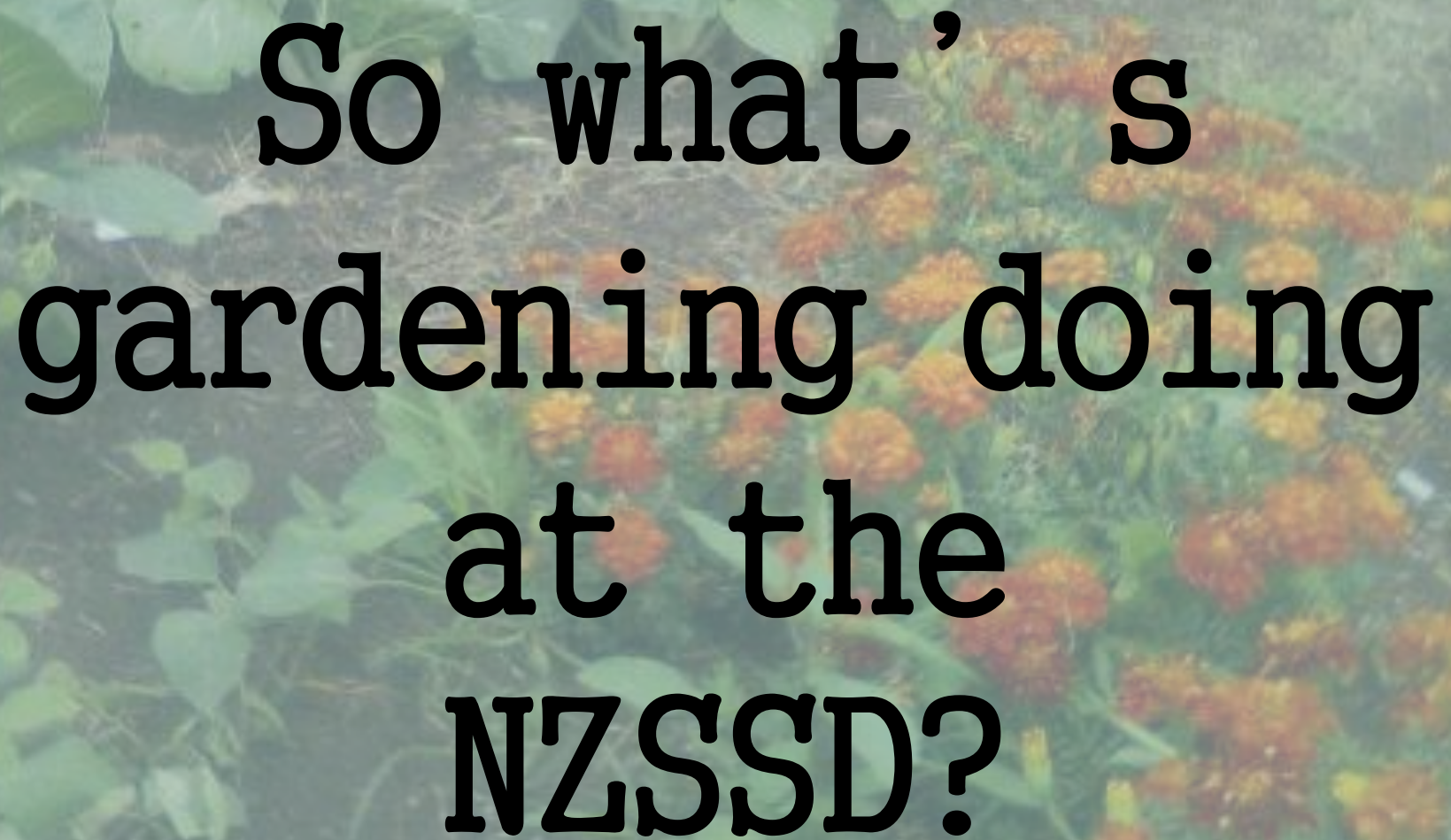


A NEW INITIATIVE IN  
DIABETES PREVENTION

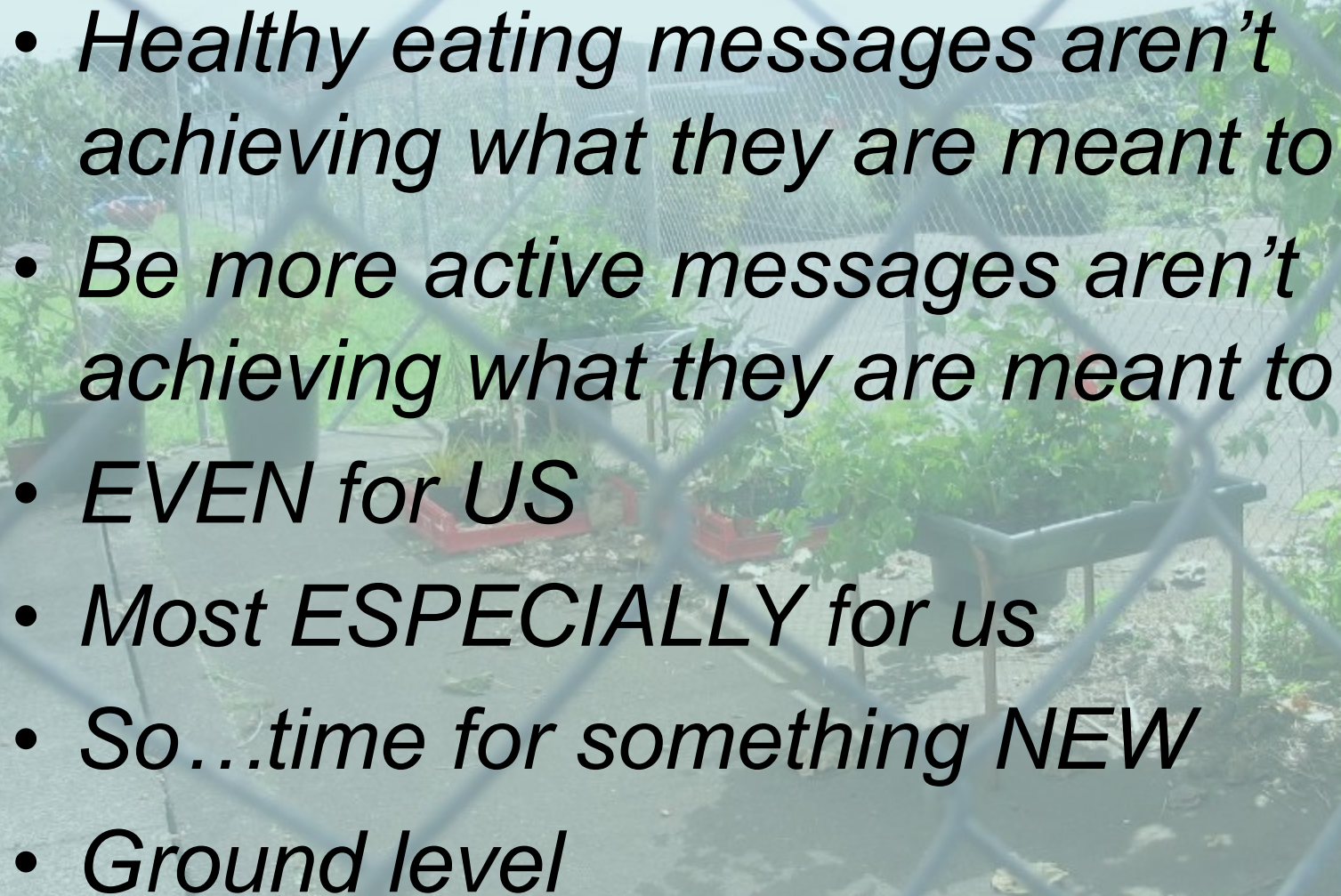
# Gardens4health

Kate Smallman RN MSC  
Richard Main  
Karen Pickering



**So what's  
gardening doing  
at the  
NZSSD?**



- 
- *Healthy eating messages aren't achieving what they are meant to*
  - *Be more active messages aren't achieving what they are meant to*
  - *EVEN for US*
  - *Most ESPECIALLY for us*
  - *So...time for something NEW*
  - *Ground level*

# Origins of Gardens4Health

- From CMDHB Lets Beat Diabetes – 5 year diabetes prevention initiative
- Originally called “gardening for health and sustainability initiative”

*Let's Beat Diabetes aim:*  
“ To prevent or delay the onset of Type 2 Diabetes (diabetes), slow disease progression, and improve the quality of life for people with diabetes in Counties Manukau. ”



*Let's Beat Diabetes (LBD)* is a community partnership aimed at longterm changes to prevent and/or delay the onset of diabetes, slow the disease's progression, and increase the quality of life for people with diabetes. The programme's success depends on the action and commitment of all its partner organisations, which together work to achieving its goals

The programme is a catalyst for enhanced intersectoral collaboration, community partnerships and action, health innovation and social action aimed at “beating diabetes” in Counties Manukau.

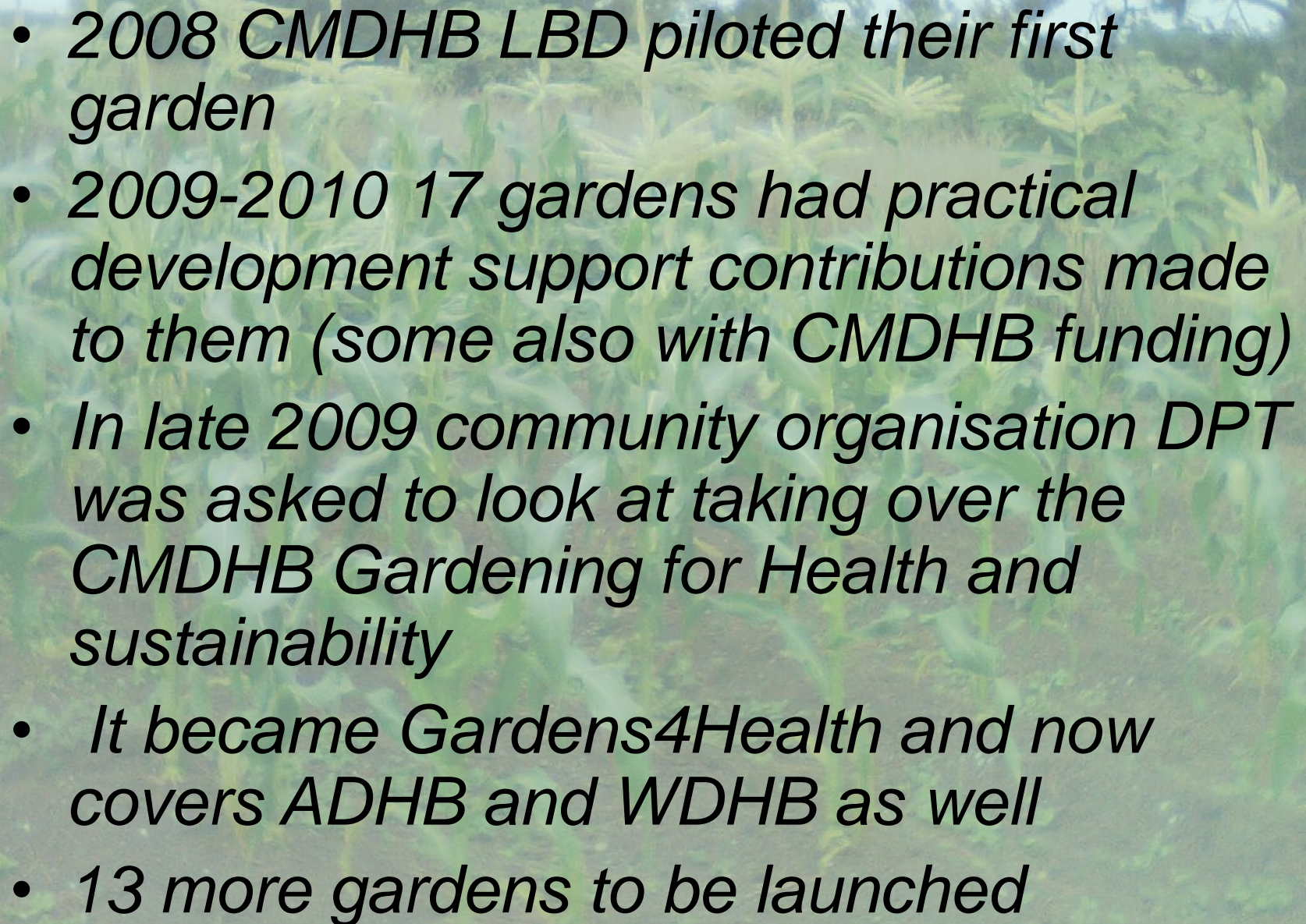
What is being attempted by LBD is unprecedented for a local health and planning agency in New Zealand.

Type 2 Diabetes and obesity are widespread in the district's population. With a large and growing population that is relatively young, and with high numbers of Maaori and Pacific people, Counties Manukau lies at the frontline of efforts to combat diabetes.

Then there is the scale of response. LBD is a community-based intersectoral alliance drawn on the active involvement of health promotion, primary health care, secondary health services, local and central government, the food industry, schools, sports organisations, workplaces, churches and community organisations.





- 
- *2008 CMDHB LBD piloted their first garden*
  - *2009-2010 17 gardens had practical development support contributions made to them (some also with CMDHB funding)*
  - *In late 2009 community organisation DPT was asked to look at taking over the CMDHB Gardening for Health and sustainability*
  - *It became Gardens4Health and now covers ADHB and WDHB as well*
  - *13 more gardens to be launched*



# Gardens4Health Vision

*“Grow a healthy, skilful,  
prosperous and  
sustainable Auckland  
through gardening”*



# Gardens4Health Aims

The background image shows a group of people, including children and adults, engaged in a community gardening project. They are working on a wooden garden bed structure in a grassy area. One child is kneeling inside the bed, while others stand around. A red toolbox is visible inside the garden bed. The scene is outdoors, and the overall atmosphere is one of active participation and community effort.

## Include

- *Improve health and wellbeing to reduce the disease burden (diabetes, heart disease, some cancers)*
- *Improve nutrition and promote physical activity*
- *Expand knowledge and skills*
- *Strengthen communities*
- *Promote Environmental awareness*
- *Make Food gardening “the norm”*
- *Set up sustainable community and home garden*



# Health Benefits

- *Promote physical activity*
- *Mental health (wellbeing, sense of purpose, achievement)*
- *Consumption of quality vegetables and fruit*



# Social Benefits

- *Communities and whanau working together*
  - *Networking*
  - *Camaraderie*
  - *Co-operation*





# Economic Benefits

- *Low cost food*
- *Better use of land*
- *Local production/consumption*
  - *Local retailer advantage*
    - *Sale of excess*
  - *Skills for wider use*
    - *Food security*




# Environmental & cultural

- *Green space*
- *Beautification*
- *Return of traditional skills*
- *integration into local culture (migrants)*
- *Sustainable practice*



# Key Aspects

- *Managed by Richard Main*
- *G4H Facilitators who work with garden leaders/ co-ordinators.*
- *Foster knowledge, skills and motivation*
- *Workshops, Website*
- *Resources/information*
- *Complement and work with other services/partnership*




**draft**  
**Gardens4Health**

Are you a community-based organisation, group, or school wanting to set up an edible garden?


This programme has the goal of re-introducing food-gardening back into being the norm. We want a larger and larger proportion of New Zealanders growing their own fruit and vegetables in all kinds of settings: homes, schools and public open spaces.

**We will work alongside you to provide free:**

- ✓ Startup advice
- ✓ Support to garden mentors and community co-ordinators
- ✓ Site check and planning help
- ✓ Funding application advice
- ✓ Budget reality check
- ✓ Sustainability best-practice
- ✓ Information by phone on gardening matters
- ✓ Workshops on key topics
- ✓ Access to a supplier network
- ✓ Links to other gardens
- ✓ Resources and web-based information
- ✓ Mini starter kit




A collaborative initiative proudly supported by:



For more information, or to access the Gardens4Health programme, contact:

Richard on: 021 824 573  
E-mail: [gardens@dpt.org.nz](mailto:gardens@dpt.org.nz)  
Or visit: [www.dpt.org.nz](http://www.dpt.org.nz)







Source: CMDHB LBD Plan

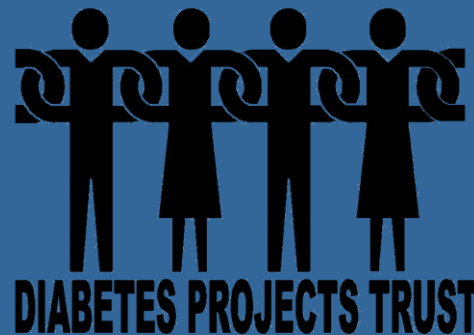


# Examples of stakeholders...

**WDHB, ADHB, CMDHB, Ministry of Health, Housing NZ, Auckland Regional Council, District Councils, Ministry of Education, Ministry of Environment, Workforce Auckland, Hardware suppliers, growers, business, Te Puni Kokiri, Probation Services, Red Cross, Ministry Social Development, Seventh Day Adventist church, Nanaskar, Hindu Council of NZ, ISSO Swaminarayan, Auckland Spinal Rehabilitation Unit, Mangere Refugee Resettlement Centre, Habitat for Humanity Schools, Tamaki Ki Raro Trust, Framework Trust, Genesis Energy, McIssacs Trust, Manukau Institute of Technology, Mangere Community Health Trust, Enviroschools, Other Local body organisations, Community Groups, Other gardening entities,, volunteer groups...**



# Current funders



OTHERS?

In kind?

Suppliers?

ASB?

Volunteers?



# DHB to community




- Different ways of doing things
- From management style, to payroll
- ‘make do’ philosophy
- Contracted expectations
- Across Auckland
- Bring different philosophies together (eg, research based/organic wholefood)
- The ‘whole picture’



# Garden to plate approach - Elementary services

## Healthy Eating on a Budget




**Aims**  
To provide information and skills to those who work with families and community members who might benefit from better, more cost effective nutrition.

**What we offer:**  
We offer 'Healthy Eating on a Budget' programmes to individuals, groups and organisations working with families in the community across the wider Auckland area. Each programme will be tailored to participants' needs, but will include the following components:

- food choice
- health consequences of poor nutrition
- energy balance
- food groups
- shopping on a budget
- cost comparisons
- meal planning
- food labelling
- food and nutritional needs

... messages across effectively  
... sessions and opportunities to practice skills  
... date session to participants within two months  
... programme.  
... funded by MOH\*



## 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 and resources
- ✓ DPT Certificate with tools and recipes
- ✓ Improvement advice

\* Fully funded by MOH\*

**Contact**  
School co-ordinator  
Phone: (09) 2736650  
E-mail: sue@dpt.org.nz  
Website: www.dpt.org.nz



## GetWise2Health DPT Healthy Schools



We provide free support to secondary schools Auckland-wide, with the GetWise2Health (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
- ✓ DVD 'Stay in Touch' and 'Shop for your life'
- ✓ Fat and sugar display
- ✓ Posters, leaflets, games and resources
- ✓ Complementary tuckshop

\* Fully funded by MOH\*

## DPT Lifestyle - Diabetes Prevention Train the Trainers



A flexible programme aimed at those working with individuals and groups at risk of diabetes and related health issues to improve their prevention skills

**Aims**

- Help health workers be confident/knowledgeable in identifying people at risk of type 2 diabetes
- To promote healthy lifestyles in at risk communities/families
- To have a better understanding of the types of diabetes
- To have an introduction to the management of type 2 diabetes
- Improved knowledge of healthy eating and the benefits of being physically active
- Learn safe and effective ways to support lifestyle change.
- Receive support from your peers and course facilitators

**What we offer:**

- A 7 hour interactive training course
- Course book
- Certificate of attendance
- Post-training support
- Assistance with developing new programmes

**Contact:** Lifestyle co-ordinator  
Phone: (09) 2739950  
E-mail: diane@dpt.org.nz  
Website: www.dpt.org.nz



Kate Smallman April 2010



# The FUTURE

- *Source further funding*
- *Modular approach to growth*
- *Start from secure small base*
- *Identifiable Brand – Gardens4Health*
- *Training for capacity building*
- *Code of practice*
- *Documentation and resources*
- *Evaluation*



# Conclusion

- *31 community gardens have had input*
- *Multiple home gardens have been started*
- *Across Auckland rollout*
- *Funding applications underway*
- *Horticulture courses*
- *Strong links to our other programmes, and those of other providers*
- *Potential for improvement in the health of the involved communities from a variety of perspectives*





# Diabetes Projects Trust

- Home
- Aims
- Lifestyle Programme
- DCSS Audit
- DPT Healthy Schools
- Tuckshops
- Community Events
- CODA
- Resources & Archive
- Healthy Eating on a Budget
- The Team & how to contact us
- Links

Diabetes has a huge impact on the individual and those around them. It is increasingly recognised that community involvement is vital to prevent the development of diabetes, manage existing diabetes in the best possible way, and prevent the serious potential consequences of diabetes.

The Diabetes Projects Trust was originally set up in 1991 and called the 'South Auckland Diabetes Project'.

The Diabetes Projects Trust "emphasises partnership with the community to achieve better health for present and for future generations." and is led by a Trust Board from a range of backgrounds.



Click here for DPT Resources Website



Click here for Workplace Wellness Programme



Healthy Eating on a Budget

Diabetes Prevention  
TRAIN THE TRAINERS



Click here for the leaflet

WizeEnvironment



Click here for the Tuckshop Leaflet

GetWize@Health



Click here for Healthy Schools



Click here for Gardens 4 Health pages



Click here for Exercise & Support Groups

## Mission Statement

"To reduce the incidence of diabetes and its tissue damage within New Zealand with emphasis on South Auckland"



# Thanks to:

- *Stakeholder group members*
- *Garden co-ordinators, mentors and guides, participants and volunteers*
- *Funders, sponsors and suppliers*
- *DPT team*
- *CMDHB LBD team, ADHB, WDHB, contractors and others*