

# Pacific Health Action Plan 2016-2018

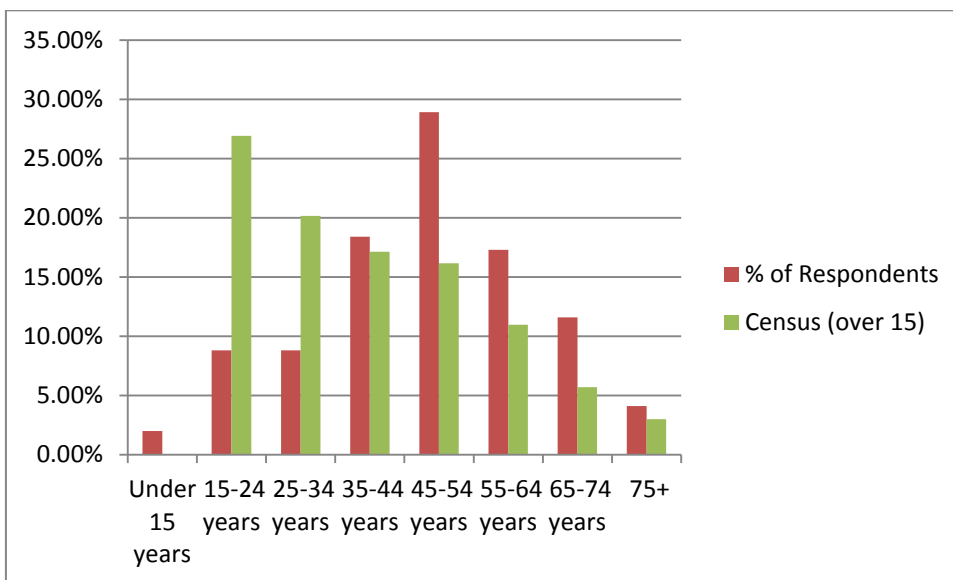
The first Pacific Health Action Plan was developed in 2013 for the Pacific populations of the Auckland and Waitemata District Health Boards (DHBs). It was developed in partnership with all of our partners; from primary care, to churches and communities. To update the plan, community engagement took place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

## Who responded

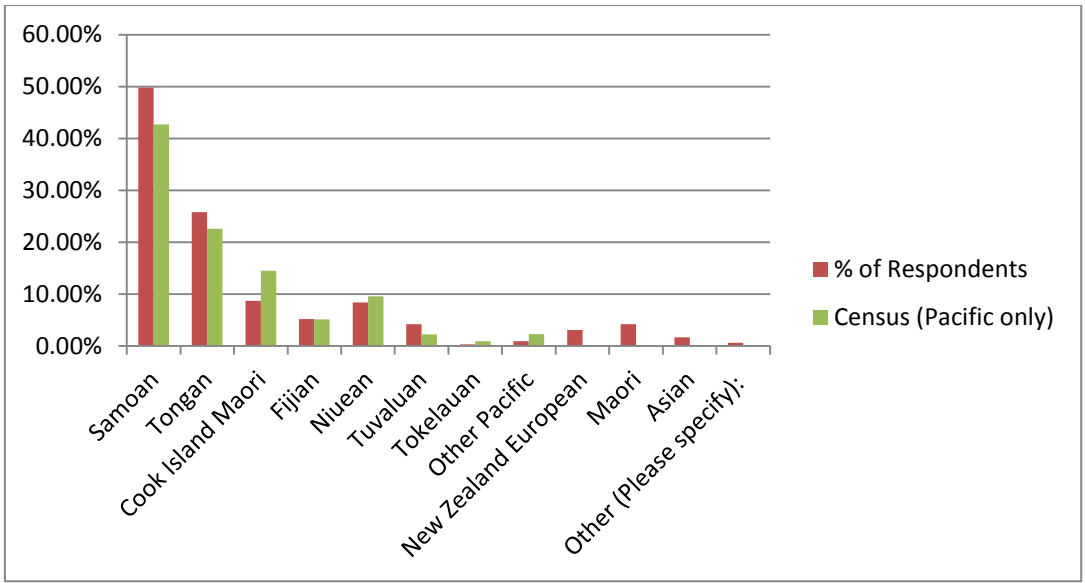
A total of 290 responses were received. Responses came from a good cross-section of the Pacific community with a good mix of age group, geographical location and ethnicity. However, there were more female than male responses (67% and 33% respectively). In addition, 18% of respondents identified themselves as having a disability.

Participants were asked if they were involved with a local Pacific or other church to help monitor if the engagement also reached those who weren't. 77% of respondents were involved with a Pacific church, 8% with a non-Pacific church and 15% were not involved in any church.

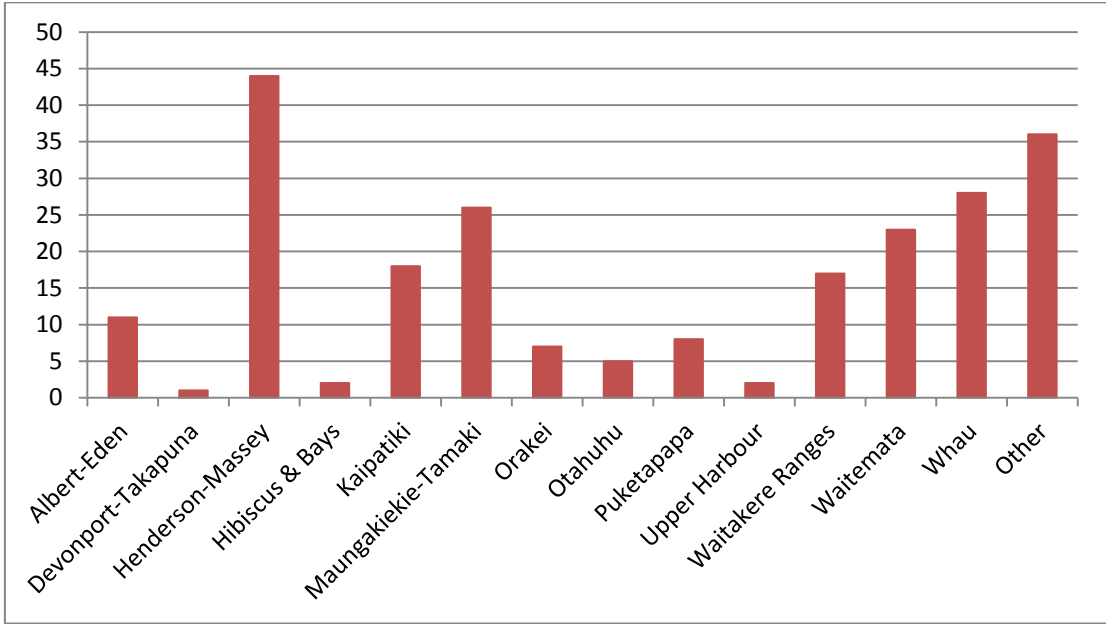
While young people under the age of 15 were invited to participate, children were not targeted for this engagement so the graph shows a comparison of participation rates compared with census data for those 15 and over. In general, the proportion of younger people participating was not as high as we might have liked and although this is not unusual for community engagement processes, additional efforts to improve this in the future should be made.



The mix of Pacific ethnicities who participated was reflective of the Auckland and Waitemata Pacific populations as a whole.



Participants were encouraged to provide their neighbourhood or suburb which has been matched with local board areas. This corresponds well with the geographical location of Pacific communities in Auckland and in Waitemata apart from those living around Orewa and in the Rodney area.



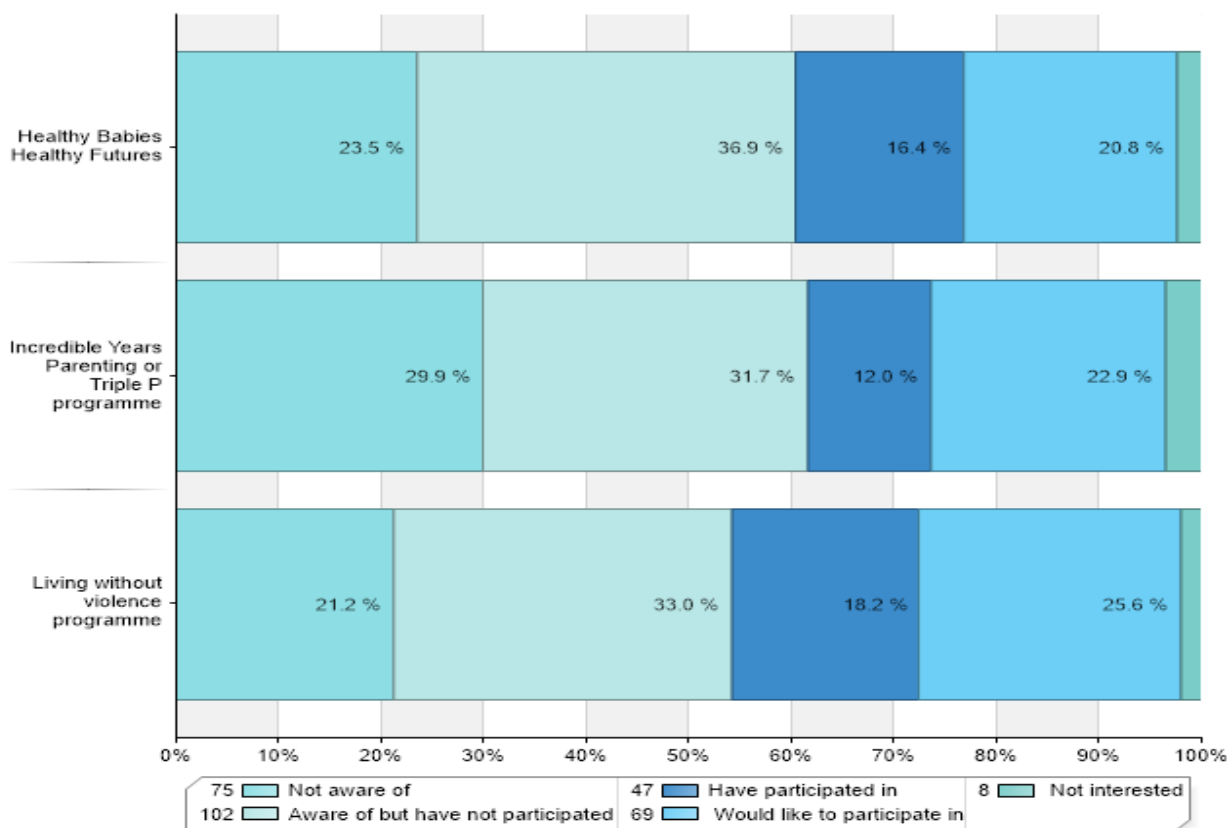
# Feedback received

1. Please let us know which of the current priorities you agree with by ranking them in order of preference or leave it blank if you do not think it should be included in the new plan:

2013-2016 order of priority	Participants new preferred order of priority
Pacific children are safe and well and our families are free of violence	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 are smokefree	Pacific people eat well and are physically active
Pacific people eat well and we are physically active	Pacific people seek medical and other help early
Pacific people seek medical and other help early	Pacific people live in warm houses that are not overcrowded
Pacific people use hospital services when needed	Pacific people are smokefree
Pacific people live in warm houses that are not overcrowded	Pacific people use hospital services when needed

## Pacific children are safe and well and our families are free of violence

2. Which of the following are you aware of, have you participated in or would like to in the future if it is offered in your church or community:



3. Childhood obesity has been identified as a new activity to include in the plan. Do you agree and if so, do you have any suggestions of how we could tackle it?

- 79% agreed or provided suggestions of how this could be tackled
- 20% did not respond
- 1% disagreed – feeling that it was already covered within the plan

For those who did provide feedback on this question, common suggestions were:

- It's a family lifestyle issue – parents need to be good role models and lead healthy choices and exercise
- Workshops and education through churches and schools aimed at the whole family
- Wide-spread promotion and guidance about healthy options including portion size and healthy pacific choices
- Free or cheap Pacific sports and exercise options for kids or whole family to participate in – suggestion of annual pacific sports competition
- Schools to provide healthy options, ban sugary drinks and sweets
- More sports and exercise at schools
- More pacific health staff helping to deliver the messages about healthy lifestyles
- Obese children and their families to be provided with more help
- Cheaper healthy food options

4. Improving oral health has also been identified as another priority for Pacific children. Do you agree this should be included and if so, do you have any suggestions of what we can do to improve this?

- 72% agreed or provided suggestions of how this could be tackled
- 25% did not respond
- 2% disagreed
- 1 person (0.3%) queried what was meant by oral health

For those who did provide feedback on this question, common suggestions were:

- Free check-ups for children through schools
- Education workshops through churches and in the community for parents
- Education at school and church for children
- Provide and promote more healthy food options – less sugar
- Subsidised dental treatment for adults
- Free toothbrushes, toothpaste for children
- Family role modelling and supporting good dental hygiene
- More pacific healthcare staff to support this
- More use of mobile clinics eg at churches

5. Is there anything else we could be doing to improve the health and wellbeing of our children?

- Create an awareness about poverty and how we can tackle this
- Help to ensure that Pacific children have the basics – free warm clothes and shoes, breakfast and showers – potentially provided through schools
- Eradicate spread of lice / school sores – keep them warm and prevent asthma and other bronchial problems
- Empower families to create and drive their own health plans
- Early identification of at-risk youth, social and behavioural risks
- Performance art opportunities and messaging through song, dance and drama
- Central hub for info – Pacific website on wellbeing
- Have a stronger role in joint sector work and political forums – need to address upstream problems like housing and unemployment – more vocal representation of the needs of the community at board level

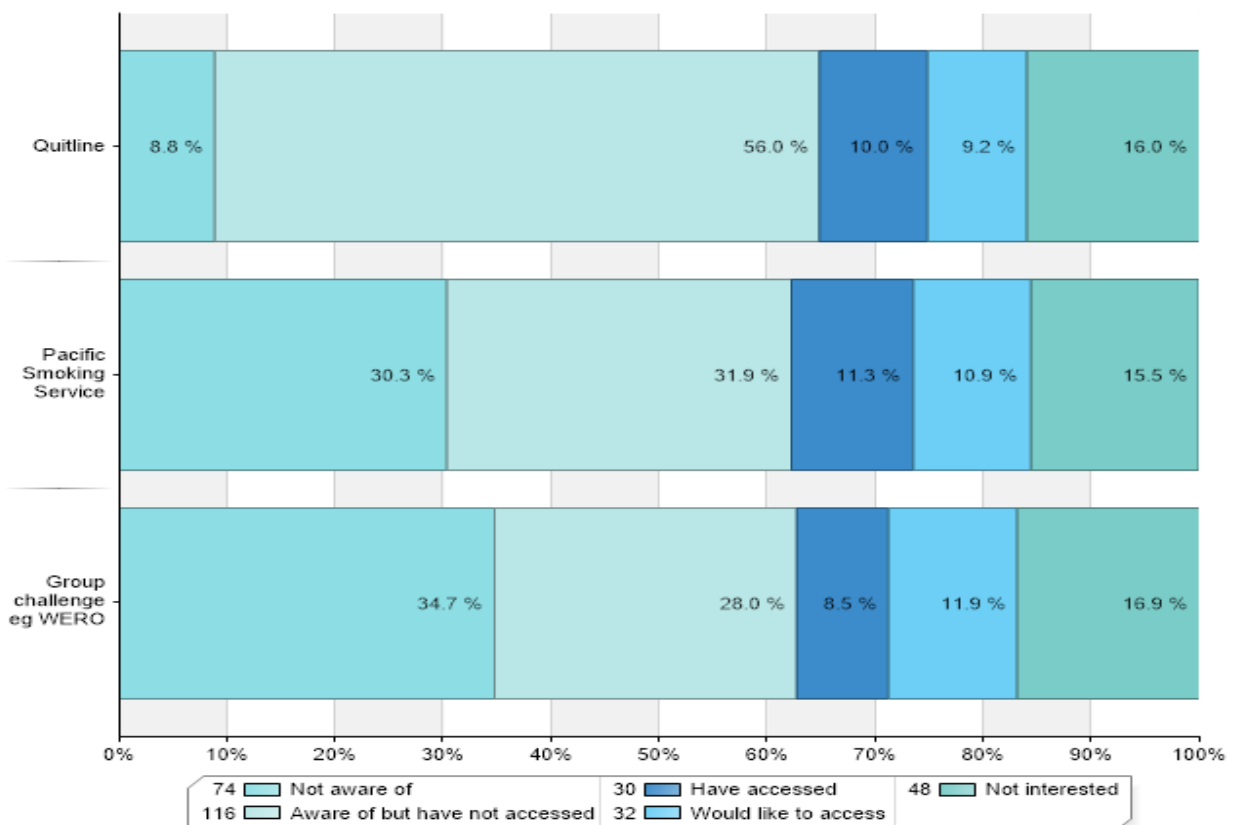
- Have a month-long focus on children’s holistic health driven by the churches
- If you can’t afford them, don’t have them
- Health promotion in early childhood centres, for pregnant mothers and through midwives
- Educate younger generation more on sexuality – embrace their identity
- Raise self esteem
- Education begins at home – health literacy, financial literacy and living within our means
- Images and strong role models are powerful
- Ban fast food outlets
- Work closely with young leaders in churches
- More opportunities for the young

**Pacific people are smokefree**

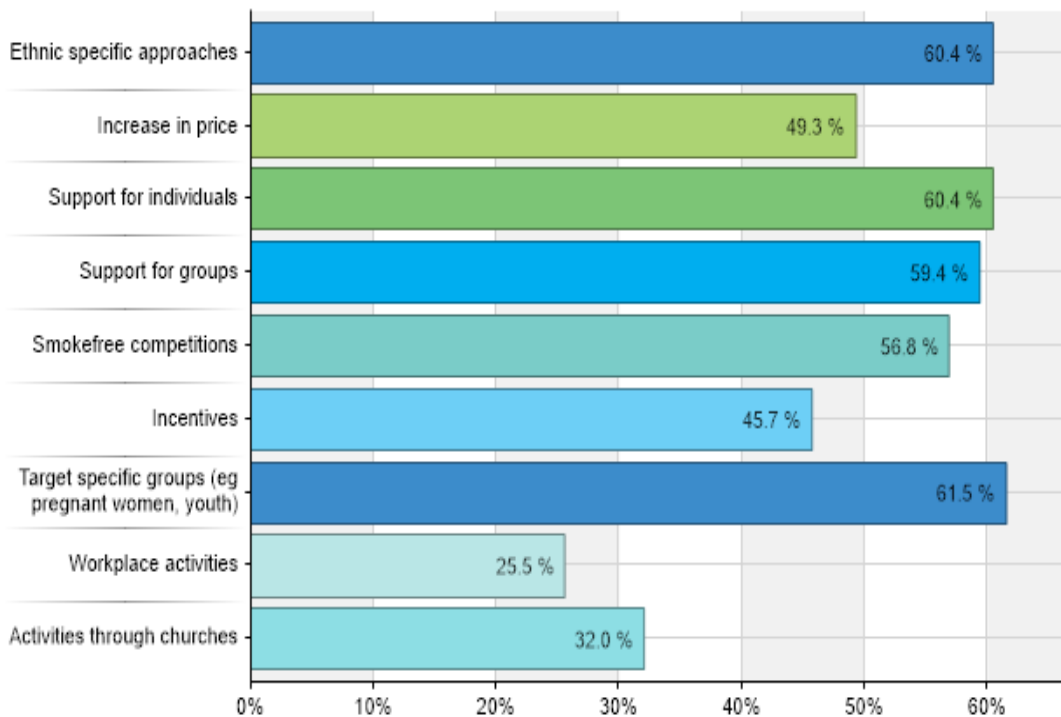
6. Do you currently or have you ever smoked?

Options	N	% of Respondents
Yes - currently smoke	22	7.8 %
Yes - past smoker	83	29.4 %
Never smoked	177	62.8 %
Total	282	

7. Are you aware or interested in any of the following activities that are available to help people stop smoking?



8. We have some other ideas that might help people to quit smoking. Which do you support?

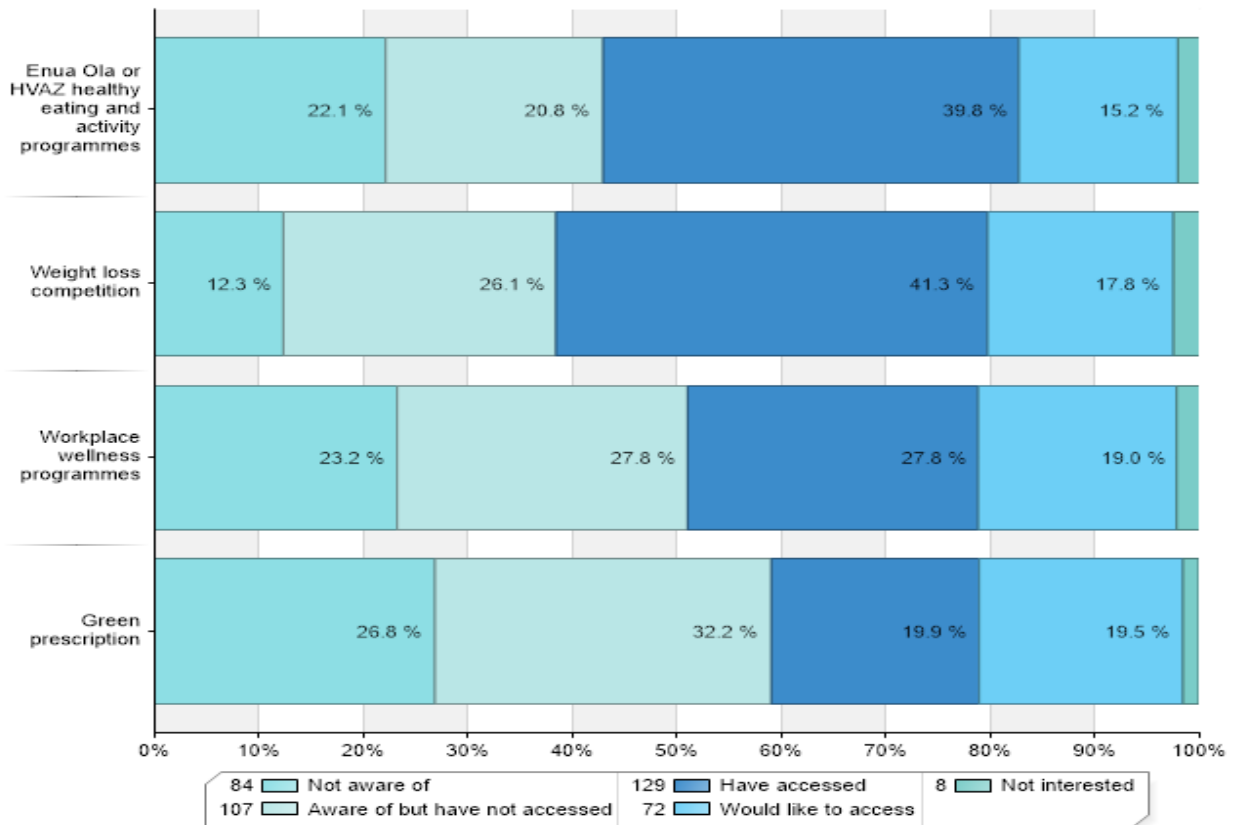


9. What else can we do to meet the Government’s target of 95% of all communities being Smokefree by 2025?

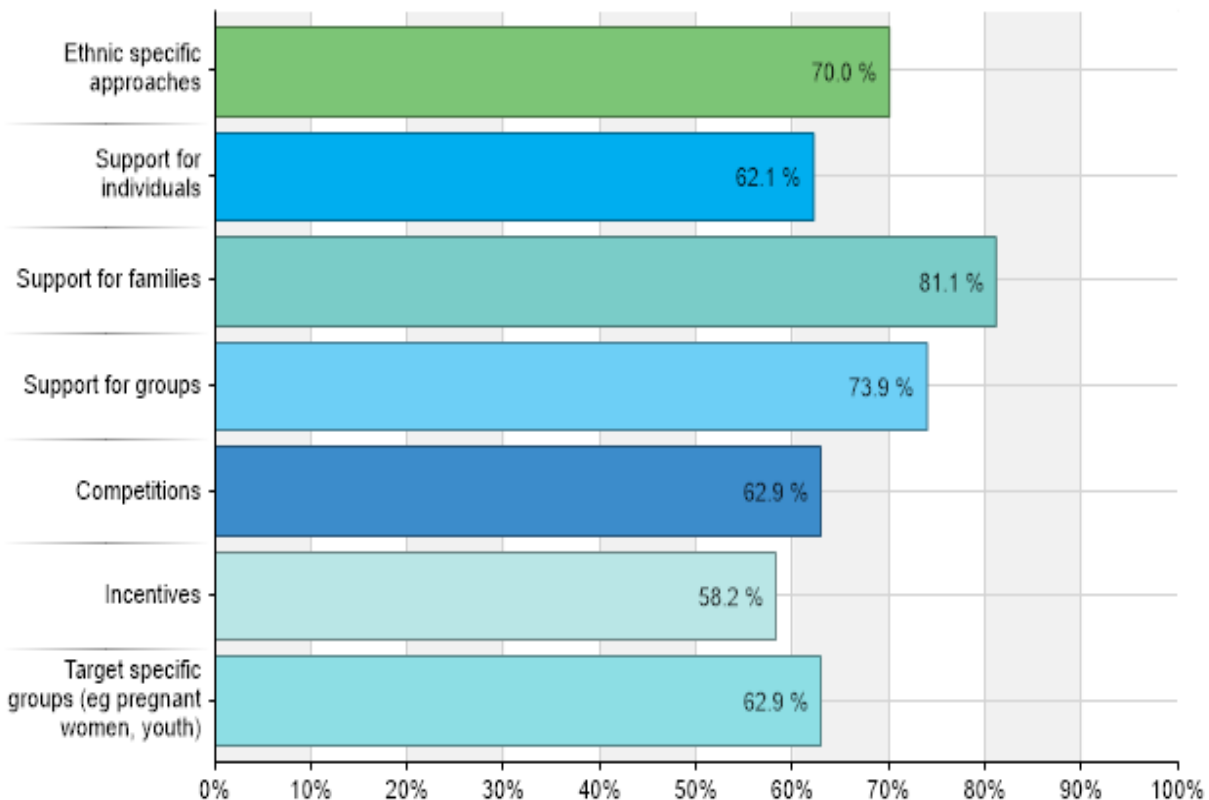
- There was a significant theme of stronger regulation being needed from having more smoke free areas and better enforcement to banning smoking and cigarettes completely
- Youth focused initiatives – education, increasing the age of purchase
- Awareness and promotion was also a common theme – being creative, resources in different languages, promote successes, share personal stories and show us the benefits
- Healthcare professionals following up, engaging with smokers and being more proactive
- Other comments included church leadership and programmes as well as mixed views on increasing price – some felt that smokers would still smoke at the expense of food for their family

#### Pacific people eat well and are physically active

10. Are you aware or interested in any of the following activities that are available to help Pacific people improve their diet and be more active?



11. We have some other ideas that might help people be healthy and stay active. Which do you support?



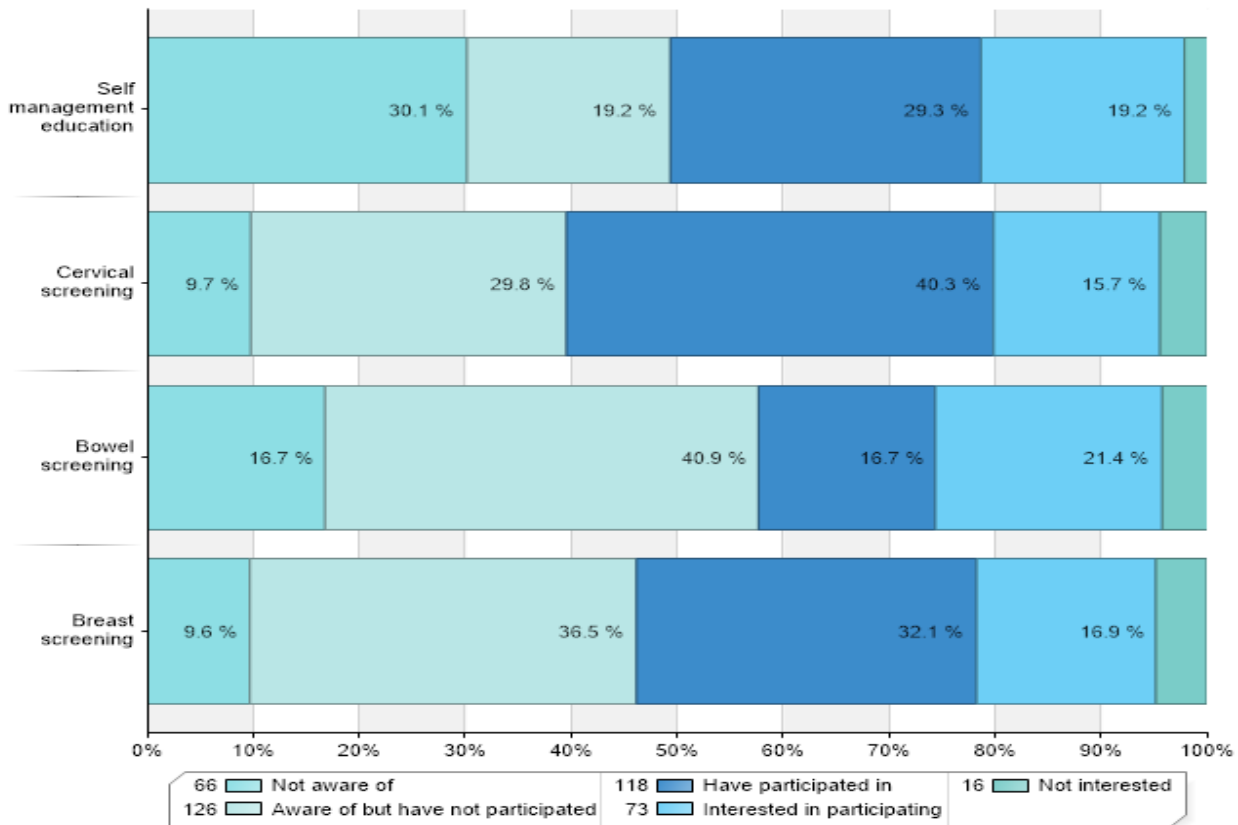
12. What else could we do to help people be healthy and stay active?

- Communication – success stories, keep pushing healthy lifestyle messages through different media, focus on how healthy lifestyle can prevent chronic disease, show active healthy Pacific families, use Pacific sports stars as motivational speakers, different languages
- Competitions – children, adults and youth

- Make healthy food cheaper and more regulation around unhealthy food – less take-aways
- Education – nutrition advice with options on alternatives to fast food, labelling, personal trainers at churches, cooking classes in schools and for parents, how to grow own food
- More funding for church, family and community programmes
- Raise awareness of free or low cost exercise classes and sports programmes

### Pacific people get help early and we get the right care when we need it

13. Which of the following are you aware of, have you participated in or will do so in the future?



14. How can we make sure Pacific people get help for their healthcare needs?

- Often we don't want to be a burden on others so just wait it out and go to the doctor late
- Accessibility – community based mobile vans bringing healthcare to our pacific people
- Treatment regardless of immigration status – life of the person is more important than money
- Provide or address some of the barriers Pacific people encounter – eg transport, support, childcare, interpreters etc
- Continue to educate and raise awareness through our churches and families as well as sharing information through our pacific channels of communication eg radio.
- Provide a newsletter in the mail. Use social media
- Ensure hospital staff use the pacific interpreting services more
- Flexibility of appointments not rigid appointments with more convenient parking spaces when requested to attend
- More pacifika nurses, midwives, plunked and doctors
- Have easy and free access to a multilingual helpline that can give advice / feedback when need help
- Health providers need to be trained in Pacific culture and values – a more informative and culture-sensitive approach will make Pacific people want to go



- Lower family doctor fees
- Ask families from the outset what they would like from the appointment to ensure their primary needs are met – don't just give medication
- More information on the consequences
- Use phone / email and text reminders and follow ups – check which communication will work best for the patient and their family
- Have free phone number for appointments as some may not have enough credit on their phone
- Promote programmes for heart and diabetes checks – screening earlier

15. It is important that we receive feedback from our Pacific communities on healthcare services and that we make sure that Pacific communities are involved with planning and improving services so that they reflect our needs and aspirations. Would you be willing to be added to our new online community so that we can invite you to take part in occasional surveys or email you invitations to attend other events and activities?

Options	N	% of Respondents
Yes - Auckland DHB only	51	20.5 %
Yes - Waitemata DHB only	29	11.6 %
Yes - both DHBs	114	45.8 %
No thanks	55	22.1 %
Total	249	

#### Pacific families live in warm, healthy houses that are not overcrowded

16. The DHB has been part of an Auckland wide health group to advocate for housing improvements across the three DHB areas. Do you have any other suggestions of who else the DHB could work with or do to try to improve housing for Pacific families?

- Housing NZ, WINZ, Social Development, Auckland Council and other government agencies eg to ensure enough affordable houses are built and available in the right area to those in need
- Health providers such as the DHB, GPs, Public Health, Plunket, the Fono who can provide referrals to support housing needs
- Businesses (eg Bunnings), community organisations and churches to reduce rent or to provide volunteers to help people fix their homes including insulation
- Financial support, particularly for those who need it most, to ensure homes are kept warm, insulated and not damp and done in a way that it's more of a handup than a handout
- WOF for all new homes. Health screening of homes particularly where family member has had known case of communicable disease
- Build awareness of what support is available eg through churches and schools
- Educate families on good hygiene and cleaning habits
- Action against poverty / provide budgeting advice to help people prioritise their spending
- DHB to lobby for legislation and policies to address these problems – more research to demonstrate the health impact

## New priorities

Two possible new priorities have been identified that could be included within the new Pacific Health Action Plan. If there is agreement to include them, further work will be needed to develop an action plan. This would take place over the coming year for implementation from 2018.

17. Do you think that there should be a new priority focusing on the health of older people?

- Yes – 86.8%
- No – 2.9%
- Not sure – 10.3%

18. What services or support do you think is needed for older people and their carers?

- Training, support, info (eg nutritional advice, dementia, alzheimers, elder abuse) and encouragement for carers and families – eg through regular group meetings
- Home based support or visits
- Equipment for home or church use (wheelchairs, shower modifications etc)
- Opportunities for older people to meet each other - reduce isolation, have fun, exercise – community or church based, free of charge
- Better pay for carers and carers allowance for family members
- Information and support on how to access other services eg WINZ
- Information and more access to free or low cost services for older adults
- Improved cultural awareness of how to look after PI elders and information in Pacific languages
- Encourage more Pacific health staff and build volunteer base of Pacific community members who can help look after elders
- Rest homes that are ethnically sensitive including those who can cater for Takatapui / LGBTIQ Elderly
- Transportation eg to and from health appointments
- House checks – to ensure insulated, warm and safe

19. Do you think that mental health should be included as a priority in the plan?

- Yes – 88.6%
- No – 4.0%
- Not sure – 7.4%

20. How can we provide better support and understanding of mental health for Pacific patients and their families?

- Community based mental health awareness (eg through churches, schools and on radio/social media), educational programs and support networks
- Remove stigma and taboo about the topic – provide non-judgemental information and help people to know its ok to talk about their issues without being a burden.
- Targeted approaches for different ethnicities and age groups (young and old)
- Pacific staff to support this
- Inter-sectoral collaborative approach needed to join up services and NGOs with limited funding
- Home or community based service
- Medication cost – decrease. Follow ups – increase
- Family education and involvement and support for legal, ethical or cultural decisions they are struggling with

21. Do you have any other comments or issues you think the plan should include?

General comments:

- Actions speak louder than words – the more we put in all the issues we've discussed...the quicker we are able to solve the problems...
- Allocating specific budget to Pacific people's health should be a priority
- Churches to take a more active role in addressing the issues
- Education is key
- Leaders of the community to be good role-models
- Work with youth on prevention
- Funding for communities with housing, health difficulties
- More funding for health workers
- More Pacific staff in healthcare
- More information about health issues in Pacific languages
- More programmes on health literacy and health education on how to access services
- Free transport to access services – especially the older people
- Set SMART goals, prioritise what to focus on and evaluate at the end for future plans
- Make future surveys shorter and involve people who are directly affected by these services
- Align with the MoH strategic themes and the DHB strategic themes and make sure it's visible across the organisations and within the annual plan

Other suggested health issues to include:

- Pasefika youth health and wellbeing
- Homelessness
- Issues with alcohol
- Men's health
- Drug, gambling and alcohol services
- Help with debt and financial stress
- Teenage pregnancy and suicide
- School children smoking
- Suicide prevention (youth in particular)
- Maternity oral health programme
- Fire safety and awareness
- First aid – free Pacific programmes
- Women abuse
- Free medical care for 65+
- Family planning
- Rheumatic fever

