

PLANNING FOR POSITIVE OUTCOMES

putting people at the centre for a better and healthier future

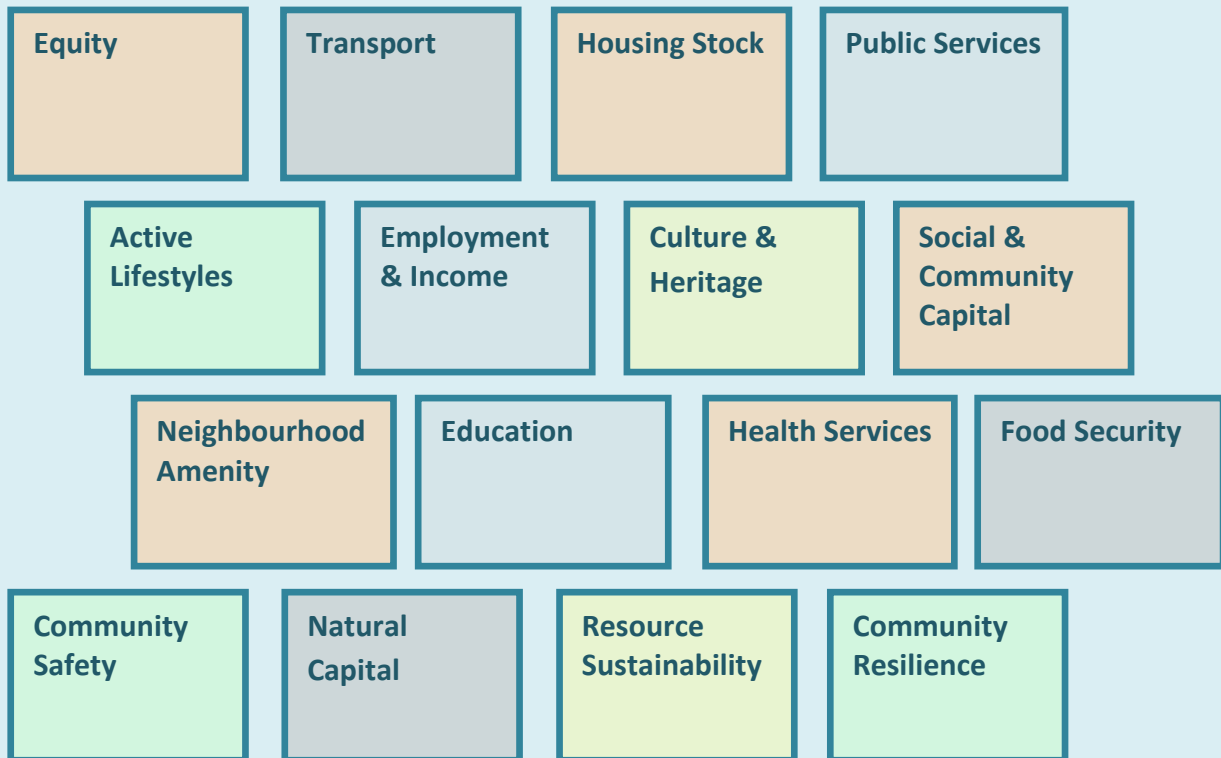


The things that determine how healthy we are include good sanitation, clean air and water, good nutrition, access to healthcare, quality housing, safe neighbourhoods, education, secure employment & income, excellent urban design and easy access to transport and recreation.

After Dahlgren & Whitehead, 1991

Why focus on health and wellbeing?

It is important that we talk about the things that affect our quality of life as this knowledge can be used to safeguard everyone's health and wellbeing when we plan for the future. Good health begins in our homes and the communities where we live, work, learn and play.



All planning, policies and actions can potentially affect the health of people. We can create opportunities to improve everyone's health as we work and plan together.

Health in All Policies (HiAP)

A Health in All Policies approach can help problem-solving by integrating health, wellbeing and equity considerations with the development of plans, their implementation and evaluation. You can expect a HiAP approach to:

- provide an opportunity for conversation and problem-solving
- provide evidence to support planning and action
- evaluate the effectiveness of projects

Who will feel the impact of the proposed plan or action?

How will we find out what people think?

The Treaty of Waitangi – Te Tiriti o Waitangi¹

The Treaty describes the unique relationship Māori have with the Crown. Involving Ngāi Tahu, as tangata whenua, and ngā mata waka in the development of plans is an important way of respecting and acknowledging this special relationship. Three key principles help us understand what this means:

- **Partnership:** Working together with iwi, hapu, whanau and Māori communities to develop strategies for Māori health gain and appropriate health and disability services
- **Participation:** Involving Māori at all levels of the sector, in decision-making, planning, development and delivery of health and disability services
- **Protection:** Working to ensure Māori have at least the same level of health as non-Māori, and safeguarding Māori cultural concepts, values and practices

Who do we need to talk with?

How are inequalities created, maintained or increased?

What do we already know? What do we need to find out?

A Focus on Equity

Social and economic circumstances affect health throughout life. When we focus on equity we can make sure that plans are fair for everyone including the most vulnerable. Use the Health Assessment Tool² to assess plans. It asks questions like:

- Who is most disadvantaged and how?
- How did the inequalities occur?
- Who will benefit most from this project?
- What might the unintended consequences be?

¹ A Treaty understanding of health - <http://www.hpforum.org.nz/resources/Tuhanzpdf.pdf>

² <http://www.health.govt.nz/publication/health-equity-assessment-tool-users-guide>

What is Integrated Planning?

Integrated planning helps us think about the building blocks of health ensuring that the economic, social, and environmental costs and benefits are considered - so that the best options or solutions can be found. You can expect integrated planning to:

- put people and communities at the centre of plans
- promote the health and wellbeing of all
- bring a wider perspective to issues
- support collaborative work and the sharing of knowledge

What are our shared values?

How can we achieve a win-win for all involved and together reach our shared goals?

A Maori Model to Support Integrated Planning

Te Pae Mahutonga³, a Maori model for health planning and promotion, is another tool that helps us ask key questions when we want to plan in an integrated way.

The imagery of the Southern Cross represents the goals of health promotion – environmental protection, healthy lifestyles, active participation in society and the opportunity for a secure cultural identity. The two southern pointers represent the two key requirements for achieving these goals: leadership and autonomy.



Using Te Pae Mahutonga encourages a community development approach and can help support community organisations and groups to:

- identify and prioritise ideas and issues
- develop strategies to address issues
- work together to take ownership of projects, and
- actively complete plans and projects

What is the most urgent issue?

Do we know what the wider community would like to happen?

³ Implementation Guide - http://www.healthychristchurch.org.nz/media/22388/te_pae_mahutonga.pdf

Things to remember...

- Effective communication is critical
- Community participation in all planning and actions leads to stronger and more resilient communities
- Refer to and build on existing activities, frameworks and initiatives which provide the agreed vision and strategic direction for your community e.g. Greater Christchurch Urban Development Strategy

What will success look like and how will we measure it?

How will this plan lead to a healthier, more sustainable and resilient community?

Whaia te pae tawhiti kia mau,
ko te pae tata whakamaua kia
tina, hui e tāiki e

Pursue the distant horizons
of your aspirations, hold
fast to those you achieve

More about the building blocks of health...

■ What happens to children in their earliest years makes a difference for the rest of their lives ■ Eating healthily helps us to feel well and maintain our health as we grow older ■ Everyone needs affordable, secure, dry and warm housing ■ When we can afford to buy the basics we have better health ■ Having a chance to learn and gain qualifications makes a positive difference throughout life ■ A secure job is important to good health ■ Everyone benefits in communities where people know each other well ■ An inclusive society ensures that everybody feels a sense of belonging and acceptance ■ Active transport design helps people stay fit while getting to work, leisure activities and essential services ■ Well-designed, safe and easy to reach places and spaces support good health, wellbeing and a sense of belonging ■ Regular physical activity helps us keep well ■ Our ecosystem provides the basics of life, including excellent air, soil and water quality ■ Some of the choices we make as individuals and as a society are protective of our health and wellbeing ■ The better our living circumstances the better our chance for health and a long life ■ When people can easily access health services that are culturally sensitive and responsive they are more likely to seek help ■ People are more likely to make a healthy choice when it is convenient and easy to do so ■

We can expand the way we think about health to include how to nurture and maintain it, rather than just how to get it back

