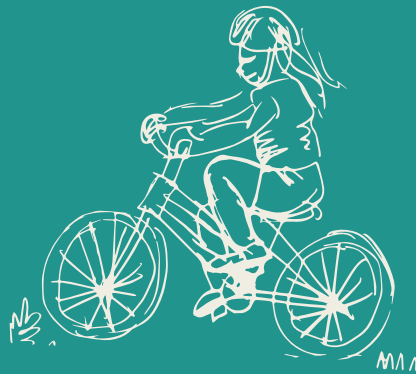


REGIONAL PUBLIC HEALTH

STRATEGIC DIRECTION 2018 – 2023

PAE ORA: Healthy futures for
the greater Wellington region



INTRODUCTION

This document sets out the strategic direction for Regional Public Health (RPH) for the next five years. It identifies our ultimate goal and six pathways to work towards this goal. It also sets out our commitment to partnership.

This document informs our planning, guides our approach and establishes our way of working.

It will help us identify shared goals with our partners and combine our efforts to achieve the best outcomes for all.

We are guided by the Treaty principles of partnership, participation and protection.

This is a living document that can be responsive to the needs and goals of our community and partners.

THE REGIONAL PUBLIC HEALTH

STRATEGIC DIRECTION FOR 2018 - 2023

This is our vision for growing our service and aspiring to quality and excellence in everything we do

OUR DIRECTION

WHERE WE ARE GOING

Our ultimate goal is **Pae Ora: Healthy futures** for the greater Wellington region.

OUR PATHWAYS

HOW WE WILL GET THERE

Six whānau ora pathways guide our planning and get us moving.

OUR PARTNERS

WHO WILL BE WITH US ON THE JOURNEY

We will work with whānau, hapū, iwi and the communities of the greater Wellington Region and local, regional and national organisations.

OUR DIRECTION

WHERE ARE WE GOING?

We want to make positive changes to ensure the people of the greater Wellington region live healthy lives now and in the future.

This Strategic Direction sets out our direction of travel for Regional Public Health 2018 - 2023.

Pae ora provides a platform for whānau to live with good health and wellbeing in an environment that supports quality health.

Pae ora is the vision of He Korowai Oranga, the Ministry of Health's Māori Health Strategy. He Korowai Oranga uses principles that benefit all people and places in Aotearoa New Zealand. In He Korowai Oranga, **whānau ora** is central to achieving **pae ora**.

PAE ORA:

Healthy futures for the greater Wellington region



OUR PATHWAYS

HOW WILL WE GET THERE?

With **pae ora** as our direction, **whānau ora** (healthy families) is the path we will take. Whānau is used as an inclusive term for families across all cultures. It is up to each whānau and individual to define their whānau. Whānau are at the centre of everything we do.

Our focus on **whānau ora** recognises the collective strength and ability of whānau to achieve better outcomes in health, education, housing, employment and income for all. By putting whānau at the centre of our work, we will positively influence the wider social determinants of health. Using this framework makes what is unique about Aotearoa meaningful.

We have identified six whānau ora pathways to guide our work. We identified these pathways from the Whānau Ora Outcomes Framework from Te Puni Kōkiri. This Strategic Direction explains how RPH will work towards each pathway.



WHĀNAU ARE SELF-MANAGING
AND EMPOWERING LEADERS

WHĀNAU ARE RESPONSIBLE
STEWARDS OF THEIR LIVING AND
NATURAL ENVIRONMENTS

WHĀNAU ARE PARTICIPATING
FULLY IN SOCIETY

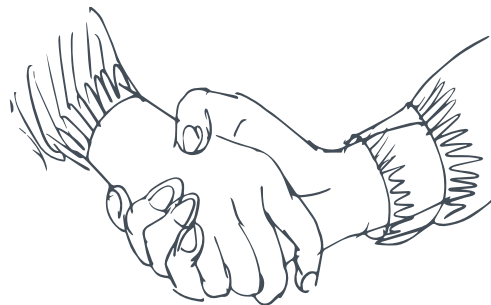
WHĀNAU ARE ECONOMICALLY
SECURE AND SUCCESSFULLY
INVOLVED IN WEALTH CREATION

WHĀNAU ARE LEADING
HEALTHY LIFESTYLES

WHĀNAU ARE COHESIVE,
RESILIENT AND NURTURING

We cannot achieve this alone. Our work will contribute to the common agenda of **whānau ora**. We believe this will have greater collective impact for whānau. We will complement the excellent work and achievements in this area in order to accelerate progress towards **pae ora**.

For each pathway we have identified how we will work together with and involve whānau, hapū, iwi, our communities, District Health Boards and other organisations.



HOW WAS THIS STRATEGIC DIRECTION DEVELOPED?

A working group of RPH staff consulted and designed this Strategic Direction. They considered where we do and don't want to be in 10 years.

The Treaty of Waitangi and the current Regional Public Health Māori Strategic Plan were key foundations to develop this Strategic Direction. We are committed to ensuring that the principles of the Treaty, participation, protection and partnership, are integral to everything we do.

Through kōrero the RPH working group examined our work from many different angles. They looked at our core functions, skills and aspirations as well as community needs. They considered other RPH strategic documents as well as strategic plans from Aotearoa New Zealand organisations, other countries and international organisations.

This Strategic Direction complements the wawata or vision of the RPH Māori Strategic Plan. The RPH Māori Strategic plan identifies four priority pathways of relationship building, workforce development, organisation accountability and communication. These four pathways inform and enhance the journey towards whānau ora and pae ora that we have outlined in the whānau ora pathways.

To make sure this Strategic Direction aligns with the Ministry of Health's New Zealand Health Strategy, the Māori Health Strategy and the Long Term Conditions Outcomes Framework, and other national and international strategies, the working group cross referenced each whānau ora pathway against goals and outcomes of these strategic documents.

WHO IS REGIONAL PUBLIC HEALTH?

We provide public health services in the greater Wellington region for the communities served by our three District Health Boards (DHBs): Capital and Coast, Hutt Valley and Wairarapa. We are hosted within Hutt Valley District Health Board.

Our services are for everyone. We have a focus on improving the health of Māori, Pacific and whānau on low incomes, especially tamariki and rangatahi in these whānau.

We work together with the people and organisations in our region to make our communities healthier, safer places to live. We aim to keep the population well, improve health and prevent illness.

Health and wellbeing is influenced by many factors including housing, income, nutrition, and access to

health and social services. Our public health work involves working together with communities and health services to influence these factors.

Sometimes our work is obvious, such as providing vaccinations and promoting smokefree. Much of our work is also behind the scenes, ensuring a healthy and safe environment for our population. This includes writing submissions, influencing policy, enforcing health legislation, and empowering communities and other agencies to improve resources and access to services.

Our public health work will influence people's lives in many different ways every day. The story on the next page shows what Regional Public Health services look like in the community.

WHAT DO REGIONAL PUBLIC HEALTH SERVICES LOOK LIKE?

This whānau lives in a housing NZ home. Dad works as a cleaner and mum is a bus driver. They have three children, a preschooler, a child in year 4 and a teenager in year 10.



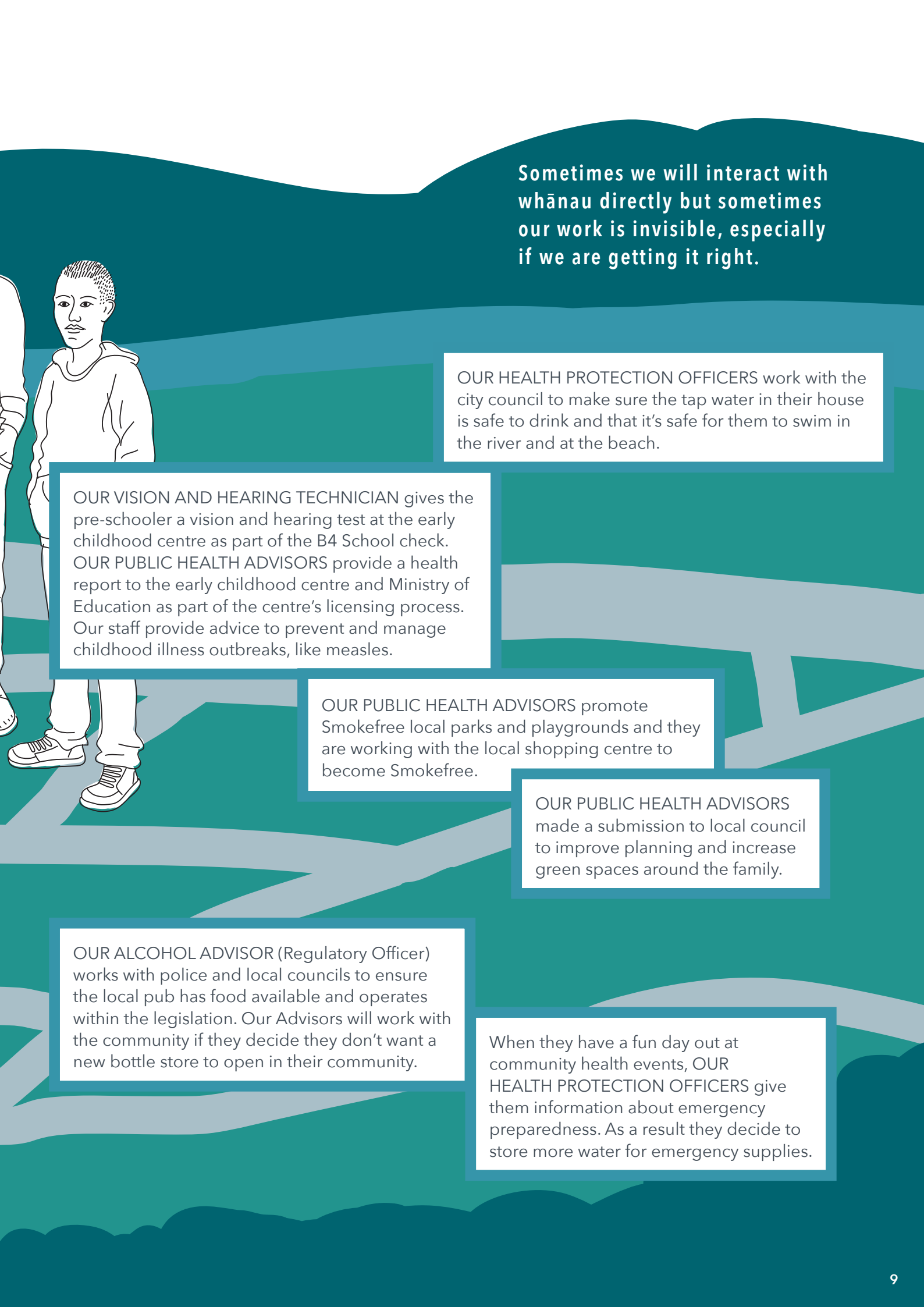
The younger two children have been admitted to the hospital with asthma on several occasions. As a result, OUR WELL HOMES PROGRAMME assessed their home and provided bedding, heating and curtains and were referred for insulation and repairs to HNZ.

They joined the LOCAL FRUIT AND VEG CO-OP that our health advisors helped establish. They pick up a low cost bag of fruit and veg every week from the local hub near their home.

OUR PUBLIC HEALTH NURSES gave the eldest child Boostrix and HPV vaccinations when they were at intermediate school. Our sexual health advisor talks to the teen's class about healthy relationships and sexual and reproductive health.

OUR WORKWELL ADVISORS are helping the bus company run a Workplace wellbeing programme with quit smoking as a goal. The mum wants to quit.

OUR PUBLIC HEALTH NURSE works with the primary school to implement a water only policy.

An illustration of a person with short hair, wearing a light-colored hoodie and dark pants, standing on a winding path. The background features stylized hills in shades of teal and blue, and a body of water. The overall style is modern and graphic.

Sometimes we will interact with whānau directly but sometimes our work is invisible, especially if we are getting it right.

OUR HEALTH PROTECTION OFFICERS work with the city council to make sure the tap water in their house is safe to drink and that it's safe for them to swim in the river and at the beach.

OUR VISION AND HEARING TECHNICIAN gives the pre-schooler a vision and hearing test at the early childhood centre as part of the B4 School check. OUR PUBLIC HEALTH ADVISORS provide a health report to the early childhood centre and Ministry of Education as part of the centre's licensing process. Our staff provide advice to prevent and manage childhood illness outbreaks, like measles.

OUR PUBLIC HEALTH ADVISORS promote Smokefree local parks and playgrounds and they are working with the local shopping centre to become Smokefree.

OUR PUBLIC HEALTH ADVISORS made a submission to local council to improve planning and increase green spaces around the family.

OUR ALCOHOL ADVISOR (Regulatory Officer) works with police and local councils to ensure the local pub has food available and operates within the legislation. Our Advisors will work with the community if they decide they don't want a new bottle store to open in their community.

When they have a fun day out at community health events, OUR HEALTH PROTECTION OFFICERS give them information about emergency preparedness. As a result they decide to store more water for emergency supplies.

WHAT DOES THIS MEAN FOR US?

Whānau involvement and engagement is crucial to developing and delivering effective health and disability services. To fully involve and engage whānau requires an inclusive society. An inclusive society means all people have equity of opportunity to actively shape their aspirations. We will contribute to an inclusive society by empowering whānau and enabling favourable social conditions so whānau can truly participate.

We believe this starts by asking whānau what they want to achieve, and then working with them to achieve these goals.



HOW WILL WE DO THIS?

RPH is willing to learn and work in new ways that empower whānau and communities.

RPH will support whānau to be agents of their own healthy futures and enable them to recognise and act on the factors that influence their health.

RPH commits to being transparent and open with whānau, communities, iwi and other partners.

RPH will recognise and respect the strengths, skills and knowledge of others, particularly whānau and communities.

RPH will work in partnership with the community and agencies to support whānau participating fully in planning, developing and delivering health services.

RPH will assist whānau to develop advocacy skills and to participate in political processes.

WHAT DOES THIS MEAN FOR US?

Whānau are empowered to plan, live and lead healthy futures for themselves and their community when they have access to health, education, social, housing and legal information and services. To access and use these services, whānau must have tools and support.

We will work to build whānau and community leadership to ensure the right support and tools are accessible to all whānau.

HOW WILL WE DO THIS?

RPH will be responsive and flexible to whānau, hapū and iwi aspirations.

RPH will make decisions that are consistent with the decisions of local communities.

RPH will listen to the community and work together in partnership.

RPH will develop funding, contractual and policy arrangements that support whānau aspirations.

RPH will build trusting relationships with other agencies, services and iwi to ensure that our community relationships are more than just a contract.



PATHWAY THREE

Whānau are cohesive, resilient and nurturing

WHAT DOES THIS MEAN FOR US?

Healthy whānau are key to creating a healthy community and future for all people. Being part of a whānau gives people a sense of identity and belonging. Whānau provide care, nurture and support for many people, but especially tamariki and rangatahi.

We will provide whānau with resources and services to support their wellbeing so that whānau are empowered to look after the wellbeing of their family and community.

HOW WILL WE DO THIS?

RPH will take a Healthy Settings approach.

We will meet and work with whānau and tamariki where they live, work and play.

RPH will build a culturally competent and technically skilled workforce.

RPH will work with schools and whānau to support whānau resilience.

RPH will take an integrated approach to whānau wellbeing. We will collaborate with other organisations and service providers related to whānau ora services.

RPH will continually improve and develop our partnerships and relationships with the community.



WHAT DOES THIS MEAN FOR US?

We believe when whānau have optimal physical and mental health, they are better able to participate in society. Whānau need an enabling environment to have the ability and opportunity to make healthy lifestyle decisions to gain health and wellbeing.

We will provide tools, information and an environment that enables whānau to develop a plan for their future and supports their wellbeing.

HOW WILL WE DO THIS?

RPH will take a health in all policies approach and put people, whānau and communities at the centre of our planning and activity.

RPH will address the prevention of long-term conditions to improve wellbeing, including the shared risk factors: tobacco, alcohol, diet and physical activity.

RPH will take into account and address the wider determinants of health including environmental and societal conditions such as income, housing, poverty and education.

RPH will work together with iwi, communities, other health and social sector providers, education and other partners to achieve collective impact.

RPH will influence decision makers to consider health impact when planning and developing policy.



PATHWAY FIVE

Whānau are responsible stewards of their living and natural environments

WHAT DOES THIS MEAN FOR US?

The environment has a significant impact on the health and wellbeing of individuals, whānau and communities. Wai ora, healthy environments, means our communities are living, working and playing in an environment that promotes wellbeing.

We will protect, promote and ensure whānau and communities have access to quality housing, safe drinking water and air, healthy food and information, and resources to be prepared for emergency events and the impact of climate change.

HOW WILL WE DO THIS?

RPH will support whānau being active citizens and leaders in planning their urban environments.

RPH will support whānau being active agents in preparing and working together to manage natural disasters, emergencies and environmental issues.

RPH will continue to deliver services that reinforce and support healthy environments such as Well Homes.

RPH will use sustainable and ethical practices such as moving towards a paperless environment and composting.

RPH will carry out our obligations under the law to protect the health of whānau and communities.



PATHWAY SIX

Whānau are economically secure and successfully involved in wealth creation

WHAT DOES THIS MEAN FOR US?

We believe income is an important modifiable determinant of health and is strongly related to health and wellbeing. When whānau are economically secure the physical and mental health and wellbeing of their tamariki and rangatahi is also improved.

We will work to ensure whānau have the tools, opportunity and conditions to gain and keep economic security.

HOW WILL WE DO THIS?

RPH will support whānau to prevent and reduce the impact of communicable disease, which will help whānau remain employed.

RPH will collaborate with other agencies that aim to reduce poverty.

RPH will support refugee whānau to be healthy, settled, resilient, well connected and participating fully in the economy.

RPH will continue to raise awareness about how socioeconomic conditions such as poverty and housing affect health.





Regional Public Health

HAUORA Ā IWI KI TE ŪPOKO ● O TE IKA A MĀUI
Better health for the greater Wellington region