

# **Canterbury District Health Board Public Health Plan 2019-20**

**Community and Public Health**

**23 May 2019**

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# 1. INTRODUCTION

## a. Keeping our people well

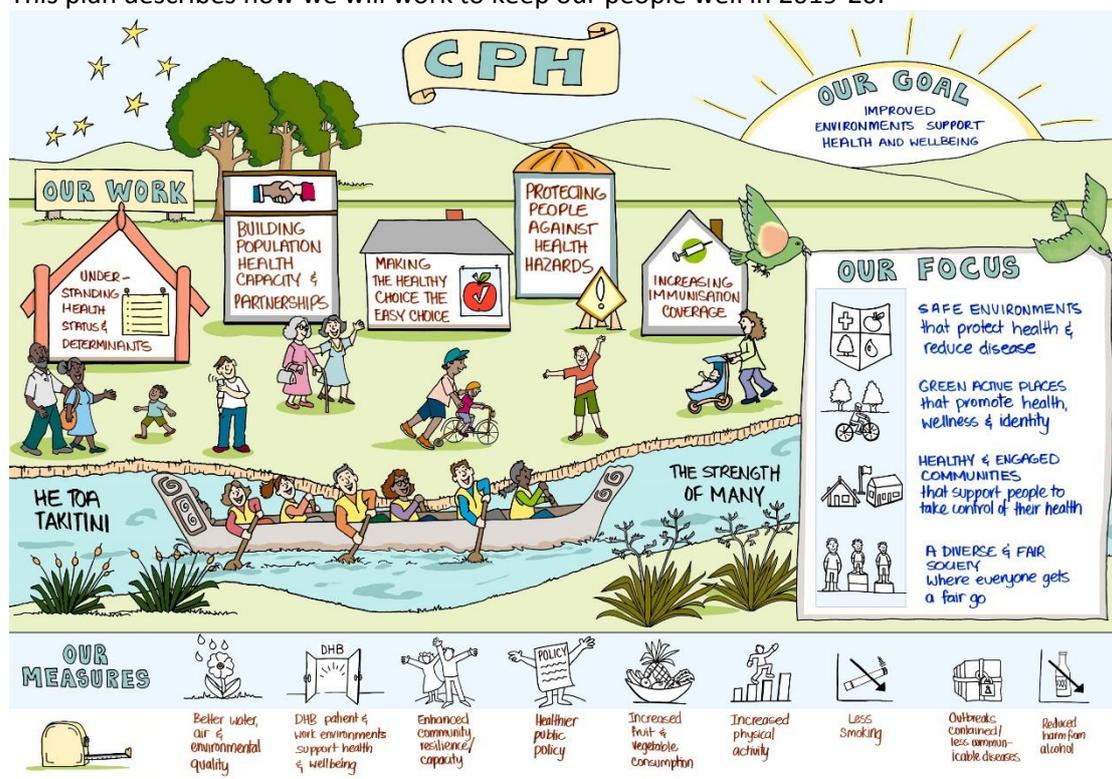
Public health is the part of our health system that works to keep our people well. Our goal is to improve, promote and protect the health and wellbeing of populations and to reduce inequities. Our key strategies are based on the five core public health functions<sup>1</sup>:

1. Information: sharing evidence about our people’s health & wellbeing (and how to improve it)
2. Capacity-building: helping agencies to work together for health
3. Health promotion: working with communities to make healthy choices easier
4. Health protection: using the law to protect people’s health
5. Supporting preventive care: supporting our health system to provide preventive care to everyone who needs it (e.g. immunisation, stop smoking).

The principles of public health work are: focusing on the health of **communities** rather than individuals; influencing **health determinants**; prioritising improvements in **Māori health**; reducing **health disparities**; basing practice on the best available **evidence**; building effective **partnerships** across the health sector and other policy sectors; and remaining **responsive** to new and emerging health threats.

Public health takes a life course perspective, noting that action to meet our goal must begin before birth and continue over the life span.

This plan describes how we will work to keep our people well in 2019-20.



<sup>1</sup> Williams D, Garbut B, Peters J. Core Public Health Functions for New Zealand. NZMJ 128 (1418) 2015. <https://www.nzma.org.nz/journal/read-the-journal/all-issues/2010-2019/2015/vo-128-no-1418-24-july-2015/6592>

## **b. National context and priorities.**

Guidance for public health unit planning is included in the Ministry of Health's [2019/20 DHB Annual Plan and Priorities Guidance](#). It acknowledges the value of PHU work and the importance of PHUs' role in supporting greater integration of public health action and effort. PHU annual plans are to be included as Appendix 3 of DHB annual plans.

The Director-General's key message for strengthening public health action is to increase collaboration and integration to address determinants of health and achieve health equity and wellbeing.

The Government priorities included are: improving Maori health, achieving equity in health and wellness, child and youth wellbeing, mental health, and primary health care. The Ministry of Health priorities included are a) drinking water regulation and b) long term condition prevention, identification and management.

## **c. Regional context and priorities**

The five South Island DHBs together form the South Island Alliance, which is committed to the vision of "A connected and equitable South Island health and social system that supports all people to be well and healthy".

CPH plays an active role in development of public health services at regional and national levels, building on our local experiences and successes. CPH's principal role in regional activity is as a member of the South Island Alliance's South Island Public Health Partnership Workstream (SI PHP), which aims to "Improve, promote and protect the health and well-being of populations and reduce inequities".

The SIPHP has identified the following regional priorities for public health in 2019-2020:

- Collective impact and partnerships
- Cross-sector and inter-health capacity development and initiatives to improve outcomes in the first 1,000 days
- Partnership with Te Herenga Hauora to improve equity for Māori
- Facilitating a health promoting health system
- A "Health in All Policies" approach toward the social and environmental determinants influencing oral health, housing, environmental sustainability and water.
- Strategic and operational alignment of South Island public health units
- Consistent and coordinated regional strategic and operational approaches to key public health concerns, with particular foci on : planning; community resilience and psycho-social well-being; alcohol harm reduction; healthy eating and active lifestyles and regional systems to support on call, after- hours health protection services.

## **d. District Health Board priorities**

CPH's work aligns with the CDHB [vision](#), "to improve, promote, and protect the health and well-being of the Canterbury community", and the Canterbury Health System [outcome](#) "Improved environments that support health and wellbeing."

## **e. Statutory responsibilities**

As a public health unit, CPH employs and trains medical officers of health, health protection officers, and other public health statutory officers. Our staff fulfil a range of statutory responsibilities and requirements as set out in the national Public Health Service Specifications. This includes meeting statutory reporting requirements.

## **f. Working in partnership**

In addition to our partnership with the other South Island Public Health Units, our work is based on strong partnerships with other parts of our health system and with other key agencies, including:

- CDHB Planning and Funding
- the Canterbury Clinical Network
- Ngāi Tahu / Iwi agencies
- Local authorities
- Government agencies
- Non-Government Organisations / networks
- Educational institutions, and
- Private sector agencies.

## **g. Key challenges/ priorities for keeping our people well**

The Canterbury DHB covers a large geographical area. Population growth has exceeded statistical predictions and the population is both ageing and increasingly diverse. We face challenges as a result of our post-disaster context and acknowledge the impact of more recent events. In terms of risk factors, our rates of smoking (15% of adults) and obesity (28% of adults) are comparable to the national rates. Rates of self-reported mood and anxiety disorders are higher than those for New Zealand overall.<sup>2</sup>

Key challenges for public health work in Canterbury include transition from earthquake recovery to a broader wellbeing focus; addressing Māori health inequities; the quality of both drinking and recreational water; housing quality and affordability; alcohol harm reduction; and the food environment.

## **h. Quality improvement**

The following key components of health excellence will be managed by our Divisional Leadership Team in 2019-20:

- The Treaty of Waitangi
- Leadership (including culture & communications)
- Strategy
- Partnerships
- Workforce
- Operations
- Results

## **i. Tuaiwi**

Our Tuaiwi (“backbone”) team provides infrastructure and support for effective public health action, including developing and supporting Healthscape, websites, and other online tools within and beyond CPH, supporting and co-ordinating our Operational Quality Improvement and Workforce Development Plans, and supporting planning and reporting of all our work.

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<sup>2</sup> 2011-14 New Zealand Health Survey Regional Data Tables: Results for adults aged 15 years and over.

## j. Reporting

- We will provide full details of statutory activities required by the Ministry of Health.
- We will provide formal reports to the Ministry of Health and our DHBs 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.

## 2. SURVEILLANCE / MONITORING

### *“Tracking and sharing data to inform public health action”*

Our key surveillance/monitoring priorities for 2019-20 are:

- To monitor and report communicable disease trends and outbreaks.
- To review and update the Canterbury Wellbeing Index with a focus on consistency of content and on sharing its findings and approach.
- To implement the recommendations of our monitoring/surveillance processes review, with a focus on effective information sharing.

The surveillance/monitoring **outcomes** we work towards are:

- Prompt identification and analysis of emerging communicable disease trends, clusters & outbreaks.
- Robust population health information available for planning health and community services.

## 3. EVIDENCE / RESEARCH / EVALUATION

### *“Providing evidence and evaluation for public health action”*

Our key evidence/research/evaluation priorities for 2019-20 are:

- To identify priority areas for public health evidence, using equity and Hauora Māori lenses.
- To conduct and support evaluation of public health-focused initiatives.
- To provide evidence reviews and synthesis to support the work of other programmes and other public health-focused work.
- To collect/access, analyse and present data to inform public health action.
- To implement the agreed review process for Canterbury DHB position statements.

The evidence/research/evaluation **outcomes** we work towards are:

- Population health interventions are based on best available evidence and advice
- Robust evaluation for public health initiatives

## 4. HEALTHY PUBLIC POLICY

### *“Supporting development of health-promoting policies and approaches in other agencies”*

Our key healthy public policy priorities for 2019-20 are:

- To build Health in All Policies (HiAP) capacity in the CDHB and beyond , with a focus on delivering the Broadly Speaking training programme and supporting use of the new Integrated Planning Guide.
- To undertake collaborative project work with partner organisations, including implementation of the Christchurch Alcohol Action Plan, and our joint work plans with Christchurch City Council and Environment Canterbury .

The healthy public policy **outcomes** we work towards are policies, practices and environments support health and wellbeing, improve Māori health, and reduce disparities

## 5. HEALTH-PROMOTING HEALTH SYSTEM

### *“Supporting development of health-promoting policies and approaches across our Canterbury Health System”*

Our key health-promoting health system priorities for 2019-20 are:

- To support joined-up PHU, DHB, CCN, and South Island Alliance planning that reflects a population health approach, prioritising equity and improving hauora Māori
- To develop and support effective partnerships between the Canterbury Health System and other agencies influencing health determinants,
- To support our health system in making the healthy choice the easy choice for patients, families, staff and visitors

The health-promoting health system **outcomes** we work towards are policies, practices and environments in healthcare settings support health and wellbeing, improve Māori health, and reduce disparities.

## 6. SUPPORTING COMMUNITY ACTION

### *“Supporting communities to improve their health”*

Our key supporting community action priorities for 2019-20 are:

- To support under-served communities to identify and address their health priorities e.g. housing, workplaces, active transport, food security, sexual health, smokefree environments.
- To partner with Marae, churches and priority Māori and Pacific settings to deliver culturally appropriate health promotion.
- To support Healthy (Greater) Christchurch / Te Waka Ora o Waitaha to promote and co-ordinate intersectoral action on health determinants in Ōtautahi.
- To undertake regulatory functions required under the Smokefree Environments Act 1990.

The supporting community action **outcomes** we work towards are:

- Workplaces, Marae and other community settings support healthy choices and behaviours.
- Effective community action supports healthy choices and behaviours.
- Social housing improves health outcomes.

## 7. EDUCATION SETTINGS

### *“Supporting our children and young people to learn well and be well”*

Our key supporting education setting priorities for 2019-20 are:

- To continue delivery of the Health Promoting Schools initiative in low decile schools, kura kaupapa Māori, and priority Kāhui Ako.
- To support student-led school health and wellbeing leadership forums.
- To prioritise and deliver health promotion initiatives in early childhood settings, with a focus on oral health and staff wellbeing.
- To develop, promote and evaluate wellbeing promotion resources for education settings, e.g. Sparklers.
- To continue development of the South Island Tertiary Forum and related activities.

The education setting **outcomes** we work towards are:

- Education settings make the healthy choice the easy choice for students, whānau and staff.
- Education settings have the skills and resources to enable students to learn well and be well.

## 8. COMMUNICABLE DISEASE CONTROL

### *“Preventing and reducing spread of communicable diseases”*

Our key communicable disease control priorities for 2019-20 are:

- To follow up communicable disease notifications (with protocol review for high-volume).
- To identify and control communicable disease outbreaks.
- To support improved HPV vaccination uptake in young Maori and Pacific people.
- To improve public awareness and understanding of communicable disease prevention.
- To contribute to intersectoral work to improve housing quality as an important contributor to infectious diseases, particularly in Maori and Pacific people. .

The communicable disease control **outcomes** we work towards are:

- Reduced spread of communicable diseases.
- Outbreaks rapidly identified and controlled.
- Improved immunisation rates.

## 9. HEALTHY PHYSICAL ENVIRONMENT

### *“Improving the quality and safety of our physical environment”*

Our key physical environment priorities for 2019-20 are:

- Effective risk assessment, management and communication of identified and emerging public health environmental issues, including planetary health.
- To undertake regulatory functions required under the Health Act 1956 including drinking water.
- To maintain Border Health surveillance and core capacity programmes
- To implement the Hazardous Substance Action Plan and regulatory requirements under the Hazardous Substance legislation.
- To develop joint initiatives with external agencies including ECan, Territorial Authorities and Drinking Water suppliers.

The healthy physical environment **outcomes** we work towards are:

- Improved air quality.
- Improved quality and safety of drinking water.
- Improved quality and safety of recreational water.
- Protection against introduction of communicable diseases into NZ.
- Improved safeguards and reduced exposure to sewage and other hazardous substances.
- Urban environments support connectivity, mental health, and physical activity.

## 10. EMERGENCY PREPAREDNESS

### *“Minimising the public health impact of any emergency”*

Our key emergency preparedness priorities for 2019-20 are:

- To review our Emergency Response plans to ensure alignment with DHB Health Emergency Plans.
- To ensure all staff have appropriate emergency response training.
- To participate in local and national emergency response exercises.
- To build and strengthen relationships in the community and with other key stakeholders, with a focus on District Health Boards and Local CDEM
- To work with Ngāi Tahu and Papatipu Rūnanga to support emergency response capacity of iwi Māori.

The supporting emergency preparedness **outcomes** we work towards are:

- Plans, training and relationships in place.
- Public health impact of any emergencies mitigated.

## 11. SUSTAINABILITY

### *“Increasing environmental sustainability practices”*

Our key sustainability priorities for 2019-20 are:

- To convene a Transalpine DHB Environmental Sustainability Governance Committee.
- To help build capacity of regional and national sustainability networks, including South Island Public Health Partnership sustainability workstream, and Sustainable Health Sector National Network
- To raise awareness of local government partners of the health impacts of environmental (planetary health) issues, and to support their mitigation/adaptation strategies.
- To support environmental sustainability work across and within CPH teams.

The sustainability **outcome** we work towards is reduced environmental impact within and outside our health system.

## 12. SMOKING CESSATION SUPPORT

### *“Supporting smokers to quit”*

Our key smoking cessation support priorities for 2019-20 are:

- To deliver quality stop smoking services to people in Canterbury who smoke.
- To enhance health professional and community understanding of how to effectively motivate, mentor, and refer people who smoke to Te Hā – Waitaha.
- To improve referral pathways for mental health service users.
- To streamline Te Hā – Waitaha data and client flow systems.
- To promote vaping as a cessation tool.
- To support workplaces and education settings to provide smokefree environments and support staff to stop smoking

The smoking cessation support **outcomes** we work towards are:

- Lower prevalence of smoking, particularly in the priority groups
- Equitable smokefree outcomes across all ethnicities and age groups
- Increasing numbers of smokefree environments

## 13. WELLBEING AND MENTAL HEALTH PROMOTION

### *“Improving mental health and wellbeing”*

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

- To continue development, delivery, and evaluation of the All Right? campaign, including a new strategic plan and funding strategy.
- To support psychosocial recovery bodies (Greater Christchurch Psychosocial Committee and Governance Group) in their transition from a psychosocial recovery focus to supporting broader population wellbeing.
- To conduct a randomised controlled trial of the Kākano Parenting Resource.
- To grow the capacity of health and partner organisations (particularly local government) to ensure a wellbeing focus is embedded across policy and practice by delivering appropriate training and workshops.

The wellbeing and mental health promotion **outcome** we work towards is co-ordinated intersectoral action to improve mental health and wellbeing.

## 14. ALCOHOL HARM REDUCTION

### *“Reducing alcohol-related harm”*

Our key alcohol priorities for 2019-20 are:

- To develop health promotion initiatives that support alcohol harm reduction, including working in tertiary institutions, sports clubs and strengthening community input into licence applications.
- To support and partner with priority populations to access information and resources that address alcohol-related harm e.g. work around FASD, the Good One Party Register with students.
- To contribute to implementation of the Christchurch Alcohol Action Plan (CAAP) in partnership with the CAAP working party and focus on the relationship between mental health and alcohol, and social supply to young people.
- To undertake regulatory functions required under the Sale and Supply of Alcohol Act 2012.

The alcohol harm reduction **outcomes** we work towards are:

- Effective working relationships with other agencies and organisations to reduce alcohol harm.
- Reduced risk of alcohol harm at premises and events.
- A culture that encourages a responsible approach to alcohol.