

Auckland Regional Public Health Service
September 2015, Issue 28

News

Your Workplace Health Newsletter

HeARTBeAT challenge™

Healthy Tips Events Awards Stories

HE HIRINGA TANGATA, HE ORANGE TANGATA
AN ACTIVE PERSON IS A HEALTHY PERSON

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- Breen Construction goes smokefree
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IT'S TIME
TO GET UP,
GET OUT...

GET
ACTIVE!

CHALLENGE YOURSELF...
over 8 weeks to walk for at least 30
minutes a day. Your team can choose a
virtual journey around Auckland,
New Zealand or the Pacific.

THE TEAM
THAT WALKS
THE FURTHEST
DISTANCE...

WINS FEETBEAT!

INTERESTED IN
PARTICIPATING?

Feetbeat's Back and Even Better!

WHAT IS FEETBEAT?

Feetbeat is an 8 week walking programme encouraging individuals to increase their physical activity with workmates, whanau/family and friends. Teams are challenged to walk for at least 30 minutes a day while taking a virtual journey around Auckland, New Zealand or the Pacific! Anyone can be part of the team (workmates, families, community groups, friends etc.).

The team that walks the furthest distance wins Feetbeat!

HOW DOES IT WORK?

1. Participants get together a team of 4-8 people and nominate a team leader.
2. Feetbeat journey maps, scorecards and a leaderboard are provided.
3. Each time participants walk or run for 30 minutes they earn 3km's for their team.
4. The team that walks the furthest distance in 8 weeks wins Feetbeat!

EMAIL: workplacehealth@adhb.govt.nz

for information on how your workplace can sign up for Feetbeat.

For more information about the challenge please [click here.](#)

Calendar of Events

September 2015

Month	Blue September (Prostate Cancer Awareness Month) click here
Month	Cervical screening awareness month click here
22	World car-free day click here

October 2015

Month	Stoptober click here
Month	Breast cancer awareness month click here
5-11	Mental health awareness week click here
15	New Zealand ShakeOut

November 2015

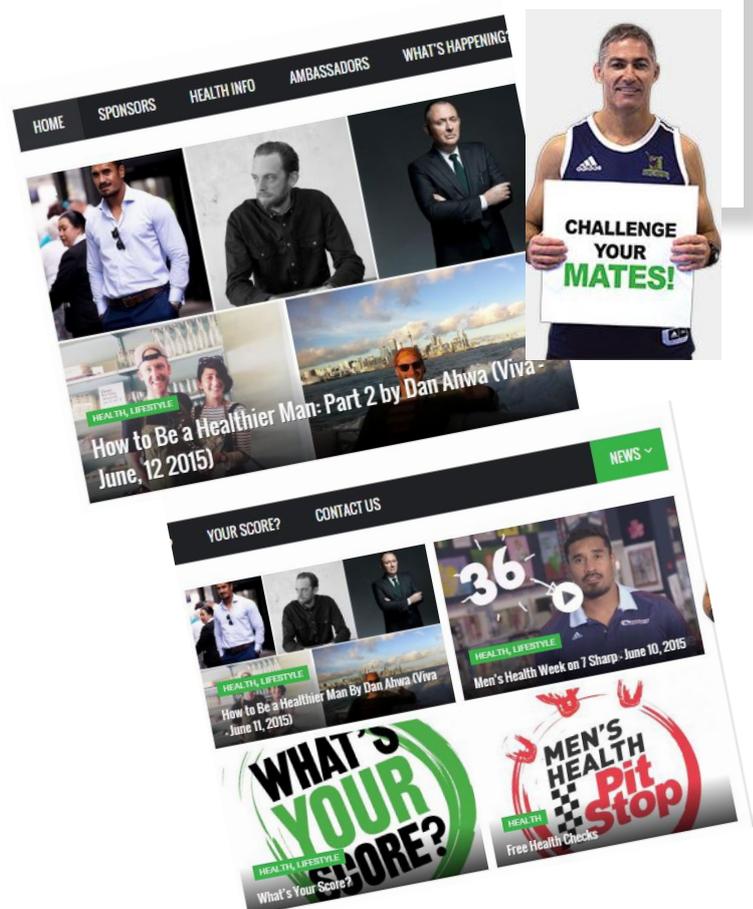
28	Movember click here
25	White ribbon day click here
10-16	Diabetes awareness week

Getting Proactive on Men's Health

The best thing that New Zealand men can do about their health is to get proactive. By taking preventative action you can reduce the danger of major health risks including stroke, testicular cancer, cardiovascular problems and depression ([Men's Health Week](#)).

One of the easiest and most effective ways that men can take care of their health is having a yearly check up with their GP. Think of it like a 'warrant of fitness'. A GP will be able to check for all age appropriate health risks, answer any questions you may have about your health and outline what steps to take to make sure you stay healthy for the future ([Men's Health Week](#)).

We understand that it can be confusing to know what health checks should be offered and promoted to employees. [Here](#) are some facts to help guide decisions in the workplace.



Heartbeat Challenge Awards and Renewals

Congratulations to the following workplaces who have recently achieved their Heartbeat Challenge Award, Award renewal or Smokefree Award.

June

New Award
Well Connected Alliance

July

New Award
Manukau Institute of Technology



Breen Construction to make its Worksites Smokefree

Central Otago construction company Breen Construction is to become a smokefree workplace, leading the way amongst New Zealand construction firms.

The NZFS Wanaka Fire Station site will be its first construction site to become smokefree, and by October this year, the Smokefree Workplace Policy will cover all of its sites and will apply to staff, contractors and visitors.

The move has come about after WellSouth Primary Health Network carried out health checks

for Breen employees last year. After finding that very few of the staff were smokers, Breen have decided to take a proactive step by introducing the policy. Smoking cessation support and access to subsidised Nicotine Replacement Therapy will be available to the staff that smoke.

WellSouth Health Promotion Coordinator Sarah Berger, who has been working with Breen on the move, said the workplace is a setting where many people spend the largest proportion of their time. "While employers have a responsibility to provide a safe and hazard-free workplace, they also have many opportunities to promote health and foster a healthy work environment."

"Breen are leading the way amongst construction firms, by taking a proactive approach to the health and wellbeing of their employees, and, indirectly, their families/whanau in going Smokefree. Their example is another step in making Smokefree workplaces the norm and will hopefully encourage other workplaces to become Smokefree," she said.

Breen Construction Health and Safety Manager Chris Lambeth said the company plans to launch this as a general policy in October 2015 in conjunction with the 'Stoptober' campaign.

Source: [WellSouth Primary Health Network, Pulse, June 2015](#)

September Tips for your Edible Garden

Creating an edible garden is a cheap and easy way to enjoy fresh produce all year round. September is the perfect time to get planting so we have some helpful tips on what you should be doing right now.

Now is a good time to plant asparagus crowns, beetroot, broccoli, cabbage, capsicum, carrots, cauliflower, melons, onions, parsnip, peas, radish, shallots, silverbeet, spinach and courgettes.

1

Spray broad beans and other seedlings with a broad spectrum fungicide to control leaf spot and fungal diseases

2

Remember to control slugs and snails with Yates Baysol

3

Side dress young plants with fertiliser or liquid feed

4

Sprout seed potatoes in trays in preparation for planting

5

Dig in compost, general garden fertiliser and sheep manure pellets

6

Plant herbs in the garden, containers or baskets

7

Spray your fruit trees to prevent fungal infections





NZ ShakeOut

New Zealand ShakeOut is a national earthquake drill taking place at 9:15am, 15 October 2015. Participating is a great way for your workplace to learn the right actions to take before, during and after an earthquake.

GET PREPARED

Plan what your business will do now to **prepare**, so that if it happens you will be able to recover quickly.

- **Do you know how to contact your staff, suppliers and key customers if your IT system is down and you cannot get into your office?**
- **Do you have alternative contact information for when landline or mobile networks are down?**
- **Does anyone else in your organisation know where to find this information if you are not there?**
- **Do your staff and their families have a plan for communicating in a crisis?**

PROMOTING NZ SHAKEOUT TO STAFF

- Give staff information on how they can be more prepared at work and at home.
- Provide information on your intranet and noticeboards www.shakeout.govt.nz.
- Send staff to www.getthru.govt.nz so they can find out how to

Create a household emergency plan

Assemble or update emergency survival items

Assemble or update getaway kits

Identify safe places at home or workplace

Secure heavy items of furniture to the floor or wall



Source: NZ ShakeOut, <http://www.shakeout.govt.nz/>

HeartBeat Challenge™ (HBC)

is a workplace health and wellbeing programme which focuses on strengthening the workplace environment that supports and improves health for all employees. It is available Auckland-wide and is delivered by the Auckland Regional Public Health Service (ARPHS). HBC is funded by the Ministry of Health.

Want to learn more about how HeartBeat Challenge™ can benefit your workplace?

Contact:

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www.workplacehealth.co.nz

Auckland Regional Public Health Service
 Rātonga Hauora ā Iwi o Tamaki Makaurau



Working with the people of Auckland, Waitemata and Counties Manukau

