



# Porirua Healthlinks Trust

"Ka piki te oranga mo nga iwi katoa kei Porirua"  
To achieve better health and wellbeing for all people of Porirua

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Liz Kelly

## From the Managers Desk

Monday 31 May was International Quit Smoking day. Pacific Health hosted an expo at Whitireia with the Heart Foundation and CCDHB. As a guest speaker I raised the issue highlighted in last weeks Community Voices about banning smoking in public outdoor places and providing a room similar to public toilets for smokers. The response ranged

from vague looks to support, interestingly there was no opposition. We have a poll running on our website [www.poriruahealthlinks.org.nz](http://www.poriruahealthlinks.org.nz). Have your say and vote.

This week we have followed up with some key findings around second hand smoking. Alison Pask has some gentle reminders about good eating and news in brief looks at after ball parties.

Keep your lunch time free on the 18th June Healthlinks will be hosting a public forum 12.30pm – 2pm with guests speaking on the Kenepuru A&M and after hours service and also the life of the PHO'S and current changes. What it will mean to you.

## HEALTHLINE

For free 24 hour health advice phone 0800 611 116

### What is Healthline?

Healthline is a free telephone health information service for all the family. The service is staffed by registered nurses who will assess your health needs, and give information and advice to help you decide on the best level of care.



## Our Community Dietician says...

### Are you eating enough Fruit and vegetables?

Two out of three adults eat the recommended 3 servings of vegetables each day, that means one third of us don't eat enough fruit and vegetables. Healthy eating is important for all aspects of our health and most importantly for giving us the required vitamins and minerals and energy to complete tasks in our busy lives.

Health professionals recommend we aim to eat 5+ A day. This is made up of 3 servings of vegetables and 2 servings of fruit. People with diabetes or heart disease are advised to eat more making 8 servings a day the goal. Using seasonal vegetables helps to ensure the best nutrition is available at the lowest cost. Half your plate for your main meal should be piled high with green and coloured vegetables. Items like cauliflower, broccoli, cabbage and leeks are all in season at present and provide excellent nutrition. Frozen vegetables eg frozen peas or mixed vegetables are also great choices. Aim for 3 handfuls of vegetables every day.

Eating two pieces of fruit each day is good for us. Feijoas, apples, tamarillo, oranges and kiwifruit all count. Two Kiwifruit each day can be a good natural cure for constipation. Canned fruit in its own juice or unsweetened is also a good choice and can be added to weetbix for breakfast, taken to school or work for lunch or eaten with a low fat yoghurt for dessert. Fruit and vegetables provide high amounts of vitamin C, this helps to fight colds and winter illness and it is a cheaper way to get vitamin C rather than buying a vitamin supplement.

Fruit and vegetables also provide many other benefits including fibre which helps to keep bowels regular. They are also low in calories (kilojoules) so are a good choice to help you to lose weight if you are overweight. Fruit and vegetables also help to lower cholesterol levels and help to keep diabetes well controlled. The antioxidants found in the bright colours of the flesh and skin provides protective benefits preventing some cancers.



**Alison Pask,**  
local dietitian  
for the Porirua region

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## Family Violence



The Porirua Community Family Violence Prevention Network would like to invite you to join us for a Community Launch of the book "It's Time We Started Telling These Stories".

This book tells the stories of eight New Zealanders who grew up with family violence:

**Date:** Thursday 10th June

**Time:** 6pm

**Venue:** The Spine at Pataka, corner Norrie and Parumoana Streets, Porirua

For further details contact Jazz Heer  
027 238-0524 [poriruafvcc@paradise.net.nz](mailto:poriruafvcc@paradise.net.nz)

"I'M JUST SO SAD,  
NOW THAT I AM IN  
MY FORTIES, THAT I  
COULDN'T HAVE LIVED  
THIS LIFE I LIVE NOW  
WHEN I WAS YOUNGER."

Guest Speaker:  
Tremain will be  
telling his story.



You can read the stories online at  
[WWW.REALSTORIES.ORG.NZ](http://WWW.REALSTORIES.ORG.NZ)

**Did you know?.....**  
Young men are least likely to eat vegetables.  
Only three out of five children eat the recommended serves of 3 vegetables each day. Almost everyone is able to name a vegetable they dislike with Swede and Celery commonly named as the least liked vegetables.  
The most popular vegetables are potatoes and tomatoes.

## Second Hand Smoking & Policy Change

Children have little choice in the matter when there is smoking around them, even though it can directly harm their health and increase their likelihood of becoming a smoker.

There are media campaigns to reduce smoking in homes and cars, but when Year 10 students were asked in 2008 if there was smoking in their homes, over 18% reported that there was (36% for M ori and 22% for Pacific students). Over 25% were exposed to smoking in cars (46% for M ori and 35% for Pacific students).

What are the obstacles to change, and how can they be overcome?

### Research Findings

Public attitudes towards smokefree areas, and related council policies. Research has shown strong support by New Zealanders for the right to live in a smokefree environment (total 92%; 91% M ori; 82% smokers). Even 90% of smokers disagree with the statement that 'it is OK to smoke around children'.

There also appears to be increasing support from both smokers and non-smokers for smokefree outdoor areas. This is perhaps reflected in the growing numbers of New Zealand local authorities (currently over 30%) which have policies for smokefree playgrounds.

In New Zealand, 76% of the public said that it was not at all acceptable to smoke at outdoor childrens' playgrounds.

These high levels of public support from both smokers and non-smokers suggest that extending smokefree legislation to cars could be a relatively non-controversial tobacco control intervention. So what is preventing policymakers from taking the lead and acting on this evidence?

New Zealand policymakers' attitudes towards smokefree policies for children

Internationally and in New Zealand, policymakers are increasingly recognising the importance of the role of the example of smoking, for the risk of children starting smoking.

Research into New Zealand policymaker attitudes towards smokefree policies found that, with few exceptions, there was a general reluctance by policymakers to protect children from secondhand smoke by using legislation.

Education (or persuasion) through social marketing and public campaigns were seen as more effective ways to change attitudes and achieve smokefree cars and outdoor places. Overall, there was more support from policymakers for smokefree public outdoor areas like playgrounds and sports facilities, than for cars and homes. However, even then the preference tended to be for voluntary policies by local councils.

### Conclusions

Politicians are cautious about making substantive smokefree policy moves for a variety of reasons, including their desire to avoid political repercussions. However, their reluctance to legislate is at odds with the surveyed attitudes of all New Zealanders, including both smokers and non-smokers. It also means that New Zealand increasingly falls behind best practice in protecting children by reducing smoking around them. For instance, at least 11 states and provinces in Australia, the USA and Canada require smokefree cars where there are children.

Under the United Nations Convention on the Rights of the Child there is an obligation, not only to recognise the right of the child to the highest attainable standard of health, but to give priority to children in legislative and policy decisions

Sourced from Findings from the Smoke Free Kids Policy Project, 2007-2010  
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**NEWS IN BRIEF**  
**College After-Ball Parties**  
Thinking of organizing a college after-ball party at your home or even a local hall?  
Before you even think about holding the traditional after-ball party, check out a couple of websites. Plan to be a responsible host on the night and avoid any catastrophe that could possibly follow with youths when alcohol is involved:  
[www.pcc.govt.nz/A-Z-Services/Liquor-Licensing/Special-Licences](http://www.pcc.govt.nz/A-Z-Services/Liquor-Licensing/Special-Licences)  
[www.alac.org.nz/HowToBeSaferOverview.aspx](http://www.alac.org.nz/HowToBeSaferOverview.aspx)

