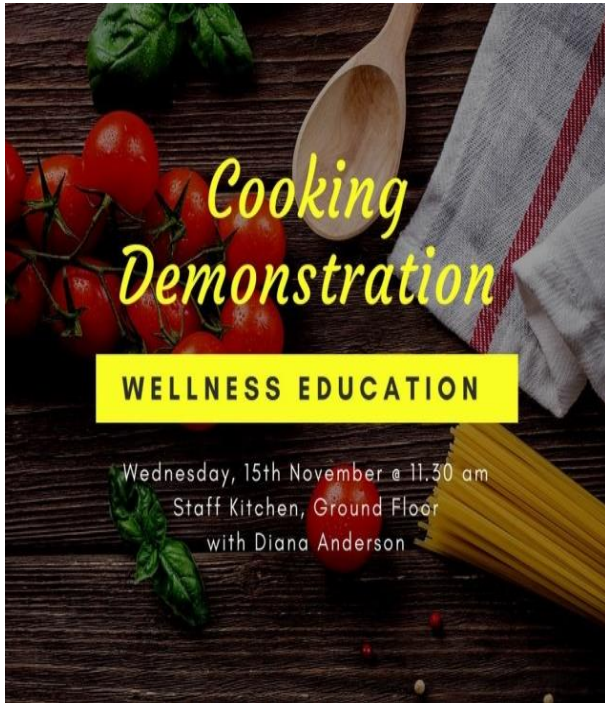


Health challenges



- Team support
- Facebook
- Weekly e-mail support

Lets get cooking!



- Cooking demonstrations
- Team cook-offs
- Recipe competitions

At Work



A Pacific Diabetes Prevention
Education Programme

Mental Health & Diabetes

Staff training Mental Health organisations:

- Weight gain & hunger
- Medication side effects
- Restricted food choice
- Eating disorders
- Reliance on stimulants
- Mindfulness



Cook 'n Kiwi

The project helps those who work with communities and individuals who are at risk of lifestyle related health problems by providing evidence-based and practical advice.

Comprises of:

- Two, 2 hour or One 4 hour workshop
- Interactive, encouraging hands on activity
- Topics tailored to suit the group
- Train the Trainer also available



Cook'n Kiwi Programme
Diabetes Projects Trust

Presentations and workshops:

- Healthy Food Choice
- Nutrition for a healthy Pregnancy
- Nutrition for children
- Meal planning & Budgeting
- Label reading
- Diabetes
- Healthy heart
- Nutrition Myth busters
- Mood and food
- Mindfulness & Mindful eating
- Weight loss

Request a topic and we can make it work!
Flexible presentation times.

Four hour presentation qualifies for the certificate. This does not include the cooking component.

Cooking demonstrations/ tastings/ team cooking of easy, fast and healthy recipes

Supermarket Tour:
Labelling, Budgeting

Onsite support groups
e.g. weight loss, lunchtime walking groups, other exercise groups.

Suggestions on improving weekly menus and Fun activities
e.g. tasting charades, Recipe competitions, promotion of taking the stairs, 1 week mindfulness, 10,000 steps a day

Health expos or health day support

Resource Kit Handout Pack

 kaiti@dipt.org.nz
09 273 9650/ 021 122 6075

- Programme run by a NZRD Registered Dietitian
- Free programme - Ministry of Health-funded
- Supporting components offered with presentation

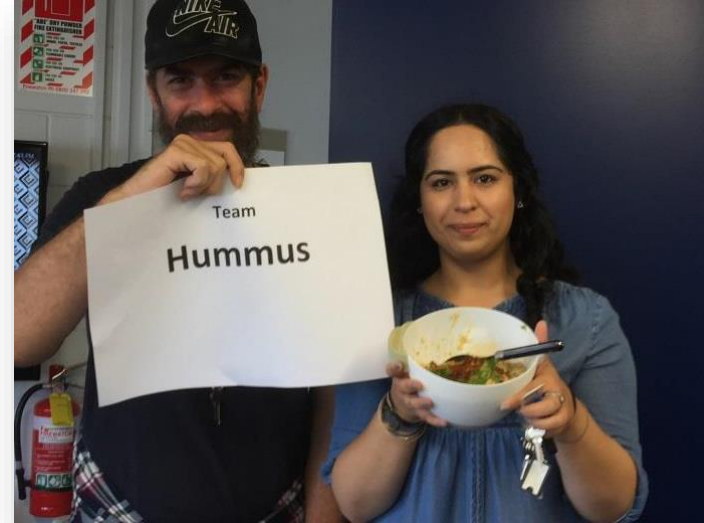
Otara community working together

National Diabetes Awareness Day



Mental Health Groups

Cooking skills, mindful eating, healthier food choices



Māori Training Establishments

Healthy eating for children, budgeting, label reading, meal planning, exercise demo



G4H and Hindu Mandir

Garden to table, making cultural foods healthier, seasonal foods, budgeting



Healthy Families Waitakere & Love Food Hate Waste

Using leftovers/rescue foods



Other Collaborations

- Refugee centers
- Safe homes
- Sikh temples
- Auckland Council
- Chinese Elders



Healthy Schools Project

Workshop with teachers



DPT Healthy Schools

We provide free support to secondary schools Auckland-wide, with the GetWize2Health (GW2H), health, nutrition and physical activity curriculum-based programme.

What we offer:
Each secondary school will be offered the GW2H programme tailored to its needs, comprising:

- ✓ Facilitator support/advice
- ✓ Staff training
- ✓ GW2H manual with teaching plans, photocopy resources, challenges, icebreakers, evaluation tools
- ✓ CD with PowerPoint presentations and handouts for printing
- ✓ DVD 'Stay in Touch' and 'Shop for your life' with curriculum-based studyguide
- ✓ Fat and sugar display
- ✓ Posters, leaflets, games and resources
- ✓ Complementary tuckshop support

* Fully funded by MOH *



Contact
School co-ordinator
Phone: (09) 2739650
E-mail: schools@dpt.org.nz
Website: www.dpt.org.nz





Teachers and Students

Collaboration with teachers and students in Schools around the Auckland region.



Health Providers in Schools

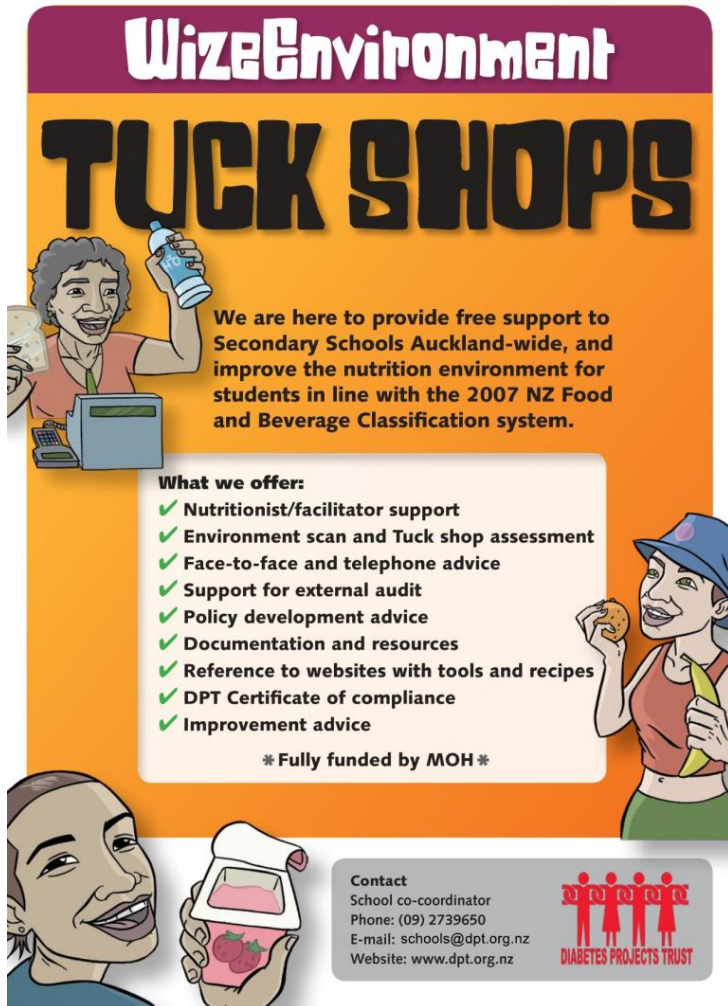
Collaboration with other Health Providers in Schools around the Auckland region.



- Combine resources and work together
- E.g. Student leadership day

Tuckshops and Providers

Collaboration with School tuckshops and Tuckshop providers.



WizeEnvironment

TUCK SHOPS

We are here to provide free support to Secondary Schools Auckland-wide, and improve the nutrition environment for students in line with the 2007 NZ Food and Beverage Classification system.

What we offer:

- ✓ Nutritionist/facilitator support
- ✓ Environment scan and Tuck shop assessment
- ✓ Face-to-face and telephone advice
- ✓ Support for external audit
- ✓ Policy development advice
- ✓ Documentation and resources
- ✓ Reference to websites with tools and recipes
- ✓ DPT Certificate of compliance
- ✓ Improvement advice

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DIABETES PROJECTS TRUST



Lifestyle Programme – Cross Pollination

- Programme delivery, cooking demonstrations & presentations
- Health Expos, exercise activities, group challenges
- Health Screening
- Growing and cooking fresh vegetables
- Research

Strong working relationships

Key insights:



- Willingness to communicate and share information, experience and contacts;
- Track activity across organisations to decrease overlap and identify gaps;
- Reporting outcomes visually in a needs appropriate way.

Project key messages

- Nutrition messages were well received when linked to physical activity & visual resources;
- Confidence about nutrition messages increased with support & skill development specific to cultural and individual needs;
- Clients respond better to social and practical aspects of group facilitated education.

Conclusion

The Lifestyles programme has adapted over the years to meet the needs of the community and to fill a gap seen in collaborative community-based approaches.



**Naku te rourou nau te rourou
ka ora ai te iwi**

With your basket and my basket the people
will live

This useful and commonly said proverb refers to the
co-operation and combination of resources to get ahead.

Questions?

