



WHANGANUI
DISTRICT HEALTH BOARD
Te Poari Hauora o Whanganui



2019 - 2020 MĀHERE TAU ANNUAL PLAN PUBLIC HEALTH

*Better health and independence
He hauora pai ake, he rangatiratanga*

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***‘Better health and independence’
through integrity – fairness – looking forward – innovation***

Whanganui District Health Board

The primary aim of the Whanganui District Health Board (Whanganui DHB) is to ensure people living in our community get the services they need to help them to be as healthy and independent as possible.

long term, the Whanganui DHB aims to:

- Improve the life expectancy for the DHB population, with improvement in equity for Māori
- Reduce mortality rates for the DHB population, with improvement in equity for Māori
- Reduce morbidity by improving the quality of life for the DHB population, focusing on those with the highest need
- Improve equity by reducing the health status gap between Māori and non-Māori across all measures, and also between the Whanganui region and New Zealand

Whanganui DHB has made four specific commitments to support achievement of the vision:

- Advancing Māori health and Whānau Ora
- Investing to improve health outcomes and live within our means
- Growing the quality and safety culture
- Rising to the challenge to build resilient communities.

Whanganui DHB Public Health Centre

Public health is part of our wider health system that works to keep our population well.

The Public Health Centre (PHC) sits within the Whanganui DHB service and business planning team. The PHC delivers health promotion and public health nursing services. The health protection component is provided by MidCentral District Health Board, however the health protection team and medical officer of health are co-located in the PHC building.

PHC staff work towards improving, promoting and protecting the health and wellbeing of our community and to reduce inequalities. Activities are focused around the social and physical environments in which our population live, learn, work and play, across the life course, as well as on approaches that promote healthy change and outcomes.

The PHC mission statement is that our service is committed to working with communities to promote health and wellbeing.

The Whanganui DHB recognises the value and importance of health promotion and health protection in enabling people to increase control over and improve their health. The PHC continues to be committed to working collectively with other organisations and communities inside and outside of the health sector, to deliver on local, regional and national health priorities, and are committed to:

The Treaty of Waitangi

Commitment to the principles of partnership, participation and protection that underpin the relationship between the Government and Māori under the Treaty of Waitangi:

- **Partnership** involves working together with iwi, hapū, whānau and Māori communities to develop strategies for Māori health gain and appropriate health and disability services.
- **Participation** requires Māori to be involved at all levels of the health and disability sector, including in decision-making, planning, development and delivery of health and disability services.
- **Protection** involves the Government working to ensure Māori have at least the same level of health as non-Māori, and safeguarding Māori cultural concepts, values and practices.

The New Zealand Health Strategy

Commitment to delivering the New Zealand Health Strategy. To support our population to live well, stay well and get well we aim to be:

- **People Powered**
 - By working in a way that supports our local communities to mobilise and engage with deciding, designing and developing health interventions and systems that meet their needs.
 - By working in a way that supports greater integration of PHC services with treatment and support services.
- **Smarter**
 - By working in a way that better focuses PHC interventions to evidence-based practice, local needs, stories and context.
 - By working in a way that enables communities, community leaders, community organisations and other agencies to develop local solutions to causes of health problems for their communities.
- **Value and high performance**
 - By working in a way to address health inequalities through improved access to the right information and the right resources at the right time.
 - By working in a way that delivers effective public health initiatives with outcomes that have real impact.
- **Our team**
 - By working in a way that enables leadership development, grows prevention and population health skills, grows capability in our team as well as local organisations, including our DHB, Māori providers and NGOs.
 - By working in a way that strengthens the role for our people in our communities to support health.
- **Smart system**
 - By working in a way that improves public health service delivery across priority populations
 - By working in a way that supports effective evaluation of interventions and sharing of learnings across organisational and professional networks



He Korowai Oranga 2014

Commitment to the Māori health strategy He Korowai Oranga 2014, with the overall aim of Pae ora - healthy futures, which incorporates three interconnected elements:

- **Whānau ora** – healthy families - whānau wellbeing and support, participation in Māori culture and Te reo
- **Wai ora** – healthy environments - education, work income housing and deprivation
- **Mauri ora** – healthy individuals - life stage from pepi/tamariki to rangatahi then pakeke and a section that includes individuals of all ages

Achieving Equity in Health and Wellness

Commitment to embedding a pro-equity approach into PHC service delivery, with the aim to address the significant health outcome inequalities in the Whanganui district, particularly for Māori.

In 2018, a pro-equity check-up was completed to assess how well Whanganui DHB is embedding a pro-equity approach into its work. The primary focus for the check-up was to identify opportunities and create a strong foundation for Whanganui DHB as it works towards equity.

Findings from this assessment were grouped into four key themes:

- leadership and accountability,
- capability,
- transparency
- and partnership

Recommendations from this assessment to help respond to the 4 key themes:

- Strengthen leadership and accountability for equity capability
- Build Māori workforce and Māori health and equity capability
- Improve transparency in data and decision making
- Support more authentic partnership with Māori

In efforts to strengthen and refocus our PHC service delivery, in 2018 our health promotion and public health nurse team began reviewing opportunities to better focus our service delivery efforts.

The following has been identified to support our commitment to embed a pro-equity approach:

- Develop and implement a service delivery framework that embeds a whānau ora wellness model, better focuses PHC efforts through a life course approach and better targets priority populations where people live, learn, work and play.

Working in Partnership

Commitment to achieving collective impact through interventions and services closer to home, to do this we understand the importance of strengthening our collaborative partnerships and collaborative action with other parts of the health system, across sectors and with key interagency networks, including:

- Whanganui DHB Planning and Funding
- Mid-Central DHB Health Protection team
- Primary care services
- Iwi services and organisations
- Local authorities
- Government agencies
- Non-Government Organisations
- Local, Regional and National Interagency networks
- Education institutes, sport and private sector agencies and priority settings
- Community groups

Keeping our people well

Commitment to making a significant difference to the health and wellbeing of the population we serve.

The Whanganui DHB covers a large geographical area with our population living in the Whanganui and Rangitīkei territorial authority areas as well as the Ruapehu territorial area wards of Waimarino and Waiouru – known as South Ruapehu.

Population growth is growing with just over 64,000 people living in our region, approximately one third of the population live in small towns and rural communities.

Compared to the New Zealand average (Census 2013, Statistics New Zealand), the Whanganui DHB population is characterised by a large percentage of Māori (26.5 percent), a small but growing population of Pacific and Asian people (2 percent per group), and a relatively large and growing percentage of older people over the age of 60 (26 percent). Compared to New Zealand's 21.5 percent, Whanganui DHB's population has a higher percentage of children and young people, with 27 percent under 17 years of age, of which more than a third are of Māori ethnicity.



To support keeping our people well, our PHC is committed to the WDHB key focus areas for providing integrated service for the following priority population groups:

- Maternal, Child and Youth Health
- Health of Older People
- People with Long-Term Conditions including mental health
- Delivering equitable access to clinical services for our population

The work of the PHC aligns directly with the first of the three key focus areas - improving equity for priority populations across life course

Focus Area 1(a) Pregnancy, early years, and adolescence

- Maternal mental health services
- Child wellbeing
- Supporting health in schools, including school based health services
- Increased immunisation
- Raising healthy kids
- Mental health and wellbeing

Focus Area 1(b) Adulthood and healthy ageing*

- Mental health and wellbeing
- People with disabilities
- Cardiovascular and diabetes risk assessment
- Better help for smokers to quit
- Pharmacy Action Plan
- Cancer prevention (including faster cancer treatment and bowel screening)
- Healthy ageing

PHC Service Delivery

Commitment to the following priorities for PHC service delivery in 2019-2020:

- Collective impact and partnership
- Achieving equity in health and wellness
- Improving Māori health outcomes
- Improving child, Infant and maternal health outcomes
- Enabling health promoting environments with emphasis on a “Health in all Policies” approach
- Regional approaches to both alcohol and tobacco harm reduction
- Regional approaches to promote community resilience, mental health and psycho-social well-being
- Promotion of living safer, healthy and active lifestyles

The key principles for PHC service delivery are:

- To focus on the health of communities as a population rather than individuals
- To influence health determinants
- To prioritise improvements in Māori health
- To contribute to reducing health disparities
- To base practice and service delivery on the best available evidence
- To build effective partnerships across the health sector and other sectors
- To remain responsive to new and emerging health threats.

Forward focus

This PHC annual plan groups and displays the way in which our public health service will deliver and focus efforts for improving population health outcomes.

The plan identifies key service lines, priority settings and priority areas known as service areas. For each service area, the plan identifies key priorities and outcomes that we are working towards as a service for 2019-2020.

Annual action plans are developed for each service area and contain key ‘activities’. Within each activity there are a number of ‘tasks’ which break the work down further into manageable elements.

Each action plan aligns with our PHC service delivery framework to embed a pro-equity approach and utilises Results Based Accountability™ (RBA) performance measures to provide outcome-based measures. These activities and tasks are not included in the annual plan as they are for operational planning and monitoring.

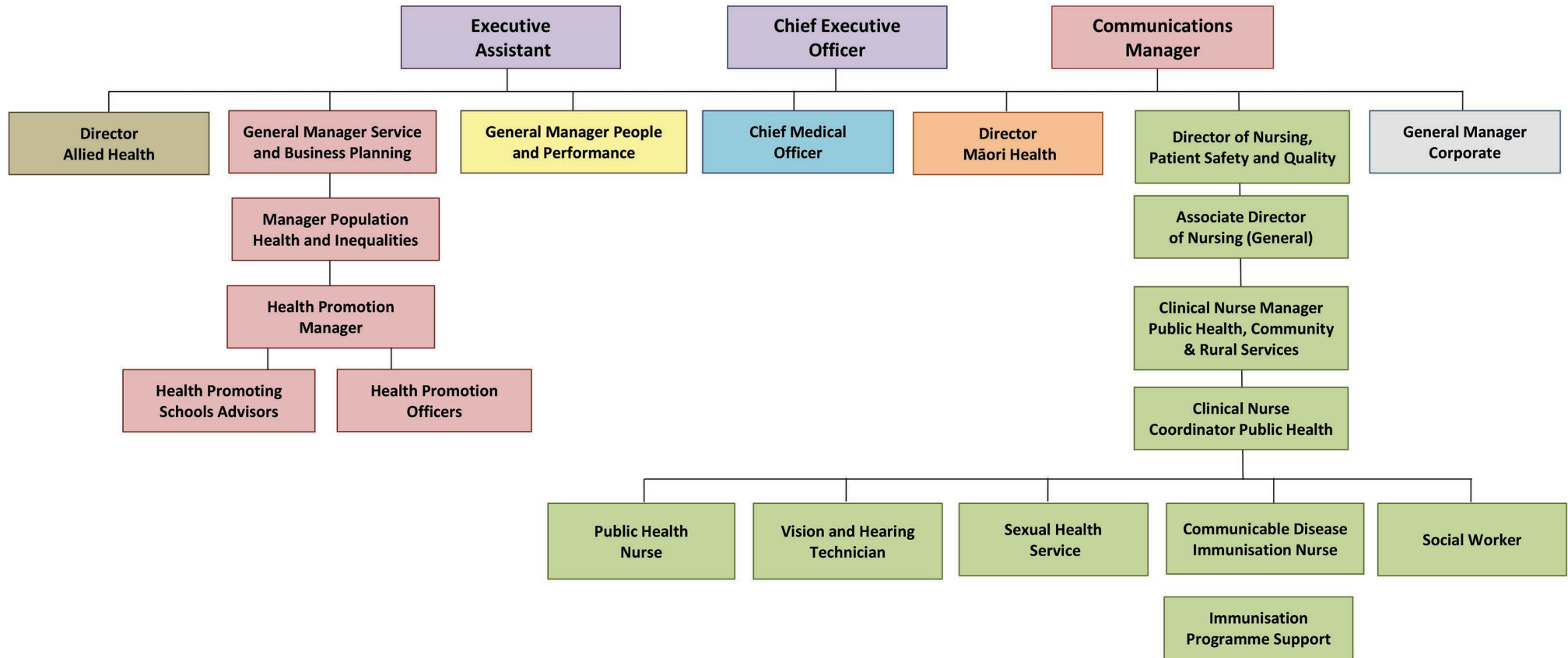
This plan should also be read in conjunction with Māhere Tau, the Whanganui DHB Annual Plan 2019 – 2020.

Reporting

The PHC will provide formal reports to the Ministry of Health and our DHB in January and July. Reports will relate to the priorities and outcomes described in this plan, and will outline key achievements for the previous six months and describe any challenges and emerging issues. These reports are as follows:

- Summary Progress Report - January
- Whole-of-year Report - July

Whanganui District Health Board Organisation Chart as at March 2019



Healthy Public Policy***Supporting the development of health-promoting policies and approaches across our communities***

The outcomes we are working towards are that policies, practices and environments support health and wellbeing, improve Māori health, and reduce disparities.

The key healthy public policy outcomes we are working towards are:**The key healthy public policy priorities for 2019-20 are:**

- Health in All policies approach positively influencing determinants of health and health outcomes for those most vulnerable

- To improve the overall health of communities through the adoption of healthy public policy e.g. mental health and wellbeing, tobacco control, alcohol use
- Continue to work alongside local authorities, priority settings and community agencies to advocate for health in all policies

Community Action***Supporting our communities to improve their health***

The outcome we are working towards is to enable healthy change through community action

The key community action outcomes we are working towards are:**The key community action priorities for 2019-20 are:**

- Communities are enabled and empowered to influence healthy outcomes
- Delivery of focused and culturally appropriate health promotion initiatives within priority settings and communities where people live, learn, work and play

- To provide an accessible and responsive health information resource center
- Support under-served and priority communities to identify and address their health priorities e.g. workplaces, sexual health, rural communities
- Work alongside Healthy Families Whanganui Rangitīkei Ruapehu to support innovation of change activities where people live, learn, work and play

Public Health Capacity***Supporting our workforce to continue to grow and develop as health professionals***

The outcome we are working towards is to build public health knowledge and expertise

The key public health capacity outcomes we are working towards are:**The key public health capacity priorities for 2019-20 are:**

- A minimum of 75% of public health workforce will hold a tertiary qualification in public health or an equivalent qualification

- Continued support public health staff to attend training, study and professional development opportunities which supports their public health role
- Continued support public health staff to lead and participate in local/regional/national networks

Education Settings***Supporting our children and young people to learn well and be well***

The outcome we are working towards is to enable education settings to support student, whānau and staff wellbeing

The key education setting outcomes we are working towards are:**The key education setting priorities for 2019-20 are:**

- Education settings make the healthy choice the easy choice for students, whānau and staff

- To continue delivery of the health promoting schools initiative in low decile schools, kura kaupapa Māori, and priority kāhui ako.
- To work with education settings to develop, promote, evaluate and implement wellbeing promotion resources and programmes
- Prioritisation and delivery of health promotion initiatives in te kōhanga reo and early childhood settings

Workplace Settings***Supporting workplaces improve wellbeing***

The outcome we are working towards is to enable workplace wellbeing within organisations in our region

The key workplace setting outcomes we are working towards are:**The key workplace setting priorities for 2019-20 are:**

- Workplace settings make the healthy choice the easy choice within their organisations

- Development of workplace wellbeing package and regional approach to deliver programmes and resources like WorkWell, Good4Work, MHF mental wellbeing
- Support workplaces settings to develop, promote, evaluate and implement workplace wellbeing programmes and resources
- Prioritisation and delivery of health promotion initiatives within settings with focus on reaching priority populations

Injury prevention***Supporting people to enjoy healthy lifestyles within a healthy environment***

The outcome we are working towards is to reduce incidences unintentional and intentional injury in our region

The key injury prevention outcomes we are working towards are:**The key injury prevention priorities for 2019-20 are:**

- Collaborative approach to reduce injury

- Work alongside interagency networks, communities and key settings to create supportive and safe environments

Family and Sexual Violence

Supporting safe communities, safe homes, safe people

The outcome we are working towards is to reduce incidences of family violence and sexual violence in our region

The key family and sexual violence outcomes we are working towards are:

- Contribute to reduced assault rates on children and vulnerable populations
- Increased amount of organisations, settings and communities that are responsive to preventing family violence and sexual violence
- Increased collaborative efforts and strategies to raise awareness about preventing family violence and sexual violence
- Multiagency support for vulnerable pregnancies

The key family and sexual violence priorities for 2019-20 are:

- Work alongside interagency networks, communities and key settings to raise awareness, strengthen community action and response to family violence and sexual violence
- Support communities and key settings to create supportive and safe environments
- Advocate and support adoption of healthy public policy, such as Child Abuse and Neglect and Intimate Partner Violence (IPV) prevention policies

Alcohol and Other Drugs (AOD)

Supporting our communities to end harm from alcohol and other drugs

The outcome we are working towards is to minimise and reduce the levels of harm from alcohol and other drugs in our region.

The key AOD outcomes we are working towards are:

- Reduced incidences of AOD related harm
- Increased AOD treatment opportunities
- Increased awareness, collaborative efforts and strategies to reducing AOD related harm
- Healthy public policy that supports safer environments, demand reduction and supply control strategies.

The key AOD priorities for 2019-20 are:

- Work alongside interagency networks, communities and key settings to reduce AOD related harm
- Develop, implement and advocate for healthy public policy and initiatives that address AOD related harm.
- Raising awareness on preventing Fetal alcohol spectrum disorder (FASD)
- Support priority populations and communities access appropriate training, information and resources that address AOD related harm.
- To undertake appropriate regulatory functions required under the Sale and Supply of Alcohol Act 2012

Mental Health and Wellbeing

Supporting people to enjoy healthy lifestyles within a healthy environment

The outcome we are working towards is connected community action to support and improve mental health and wellbeing in our region.

The key mental health and wellbeing outcomes we are working towards are:

- Local strategies and initiatives support people maintain and improve mental health and wellbeing
- Increased awareness of local and national support services
- Strengthened community action to access appropriate wrap around and support services
- Alignment of activities with recommendations from the Mental health enquiry

The key mental health and wellbeing priorities for 2019-20 are:

- Working alongside interagency networks, communities to support achieving better mental health and wellbeing outcomes for priority populations
- Promotion of mental health and wellbeing strategies, resources, support and programmes with particular focus on vulnerable populations and youth.
- Support organisations and priority settings where people live, learn, work and play to create supportive health promoting environments

Maternal, Infant and Child health

Supporting our children to flourish in life

The outcome we are working towards is children in our region are supported to have the best start to life

The key maternal, infant and child health outcomes we are working towards are:

- Increased collaborative efforts and strategies to support achieving better maternal, infant and child health outcomes
- Increased knowledge and support around positive parenting programmes and prevention programmes
- Reduction in Māori sudden unexpected death in infancy rates
- Increased access to oral health support for Māori
- Increased awareness on rheumatic fever
- Service delivery aligned to improve tamariki ora and whānau ora outcomes
- Alignment of activities with the Child Wellbeing strategy

The key maternal, infant and child health priorities for 2019-20 are:

- Work alongside interagency networks, communities and key settings;
 - to support achieving better health outcomes during the first 1000 days of life
 - to prevent and respond to adverse childhood experiences (ACE's)
 - to implement and promote positive parenting programmes and resources
 - to implement the Whanganui SUDI prevention plan
- Support priority settings where Māori live, learn, work and play to create supportive health promoting environments
- Raise awareness on key modifiable risk factors, protective factors, treatment and support services with a focus on at risk, vulnerable and priority populations

Nutrition and Physical Activity

Supporting people to enjoy healthy lifestyles within a healthy environment

The outcome we are working towards is to create health promoting environments that support health and wellbeing, improve Māori health, and reduce disparities.

The key nutrition and physical activity outcomes we are working towards are:

- Contribute to reducing incidences of long term conditions
- Adoption of healthy food and drink policy and health promoting practices
- Increased collaborative efforts and strategies to support and promote breastfeeding, healthy food choices and increased physical activity.

The key nutritional and physical activity priorities for 2019-20 are:

- Work alongside interagency networks, communities and key settings to raise awareness on the importance of screening, early intervention and protective factors with focus on preventing some long term conditions.
- Support organisations and priority settings where Māori live, learn, work and play to create supportive health promoting environments
- Promotion of key prevention and intervention messages, programmes, campaigns and support services with a focus on reaching priority populations

Sexual Health & Diversity

Supporting healthy sexual health in our communities

The outcome we are working towards is to reduced rates of sexually transmitted infections in our region

The key sexual health & diversity outcomes we are working towards are:

- Regional response to syphilis epidemic
- Contribute towards reduced rates of teenage pregnancy with a focus on Māori
- Contribute towards reduced rates of sexually transmitted infections
- Increased awareness of the core concepts of gender, equity and human rights

The key sexual health & diversity priorities for 2019-20 are:

- Support implementation of regional actions provided through national guidelines for STI management e.g. National Syphilis Action Plan
- Increased collaborative efforts and strategies to support raising awareness about sexual and reproductive health issues
- Promote access to free, confidential and widely available sexual health clinical services
- Work alongside interagency networks, communities and key settings to create supportive environments and to raise awareness of sexual diversity

Tobacco Control

Supporting our communities to be smokefree

The outcome we are working towards is to reduce smoking rates with focus on Māori who smoke in our region.

The key tobacco control outcomes we are working towards are:

- Contribute to a reduction in smoking rates among Māori and pacific populations, youth and pregnant women
- Increased smokefree and vapefree environments
- Increased collaborative efforts and strategies to support achieving Smokefree Aotearoa 2025

The key tobacco control priorities for 2019-20 are:

- Support priority settings where Māori live, learn, work and play to create supportive health promoting environments
- Promotion of key prevention and intervention messages, programmes, campaigns and support services with a focus on reaching priority populations
- Advocate for adoption of healthy public policy that supports smokefree and vapefree environments
- Effective and efficient delivery of quality stop smoking services across the Whanganui DHB region
- Monitor and support ABC Smoking cessation strategy with systematic brief intervention (e.g ABC) and quality referrals to Ngā Taura Tuhono – Regional stop smoking service

Communicable Disease Control

Supporting increased immunisation rates in our region

The outcome we are working towards is to prevent and reduce incidence of communicable diseases

The key communicable disease outcomes we are working towards are:

- Improved immunisation rates among Māori
- Maintain high uptake of school based immunisation programme
- Raising awareness of communicable disease and access to immunisation
- Protection against the introduction of communicable diseases into New Zealand

The key communicable disease priorities for 2019-20 are:

- Effective and efficient recording of immunisation data within local and national databases (e.g. NIR)
- To monitor and report on communicable disease trends and outbreaks.
- Promotion of immunisation with a focus on Māori
- Delivery of a robust school based immunisation programme to year 7 and 8 students
- Promote national, regional and local information and issues



<i>CS Detail</i>	<i>Extended Description of Service</i>	<i>Purchase Unit ID</i>	<i>2019/20</i>	<i>Service Start Date</i>	<i>Service End Date</i>
1	Prevention of Alcohol & Other Drugs	RM00100 Alcohol & Other Drug Related Harm	\$86,938	1 July 2019	30 June 2020
2	Communicable Diseases	RM00101 Communicable Diseases	\$19,320	1 July 2019	30 June 2020
3	Unintentional Injury Prevention	RM00104 – Injury Prevention	\$48,299	1 July 2019	30 June 2020
4	Intentional Injury Prevention	RM00104 – Injury Prevention	\$33,809	1 July 2019	30 June 2020
6	Mental Health and Wellbeing	RM00105 – Mental Health	\$82,619	1 July 2019	30 June 2020
7	Nutrition and Physical Activity	RM00107 – Nutrition & Physical Activity	\$162,516	1 July 2019	30 June 2020
8	Sexual Health	RM00109 – Sexual Health	\$48,299	1 July 2019	30 June 2020
9	Social Environment	RM00110 – Social Environment	\$28,979	1 July 2019	30 June 2020
10	Tobacco Control	RM00111 – Tobacco Control	\$81,939	1 July 2019	30 June 2020
11	Well Child Parenting/ SUDI/ Rheumatic fever	RM00112 – Well Child	\$83,639	1 July 2019	30 June 2020
12	Workforce/Health Infrastructure	RM00103 – Public Health Infrastructure	\$72,278	1 July 2019	30 June 2020
			<u>\$748,635.00</u>		