



Marlborough District Council

Sports Facilities Strategic Plan

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For more information please contact:

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Submitter details

1. Nelson Marlborough Health (Nelson Marlborough District Health Board) (NMH) is a key organisation involved in the health and wellbeing of the people within Te Tau Ihu. NMH appreciates the opportunity to comment from a public health perspective on the Marlborough District Council's (MDC) Sports Facilities Strategic Plan.
2. NMH makes this submission in recognition of its responsibilities to improve, promote and protect the health of people and communities under the New Zealand Public Health and Disability Act 2000 and the Health Act 1956.
3. This submission sets out particular matters of interest and concern to NMH.

General comments

4. NMH endorses the Draft Plan. Investment into a broad range of sporting facilities is critically important for physical and mental health for people of all ages.
5. NMH supports MDC's approach to facilitating the increased shared use of existing facilities. This means that a range of different sporting and community groups are able to access facilities, and the community has an array of sporting options.
6. NMH supports Action 1.7 in relation to accessibility. It is important that sporting facilities and grounds are able to cater for different levels of ability. For facilities to be recognised as fully accessible they need to comply with national standards stated in relevant resource management plans, the Building Act 1991 and, for example, the Access Standard in the Built Environment: NZS41212001. These standards may need to be exceeded to encourage greater participation and inclusivity. NMH recommends that, where appropriate, MDC carries out periodic consultation with disability advocacy agencies and audits facilities in conjunction with these recognised agencies.
7. The Plan acknowledges that Marlborough has an ageing population and the sporting needs of the community is evolving. In particular, many older people find it difficult to maintain moderate levels of physical activity; therefore, it is important to provide spaces that encourage older people to be active.
8. Consideration should be given to the level of seating (and associated access paths) at sporting facilities (indoor/outdoor) where older people are invited to watch community sport. The number and quality of seating is important because it gives people a place to rest and socialise. Public benches need to include a centre handrail so that people can easily get in and out of seats.¹
9. The provision of drinking fountains across sites providing free easily accessible water in public places is also recommended. NMH encourages MDC to use consistent signage on its drinking fountains so they are easy for people to identify. Adequate hydration and shade is important especially in the warmer months. Further

¹ Alzheimer's Australia Vic (2016) *Creating Dementia-friendly communities: A toolkit for local government* Commonwealth and Victoria Government's Home and Community Care program
<https://www.fightdementia.org.au/files/NATIONAL/documents/Dementia-friendly-communities-toolkit-for-local-government.pdf>

consideration of shading (natural or artificial) is encouraged across all outdoor facilities.

10. NMH recommends that the sale of sugar sweetened beverages at sports facilities and events is restricted. The regular consumption of sugar-sweetened beverages is a leading risk factor for obesity and tooth decay and is associated with a number of other non-communicable diseases especially type 2 diabetes, cardiovascular disease and several cancers.²
11. NMH recommends that all sports facilities/grounds have adequate cycle parking which is conveniently located, dry and secure. Provision of cycle parking is a key element in encouraging cycling.
12. NMH recommends that MDC ensures that all sports grounds have clear and obvious smokefree signage. NMH are happy to work with MDC to assess the number and location of signage across the sportsgrounds, as well as provide resourcing for additional signage where needed.

Conclusion

13. NMH thanks the MDC for the opportunity to feedback into the Sports Facilities Strategic Plan

Yours sincerely



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² <https://www.nmdhb.govt.nz/dmsdocument/91-sugar-sweetened-beverages-position-statement>