



Health Promotion

ANNUAL REPORT APRIL 2021-MARCH 2022

The underlying premise of the five-year Health Promotion Plan and its implementation plan is to prompt diagnosis as early as possible and to improve the life experiences and quality of life for people with Coeliac Disease. The Health Promotion Plan includes actions to support and guide people with Coeliac Disease and their family / whanau through the stress and vulnerability felt from living with a long-term condition during the threat of infection from the pandemic COVID-19 virus. The disruptions brought about by COVID-19 meant we continued to work throughout the year, predominantly remotely. Health Promotion has additional hours added during this financial year from 20hrs per week to 28 hrs per week.

KEY AREAS IN THE IMPLEMENTATION PLAN

Key Output 1: Improve Quality of Life for children and adults with Coeliac Disease and families and whanau, initially by addressing anxiety and vulnerability re: COVID-19

- Created a supportive environment for children with Coeliac Disease through the development and delivery of a toolkit for Early Childhood Centre's and Schools to increase awareness and understanding of what people with Coeliac disease require to be included and supported to live Gluten Free for Life.
- Significance: The importance of understanding Coeliac and how to manage it is essential. All ages are affected, particularly children their parents and whanau.
- The living coeliac safe toolkits are available in web-based form online via the CNZ website and in hard copy as requested. Volunteers and members have distributed the Living Coeliac Safe toolkit and promoted it in their school community.
- A back-to-school letter for coeliac members to inform a new teacher about their child's condition and implications for the classroom and effective differentiation, so they are fully included in all activities safely during their school life.

- Training given to volunteers on 'How to Operate your Region Under a Covid-19 Environment. Additionally, updates shared about changes to levels and impact for organising member and kids club activities. Coeliac disease and coping with the stress and anxiety of coronavirus – how to safeguard yourself and your whanau article by Health Promotion distributed to members. CNZ Policy developed on vaccine and volunteering and volunteers returned signed copies. The Fitness Lockdown Challenge kept members and families engaged with CNZ Health Promotion during lockdown.
- As Health Promotion Manager I am the industry supervisor for 2 x University of Auckland -Student 4th year placement(s) from the School of Population Health.
- The first student project is about creating a literature review about wellness methods *such as wellness journals* or coaching efficacy on chronic disease management like coeliac disease. Although effective those with special dietary restrictions also experience reduce quality of life hence methods aimed at improving mental wellbeing may help lead to better adherence to GFD and improved wellbeing. The purpose of the review is to promote and integrate effective interdisciplinary methods to improve the quality of lives of coeliac patients in New Zealand.
- Wellbeing Journal drafted for CAW 2022: this is in line with the literature review and our theme of 'Thriving not just Surviving'. topics include, a step by step guide for removing gluten from my diet, food safety – 4 simple rules, healthy eating goal, recipes by ambassadors, i.e. Bliss Ball and Workout Smoothie (Morgan McKenzie Moore), DOP step by step guide, Mind over Gut, healthy thinking, working from home – isolation wellbeing checklist, making exercise a habit, exercise action plan, take your pulse, better breathing, breathing rate tracker, sleep better, sleep goal setting, social connections, working with your health professionals & navigating the health system, symptom tracker and scheduling self-care, create your own YouTube channel.
- The second student project is to understand what motivates people to join a society or organisation and why they join and how they like to receive information. It will be broken down by age and ethnicity. The platforms used to carry this out include: an EDM to members with an introduction and survey monkey questionnaire, a fb poll via coeliac disease page to reach a wider audience and non-members of CNZ.

Key Output 2: Raise GP / Health Professional Alertness to Coeliac Disease

- Just Diagnosed brochure was updated and distributed to new members and some GP's and Thames Hospital gastro department.
- Standard of Care for Dietitians has been distributed widely via Dietitians NZ Conference, Nutrition NZ and as requested by health professionals including GP's.

Key Output 3: Many foods act like poison for people with Coeliac Disease

- A policy has been developed as part of the toolkit following a request from an Early Childhood Centre for information to include in their Healthy Food and Food Preparation and Safety Policy.

- Living Coeliac Safe in the Workplace toolkit developed to be shared by members with their workplaces to educate about their needs and to raise awareness of the impact on work life.
- GF Kool Kai lockdown Challenge to raise awareness and engage members during Covid-19 restrictions.
- Drafted Coeliac NZ (CNZ) Changes to MPI Folate Fortification of bread – submission to the food safety minister.
- Supported the Tauranga volunteer to develop a video on the 4 steps to label reading for the CNZ conference and available to CNZ members and access to full training.
- Alternative Bread Co manager Ruth Smallwood developed a video on how to make your own GF Hot Cross Buns for Easter and a discount for members to purchase the bread making mix. This was sent out to all members via our eDM.

Key Output 4: Improve food sector options and understanding of what people with Coeliac Disease require.

- Engagement via the Gluten Free For Life Tour Aotearoa Cycle with cafes and restaurants and information about safe dining out places across NZ identified by the riders, CNZ, volunteers and members. This has also identified where there are gaps, and a Dining Out Programme Toolkit will be developed for our volunteers and members to share with their local food establishments to support them to provide safe dining environments and meet the gluten free claims.
- **CAW2021** - During CAW several awareness raising events were held:
- **In Wellington a Food Labelling Workshop:** was presented by Janet Goodman with dumplings from Kim's Kitchen and Gluten free 4u provided some fresh pasta samples. The sponsored products were well received and sent home with interested members.
- **Gluten free High Tea and Games in Wanaka:** Due to multiple allergies and intolerances, Zoe the Wanaka Kids Club Coordinator made the decision to cater it all dairy, egg, nut and of course gluten free - so that all the kids could eat all the food without worrying. (A couple of the plates that others bought had dairy in, so Zoe clearly labelled these and put them to one end of the table). The children played quite a few of the “minute-to-win-it” games with the marshmallow catapult being a favourite. The attendees also all took the Kellogg's cereal home which they were very grateful for. Wanaka Kids Club Coordinator – Zoe Huggett
- **Gluten-Free High Tea in Dunedin** included crafts, yummy food and one-minute challenges were the focus of the Dunedin coeliac kids get together at the South Dunedin library. The friendly librarians raided the local libraries of gluten free cookbooks to inspire the adults and put together crafts and book bundles for the kids. Everyone was up for one-minute challenges including skittles transfer, paper cup stacking, step challenges and more. With lots of yummy food to share and take home thanks to the sponsors. Dunedin Kids Club Volunteer – Dr Lisa Russel
- **Gluten free High Tea in Whitianga:** those who attended were blown away when we walked in to a spectacular display of 6 beautifully laid tables, each decked out in true ‘Deco High Tea’ style with white linen tablecloths with a gorgeous aqua colored runner across the centre; fine China plates, cups and saucers; authentic tiered cake stands that held sandwiches, cakes, slices and the ‘piece de resistance’ cheese scones that were so light and tasty they were pretty much all snapped up. Lisa

had made real coffee and there was a variety of teas to choose from. Home of HP Manager who explained her new role with Coeliac New Zealand and then went on to talk about the goal to improve health and welfare of people with Coeliac disease, better food labelling and using the Crossed Grain logo and much more. There was a lot of discussion around coeliac safe cafes, restaurants, dining out places and the need for better education in these establishments around cross contamination and the outcome for Coeliacs' when cross contamination occurs. It was an enjoyable occasion, old friendships renewed, and new ones established. We all decided that now we had made these contacts we would endeavour to make times for more regular get togethers. *Thames Coromandel Coordinator - Jan Autumn & Health Promotion Manager -Lisa Jury*

- **The Auckland Kids Club has been busy holding Sushi making workshops:** They registered and came together in small groups to learn how to make our own fresh Sushi. Most popular is by far the Teriyaki Chicken Sushi, flavoured with Ayam Teriyaki sauce, followed by Salmon (both fresh and smoked) and Avocado Sushi. *Auckland Kids Club Coordinator – Juliane Winter-Noakes*
- Facilitated a focus group on behalf of our Crossed Grain Logo licensee George Western Foods on a new recipe formulation of the gluten free Burgen bread range. This was carried out at the Rotorua event.
- Food Regulation – NZ Food Safety, Janet Goodman -Senior Advisor Labelling. This has included her presenting at, Wellington and Rotorua about the new food allergen labelling changes and what it means to you as a consumer. Janet also reviewed the Smart Label Reading for a Gluten Free Diet for the Living Coeliac Safe toolkit.
- A partnership formed with Auckland University – and presented 'Creating coeliac safe dining environments to the bachelor culinary and hospitality students.
- Webinar Series: NZIEH National Webinar Series November 2021– CNZ presentation by Lisa and Dana on Coeliac Safe Guidelines for the Hospitality Industry - an introduction to the Dining Out Programme.
- Being invited to present at the NZIEH Conference in April 2022 on Coeliac Safe Gluten Free Guidelines for Auditors. In this presentation we will dive beneath the label of coeliac disease and discover why gluten free for life is so important for the hospitality industry to comply. We will drill down into the practical application of the food standard, common errors, and questions to ask when carrying out an audit. Through the video interview with Brent Martin, they will learn the impact on dining out for someone with coeliac disease and how some restaurants demonstrate best practice. I have invited Karen Gough, NI Regional Manager for Auditing Solutions to prepare the presentation and to join me for the Q & A session following our presentation.
- New World Porirua – vote box, funding received, and health promotion activities were planned for later in 2021 however unable to go ahead due to covid restrictions. This will be carried out as part of CAW 2022 (June) with support from the local kids' club volunteer and members to do buddy shopping/reading food labels and instore promotion of gluten free for life.

Key Stakeholder Relationships / Other

- Our volunteer base around the country has enabled us to connect with our members in our communities. Someone local representing our organisation provides an additional point of contact for our members. As health promotion manager I have taken on the role of first point of contact with our volunteers providing regular

training and networking to stay connected with our volunteers via monthly zoom meetings, by phone and email. Basecamp for volunteers was also established to share documents, events, and health & safety practices & policies and to enhance communication and support between volunteers and CNZ.

- The key highlights for me this year have been the CNZ conference and presenting to volunteers, youth and then the main forum.
- Being invited to present at the New Zealand Institute of Environment Health Webinar Series in November 2021 and then invited to present at their conference scheduled for April 2022.
- Supporting Max and Andrew with the tour Aotearoa, cycling the length of NZ, GF for Life challenge by writing the training programme, providing support along their journey, and meeting them in Te Aroha at Villa 9 exclusively GF Café with a care pack and seeing them finish in Bluff joined by our two new Southland Volunteers and families was a definite highlight. A great way to raise awareness and fundraise for CNZ via social media updates and our Givealittle page.
- Another highlight is learning new ways of supporting volunteers and members virtually. The number of events below that were still able to go ahead during these uncertain times some face to face and some virtual.

Date	Activities around the Regions	Region	Volunteer	Description	Number attending
29 March	Volunteer meeting	Zoom	Lisa Jury	Volunteer training & networking meeting	6
Fri 9 April	CD, The Beginning	Wellington	Wendy Voon	Salvation Army Johnsonville from 7.30 -9:00 PM	35
Sun 11 April	Kids Club event	Wellington	Nerys Foster	Avalon Park Pavilion (61 Taita Drive, Avalon, Lower Hutt	27
Thurs 15 April	Catchup	Marlborough	Sophie	Julia Davidson cooking demo	18
Sat 8 May	Kids Club event	Tauranga	Elly McKenzie	GF Cupcake making/decoration event with Heather (Bake with me)	13
Sat 15 May	Get together	Whangarei	Natalie Carmichael	De'Lush Lunch – Whangarei group event	4
Sat 19 May	Training & Networking	Zoom	Health Promotion Manager	Training for volunteers	5
Sat 22 May	Circus Quirkus	Wellington Kids	Nerys Foster	Mt Victoria Rotary Club event	33
Sun 30 May	Circus Quirkus	Auckland Kids	Juliane Winter-Noakes	ASB Showgrounds – Rotary Club Circus Quirkus	44
Tue 8 June	Nano Experiment	Wellington	Andrea Wilson	Dominc's class experiment – Churton Park School	56

Date	Activities around the Regions	Region	Volunteer	Description	Number attending
Thurs 10 June	Member event	Wellington	Wendy Voon/Lisa Jury/Nerys Foster	Food Allergen Labelling Workshop	25
Fri 11 June	CAW High tea	Whitianga	Lisa Jury	The Dwelling (opposite C3 Church), Coghill Street, Whitianga & Mercury Bay High School	27
Fri 11 June	CAW High tea	Auckland	Corinne Cameron	Emily Cameron – High tea in school	25
Fri 11 June	CAW High tea	Lower Hutt	Claire Doughty	High Street Medical Hub – Coeliac Awareness	20
Sat 12 June	CAW kids' high tea	Dunedin	Lisa Russell	South Dunedin Library	18
Sat 12 June	CAW Kids high tea	Wanaka	Zoe Huggett	Kids' high tea and 'minute to win it' games	18
Sat 12 June	CAW high tea	Marlborough	Libby & Sophie	High tea at CBD in Blenheim, 3 pm	17
Sat 12 June	CAW catchup	tauranga	Elly McKenzie	Catchup	6
Sun 13 June	CAW – gathering	Northland	Julie Law/Lisa Jury	'Living Coeliac Safe Tool Kit @ Jill's house, 39 Rivendell Place, Warkworth	35
Sun 13 June	CAW gathering	Dunedin Kids	Lisa Russell	Coeliac Awareness	8
Fri 28 June	CAW	Dunedin	Heather Wilson	Weavers Mosgiel – gathering at café	25
6-12 June	CAW week	Auckland	Lesley Vent	St Kentigern School – Coeliac Awareness (exhibition at school hall for all students)	-
June	CAW event	Whangarei	Jamie Eyre/Michelle Eyre	High Tea in school to build awareness	60
June	Sushi Making	Auckland	Juliane Winter-Noakes	Sushi Making Workshop	10
Sat 10 July	Rotorua Event	Rotorua	Lisa Jury	'Rotorua Library – Living Coeliac Safe Workshops	20
August	Fitness Lockdown Challenge	Virtual	Lisa Jury	CNZ Fitness Lockdown Challenge joined the 10km fitness challenge	27
11 August	Auckland University *Coeliac Disease & the role of the kitchen/hospitality staff in ensuring a Safe Dining Environment	Auckland	Lisa Jury	Presentation to Bach of Culinary Arts paper Nutrition and Wellbeing & Hospitality, Business Students.	16

Date	Activities around the Regions	Region	Volunteer	Description	Number attending
23 & 25 August	Volunteer meeting	Zoom	Lisa Jury	Volunteer training & networking meeting (1 x evening, 1 x morning)	4
September	Gluten Free Kool Kai Challenge	Virtual	Lisa Jury	GF Kool Kai Challenge – categories under 14, young achiever, most creative, adult, multiple recipe	27
Sat 11 Sep	Hamilton afternoon tea	Hamilton	Marina Grantham-Campbell	Bliss Bakery	8
22 Sep	Volunteer meeting	Zoom	Lisa Jury	Volunteer training & networking meeting	5
27 Oct	Volunteer meeting	Zoom	Lisa Jury	Volunteer training and networking meeting	6
7 November	Kids Club event	Wellington	Nerys Foster	Kids' Club event	31
13 November	Kids Cup Cake Decorating	Wanaka	Zoe Huggett	Kids cup cake decorating with Danni	11
Sat 13 Nov	CNZ Conference	Virtual	CNZ	Living Coeliac Safe Conference – HP presentations	186
24 November	National NZIEH Webinar Series	Virtual	Lisa /Dana (CNZ)	Creating Coeliac Safe Environments	90
29 Nov	Catchup	Dunedin	Heather Wilson	Weavers Restaurant – Mosgiel	24
Wed 2 Dec	Catchup	Rotorua/Taupo	Jill Henson	Catchup in Rotorua	20
5 Dec	Catchup	Dunedin	Lisa Russell	Mosgiel Park	11
12 Feb 2022	Kids Club Get together	Wanaka	Zoe Huggett	Ginger peep decorating and a delicious morning tea (Fog Food, Emma, host)	25
3 March	Volunteer meeting	Zoom	Lisa Jury	Volunteer training and networking meeting	10
20 March	Kids Club	Wellington	Nerys Foster	Kilbirnie Rec Centre 2.30 – 4.30	19
March	Tour Aotearoa	N.Z.	Max Smitheram, Andrew Trevelyan and CNZ staff	Supported with training programme, CNZ staff with social media posts, regular support, care packs, give a little page etc Volunteers with meeting & greeting and care packs	15
March	Cycle for Coeliac Fundraiser	Virtual	Lisa Jury	7 teams registered and have until CAW week to complete their kms to match Max and Andrew	20
Total Events = 44					Total =1110