

Pacific Health Action Plan 2016-2018

The first Pacific Health Action Plan was developed in 2013 for the Pacific populations of the Auckland and Waitemata District Health Boards (DHBs). It was developed in partnership with all of our partners; from primary care, to churches and communities. To update the plan, community engagement took place from 22 July to 31 August 2016 which included community forums across Auckland and Waitemata, small group discussions and an online survey.

Who responded

A total of 290 responses were received. Responses came from a good cross-section of the Pacific community with a good mix of age group, geographical location and ethnicity.

Feedback received

Order of priority for strategic themes:

- Pacific children are safe and well and our families are free of violence (Over 50% of respondents rated this as their highest priority)
- Pacific people eat well and are physically active
- Pacific people seek medical and other help early
- Pacific people live in warm houses that are not overcrowded
- Pacific people are smokefree
- Pacific people use hospital services when needed

Additions to existing priorities

- Over 70% thought that childhood obesity and oral health should be included within the first priority
- 87% thought there should be a new priority focusing on the health of older people
- 89% thought that mental health should be included as a priority in the plan

Ways to improve health and wellbeing for Pacific communities

- More Pacific healthcare staff to support the community's health and wellbeing
- More education and workshops through schools and churches about health and healthy living
- Church leaders and parents need to be good role models
- Financial support and funded programmes to improve access to healthy food and to sports and exercise
- Better communication using role models, strong images, Pacific channels, social media and other online tools
- Home based support or visits and higher use of mobile clinics and health checks in the community
- Use a mixture of communication tools such as phone, text and email to book and send reminders about appointments
- Increase cultural awareness amongst healthcare staff to improve care for Pacific patients and their families
- Engage more with the Pacific community and empower them to create and drive their own health plan
- Provide or address some of the barriers Pacific people encounter – eg transport, support, childcare
- Provide more information in different languages and use interpreters more
- Greater inter-sectoral work with other agencies to tackle issues such as poverty and housing
- Increased regulation around smoking and fast food outlets
- Reduce cost of doctor appointments and medication
- Focus on the whole family - more competitions for children, adults and youth