



# SOUTHLAND HEHA Programme



10 October 2008, Issue 9

## Kia ora tātou

This is the ninth newsletter from the Southland HEHA Team. We wish to bring you helpful hints, current events and generally just keep in touch. You will receive this every 6-8 weeks.

This issue features:

- 'Healthy Me & You' Update
- Help us evaluate this newsletter
- Healthier Home Environments
- October: Push Play Month
- Southland HEHA Programme at the Pacific Health & Wellness Expo



## Last Chance to Refer Families!

This term is the last round of 'Healthy Me & You' courses. There will be courses run in:

- Invercargill
- Otautau

We are still looking for referrals in the following areas in order to run a full course:

- **Invercargill (a second course planned)**
- **Queenstown**
- **Bluff**

Please contact us ASAP to refer a family from Invercargill, Bluff or Queenstown into 'Healthy Me & You'.



ABOVE: Mum & daughter in Invercargill enjoy Splash Palace. (Session 6 of 'Healthy Me & You' - Pool Party)



ABOVE: Families in Riverton at the Hilltop Lookout at Mores Reserve. (Session 5 of 'Healthy Me & You')

### Healthy Me & You:

- A six week course for caregivers and their young children
- Healthy eating and fun physical activity for families
- One morning per week (2 hour session)
- Transport provided if needed.
- **Call us on 03 2112150 to refer a family or for more information**

## Healthier Homes in NZ



The latest Agencies for Nutrition Action (ANA) Scientific Committee Report is titled:

*'Does the family environment contribute to food habits or behaviours and physical activity in children?'*

The report found that home environments and role modelling by parents strongly influenced children's eating and activity behaviours.

Recommendations were made to help parents provide their children with the healthiest possible start in life, including:

- Turn off the TV during mealtimes
- Maintain a positive emotional atmosphere during family meals
- Parents role model by eating a healthy diet and doing 30 minutes of physical activity per day themselves

Sounds a lot like what we promote during 'Healthy Me & You!'

For an overview of this report, see the September issue of the HEHA Action Report, available at <http://www.moh.govt.nz/healthyeatinghealthyaction>

For a full copy of the report visit [www.ana.org.nz](http://www.ana.org.nz). The report authors are Dr Rachel Brown, Associate Professor Robert Scragg, and Robert Quigley. Report launched 2 July 2008.

## CHANCE TO WIN A PRIZE

Does this newsletter inform you? Is it interesting and useful, or is it useless and boring?!

We are evaluating this newsletter via a very quick online survey of your opinions and feedback.

Go to [www.southlandheha.co.nz](http://www.southlandheha.co.nz) and click on the link at the right side of the page, on the scrolling sidebar. The link says:

"What do you think of our newsletter?"

[CLICK HERE](#) to complete the 2 minute survey online"

Each person who completes the short 2 minute survey goes into the draw to **win a basket of goodies!**



You must complete the survey before 20th November to be in the prizewinners. Winner will be notified by email or phonecall and be announced in the next newsletter. The prize basket might not be the same as the picture above!

## [www.southlandheha.co.nz](http://www.southlandheha.co.nz)



- Course Dates
- Online Training
- Newsletter archive
- Photos
- Useful Links
- Advocacy

### Recruiting Pacific Families into Healthy Me & You



The 'Healthy Me & You' stall at the Pacific Health & Wellness Expo, 11-10-08

## Opportunities to Get Active in Southland

2008 Ascot Park Hotel  
Sunday 9th November

Southland Marathon  
Half Marathon  
10km & 5km Run/Walk

*'The oldest marathon in the southern hemisphere'*

Enter online at  
[www.southlandmarathon.co.nz](http://www.southlandmarathon.co.nz)



October - Push Play Month: "Feel Greatness"

The 2008/09 Push Play campaign celebrates sport and recreation. You don't need to be winning medals, anyone can feel the buzz of success when they Push Play. For inspirational stories, links and ideas go to the newly redeveloped Push Play website: <http://pushplay.sparc.org.nz/>.

Especially for Southland: see the enclosed Push Play Event Calendar for activities available in Southland. You can download this calendar from [www.sportsouthland.co.nz](http://www.sportsouthland.co.nz).

