

WAI AUCKLAND

making tap water the first
and easy choice to drink



PROJECT UPDATE - ISSUE #1 - FEBRUARY 2019



Kia ora! Welcome to our inaugural Wai Auckland project update.

It's been nearly six months since this big Healthy Auckland Together (HAT) project started, so it's a good time to share what's been happening and what we have planned for the year ahead.

Feel free to get in touch at any time about the project; we'd love to hear about what's happening with wai in your areas and any ways we can 'join forces for good!' The best first point of contact is Wai Auckland project manager Amanda, who you can read more about below.

Meet Amanda

Heading up Wai Auckland is project manager Amanda Brien, who joined the team in August last year.

A registered nutritionist and part-time Les Mills group fitness instructor, Amanda knows the importance of keeping hydrated for health and wellbeing. She truly walks the talk! Amanda says she's excited to be part of a project that has so much support.

"Pretty much everyone agrees that water is best and we don't need sugary drinks. That doesn't happen often when it comes to nutrition!"

Want to get in touch with Amanda? abrien@adhb.govt.nz or 027 696 7043



How we're getting communities involved

Early in the New Year, Healthy Auckland Together (HAT) partners were invited to register their interest in a closed tender process to deliver Wai Auckland's Community and Local Implementation workstream.

"We're looking for two or three providers, or coalitions, who will work with communities, particularly Māori, to encourage tap water rather than sugary drinks," says Amanda Brien. "Key places for change will be settings like sports clubs, schools and events where children and young people are a big part of the audience".

The registrations of interest are now closed and are currently being assessed and agreements will be in place from the second quarter of the year. The successful providers will receive funding to carry out the work until at least 2021.

"We're really excited to see the innovation that will emerge out of this workstream."



‘Fazing’ out the Fizz this Feb!

Hapai Te Hauora has been helping people to start 2019 off right by phasing out the fizz.

A Fizz Free Whānau initiative, *Faze out the fizz this Feb!* is about phasing out all sugary drinks for the month of February. The challenge is for anyone and takes a whānau-centred approach, providing people who sign up with ongoing support and education. There are prizes up for grabs too! Find out more [here](#).

Tapping into the quality of Auckland’s water fountains

Did you know there are more than 300 public drinking fountains across the Auckland region?

And the recent heat we’ve been experiencing has highlighted what an important resource they are!

Over the summer we’ve been lucky enough to have University of Auckland nutrition student, Tyla Goodsell-Matthews, out and about auditing the fountains’ quality for us. A report will be ready to share in the next couple of months and Tyla has also been busy helping us develop an overall evaluation plan for the project.

As well, other partners are helping us create Geographic Information System (GIS) maps for the drinking fountains with other information like deprivation, transport patronage and food outlets. This will help us to work out the best places to install new fountains.



Fill ‘er up!

We have an exciting new partnership on the way to help tap water become the first choice of drink!

Plastic pollution is a hot topic right now. The team at Refill NZ are on a mission to eliminate single-use plastic water bottles and encourage free water refills from forward-thinking cafes and businesses. We’re teaming up to get as many places as we can on-board so people can refill their own bottles with cold, refreshing tap water.

Read more about [Refill NZ](#) or, if you know of places that would be keen to sign-up, please [get in touch](#).

What's happening across the ditch?

Much like *HAT*, a coalition of 19 partners in Australia have come together to tackle the over consumption of sugary drinks. The #rethinksugarydrink campaign targets young people and highlights the serious damage drinking sugary drinks regularly does to teeth.

Nearly 50% of Australian children have tooth decay, with fizzy drinks being a major contributor – a similar story to here in New Zealand. Check out their videos and resources [here](#).



Worth a read

[Are diet drinks a healthier choice?](#) | Nanogirl Michelle Dickinson looks at whether diet drinks, with their use of artificial sweeteners, are helpful or harmful to your health

[Waka Ama NZ recognised for leadership role in promoting Maori Health](#) | For the sixth year, the National Waka Ama Championships were 'fizz free'. Great work Ngā Kaihoe o Aotearoa and Hāpai Te Hauora!

[Coke-funded group swayed China's obesity efforts, papers say](#) | An interesting insight into how industry can influence health policy

[Fiji Water Girl would be a great meme if bottled water were something to celebrate](#) | A viral social media campaign that pushed a product into the limelight, but also showcased an industry that's wasteful and bad for the environment

[A spoonful of sugar: Call for teaspoon label on drinks](#) | The Dental Association speaks out

[West Auckland School celebrates a year of being sugary drink-free](#) | Read about the positive impact of Te Kura Kaupapa Māori o Hoani Waititi's move to become a sugary drink-free school awesome stuff Healthy Families Waitakere!

It's shaping up to be a big year for *Wai Auckland* and we look forward to working with you!

Ngā mihi
The *Wai Auckland* team



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