



South Canterbury District Health Board

Public Health Plan 2019-20

To enhance the health and independence of the people of
South Canterbury

Community and Public Health

23 May 2019

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1. INTRODUCTION

a. Keeping our people well

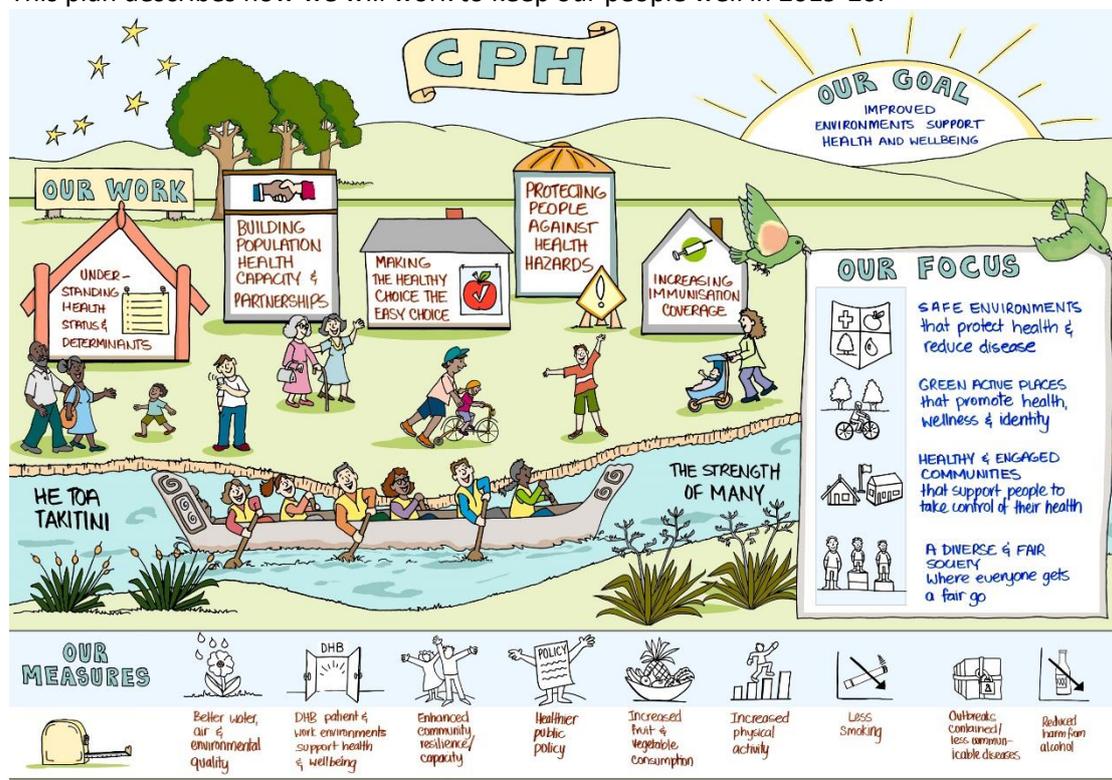
Public health is the part of our health system that works to keep our people well. Our goal is to improve, promote and protect the health and wellbeing of populations and to reduce inequities. Our key strategies are based on the five core public health functions¹:

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 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.



¹ 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 priorities²

CPH's work aligns with the South Canterbury DHB's mission to enhance the health and independence of the people of South Canterbury and its strategic goals of productive

² Navigating our Future: SCDHB Strategic Direction 2017

partnerships, integrated person-centred care, valuing our people, health equity for all, and fit-for-future.

Our work particularly reflects these South Canterbury DHB priorities:

- Bolstering community collaboration
- Strengthening regional relationships
- Improving health literacy
- Designing sustainable models of care
- Fostering innovation
- Casting an equity lens over all that we do
- Developing a hauora Māori strategy

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

CPH is a regional service covering Canterbury, South Canterbury and the West Coast. Although the activities signalled in this plan will largely be carried out by the staff in our Timaru office, some activities will be led or supported by staff in the Christchurch office. We work with Public Health South and the Nelson-Marlborough Public Health Unit as part of the South Island Public Health 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:

- South Canterbury District Health Board
- Local iwi
- Local councils
- Schools, ECE, and tertiary education settings
- Arowhenua Whānau Services
- Sport Canterbury
- Cancer Society
- Fale Pasifika.

CPH is committed to working collaboratively with other agencies and coordinating activities through such vehicles as the SCDHB Health Promotion and Prevention Strategy and the Health Promotion Steering Group.

g. Key challenges/ priorities for keeping our people well³

Key lifestyle issues facing our health system include nutrition, physical activity and mental wellbeing. Smoking remains the single largest cause of preventable morbidity and mortality, but the harmful effects of alcohol result in another significant preventable disease burden.

³ South Canterbury District Health Board Health Promotion Strategy 2017

Effective vaccination coverage provides an opportunity to prevent a wide range of diseases, including cancers.

Key environmental health issues for South Canterbury include drinking and recreational water quality, air quality, environmental sustainability, and managing the potential effects of climate change. The lack of access to fluoridated drinking water in the district results in a significant added burden of dental disease.

Consistency of health messages across services and support of health literacy will become increasingly important as people take more responsibility for their own health and use of health and social services.

South Canterbury health promotion priorities will continue to evolve, with emphasis in future programmes on:

- Hauora Māori
- A life course approach to prevention
- Children and young people, including physical activity and nutrition and childhood obesity
- The first 1,000 days of life (from conception)
- Mental health and wellbeing
- Oral health, including drinking water fluoridation
- Healthy ageing / ageing in place, including falls prevention
- Non-communicable diseases and emerging infectious diseases
- Comprehensive immunisation and screening programme coverage

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 and 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.

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 SCDHB 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 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 and outbreaks.
- Robust population health information available for planning health and community services
- Improved public understanding of health determinants

3. EVIDENCE / RESEARCH / EVALUATION

“Providing evidence and evaluation for public health action”

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

- To conduct and support evaluation of public health-focused initiatives.
- To provide evidence reviews and synthesis on a request basis to support the work of our team and other public health focused work in our region.
- To collect / access, analyse and present data to inform public health action.

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

- Population health interventions are based on best available evidence and advice
- Robust evaluation of 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 write submissions to influence public policy including, where appropriate, on behalf of SCDHB.
- To work with local authorities on policies that impact on health, for example smokefree environments and drinking water.
- To ensure a public health perspective (e.g. equity for Māori health) is part of inter-agency work, including Early Childhood Network, supporting local council planning processes, and contributing to ECan joint work plan.

The healthy public policy **outcomes** we work towards are:

- Policies, practices and environments support health and wellbeing, improve Māori health, and reduce disparities.
- South Canterbury agencies collaborate effectively, ensuring a consistent approach to health promotion issues.

5. HEALTH-PROMOTING HEALTH SYSTEM

“Supporting development of health-promoting policies and approaches across our health system”

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

- To contribute to SCDHB position statements and alcohol harm reduction strategy.
- To support the implementation of the SCDHB Health Promotion and Prevention Strategy, including alignment of health promotion messages.

The health-promoting health system **outcomes** we work towards are policies, practices and environments in healthcare settings that 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 communities to access health information resources.
- To partner with Marae and priority Māori and Pacific settings and organisations to deliver culturally appropriate health promotion initiatives.
- To continue to work with other agencies to explore opportunities to support early years parenting.
- Delivery of Smokefree Enforcement requirements.

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

- Marae and other community settings that support healthy choices and behaviours.
- Effective community action that supports healthy choices and behaviours.

7. EDUCATION SETTINGS

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

Our key education settings priorities for 2019-20 are:

- Effective engagement by WAVE with all education settings including Kāhui Ako.
- To support settings to effectively engage with whānau and the wider community.
- To continue to build effective relationships with Tangata Whenua.
- To provide appropriate professional development, resources and support to education settings.

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

- Education settings make the healthy choice the easy choice for students, whānau and staff
- WAVE effectively engaged with Tangata Whenua
- 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
- To identify and control communicable disease outbreaks.
- To promote infection prevention / control and immunisation in various community settings.

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

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

9. HEALTHY PHYSICAL ENVIRONMENT

“Supporting communities to improve their health”

Our key physical environment priorities for 2019-20 are:

- To work with local authorities to improve drinking water.
- To manage risks of Vertebrate Toxic Agents.
- To meet other Ministry of Health statutory obligations in relation to the physical environment.
- To work with ECan to improve air quality.
- To work with appropriate agencies (e.g. ECan and Aoraki Environmental Consultancy) to improve recreational water quality.
- To maintain Border Health surveillance and core capacity programmes

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

- Improved quality and safety of drinking water.
- Improved quality and safety of recreational water.
- Improved safeguards and reduced exposure to sewage and other hazardous substances.
- Improved air quality.
- Protection against introduction of communicable diseases into NZ.

10. EMERGENCY PREPAREDNESS

“Minimising the public health impact of any emergency”

Our key emergency preparedness priorities for 2019-20 are:

- 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 include sustainability considerations including active transport in relevant submissions to local authorities.
- To support active transport in education settings.
- To reduce CPH’s own environmental impact.

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

12. WELLBEING AND MENTAL HEALTH PROMOTION

“Improving mental health and wellbeing”

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

- To develop and deliver initiatives which increase capacity for mental health promotion.
- To maintain connections with relevant agencies to promote mental wellbeing.
- To continue to support the Suicide Advisory Group for the SCDHB suicide prevention plan.

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

13. ALCOHOL HARM REDUCTION

“Reducing alcohol-related harm”

Our key alcohol priorities for 2019-20 are:

- To review and respond appropriately to all alcohol licence applications.
- To maintain existing alcohol accords with licensed premises.
- To maintain an effective tri-agency partnership with Police and district licensing staff.
- To monitor high risk premises and events.
- To support SCDHB to draft and implement an alcohol harm reduction strategy.
- To support sports clubs to provide environments that reduce alcohol-related harm.

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.