



# West Coast 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

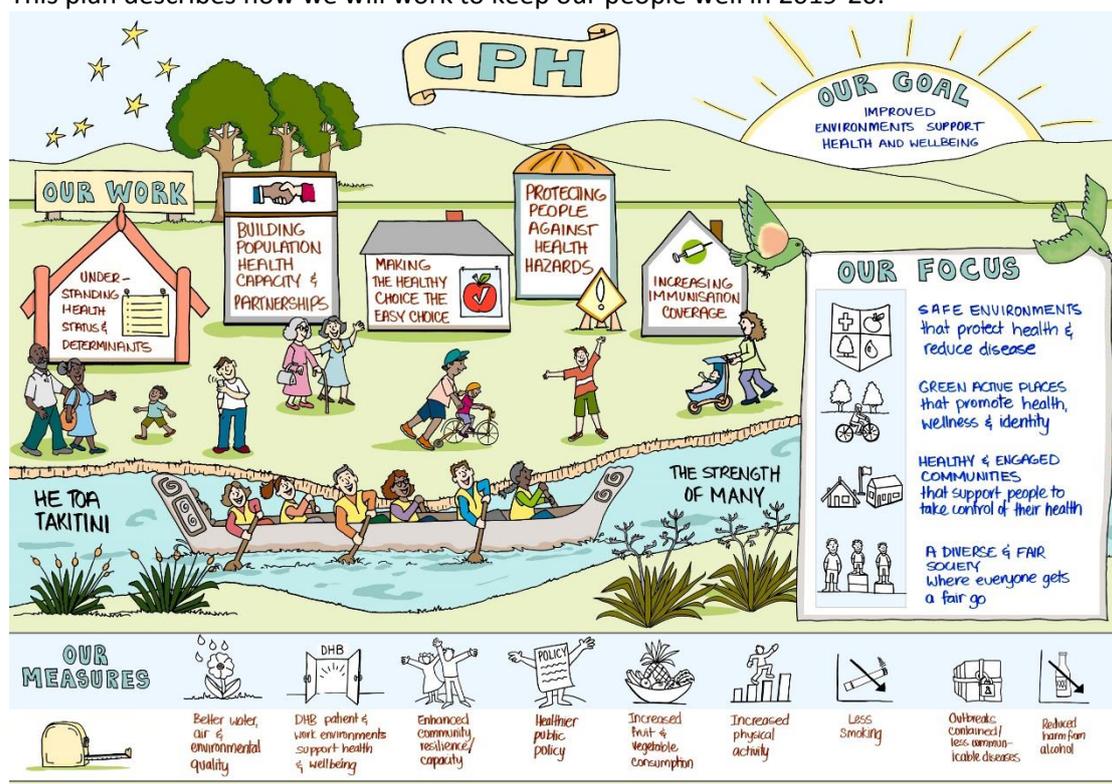
Public health is the part of our health system that works to keep our people well. Our goal is to improve, promote and protect the health and wellbeing of populations and to reduce inequities. Our key strategies are based on the five core public health functions<sup>1</sup>:

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 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.



### 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

<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>

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-:

- 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 West Coast DHB vision of "an integrated West Coast health system that is both clinically and financially viable, a health system that wraps care around the patient and helps people to stay well in their own community."

Our work aligns with the West Coast DHB short and medium term strategic priorities for 2019-20:

- Equitable, accessible healthcare
- An environment where people thrive
- An engaged and informed community
- Integrated, sustainable services
- Standardised and streamlined processes
- Evidence-informed decision making.

#### **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**

We are 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 Greymouth office, some activities will be led or supported by staff in the Christchurch office.

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:

- West Coast DHB , West Coast PHO and Poutini Waiora
- Local iwi
- Local councils
- Government agencies
- Education settings
- Non-government organisations and networks (e.g. Sport Canterbury/West Coast).

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

The West Coast DHB has the smallest population of any DHB in New Zealand, at 32,600 people.

We also have the third largest geographical area, making the West Coast DHB the most sparsely populated DHB in the country with only 1.4 people per square kilometre.

Current key issues for our population are:

- higher levels of socioeconomic deprivation compared to the rest of New Zealand (including lower mean personal incomes and a higher proportion without educational qualifications)
- higher overall morbidity and mortality rates and a lower life expectancy compared with the New Zealand average
- almost a third (31%) of our adult population are obese, 22% are current smokers and 16% are hazardous drinkers
- poorer overall health status for our Māori population, which currently represents 12% of our population
- overall poor drinking water quality with many West Coast water supplies vulnerable to severe weather events. Council water suppliers have small rating bases and infrastructure improvements are expensive.

#### **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.
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#### 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 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 on 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 to support the work of our team and other public health focused work in our region.
- To collect, 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 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 write submissions to influence public policy including, where appropriate, on behalf of Healthy West Coast and/or WCDHB.
- To work with local authorities on policies that affect 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 supporting council planning processes.

The healthy public policy **outcomes** we work towards are policies, practices and environments that 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 health system”*

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

- To work towards alignment of health promotion messages and approaches across the West Coast health system.
- To ensure that health system policies support health and wellbeing, improve Māori health, and reduce disparities.

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 provide access to quality health information resources.
- To partner with marae and Māori settings and organisations to deliver culturally appropriate health promotion.
- To support communities to identify and address key health priorities.
- To support the development of local initiatives to improve food security.
- To support promotion of smoking cessation services.
- To work collaboratively to increase smokefree environments across a range of settings.
- The delivery of Smokefree enforcement activities.

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

- Workplaces, 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 supporting education setting priorities for 2019-20 are:

- Effective engagement with education settings to identify and address key health priorities, including nutrition in early childhood
- To support education settings to engage effectively with whānau and the wider community.
- To facilitate the provision of 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.
- 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 notifiable diseases promptly.
- To detect and control outbreaks.
- To promote infection prevention and control and immunisation in community and healthcare settings.

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

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

Our key physical environment priorities for 2019-20 are:

- To work with local authorities to improve drinking water quality and security of supply.
- To meet our Ministry of Health statutory obligations in relation to the physical environment.
- To work with West Coast Regional Council to improve air quality.
- To work with West Coast Regional Council to improve recreational water quality.
- To manage public health risks of hazardous substances.
- To work with local authorities to ensure that their plans and policies support healthy physical environments.

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.
- Improved safeguards and reduced exposure to sewage and other hazardous substances.
- Urban environments that support connectivity, mental health, wellbeing 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 plan to ensure alignment with WCDHB Health Emergency Plans.
- To ensure all staff have appropriate emergency response training.
- To participate in local emergency response exercises.
- To build and strengthen relationships in the community and with other key stakeholders, with a focus on DHBs and local CDEM partners
- To work with local rūnaka 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.
- Prepared resilient communities.

## 11. SUSTAINABILITY

### *“Increasing environmental sustainability practices”*

Our key sustainability priorities for 2019-20 are:

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

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:

- Effective and efficient delivery of quality stop smoking services to all West Coasters who smoke.
- Enhanced health professional and community understanding of how to motivate quit attempts and make quality referrals (including self-referral) to Oranga Hā stop smoking service.

The smoking cessation support **outcome** we work towards is for more smokers to stop smoking.

## 13. WELLBEING AND MENTAL HEALTH PROMOTION

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

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

- To maintain connections with relevant agencies to promote mental wellbeing.
- To work in and support education settings to promote wellbeing and mental health
- To continue to support the West Coast Suicide Prevention Action and Governance Groups.

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 harm reduction priorities for 2019-20 are:

- To review and report on all alcohol license applications.
- To maintain an effective tri-agency partnership with Police and district licensing staff.
- To monitor high-risk premises and events.
- To support schools and their communities to address alcohol-related harm among young people with a focus on social supply.
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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 and around licensed premises and events.
- A culture that encourages a responsible approach to alcohol.
- Young people are protected from alcohol harm.