

Mutual understanding formalised for cancer centre

The Bay of Plenty District Health Board and the Bay Health Foundation have signed a memorandum of understanding for the new cancer centre to be built at Tauranga Hospital.

With the building concept completed and fundraising on target for Tauranga's cancer centre, the memorandum of understanding outlines how both parties will provide ongoing support following the handover of the centre to the health board.

Former Chair of the Bay Health Foundation, Mike Frohlich, says that the two main reasons the organisations wanted to formalise their agreement was to ensure the community focus of the cancer centre is guaranteed into the future, and that the health board maintains the intention and purpose of this special building.

Bay of Plenty District Health Board Chair Mary Hackett says she commends the Bay

Health Foundation for 'thinking big' and making the cancer centre concept a reality for Bay of Plenty people through hard work and tremendous fundraising efforts.

"We're one of the first places in New Zealand to create a cancer centre where community support groups and hospital providers have the benefit of working alongside one another for the greater good of the patients and their families," says Mrs Hackett.

The Bay of Plenty District Health Board and the Bay Health Foundation have worked together to develop the cancer centre concept and both agree the new building will contribute significantly to the services the community, non-government and health board providers offer to the Bay of Plenty community.

The Bay Health Foundation is also undertaking community fundraising to raise money for the building of a cancer centre at the Whakatane Hospital site.



Bay of Plenty District Health Board Chair Mary Hackett with Bay Health Foundation members Mike Frohlich and Barry Jensen on the site of the new cancer centre at Tauranga Hospital.

Keeping winter ills away



Fruit in schools is a hit with children in the Eastern Bay of Plenty.

Winter is upon us. The good news is that more than 34,000 Bay of Plenty people were vaccinated against influenza this year.

From March until the end of June each year the influenza vaccine is available from local GPs. It's free for people aged 65 and over or people of any age who have a long-term health condition such as heart disease, diabetes or chronic asthma, as these people are the most vulnerable to the flu.

"It costs approximately \$25 for anyone else to get it," says Bay of Plenty and Lakes Medical Officer of Health Dr Phil Shoemack. "But it would cost a lot more to have three weeks off work or not being able to look after your kids because you are bed ridden."

Dr Phil Shoemack encourages everyone to get the influenza vaccine from their local GP each year.

What else can you do to help keep winter ills away from you and your family?

Get enough sleep

Although you are passive during your sleep, your body does some important 'maintenance work' for you, like:

- + re-vitalising your cells
- + re-charging your vital organs and your immune system
- + re-charging your ability to think clearly.

Studies show that adults need seven to nine hours sleep per night. If you don't get enough sleep, you will not only feel tired, but also your immune system won't work as efficiently.

Eat plenty of fresh fruits and vegetables daily

They will provide you with important nutrients, mainly vitamins, needed to increase your ability to win the fight against common viruses.

It is best to obtain these nutrients in natural form, so try to eat fresh or freshly squeezed fruits and vegetables (and choose organic produce where possible).

The following fruits and vegetables are particularly helpful for improving your ability to fend off viral attacks: citrus fruits, berries, kiwifruit, melons, tomatoes, broccoli, cauliflower and peppers.

Drink plenty of water

You can tell if you are drinking enough water by observing your urine colour. If it is nearly clear - instead of deep yellow - your liquid intake is adequate.

Water has two main benefits for your health:

- + it flushes out your body, removing everything your body wants to get rid of
- + it re-hydrates your body, which is critical for your well-being.

Keep your distance

One of the best and most simple ways to avoid a cold is to avoid close contact with others who have it, wash hands frequently and avoid eye and nose rubbing.

Remember to wash your hands for 20 seconds with warm water and soap, and dry thoroughly after using the toilet and before preparing food.

Be optimistic

Your mind and your immune system talk to each other. Encouraging thoughts will bring the best out from your immune system. Keep in mind that your reaction to the first signs of the flu or cold (fever, sore throat and fatigue) should be, "I am sure my immune system will easily win the fight against these viruses. I am going to stay healthy!"

Keeping warm also helps to keep bugs at bay. Read more about the healthy homes scheme on page two.

The difference between a cold and the flu



Medical Officer of Health Phil Shoemack and his wife enjoy one of the joys of winter - skiing!

Influenza is much more serious than the common cold. It will almost always confine you to bed and can carry the risk of significant ill health, hospitalisation or even death.

"The flu hits you hard whereas the common cold is a gradual onset of symptoms. Symptoms of the flu often include fever, chills, muscle aches and pains, headache, sore throat, cough and loss of appetite," says Bay of Plenty Medical Officer of Health Dr Phil Shoemack.

"The common cold is much less severe with sneezing, runny nose, and a cough or itchy throat."

Cold? 'Healthy Homes' looking for 400 homes

The Tauranga Healthy Homes project is keen to hear from 400 local homeowners who want a warmer, healthier home.

The project has secured over \$800,000 of funding to install subsidised insulation measures in Tauranga homes.

The two-year Healthy Homes project was launched in Tauranga on 30 May at a function hosted by Mayor Stuart Crosby with special guest Green Party co-leader Jeannette Fitzsimons.

"It's a fantastic opportunity for Tauranga residents to upgrade the energy efficiency of their homes," said Energy Efficiency and Conservation Authority Partnerships Manager Mike Fairfield.

"Homeowners will be asked to contribute just 20% of the overall costs - this is estimated at around \$400 in most instances. Some house-owners will be eligible for a Work and Income benefit advance to cover their contribution.

Landlords can also participate by contributing 40% of the total cost," said Mike Fairfield.

To register, homeowners need to call free phone number 0508 WARMUP (0508 927 687) between 9am and 11am weekdays.

The criteria to qualify are:

- + home built before 1977
- + customer of Trustpower

- + householder is a holder of a Community Services Card and/or a Work and Income client
- + priority will be made for people who have respiratory health problems in the household (eg asthma).

Bay of Plenty District Health Board Public Health Portfolio Manager Brian Pointon says that latest research shows insulation can significantly improve health, especially respiratory conditions such as asthma. Insulation also makes homes easier and more affordable to heat.

Since the late 1990's approximately 5,000 Eastern Bay of Plenty homes out of 17,000 New Zealand homes in the programme have been retrofitted with insulation and draft stopped under a similar scheme undertaken by the Energy Options Charitable Company in Whakatane, formerly the Opotiki Trade Training Board, who have carried out these projects around the country.

The Bay of Plenty District Health Board is exploring options to expand the project to Maketu within the next few months.

Funding organisations behind Healthy Homes include the Energy Efficiency and Conservation Authority (EECA), Tauranga Energy Consumers Trust, the Bay of Plenty District Health Board, the Bay of Plenty Community Trust, Tauranga District Council and Work and Income.

Travels

Chair's Column



Preparing for winter in Cesky Krumlov, Czech Republic

I have just returned from eight weeks away and my husband and I had a wonderful time. However there was one issue that was very difficult to cope with. In Europe the incidence of smoking appears to be very high and there is no restriction on where people smoke. They smoke in the street, which is OK, but also in restaurants, pubs and offices, unless the office has a local policy, in fact anywhere and everywhere. My husband and I found it very difficult to cope with, especially when it came to restaurants.

Smoking in restaurants was the most difficult. There was no allowance made for people who did not smoke, or who were affected by smoke like myself, so we seemed to spend half our time going from one restaurant to another to see if we could find a 'smoke free' place to have a meal.

I know we think sometimes that we live in a 'nanny state' but we are many years ahead when it comes to smoking and the rights of people who do not smoke. Alongside this there were articles in the English press about how much heart disease and smoking related diseases were costing the health systems in Europe. England was seen as the 'sick heart of Europe' with more than half of the health dollars going on treatment and prevention of heart disease. The treatment seemed to be the taking of drugs to reduce cholesterol rather than public health programmes to address the pre-cursor of heart disease, such as smoking and obesity.

A further quite noticeable thing was that European men and women did not appear to be fat. That does not mean to say we did not see fat people but the obesity

epidemic does not seem to be anything like the problem it is in New Zealand, Australia and the United States. I think I saw one overweight child in the eight weeks, that does not mean to say they are not there, but their diet appears to be healthier and as a consequence reasonable weight is maintained. A further noticeable thing was that the only place we saw fast food outlets was in Prague. We travelled extensively in the eight weeks so it was interesting to observe these health variations.

And now we are back to a very cold winter after enjoying the spring and early summer in Europe. We had our flu injections before leaving, in case of 'bird flu' but there seemed to be a total lack of interest in the possibility of a pandemic of bird flu. I guess better to be prepared than not. Borders appear to be a thing of the past in the European countries we visited, all part of the European Union, so the possibility of disease spread must be there. However no one seemed to be very concerned.

You will have seen the new building at Tauranga Hospital is well underway - I is well underway - I will talk more about this in the next newsletter. We will bring the project in on time, which is a relief as any delays can mean money. There has been a restructuring of all our facilities and as you may have read this is about putting the decision making back into the hands of the people who actually treat the patients. I will also keep you in touch with how this is going in the next months. Keep warm and safe and out of hospital.

*Mary Hackett
Chairperson
Bay of Plenty District Health Board*

FREE CERVICAL SCREENING CLINICS

Having regular cervical smears reduces the chances of getting cervical cancer by around 90%

Women between 20 and 70 need to be tested every 3 years.

**BAY OF PLENTY
July and August**

**For further information or appointment:
Tauranga - Te Kupenga Hauora (07) 571 0650
Whakatane, Kawerau and Te Teko (07) 306 0795**

Or visit your local doctor, medical centre, sexual health clinic or student health services

Visit our website

Check out the Bay of Plenty District Health Board on line...

www.bopdhb.govt.nz

The website has a wide range of information about the activities of the health board and its statutory committees, including minutes of meetings, the District Annual Plan, the Annual Report, and a variety of publications including Learning Quarterly and 'The Argus'.

There's also news and views about the health board's public provider arm, Pacific Health, which operates hospitals at Whakatane and Tauranga, Mental Health Services and Community Health and Disability Services (CHADS).

Old meets new as hospital buildings join



This aerial photograph of Tauranga Hospital gives a bird's eye view of the construction site, while the shot taken from the ground shows the size and breadth of the redevelopment.

Planning is underway for the two new buildings under construction at Tauranga Hospital to join onto an existing ward block.

Project director James Crawford says the integration of the buildings will begin towards the end of the year and will be carried out in stages over the next 7-10 months. It is likely contractors will work floor by floor, beginning on the ground level.

When the merging of the buildings is completed around mid-next year, the three buildings will be linked, providing seamless access across the structures.

Mr Crawford says planning for connection of the buildings is a complex job for Project LEO structural and building services engineers tasked with ensuring that essential services such as water, power, sewage, data and medical gases are not disrupted. They are also making provision

for the continuity of other services such as heating, lighting and ventilation. Drainage and seismic requirements are also being taken into account.

Contractors, architects and engineers are working with hospital staff to put in place steps to minimise the impact of noise, dust and vibration and to compensate for the loss of natural light. Fire and infection control regulations are also key considerations, along with patient privacy.

Staff who work in offices in the ground floor of the central core - the area by the downstairs café and lift shaft - have already relocated to other areas. Many others will move to new workspaces as the intrusion work progresses.

Mr Crawford says the impact on each floor will vary. More meeting rooms, patient lounges, storage areas and bathrooms will be affected than ward areas. Sections of some wards may close for

periods of time and patients relocated. In other cases, only a few beds may be temporarily moved.

Mr Crawford says planning is focusing on ensuring there is a minimal disruption to patients while at the same time making sure the construction programme can progress according to schedule and budget.

"There will be a lot of activity behind the barriers and some reshuffling of beds, but we're confident that this major piece of work will be carried out with minimum impact to patients, staff and the public," he says. "Extensive planning is taking place with hospital staff through user groups, which were established two years ago to provide input into design of the new hospital."

Meanwhile, the placement of precast panelling for the exterior walls of the podium and north wing ward blocks is continuing. More structural steel is being

added to bring the height of the building up to that of the existing ward blocks. The next major step is construction of the roof on the podium building next month, following by the roof being placed on the north wing ward block the following month. Work begins fitting exterior windows to both buildings in August.

Other work underway includes remodelling the first floor of the 'blue corridor' building to provide a new home for medical information, the central sterile unit (CSU) and theatre support services. The medical information department move into its refurbishment premises was completed last week and contractors are now reinforcing walls in the CSU area so work can begin constructing a plant room on the roof above. Both the CSU and theatre support services are due for completion mid next year.

Beat the feet

Good health is as easy as just 30 minutes of moderate intensity physical activity each day, as recommended by health professionals.

Good health is as easy as just 30 minutes of moderate intensity physical activity each day, as recommended by health professionals. This 30 minutes can be broken up into short ten minute bouts of activity. Walking to work, school, university, the bus or to the shops are great ways to include walking activity in your day.

Walking for general health and longevity

Regular participation in physical activity (like walking) is associated with reduced mortality rates. In other words, walkers live longer!

In particular, walking has a high impact on cardiovascular disease. Fit and active individuals have around half the risk of cardiovascular disease compared to unfit inactive people.

Walkers are also less likely to fall and suffer injuries, less likely to sustain injury, are less prone to depression and anxiety and tend to be good sleepers.

Walking to increase fitness

Regular walking, like all 'aerobic' exercise, can have a dramatic effect on cardiorespiratory fitness or 'aerobic power'. Regular exercise carried out three times a week for 30 minutes or more at

the right intensity will result in increases of aerobic power.

The intensity of walking for fitness benefits varies according to the age and fitness of the individual, but generally, 'brisk is best'. Even 10 minute brisk walks can increase fitness, provided that they are brisk enough.

Walking for weight control

Control of body weight occurs when the calories taken in as food are balanced with the calories expended through walking and other physical activities. The key issue for weight control is to maximise the total volume of calories used, (at any intensity) and to combine this with healthy eating.

Walking 1.6km can burn up at least 100kcal (420kJ) of energy and walking 3.2km a day, three times a week, can help reduce weight by one pound 0.5kg every three weeks.

Walking also alters fat metabolism so that fat is burned up instead of sugars, helping to reduce weight.

Walking for mental health

Walking has been shown to improve self-esteem, relieve symptoms of depression and anxiety, and improve mood. Walking, particularly in pleasant

surroundings, and with other people, offers many opportunities for relaxation and social contact.

Walking to regain health after illness

Many GPs are now 'prescribing' gentle walking for people suffering from a range of conditions. In fact there are few people on most GPs lists who would not benefit from walking more.

If you have been ill, always take your doctor's advice if it differs from what is written here. It is important not to increase the heart rate too suddenly. At first, you may be able to walk only a very short way at a gentle pace, but if you do this regularly you will soon increase your capacity for distance and pace.

What about children?

Children who walk to school can benefit from regular exercise and improved concentration and memory. Outdoor activity such as walking is important for children as it provides an informal learning environment that can contribute to the development of physical, practical, emotional and social skills.

Find out more about walking on page four.



Toi Te Ora - Public Health Social Marketer Sarah Gorrige 'beat's the feet'

Teenage binge drinking

Clinical Co-ordinator of Bay of Plenty District Health Board's Community Alcohol and Drug Service (CADS) Hester Hattingh and the counsellors from Rewire team (Julie Steward and Robyn Dixon) shares some advice on teenage binge drinking.

Teenage binge drinking can lead to some dangerous situations for teenagers, and at the worst, can lead to teens committing offences while under the influence of alcohol and or drugs. These teenagers under the age of sixteen are dealt with by Child Youth and Family Service or the Youth Court. Most of these young people are required to attend an alcohol and drug assessments by one of Bay of Plenty District Health Board's Addiction Counsellors working in the Rewire Youth Team, at Community Alcohol and Drug Service.

On assessment, we find that most of these teenagers are drinking or using other drugs in a harmful or dependent manner, and they believe that they are no different from any other teenager and that their use is normal. They believe this because some of them are only associating with other's

who binge heavily, they may have witnessed their parents and other adults binge using, or they just don't understand what constitutes safe and responsible drinking.

One of the best things adults can do is make it clear to your child how you feel about drinking and define the consequences if they break the boundaries you set. If you are going to allow them to drink, how much should they drink and how often? Do you know what the Upper Responsible Drinking Limits are? These limits are set for adults, as no alcohol is considered the safest option for those who are still growing.

- + No more than 4 Standard Drinks for women and 6 for men on any one drinking occasion.
- + No more than a total of 14 Standard

Drinks for women and 21 for men on any given week.

- + Have at least 2 days per week when no alcohol is used.

Get up to greet your child when they come home, no matter how late it is, so you can see what condition they are in. A very intoxicated person needs to have someone with them until they regain consciousness, as when they are heavily sedated by alcohol or other drugs they can sometimes stop breathing or choke on their own vomit.

If you do not allow your teenager to drink or use other drugs they will be less likely to break your rules if they know that you might check up on them. Make sure that there will be a responsible adult at any parties they go to. If you do not want to supply your teenager with alcohol you need

to be consistent with your refusal, even if they ask for 'just a couple of cans'.

Some parents have a rule that they only allow their teens to drink under their supervision. This stays within the law but allows the older teen a chance to experience moderate drinking and see it modelled by adults. Remember, it is against the law for anyone other than a parent or legal guardian to supply alcohol to a person under the age of eighteen.

For further advice and information please phone one of our Addiction Counsellors in the Rewire Youth Team at Community Alcohol and Drug Service on 07 579 8391 in the Western Bay, or Voyagers Child and Adolescent Community Mental Health and Addiction Service on 07 308 8803 in the Eastern Bay.

Get walking – join City On Its Feet today!

What is City On Its Feet?

The main objective of City On Its Feet is to get more people enjoying walking more often. It's all about giving people just like you the opportunity to join your local walking group. You'll make new friends, become healthier and happier and at the same time explore some of the best scenery the Bay has to offer! We're a not-for-profit Tauranga organisation that helps coordinate local walking groups, walking events and

support systems for all participants.

City On Its Feet is supported by generous sponsors including Tauranga City Council, Sport Bay of Plenty, Sport and Recreation New Zealand (SPARC), ACC, and the Bay of Plenty District Health Board.

How City On Its Feet works!

Each area in Tauranga has its own walking group, which is led by your local Walking Captain. Your Walking Captains

are volunteers who offer their time and effort so you can enjoy your walking group as much as possible. They help organise the routes, dates and times of your walks. Everyone's attendance is monitored and fantastic spot prizes are up for grabs for those that reach their personal milestones!

You can decide when and how often you walk and you are constantly supported by a wonderful group of fellow walkers just like you!

For more information visit:

www.cityonitsfeet.org.nz

Upcoming Events

2 September 2006

Whangamata Run/Walk festival
Half marathon/ 10km/ 6km run/walk
www.coolrunning.co.nz/races/whangamata

24 September 2006

City to Surf Half Marathon, Tauranga
Half marathon and 12kn run/walk from central Tauranga to Mt Maunganui.

14 October 2006

Motu Challenge, Opotiki
MultiSport Event - mountain bike 65km, run 17km, cycle 52km, kayak 27km, cycle 8km, run 3km. Individuals and teams.

Toi Te Ora TASTER

THE LATEST FROM THE PUBLIC HEALTH UNIT

No exotic mosquitos caught in traps

Mosquito traps at the Port of Tauranga and outlying areas have now been removed and the good news is, no exotic mosquitos have been found. The summer surveillance system operates from December until June. Health Protection Officer Stephen Layne monitors adult traps at 10 sites as well as 21 tyre traps twice a week over summer. "Another good result this year, with no foreign mosquitos discovered," he says. "I want to say a big 'thank you' to the businesses who allowed us to place traps on their premises."

Six mosquito traps will continue to be monitored over winter.

Clean hands are cool

Health promotion and protection combined to promote hand washing and food safety at the annual Tauranga Well Child Week Expo held from 8 -12 May. The expo travelled to Merivale, Te Puke, Katikati and Brookfield.

"The aim was to provide a platform for

parents to gather information and resources to ensure their babies, infants, toddlers and preschoolers are well, happy and develop to their full potential," says Health Protection Officer Trieste Ngawhika. "Our focus was to promote the control and prevention of the spread of disease through good hand washing techniques and providing information on the common causes of gastro-enteritis."



Food Safe Freddy entertains children at Well Child Expo in Tauranga

More Well Child messages delivered

Eastern Bay and Lakes region promoters also delivered important messages to parents and caregivers of children under five during Well Child Week. Kawerau held a "Has your child been checked?" fun day with activities for kids, such as the Wiggle Worms, and information on services and key health people available in the community.

Well child providers in the Lakes region banded together to make parents and families aware of their right to free check ups until their child turns five years old. Toi Te Ora - Public Health, Plunket and Tipu Ora carried out a host of activities to raise awareness, including handing out a new health pack. "It included a wide range of information on issues such as oral health, immunisation, vision and hearing, smokefree homes, pandemic influenza and nutrition as well as balloons and fridge magnets," says Health Promoter Janis Graham.

This is a community newsletter published by the Bay of Plenty District Health Board.

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