

Healthy lifestyle symposium:

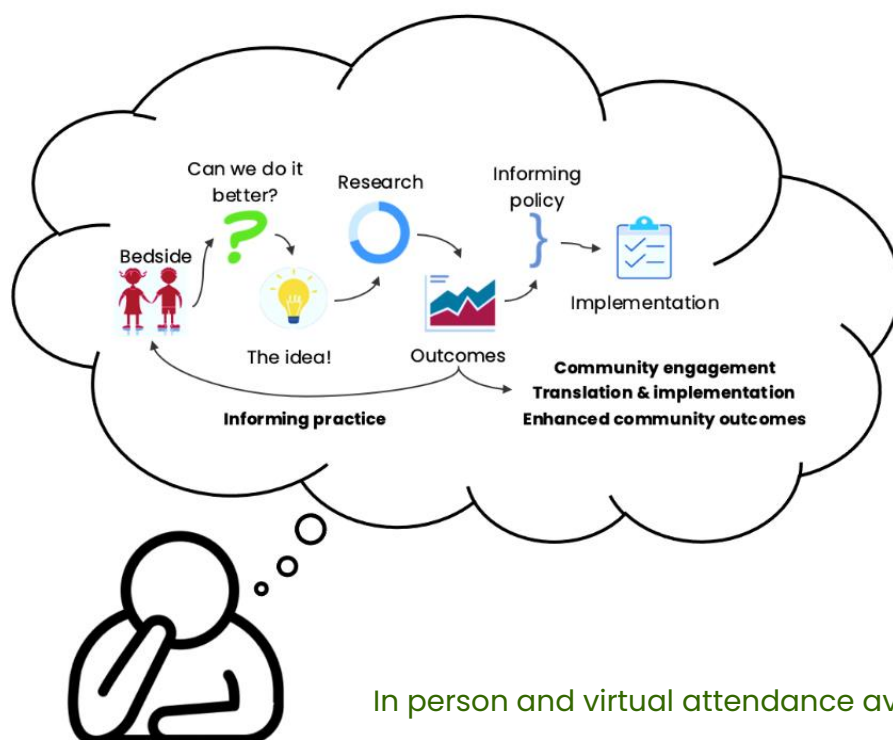
Moving community-based solutions to scale

Tuesday 1st of November 2022, 9am – 5pm

Devon Hotel, New Plymouth, Taranaki, New Zealand

To register please follow the link: <https://forumpoint2.eventsair.com/psnz-73rd-annual-scientific-meeting-2022/pre-conference-satellite-meetings-tuesday-1-november-2022>

In a world with ongoing complex “wicked” problems and health reform, how do we get the best health and wellbeing outcomes for tamariki and rangatahi? How do we stop research outcomes and evidence base falling into the “black hole” of research outputs, ensuring they traverse a bridge to policy and implementation? In the absence of a childhood obesity special interest group for the Paediatric Society of NZ, this one-day symposium will tackle these questions, using healthy lifestyle programmes as a case example, how findings speak to wider health systems change, with cross-cultural perspectives from across Australasia.



The panacea?!

In person and virtual attendance available.

All catering provided.

Please email any questions to: admin@tamarikipakari.org.nz

Registration closes 25th October 2022.

Programme: November 1st, 2022

Time	Topic	Speaker/s
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Registration and coffee: 9.00am – 9.30am

Welcome

9.30am – 9.40am	Welcome/Karakia Timatanga	Brendon Rei
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Session 1: Childhood Obesity – are we making progress or is it just déjà vu?

9.40am – 10.10am	Complex wicked problems: Childhood obesity – are we making any progress or is it just déjà vu?	Boyd Swinburn
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Morning Break: 10.10am – 10.30am

Session 2: Community-Up solutions: what's working?

10.30am – 12.00pm	Community-based healthy lifestyle programmes: Whānau Pakari – reflections on working with community in Taranaki over a decade	Yvonne Anderson Whānau Pakari team, and past participants
12.00pm – 12.30pm	Aboriginal experiences – what is working in Aboriginal child health	Mel Robinson
12.30pm – 1.00pm	Aboriginal experience – Derbarl Yerrigan multidisciplinary initiatives	Kim Isaacs

Lunch break and networking: 1pm – 2pm

Session 3: Moving community-based solutions to scale: is it possible?

2.00pm – 2.25pm	Moving community-based solutions to scale – a Kaupapa Māori perspective	Ken Taiapa
2.25pm – 2.50pm	Scaling of a multidisciplinary intervention programme – a success story from the US	Sarah Armstrong
2.50pm – 3.15pm	Digital technology: does it provide a solution for scale of future programmes across Australasia and beyond?	Yvonne Anderson Lisa Wynter Sarah Maessen Danielle Lottridge Gregory Lynne

Afternoon break: 3.15pm – 3.45pm

Session 4: Overcoming the barriers for scale of community-up solutions

3.45pm – 4.00pm	The importance of advocacy	Boyd Swinburn
4.00pm – 4.20pm	Navigating political barriers and achieving solutions	Tim Jelleyman
4.20pm – 4.45pm	Collective reflections – next steps	Attendees
4.45pm – 5.00pm	Close/Karakia Whakamutunga	Brendon Rei

Meet our speakers

Professor Boyd Swinburn MBChB, MD, FRACP, FNZCPHM



Boyd Swinburn is Professor of Population Nutrition and Global Health at the University of Auckland, New Zealand and Honorary Professor, Global Centre (GLOBE), Deakin University, Australia.

Boyd trained as an endocrinologist and has conducted research in metabolic, clinical and public health aspects

of obesity. His major research interests centre on community and policy actions to prevent childhood and adolescent obesity, and reduce, what he has coined, 'obesogenic' environments. He leads the INFORMAS initiative (www.informas.org) to monitor and benchmark food environments in over 60 countries. He established WHO's first Collaborating Centre on Obesity Prevention at Deakin University in 2003, led two Lancet Series on Obesity in 2011 and 2015, was co-chair of World Obesity Policy & Prevention section 2009–2019 and co-chair of the Lancet Commission on Obesity 2015–2019. He has been an advisor on many government committees, WHO Consultations, and large scientific studies internationally.

Dr Yvonne Anderson Associate Professor

Community Child Health, Curtin University/Child and Adolescent Health Service/Telethon Kids Institute, Perth, WA, Australia



Yvonne is a Paediatrician based in Perth, Western Australia, who undertakes clinical research with the Child and Adolescent Health Service, enAble Institute, Curtin University, Telethon Kids Institute, and the University of Auckland. She is the founder and chair of Tamariki Pakari child health and wellbeing trust.

Yvonne has clinical and research experience across the paediatric life course, and in paediatric

endocrinology, including family-centred solutions for weight issues and diabetes. The team's research is increasingly focused on working to improve prevailing healthcare services, health systems change, and addressing health inequity, advocating for enhanced child health and wellbeing outcomes across Australasia.

The Whanau Pakari Team

Lisa Wynter

Healthy Lifestyles Coordinator

Lisa is an NZ trained and registered dietitian of >25yrs. Currently working 3 days a week as the Healthy lifestyles coordinator for Whānau Pakari, and has been with the programme since inception.

The remaining 2 days per week Lisa works in private practice dietetics and ACC contracts. Lisa has been based in Taranaki for the last 14years and enjoys adventure racing, surfing, snow sports and coffee.

Niamh McCormack

Dietitian

Having completed an MSc Dietetics at King's College London, Niamh started her Dietetic practice in Lewisham & Greenwich NHS in London working predominantly in the gastro and respiratory wards before moving to New Zealand. Niamh joined the Whānau Pakari team as the community dietitian and has loved the 5+ years with the service, having been involved in research and working as the Healthy Lifestyle Coordinator for 2 years. Niamh is also passionate about diabetes care, volunteering with Type 1 Diabetes Taranaki for 6 years. Outside of work Niamh lives a wonderful life under the beautiful maunga Mount Taranaki enjoys outdoor adventures with her husband Shane and our 2 year old Kayla.

Kate Treeves

Clinical Psychologist

Kate is a clinical psychologist who has always worked in the area of health psychology but more recently in paediatrics. Kate has been a member of the Whānau Pakari team for 9 years and enjoys helping tamariki and whānau make healthy lifestyle changes and access help for behavioural and emotional problems when required.

Lani Edwards

Personal Trainer

Lani is a New Zealand trained and qualified Personal Trainer. Lani works 3 days a week for Whanau Pakari as their Physical Activity Advisor. Having three kids of her own and with a background in PT, sport coaching and group fitness, Lani loves to motivate and get kids excited about movement. Outside of work Lani enjoys road cycling, Mountain Biking and adventures with family.

Mel Robinson

Director Aboriginal Health at Child and Adolescent Health Service (WA)



Mel is the Director for Aboriginal Health at the Child and Adolescent Health Service (WA) which provides clinical services at Perth Children's Hospital, Child and Adolescent Community Health and Mental Health and King Edward Memorial Hospital Neonates unit.

Mel Robinson has connections to Ngarinyin and Gidja Country (Kimberley) has worked across a range of roles in WA Health and

nationally since 1990 including as a registered nurse for 18 years in adult and paediatric nursing in WA; as a nurse educator and training manager at Marr Mooditj Training; as a senior policy officer and senior development officer in the Department of Health (WA) and as the Chief Executive Officer of the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM) from Feb 2019–June 2020.

In the role of Director Aboriginal Health, Mel is responsible for the following:

- Providing strategic advice and accountability for Aboriginal health to the CAHS Board and Executive;
- Reporting and development of an action plan aligned to the WA Aboriginal Health and Wellbeing Framework 2015–2030, the actions are implemented by the health service provider to increase the Aboriginal workforce, ensure cultural security and safety in clinical service delivery and improve the health and wellbeing of Aboriginal children and young people; and
- Provide oversight, guidance and input into research projects which improve service delivery and investigate issues for Aboriginal children and young people. This includes creating pathways for Aboriginal researchers.

Mel has been involved in many different research projects including:

- Birthing on Noongar Boodjar Project, Birth Stories Book, COVID-19 Study with Noongar Elders, Data Link Project and the Baby Coming You Ready Projects though the Ngangk Yira Research Centre at Murdoch University;
- Healing Right Way Project at Edith Cowan University;
- I-Care project a review of WA Aboriginal children in care;
- Breastfeeding and Aboriginal youth projects at Edith Cowan University.

In addition, Mel is involved in the following:

- Chair of the Ngangk Yira Board (Murdoch University);
- Representative on the Australian Nursing and Midwifery RAP committee;
- Establishing a partnership with Telethon Kids Institute;
- Supervision of non-Aboriginal researchers who are undertaking research into Aboriginal Health.

Mel brings a wealth of experience and knowledge about the challenges and successes in Aboriginal child and youth health. She has an extensive range of networks and contacts across WA Health and the Aboriginal community of WA. Mel is committed and passionate about improving the health and wellbeing of Aboriginal children and youth.

Dr Kim Isaacs

General Practitioner



Dr Kim Isaacs is a Yawuru, Karajarri and Noongar woman from Perth Western Australia. She is a General Practitioner with a background in rural and remote medicine in the Kimberley region and working in Aboriginal primary health care. She is the Clinical Lead for the Maternal Child Health Program at the Derbarl Yerrigan Health Service (Derbarl). Derbarl is the largest Aboriginal Medical Service in Western Australia which services a large metropolitan area as well as looking after visiting patients from across the state.

Kim has a strong interest in Aboriginal child health and continues to advocate to improve the health service delivery for all Aboriginal communities throughout Western Australia. She has recently finished a 6 year tenure as Board Director for the Western Australian Country Health Service (WACHS) which serves a population of half a million people over more than 2.5 million square kilometres.

Kim was awarded the Rural Health West Award for Clinical Leadership in 2020 based on her tireless work and advocating to improve the health and resources for rural and remote Aboriginal communities.

Ken Taiapa

Public health researcher



Ken Taiapa (Ngāti Porou, Rongo Whakaata) is a public health researcher and evaluator with experience of working in areas such as Māori health workforce development, whānau ora, positive youth development, Māori values and eco-health, hapū development, media and racism, and the national Community Action on Youth and Drugs (CAYAD) project.

His recent PhD work was based on working with local hapū Ngāti

Tāwhirikura to explore the links between mārakai, ahi kaa and collective aspirations. He has also held roles at WITT including Kaiārahi, Head of Faculty Health and Wellbeing, and tutor. Ken is a board member for the Tamariki Pakari child health and wellbeing trust, sharing his interest and experience working with young people in a range of communities using research as a tool for development.

Professor Sarah Armstrong MD FAAP



Sarah Armstrong attended medical school at the University of Virginia and completed a pediatrics residency at the Children's Hospital of Philadelphia in 2003.

Dr. Armstrong's clinical and research interests focus on the treatment of obesity in children through basic, clinical, and community-engaged

research methods. She founded and directs the Duke Healthy Lifestyles Program which is by volume the largest pediatric obesity center in the US, and the only in the southeast region with an accredited adolescent bariatrics program. She also developed and has sustained since 2009 the Bull City Fit program, a community

partnership between Duke Children's and the City of Durham, which delivers obesity treatment to children and families through a local Parks and Recreation center. This model has been disseminated widely and has informed national guidelines for clinic-community partnerships for the treatment of childhood obesity. Dr. Armstrong was awarded the "Outstanding Advocate for Children" by the NC Pediatrics Society in 2011 for this work.

Dr. Armstrong serves in several national leadership roles, including Chair of the Section of Obesity for the American Academy of Pediatrics, as co-director for the Research Scholars Program of the Academic Pediatrics Association, and as an Executive Committee member for the Society for Pediatric Research. Dr. Armstrong has authored or co-authored multiple AAP policy statements and clinical guidelines for the management of pediatric obesity, is a co-editor for the international textbook on clinical care of obesity in adults and children and is an author for the 2022 AAP Clinical Practice Guidelines for pediatric obesity screening and treatment. She has also recently started as co-director for the Duke Center for Childhood Obesity Research, a cross-institutional collaborative to advance research for the prevention and treatment of childhood obesity.

Sarah lives in Chapel Hill, NC with her husband, 3 children, 2 dogs and cat. She is a big fan of the US Women's Soccer Team and loves to climb up mountains, stare at waterfalls, sleep under the stars, and cook unreasonable amounts of Italian food for family and friends.

Dr Sarah Maessen

Research Fellow



Dr Sarah Maessen is a Research Fellow for the Tamariki Pakari Child Health and Wellbeing Trust, providing oversight and guidance for the Tamariki Pakari team.

She comes with a wealth of experience, having undertaken a PhD at the University of Otago examining treatment of children's sleep disorders in relation to their ability to learn and engage at school. She has previously worked on several projects related to child health at the Liggins Institute. Sarah is originally from Taranaki, and is delighted to maintain the connection with Tamariki Pakari working to improve the lives of tamariki and rangitahi within Taranaki.

Dr Danielle Lottridge

Computer Science



Danielle is a Senior Lecturer in the Department of Computer Science at the University of Auckland.

Her research areas are in human computer interaction and human factors engineering, with interests in multitasking, user behaviour and the design of mass-market and health technologies.

Before starting at the University of Auckland, Danielle worked in the Silicon Valley tech industry and was a Postdoctoral Fellow at Stanford University.

She obtained a PhD in Human Factors Engineering from University of Toronto.

Mr Gregory Lynne

Software Developer



Greg has been supporting IT projects since 2011. He is currently employed on project funding to build and implement the healthy lifestyle IT application.

He liaises with industry (currently Efinity Digital and Taranaki DHB IT department) and supports other IT aspects for the Trust. Greg currently works with the Department of Paediatrics 2 days per week on the healthy lifestyle check application.

Dr Tim Jelleyman

Paediatrician, Chief Advisor Child and Youth



Tim is a paediatrician in West Auckland and Chief Advisor Child and Youth to Manatū Hauora (Ministry of Health NZ).

As a community paediatrician he experiences the privilege of working directly with children and their families, responding to their health challenges as well as working with partners at community and regional level to improve the wellbeing of children and young people. As a government advisor he is engaged alongside policy makers with improvement of the health system and policies aiming to make Aotearoa NZ the best place to grow up in.

This symposium is made possible with the generous support of

