

ANA Conference Report

21-22 May 2019



COLLABORATION:
Everyone's Business
TE MAHITAHĪ:
Hei Painga Mo Te Katoa



**Activity &
Nutrition
Aotearoa**
Kia Hono, Kia Tipu
Connecting people and knowledge



Summary

Over the past 25 years, ANA has strived to role model its values of inclusiveness, integrity, excellence, teamwork and collaboration. This was reflected in the theme for the 8th Activity and Nutrition Conference: **'Collaboration: Everyone's Business - Te Mahitahi: Hei Painga Mo Te Katoa'**

Venue: Waipuna Conference Centre, Auckland, New Zealand

Speakers: 55

Presentations: 52

Master of Ceremony: **Day One**

Mary Lambie

Owner - Socius Media

Day Two

Brian Sagala

Radio Announcer - Pacific Media Network

Keynote Speakers

Shayne Nahu
Hon. Jenny Salesa

Executive Board Chair - Activity & Nutrition Aotearoa
Minister for Building and Construction
Minister for Ethnic Communities

Associate Minister of Education, Health and Housing
Associate Minister of Urban Development

Niki Bezzant
Andrea Thompson
Susan Morton
Wikiwira Pokiha
Jo Cottrell

Editor-at-large - Healthy Food Guide Magazine

Director - Catapult

Research Director, Growing up in New Zealand - University of Auckland

Health Promoter - Waikato DHB

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Mary-Ann Carter
Mark Curr

Manager, Wellness Nutrition & Activity Public Health - Ministry of Health

Programmes Manager, Sport & Recreation - Hutt City Council

Chloe Bryan
Carolyn Watts

Operations Manager - The Shift Foundation

Board Member - The Common Unity Project

Julia Milne

Founder & Development Director - The Common Unity Project

Angela Berrill

Owner & Director - ABC Nutrition

Dr. Isaac Warbrick

Senior Research Fellow - University of Auckland

Jeni Pearce

Technical Lead Performance Nutrition - High Performance Sport NZ

Claire Pascoe

Lead Advisor, Urban Motility - New Zealand Transport Agency

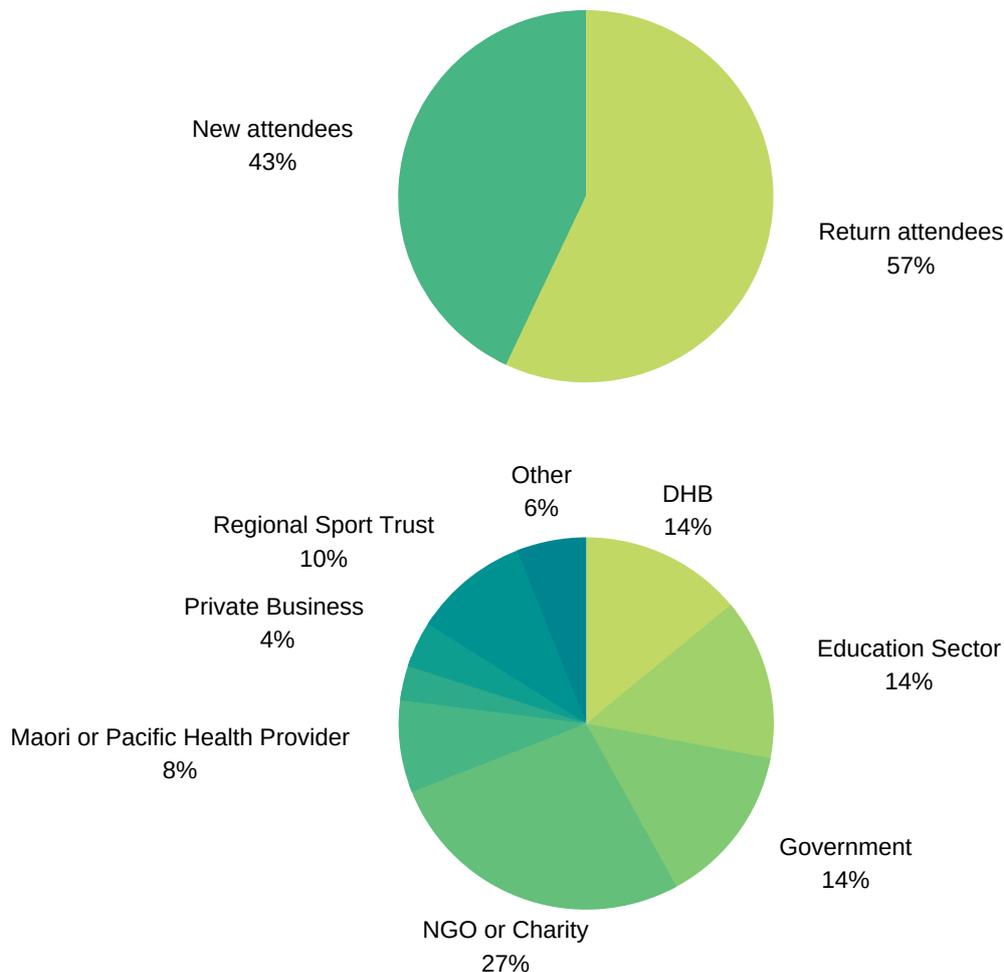
Platinum Sponsor 5+a day

Silver Sponsors New Zealand Heart Foundation
Potatoes New Zealand

Bronze Sponsors Beef & Lamb New Zealand
Health Promotion Agency
Vegetables.co.nz
Garden to Table

Attendees

167 delegates attended the 8th ANA Conference, representing 17 of the nation's 20 District Health Boards. Majority of the attendees were from the North Island (91%), many of which worked in or North of the Lakes DHB. 57% of delegates had previously attended an ANA conference, while 43% registered as a new delegate. A large number of delegates were affiliated with an NGO or charity (27%), while strong representation was also seen from Government (14%), District Health Boards (14%) and the Education sector (14%).



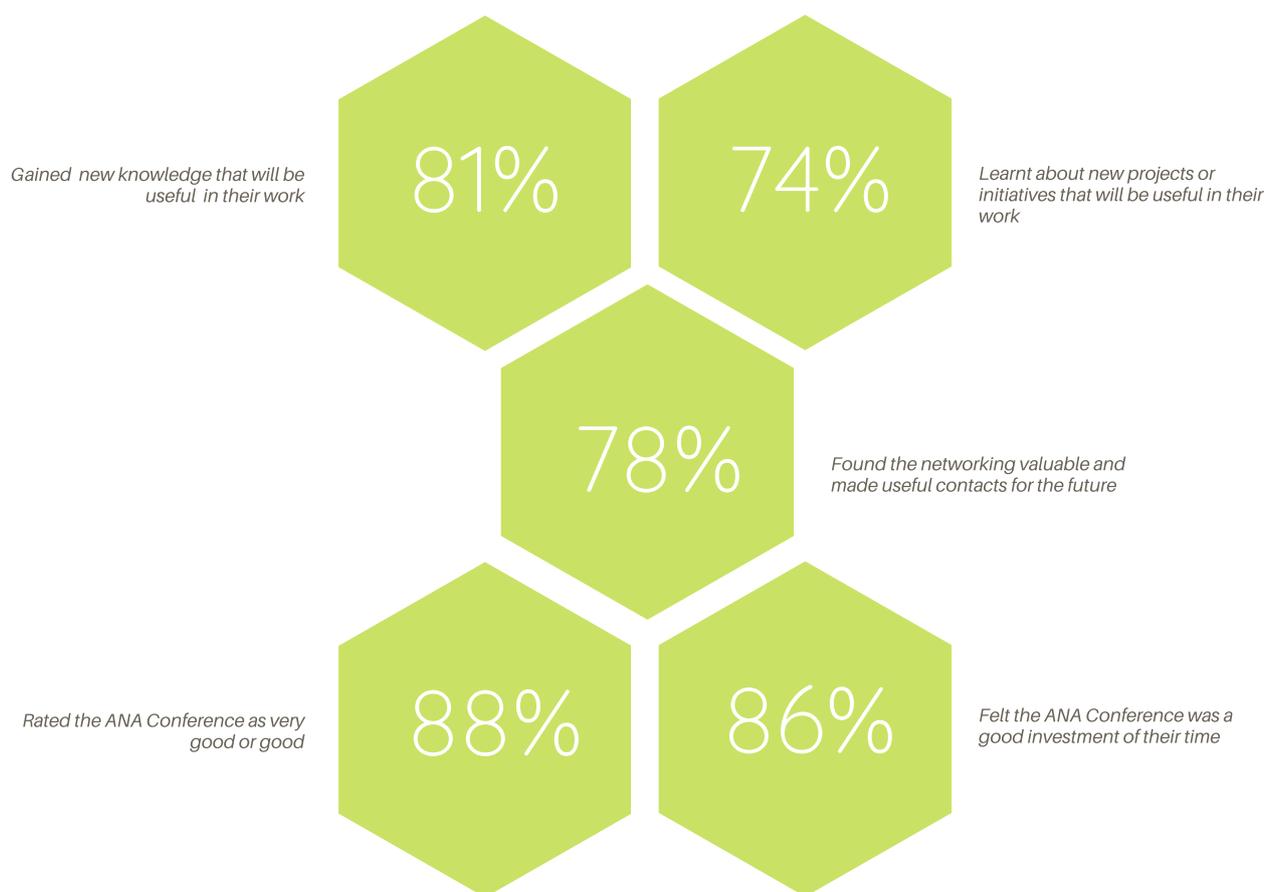
"(The conference) was done very well and I could see you had put effort into encouraging networking like the activity in the handbook and the friendly interactive days. The smaller rooms also encouraged engagement. As a new person I felt very welcomed"

"This is one of the most valuable networking conferences for me because of the diversity of attendees"

"My first time at a Public Health Forum and I found it great"

Evaluation Summary

A Survey Monkey survey was sent to all attendees following the ANA Conference. 106 of the 167 attendees completed the survey, resulting in a response rate of just over 63%. A one-year subscription to the Healthy Food Guide magazine was provided as an incentive and was drawn at random following closure of the survey.



"Very beneficial and I feel re-charged coming away from the conference"

"It exceeded my expectations"

"Organised very well, lots of important programs, all passionate"

How do you anticipate your attendance at the conference will make you better at your job?

"Always useful hearing the development of programmes, challenges, barriers, learnings and successes. Importantly for the sector, what linkages can be made, and what can be built on"

"Utilise the continuum of Collaboration and also identify the key skills that I need to improve on and start utilising those in my mahi"

"Having up-to-date resources for nutrition and health risks. Listening to the awesome guest speakers and now being even more motivated to inspire my clients to be healthier"

"Reminder of the need to keep connecting with others and to find ways for the sector to work more collaboratively"

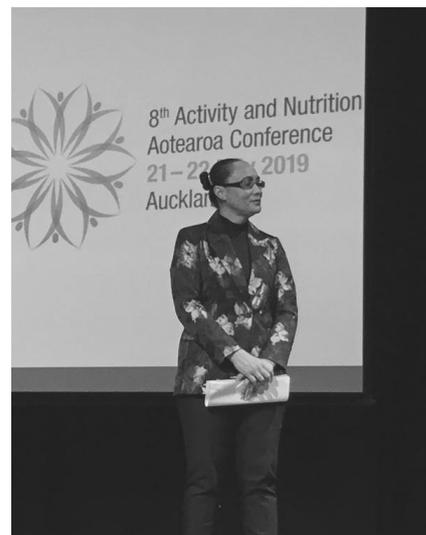
"Better awareness of nation-wide initiatives, goals, and programs. Learned from other Green Prescription programs and ways I can improve my own work"

"I came away feeling highly motivated. I've made new connections, discovered new projects and reflected on how we can do things better and new ideas/concepts to include in our mahi at Pegasus Health"

"Hearing speakers share up to date research and initiatives that are currently working well. E.g. moving away from measurable forms of health (weight, BMI etc) and having a more holistic approach of well being"

"It reinvigorates your passion for an area of work which sometimes makes you question whether you are making a difference. Provides updates on things like resources and programmes from the Ministry of Health"

"Creating and making links with others throughout Aotearoa New Zealand - connections, passion and creativity, experience and support to energize (our) own work and our commitment to the communities we serve"



What did ANA do well in organising the conference?

82 responses were recorded for this question which have subsequently been subdivided into 8 sections based on recurrent themes.



Areas of Commendation

Notable areas of learning included:

- Insights into social media and marketing management
- Inclusion of e-bikes and opportunities for physical activity throughout conference
- Appropriate choice of sponsorship, trade displays, conference bags and prizes
- Showcasing a plant-based menu
- Inclusion of a workshop on the application of advertising standards and how to initiate complaints
- The diversity of speakers and the inclusion of both big picture and grassroots initiatives, including an update from the Ministry of Health
- The opportunity to put names to faces in the PH nutrition and physical activity sector
- Tips on forming connections and how to improve collaboration within the PH sector
- Diversity of keynote speakers
- Emphasis on activities to encourage networking

"I believe a gold standard was set - showed how/ways to provide good healthy food, fruit available, venue that promoted exercise (walking/e-cycles) and offered easy access to outdoors, programme allowed for connection as well as recognising that too long a day can be counter-productive".



Room for Improvement

- 5 minute breaks between concurrent sessions to allow for transition between different rooms.
- Greater emphasise on Māori and Pacific initiatives and engagement strategies
- Greater inclusion of delegates from the South Island
- Longer concurrent sessions
- More opportunities for Q&A, discussions and debates
- More speakers from the education sector (teachers, principles)
- Greater balance between nutrition and physical activity content
- More signage for rooms if spreading out concurrent sessions
- Greater focus on new, innovative initiatives
- More reflection from speakers on the future of the industry
- Longer interval periods for more networking

Future learning

- Research - the provision of workshops or resources on how to improve research within organisations that are not research-focused
- Engagement with a Māori worldview and new perspectives for practice
- Up-skilling within the sector (e.g. improving cultural competency)
- Children/whanau based interventions
- More direction regarding social media and digital technology - tools for practice
- More information regarding the built environment
- Current state of evidence on influential topics e.g. sugar tax
- Positive parenting
- Breastfeeding and the first 1000 days
- Community case studies - planning, intervention, what went well/not so well, learnings
- Encouragement of discussion and debates regarding topical issues

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