

Pāolo mo tagata ole Moana

Pacific Health Action Plan 2015–2018

Pāolo mo tagata ole Moana is Samoan for refuge or shelter for people of the ocean. This plan addresses the need for a refuge from the burden of disease for the Pacific people in our communities, with shelter being provided by health professionals in a way which preserves their unique sense of culture, spirituality and wellbeing.

This plan has been developed with valued input from a wide range of individuals, groups and organisations. We would like to thank members of the Pacific community who gave their time and energy freely and generously to participate in this process.

Our vision

Our vision for the future is for Pacific families to live longer and healthier lives. The plan will guide development and help inform decision making around Pacific people in both districts.

It is important for Pacific health that programme development is both acceptable and effective for Pacific communities. This single plan encompasses all service providers within two districts including; Te Awakairangi Health Network (PHO), Compass Health (PHO), Regional Public Health, Pacific providers and the District Health Boards.

Wairarapa & Hutt Valley District Health Boards

Pāolo mo tagata ole Moana

Pacific Health Action Plan 2015–2018



It is a privilege to present Pāolo mo tagata ole Moana, the Pacific Health Action Plan 2015 – 2018. This is the first joint plan for the Pacific people who come under the care of Wairarapa and Hutt Valley District Health Boards.

This plan is a result of six months consultation with each Pacific community in the Wairarapa and Hutt Valley districts. We've worked hard to ensure the voices of many different people have been heard. Our work has been a journey of learning about the areas where help is needed, and how to act in a way that is in tune with Pacific values and cultures. Through combining the knowledge and commitment of our communities, we will be successful in getting better outcomes for our Pacific children, young people and their families.

The consultation process identified key opportunities for joint development work with Pacific providers including Primary Health Organisations (PHOs), Regional Public Health, and non-government organisations including local Pacific church communities.

The opportunities include:

- empowering leaders in Pacific communities to improve their people's health by being active partners with the health sector
- involving Pacific communities in services and interventions development and planning.

The action plan

The key focus for the plan is providing Pacific communities with a better health system that is accessible and affordable. We have written this plan for our stakeholders, our staff and the people we work with.

This plan aims to support the work of Wairarapa and Hutt Valley DHBs to reduce the health inequalities between Pacific populations and other groups. Together we can help our people to increase their skills when working with Pacific families and strengthen our partnerships to achieve better health outcomes for Pacific people.

There are four areas which this plan will address. We chose to concentrate on these areas after considering feedback from the community consultation process, and data analysis identifying the health areas that need attention.

Four priority focus areas

We need to improve Pacific health and reduce health inequalities in:

- child health – giving every Pacific child the best start in life
- health literacy – raising awareness of health messages amongst Pacific people through community based education programmes
- access to care – reducing barriers to primary care to ensure equity of access for Pacific people
- workforce capacity – increasing the number of Pacific people employed in all levels of the health sector and the development of future workforce.

How we plan to make a difference

Child health:

- increase the number of Pacific children who have completed their Well Child Tamariki Ora checks
- increase the number of Pacific children undertaking immunisation programmes
- ensure all Pacific children under 12 are seen annually by dental services
- investigate opportunities for healthy eating programmes aimed specifically at Pacific people
- develop a parenting programme specifically for Pacific people, to be implemented in 2016.

Health literacy:

- raise awareness of health messages amongst our communities and ensure that Pacific people receive health information in their place of gathering – a lack of health literacy has been identified as one of the leading barriers to improving health outcomes for Pacific people
- facilitate health education sessions based in the community including the 'Aiga-Ola-Manuia' programme in Wairarapa and utilise church-based settings
- develop the parish nursing approach as an outreach model for engaging with our Pacific churches and families within
- engage our Pacific churches and community leaders, Pacific providers, PHOs and NGOs to work alongside DHBs to achieve goals.

Access to care:

- achieve better access to care for Pacific people through a combination of improving understanding of the need to visit health professionals, and reducing barriers to primary care such as cost and cultural inappropriateness
- initiate a project to investigate Pacific barriers to accessing primary care and make specific recommendations to address barriers
- investigate options to fund solutions.

Workforce capacity:

- undertake a stocktake of current workforce across both districts, this would cover the Pacific workforce in primary and community providers (NGOs) as well as DHBs
- grow and strengthen the Pacific workforce by supporting their professional development
- equip and support DHBs and PHO staff to be responsive to the needs of Pacific patients
- invest in Pacific youth development by offering scholarships to young men and women to pursue health related studies.

Priorities	Key Actions	Approach	Lead
Child health	<ul style="list-style-type: none"> increase the percentage of Pacific infants who receive all 5 Well Child/Tamariki Ora core contacts in their first year of life immunisation coverage of Pacific infants at 8 months of age (target 95%) all Pacific children (aged 2-12) are seen annually by community oral health services investigate opportunities for Pacific specific healthy eating programmes develop a Pacific specific parenting programme about healthier families 	<ul style="list-style-type: none"> Health sector collaboration (with support from the community) 	Wairarapa & Hutt Valley DHBs and PHOs Pacific Directorate
Increase health literacy through community based education programmes	<ul style="list-style-type: none"> health promotion and information to be delivered at community settings where Pacific people meet facilitate and fund community-based health education sessions including the 'Aiga-Ola-Manuia' programme in Wairarapa and utilise church-based settings explore options of funding the parish nursing approach as an outreach model for engaging with our Pacific churches and families engaging our Pacific churches and community leaders, Pacific providers, PHOs and NGOs to work alongside us to achieve our goals 	<ul style="list-style-type: none"> Collaboration with PHOs, Regional Public Health and local providers Work with churches and Pacific specific local groups 	Wairarapa & Hutt Valley DHBs and PHOs Pacific Directorate
Access to care	<ul style="list-style-type: none"> investigate Pacific barriers to accessing primary care and make specific recommendations to address barriers investigate options to fund solutions 	<ul style="list-style-type: none"> Health sector collaboration Engage with the Pacific community providing information of available services 	Wairarapa & Hutt Valley DHBs and PHOs Pacific Directorate
Improve the capacity of the sector to deliver quality services to Pacific population	<ul style="list-style-type: none"> undertake stocktake of current workforce across both DHB districts grow and strengthen the Pacific workforce by supporting their professional development increase opportunities for recruitment of Pacific people at all levels and in all priority occupational groups invest in Pacific youth development by offering scholarships to young Pacific people to pursue health related studies complete a scoping exercise of existing Pacific cultural awareness programs for all staff in DHBs and PHOs 	<ul style="list-style-type: none"> Health sector collaboration 	Wairarapa & Hutt Valley DHBs and PHOs Pacific Directorate