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Te Rangi Āniwaniwa and NZ Māori Basketball Association throwing out the fizzies

It's a slam dunk for good health as a Far North kura and national basketball association forget the fizzies and work towards going SSB free.

Healthy Families Far North is working with Te Rangi Āniwaniwa, the Northland District Health Board and the NZ Māori Basketball Association in supporting the establishment of sugar-sweetened beverages (SSB) free policy on the school grounds and at national Māori basketball events.

This comes off the back of the successful Indigenous Youth Basketball Tournament in July that saw 16 teams converge on the Far North to enjoy a week-long tournament where water was promoted as the first choice of drink.

Healthy Families Far North has been working with the Northland District Health Board's Healthy Environments team in guiding the kura through the process of developing a water safety plan, as Te Rangi Āniwaniwa operates on a self-supply basis.

In order for the kura to fully instate a SSB free policy, potable water supply must be guaranteed through a water safety plan that details water source description, identification and management of risks to safe drinking water and details of water treatment and distribution system.

The kura comprises a kōhanga reo, kura kaupapa and whare kura and now in its 24th year caters for 150 tamariki and their whānau.

Te Rangi Āniwaniwa tumuaki Te Iri Rangi Tāwhara is excited at the opportunity to link in with Healthy Families Far North and partners and "totally supportive of the kaupapa". She will be working with the Healthy Families Far North team to amass a compelling case to put to the next Board of Trustees meeting.

Meanwhile, relationships forged with the NZ Māori Basketball Association are coming into fruition as Healthy Families Far North is also channelling the SSB free message upwards to influence the numerous tournaments the association hosts nationwide.



Since 2000, the association has worked to profile Māori in basketball with a key priority to reinforce the value of whakapapa in basketball.

Healthy Families Far North kaiwhakahaere Shirleyanne Brown says for both the kura and the association to take an SSB free stance provides a clear and transparent line of Māori taking ownership of chronic disease prevention on a local and national level.

“SSBs have been directly linked to the prevalence of several non-communicable diseases, including obesity and diabetes. We're encouraged that both Te Rangi Āniwaniwa and the NZ Māori Basketball Association are actively seeking to safeguard the perpetuation of whakapapa by exploring a SSB free stance,” she says.

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