

MidCentral District Health Board

Te Pae Hauora o Ruahine o Tararua

Tararua

Health and Wellbeing Plan 2018-2023



He Mihi | Greetings

Kua hau mai te rongō he ao hou kei te waihangatia e tātou. Arā, he ao hou e noho nei ko te tangata e tino ora ana, ko te hauora te tino aronga, ko te whai whakaaro o tētahi ki tētahi, ahakoa ko wai, ahakoa nō hea. Nau mai e hika mā ki tēnei whakaaro kua marara ki ngā tōpito katoa o Tararua whenua. Nei te mihi kau ake o Te Pae Hauora o Ruahine o Tararua. Ka tukua ko ngā waiora o ngā wai kaukau e kawē atu i ēnei kupu ki ngā kāinga katoa o Tararua.

The word is out there a new world being created. A new world where everyone is very healthy and health is the focus, along with thoughtful to each other, regardless of who or where we are from. So welcome to this new perspective being dispersed to all corners of the Tararua district. This is an unconditional greeting from Te Pae Hauora o Ruahine o Tararua. Let us leave it the healthy waters of bathed by the ancestors to convey these words to all homes of Tararua

He Kupu Whakataki | Foreword

To achieve Quality Living – Healthy Lives – Well Communities we need to think and work differently.

We want nothing but the best health care, and the best health and wellbeing for everyone. Every day in our communities people face a range of challenges; some live with mental illness, some live with a chronic disease, others may become acutely unwell and need emergency care.

Thinking beyond health, some live in cold, damp houses, some may experience violence, and others struggle to afford the everyday costs of living. Health and its partners need to work together as one team, taking a more collaborative approach so that we can achieve better health outcomes for our communities. This also means partnering with individuals, accepting them as experts in their own health and in their own lives.

What strategies guide the Health and Wellbeing Plan? | Ngā Rautaki

The strategic intentions guiding this Health and Wellbeing Plan for the Tararua District are our Strategic Imperatives:

- Partner with people to support health and wellbeing
- Connect and transform primary, community and specialist care
- Achieve quality and excellence by design
- Achieve equity of access across communities, and

Our Vision...



Tararua District Health and Wellbeing Plan | Te Mahere Hauora

The Tararua District Health and Wellbeing Plan has two parts:

Locality Approach: This outlines the approach taken, what we did and how we did it. It highlights the key findings at each stage, providing a snapshot of Tararua District's population and their strengths and challenges in regards to health and wellbeing.

Plan of Action: This section looks at what can be done to improve the priority areas identified by the Tararua District community. Each of the four priority areas has a series of actionable steps that are intended to be carried out within a five-year time frame.

The Health and Wellbeing Plan aims to make a positive contribution to the health outcomes of the Tararua District. It will be used to make changes necessary to continuously improve our health system, as part of the wider health sector and social services network. The Plan places Tararua District residents and their families/whānau at the centre of planning decisions and design to best meet the needs of the community.

Listening To The Community | He Whakarongo Ki Te Hapori

We need to better understand our communities, people's lifestyles, their health needs, their experience of care and what their priorities are. Understanding our communities will enable us to work in partnership with them to better design services that meet that community and its people's needs.

A locality approach:

- provides a voice for communities; acknowledging different needs, cultures and priorities.
- places people, families/whānau at the centre of planning decisions and design to best meet the needs of their community. Providing local solutions for local issues.
- engages with other sectors in common community health and wellbeing agendas to reduce inequity and improve health outcomes.
- helps to develop active partnerships with people, communities and other agencies who work within or across health at all levels.
- will help inform investment decisions and provide focus for future planning.
- acknowledges that health and wellbeing is affected by many factors, including the environment, housing and employment.

What is a locality?

A locality is a defined geographical area. In this case it is the area within the Tararua District Council boundary. This plan encompasses all people who usually live in this area (not just those enrolled with local general practice teams).

Health and Wellbeing plans have also been developed for other localities (based on TLA boundaries) within the MidCentral DHB area. Plans for the Manawatū District, Horowhenua District and the Ōtaki ward of the Kāpiti District are complete with a Palmerston North City plan under development.

What will be the impact for people and communities?

- Health care that is flexible, responsive and adaptive to meet their needs.
- People receiving health care services delivered on time and closer to home where possible.
- People will have positive experiences of care from a joined-up health system.
- The health and wellbeing of all people in the community will be improved as a result of collaborative work between health, social services and community agencies.

Building upon existing work

It's important to acknowledge other plans and strategies that have been done in the Tararua District. Documents, such as the 2015 Community Needs Assessment by Project Tararua, were used to inform our planning process.

Who helped to guide and support this plan? | Nā wai i āwhina?

A Local Advisory Group was established to guide and support the locality planning process. It was important to have local leaders, who reside within the Tararua District, to guide the process as they have an in-depth knowledge of the best way to engage with a diverse range of people within their community.

Representation at the Local Advisory Group

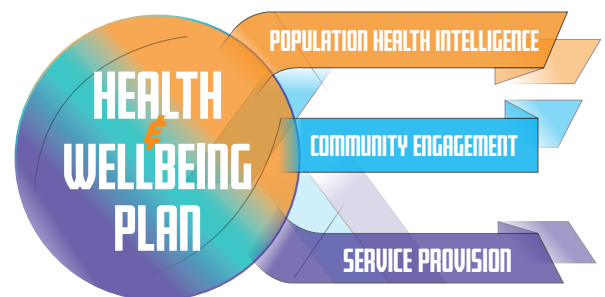
- Project Tararua
- Tararua District Council
- Non-Government Organisations
- Ministry of Social Development
- Tararua Health Group
- Rangitāne o Tamaki nui a Rua
- Ngāti Kahungunu ki Tāmaki nui-a-Rua
- Central PHO
- Eketāhuna Community Board representative
- Mental Health and Addiction Health Portfolio Manager for MidCentral District Health Board
- Pae Ora representative
- Other health and social services
- Public Health
- Consumer

Creating the Plan

Creating a Health and Wellbeing Plan for the Tararua District involved three main stages.

These were:

- 1) gathering population intelligence and health information
- 2) community engagement
- 3) establishing priorities and actions for service provision



Stage 1: Population Intelligence and Health information | Tararua Tangata, Tararua Hauora

- Information and data was gathered about the population of the Tararua District and research was undertaken, including analysis of current and previous strategies and plans.
- A district-wide Health Needs Assessment was completed.

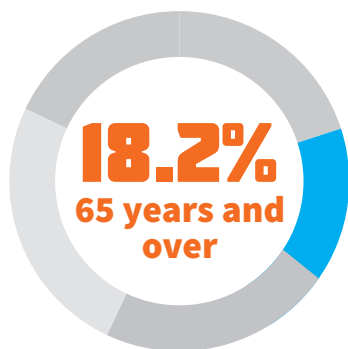
So what did we find?

The following pages are a snapshot of some of the interesting data and information gathered about the population of the Tararua District.

TARARUA POPULATION SNAPSHOT

Tararua Population 2017

17,850



18.2% were 65 years and over. This is compared to 15.1% nationally.

22.1% were 0-14 years. This is compared to 19.5% nationally.

42%

Of people in the Tararua District live in areas designated as being among **the most deprived** in New Zealand.

Higher levels of deprivation are associated with higher mortality rates, and higher rates of many diseases as well as social problems such as crime, family violence, disengagement from education and risk-taking behaviours.

In the 2013 Census:

23.4% of families with dependent children in the Tararua District were single parent-families, 55.1% of single parent-families had a total annual family income of less than \$30,000.

By 2038 Statistics NZ predict that:

There will be a **75% increase** in residents aged **65 years and over**.
(2200 more residents aged 65+ than there were in 2013)

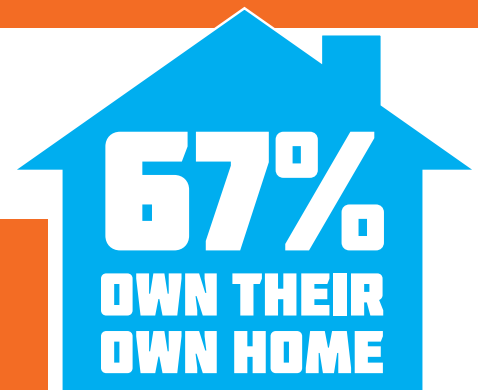
These trends are important because Māori and older people are known to have poorer health status than other New Zealanders.

The proportion of residents **identifying as Māori** is expected to **increase to 35.8% (from 20.1% in 2013)**.

- The proportion of residents identifying as Pacific is expected to increase to 3.5% (from 1.5% in 2013).
- The proportion of residents identifying as Asian is expected to increase to 6.2% (from 1.9% in 2013).

Housing

Home ownership rates in Taranua are just above the national average (2013 Census). 67% of households own their own dwelling in the Taranua District compared to 64.8% nationally.



The estimated mean weekly rent for the year to May 2017 was \$199 in Taranua compared to \$273 for the Manawatū/Whanganui region and \$421 for New Zealand.

\$199

Education

43–66% The increase for all Māori school leavers with NCEA level 2 or above since 2009

65–76%

The increase for all school leavers with NCEA level 2 or above since 2009.



Income

In 2013, 57.6% of people aged 15 years and over had an annual personal income of \$30,000 or less.

Tararua Services

This section lists some of the key health services for Tararua District residents. For a more comprehensive list of services in the district please refer to www.healthpoint.co.nz.

Dannevirke Community Hospital: Barraud Street, Dannevirke

Services provided include:

- 8 GP beds,
- 3 maternity beds. A midwife is available and always on call,
- 5-day-a-week x-ray,
- 2-3 day a week ultrasound,
- Dannevirke Alcohol and Drug Service,
- Community Mental Health Service,
- Outpatient Clinics across 15 different areas,
- Healthcare NZ and Dannevirke Physiotherapy are also located at the hospital,
- MedLab - Laboratory Services.

Attendances at Dannevirke Community Hospital Outpatients Clinics by Tararua residents in 2016	
Clinic	Attendees
ElderHealth	114
Medical	277
Paediatric	153
Surgical	752
Women's Health	181
Total	1,477

General Practice Services:

- **Barraud St Health Centre** 24 Barraud Street, Dannevirke. Open Monday – Friday.
- **Dr Shorts Surgery** 33 Victoria Avenue, Dannevirke. Open Monday – Friday.
- **Pāhiatua Medical Centre** Cnr Main and Centre Streets, Pāhiatua. Open Monday – Friday.
- **Woodville Health Centre** Cnr Pollen and McLean Streets. Open 2 ½ days per week.
- **Eketāhuna Health Centre** 1 Bengston Street, Nurse-led clinics Monday – Friday.
- **Norsewood and Districts Health Centre** Coronation Street. Nurse-led clinics: Monday morning, Wednesday afternoon, Friday morning.

Tararua Health Group Stats:

- Tararua Health Group caters for 14,343 patients (3,648 are Maori = 25.4%).
- GP teams provide over 8,000 consultations per month.
- 8.3% of patients have high or very high risk of hospital admission (compared with 6.9% of enrolled patients across the MidCentral DHB District).
- In 2016 clinicians provided 2342 Adults with Mental Health Services and Support.
- In 2016 nurses provided 53,071 consults and GPs provided 47,370 consults.

Tararua Services

Other Services in the District include:

- MedLab Central.
- Rangitāne o Tamaki nui a Rua Incorporated provide a range of health and social services through Te Kete Hauora o Rangitāne. It is a Kaupapa Māori service available to all whānau within the Tararua District.
- Central PHO has offices in Dannevirke and Pāhiatua and provides primary health care services to the population.
- Gordon Street Health Clinic in Dannevirke provides sexual health and public health services.
- School Based Health services are provided for decile 3 Secondary Schools and Alternative Education Providers in the district.
- 2 Pharmacies - one in Dannevirke and one in Pāhiatua.
- 3 Rest Homes (2 in Dannevirke and 1 in Pāhiatua) provide 168 beds.
- Various providers deliver Child Health Services in the district, including: Pregnancy and Parenting Services, Well Child Services, Oral Health Services and Outreach Immunisation Services.

Tararua District Residents visiting Palmerston North Hospital:

3,173 Tararua District residents presented to ED in 2016 and 1,138 were admitted

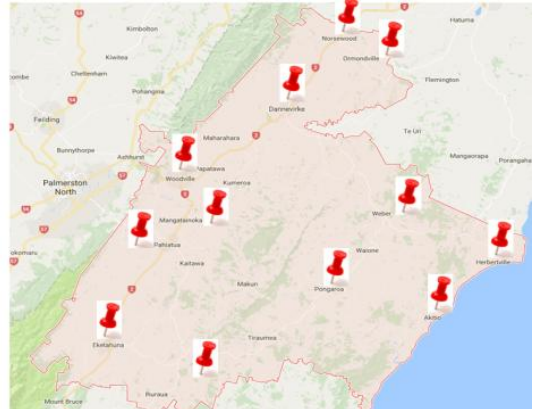
Attendances at Palmerston North Outpatients Clinics by people from the Tararua District in 2016	
Clinic	Attendees
ElderHealth	90
Medical	4,480
Paediatric	476
Cancer	2,303
Rehab	16
Surgical	5,894
Women's Health	916
Total	14,175

Stage 2: Community Engagement | Kōrero Tahī

- A three-month-long engagement process was undertaken to ensure residents had adequate time and opportunity to provide feedback and co-design the plan.
- Feedback was received from over 420 residents through a variety of mediums.
- Four key Priority Areas for improvement were identified using thematic analysis of the feedback.
- Three main areas of focus under each Priority were identified from the feedback.

Feedback was received from across the Tararua District. The pin points represent the spread of locations we received feedback from.

233 surveys were completed and more than 180 people attended various workshops and forums.

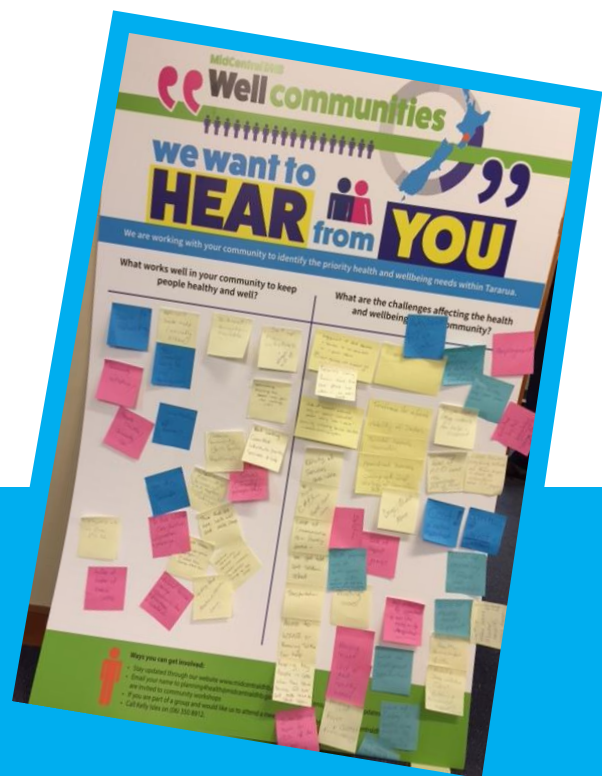


Methods of engagement:

- Community workshops
- Newsletters distributed to a wide database
- Surveys left at various locations
- Posters in various locations
- MidCentral DHB Website
- Option to email or phone Project Manager directly
- Advertise within the Bush Telegraph
- Online surveys
- Rural Delivery mail out
- Social media

We attended a number of meetings and engaged with many groups and people to seek further feedback including:

- Eketāhuna Health Centre Board,
- Rangitāne o Tamaki nui a Rua staff workshop,
- Alfredton Playgroup,
- Dannevirke Community Board,
- Pāhiatua Network Meeting,
- Dannevirke Probus Meeting,
- Tī Tree Point Playgroup,
- Tararua College students forum,
- Pāhiatua Health Shuttle Volunteers,
- Pāhiatua Community Services Trust,
- Workshop for Network Providers,
- Dannevirke Strengthening Families Network.



What we asked

The key questions we put to the community were:

- *what works well in your community to keep people healthy and well?*
- *what are the key issues/challenges affecting the health and wellbeing of your community?*
- *what actions could be taken to improve the health and wellbeing of your community?*

Below is a list of the strengths that were highlighted by the people of the Tararua District and the following two pages summarise the key messages that came through in regards to the challenges faced and how improvements could be made. It's important to note that this is a snapshot of the most commonly feedback strengths, not a full list of all strengths that were mentioned.

Strengths | Ngā Huapai

- A wide range of community services and assets are available – even in the smaller townships.
- Many passionate and committed people working in paid and voluntary capacities.
- Health Shuttles and community vehicles essential for people overcoming transport and distance barriers.
- Active Local Boards who drive and support community initiatives.
- The contribution of Project Tararua towards creating more connected and resilient communities.
- Future-focused local Council that acknowledge the key challenges and have demonstrated commitment to economic growth initiatives.
- Eketāhuna Health Centre – highly valued by community members.
- Local schools (big and small) are seen as the heart and hub of their communities and townships.
- Playgroups in rural communities.
- Tararua Health Group, offering positive local leadership on health and wider issues.
- Local services and groups such as Tararua Community Services Trust and Heartlands.
- People know each other well and are prepared to help.
- Availability and responsiveness of Rural Health Clinics and District Nurse Service.
- Green space, recreation, affordable gyms and sporting opportunities.
- Te Kete Hauora o Rangitāne offering a broad range of culturally appropriate support services and advocacy for the benefits of a Whānau Ora approach.
- The 'Rural Fire Force' who are first response for the St John Ambulance.

Common Themes

With over 420 people engaging in this process, it is important to note that many different strengths and challenges were identified. The themes identified were based on most commonly stated challenges for residents of the Tararua District.

WHAT PEOPLE SAID...

"We are a tight-knit and connected community who would work together to make use of mobile clinics."

"I avoid going to Palmerston North at all costs, even more now with the gorge closed—the drive over that hill is stressful and my car just isn't really up to it."

"I had to be at Palmerston North Hospital by 8am for a colonoscopy and have someone come who could drive me home...I didnt get seen until 4pm."

"There are so many great people and community services here but if we worked together more on the same things we could achieve miracles."

TARARUA

"Not being able to see the same GP and build a relationship with them about my health is so frustrating."

"Running a farm is a serious responsibility; there is no back-up team so every minute we spend away is a big deal."

"The Health Shuttle is a lifeline for us; lots of people have no other way to get to their appointment."

"Yeah its only 30kms to Palmerston North from here—but have you driven over the track lately."

"Living 50kms from town requires our family to be really organised, no trip is made easily or without quite major disruption to our lives."

"Schools big and small are the absolute heart and hub of our communities."

"I'd need to be pretty sick before I choose to spend half my week's grocery money on seeing the doctor."



COMMON THEMES

From our community engagement

IMPROVE AWARENESS OF THE SERVICES AVAILABLE.

REDUCE THE IMPACT OF TIME DISTANCE AND TRANSPORT ON ACCESS TO THE HEALTH SERVICES WE NEED.

ENGAGE US – CLEARLY COMMUNICATE OPEN AND OFTEN.

REDUCE THE PRESENCE AND IMPACT OF DRUGS ON OUR COMMUNITY – ESPECIALLY FOR OUR YOUNG PEOPLE.

ENCOURAGE AND SUPPORT HEALTHY AND ACTIVE LIVING FOR EVERYONE.

PEOPLE WANT TO BUILD AND MAINTAIN A TRUSTED RELATIONSHIP WITH A GP.

IMPROVE EASY ACCESS TO MORE LOCAL MENTAL HEALTH SUPPORT (EARLIER AND CLOSE TO HOME).

IMPROVE THE AFFORDABILITY AND AVAILABILITY OF GOOD QUALITY HOUSING.

ENSURE PEOPLE INVOLVED IN MY HEALTH AND WELLNESS WORK TOGETHER AS ONE TEAM.

PROVIDE YOUNG PEOPLE WITH A DEDICATED WRAPAROUND HEALTH SERVICE AND MORE OPTIONS FOR POSITIVE ACTIVITY.

IMPROVE THE ABILITY TO GET A GP APPOINTMENT WHEN NEEDED.

REDUCE THE PRESENCE AND IMPACT OF FAMILY VIOLENCE IN OUR COMMUNITY.

REDUCE THE TOTAL COST IMPACT OF HEALTH CARE - ESPECIALLY FOR THE MOST VULNERABLE.

ADDRESS AND REDUCE THE COMPLEXITY CREATED BY MISMATCHED AGENCY BOUNDARIES.

Step 3: Identifying Priorities | Ngā Mea Nui

Priority areas were identified through a second round of engagement.

We went back out to the Tararua District community with the common themes identified after the initial engagement and asked:

- 1) what are the top 4 priorities?
- 2) within these priority areas, what should we focus on first?

The top four identified priorities through this process were:

Community Priority #1 Access to Healthcare

Easy access to Healthcare when people need it

Community Priority #2 Mental Health and Addiction

Improved Mental Health and Addiction support in communities

Community Priority #3 Better Communication and Connection

A district that has quality communications and connections between health services, people, whānau and communities

Community Priority #4 Healthy Living

A well community where everyone is supported to have quality living and healthy and active lives

It is interesting to note that in developing Health and Wellbeing Plans for other localities within the MidCentral District area (Manawatū District, Horowhenua District and Ōtaki) the identified main priority areas were consistent, however, there were differences in the focus areas within these priority areas.

Part 2 | **Plan of Action** | *Mahia te Mahi*

So, what can we do?

The following pages summarise the four identified priority areas for the Tararua District and the plan of actions for each priority area. The plan takes a one to five year approach and focuses on how health and its partners can work together to make improvements within these priority areas.

Tararua District Health and Wellbeing Plan

Community Priority #1: Access to Healthcare

Common things heard from Tararua District residents:

"Distance, time and cost are barriers to getting healthcare."

"People appreciate the support and help through emergency services: ambulance service, rescue helicopter and the fire service."

"People are frustrated having to travel for hours to attend an early appointment at PN Hospital then waiting for hours to be seen."

"People tend to wait and see before going to the medical centre and then appointments can be challenging to get in a timely manner."

"Nurse-led clinics are valued assets in communities such as Norsewood and Eketahuna."

What does the community want us to focus on first?

People are able to get help when they need it

- Improve people's ability to access General Practice teams in a timely manner.
- Reduce barriers of time, distance and travel for rural communities accessing care.

Improving people's access to hospital and specialist care

- Provide more "People Focused" systems, and provide easier access to specialists where appropriate.

Health working together as one team

- Improve the ability for health services to work together supporting people's health journey.
- Work in partnership with communities and consumers when designing healthcare.

What will health and its partners do and how will it make a difference over the next 1- 5 years?

Help people to have better access to health services

- People in need will be able to get appointments easier through new systems, which include GP triaging.
- General Practices will increase provision of consults over the phone or online, which will save people time and travel costs.
- Communities will learn about and be able to use an online tool to get repeat prescriptions, make appointments and receive test results through a patient portal.
- People (particularly in rural communities) will be able to connect more with health services through technology (eg virtual consults).
- People will have more choice by increasing awareness of what different health professionals can do and which service to choose when. Eg your pharmacist may be able to give your flu shot.
- People will be more aware of how to access the right health service to get the help they need. The "Right Choice" campaign will help this.

Improve hospital booking systems

- People's circumstances (such as locality and family/ whānau responsibilities) will be taken into consideration by more flexible hospital booking systems.

Providing phone or online consult options

- People will be provided with options of a consult over the phone or online where appropriate for follow-up specialist appointments. This will be piloted with some hospital specialist areas first.

Improve the Emergency Department

- People attending Palmerston North Hospital's Emergency Department will find a more welcoming environment as the reception and waiting areas are improved (2018/2019).
- Patients will have improved privacy in redeveloped Emergency Department triage rooms.

Improve people's experience of healthcare

- People will be better supported by health providers who can access the notes they need via improved IT systems.
- Locality-based teams will be put in place to help address the unique needs of the community.
- A DHB digital strategy is being developed to identify priority areas for improvement, ensuring people and whānau have a more connected health journey by services working together as one team.
- People feel better informed about their health by making it easier for them to access their health information through improved technology.

Better utilise community feedback

- There will be more opportunities to provide feedback, which will be used to constantly improve health services. The Consumer Council will be involved in the design of this.

Tararua District Health and Wellbeing Plan

Community Priority #2: Mental Health and Addiction

Common things heard from Tararua District residents:

"We have some great services; we need to build upon these and all work together more."

"When we (or people we know) are struggling and need help with Mental Health we don't know where to go."

"It is difficult to access Mental Health services when you need them and receive care in our community in a timely manner."

"Increased use of drugs, especially methamphetamine, for youth and whānau, are a real concern for our community."

"Isolation in rural communities continues to be a concern; people are proud and won't always ask for help."

What does the community want us to focus on first?

People are able to get help when they need it

Increase knowledge of mental health and addiction support available in communities so that it is easier to find and access.

Locally designed and operated services

Increase support for local services, providing choice and better meeting the needs of people and whānau.

Supporting Youth and Rural Communities

Mental Health and Addiction services, with a particular focus on youth and rural communities.

What will health and its partners do and how will it make a difference over the next 1- 5 years?

Providing services in more accessible ways

- People will have better access to care through more tele-health appointments with mental health - reducing the barriers of time, cost and distance.

Increase visibility and awareness of services and resources

- Mental Health and Addiction Services will be more visible in our community as the DHB develop a relevant and modern communications strategy.
- People will be more easily able to find health information on alcohol and drugs through a more coordinated and modern approach to how information is distributed.
- Promote the online directory of Mental Health and Addiction Services, linking services and people to what is available in the community and how to access them.
- People will be able to see how all services work and where they should seek help and support through the promotion of a service mapping document.

Local Services

- A service for people with mental health and addiction problems will be available. This will be a partnership between Rangitāne Tamaki Nui A Rua and specialist Mental Health services.

Youth Development

- Mates and Dates programmes will be available at Tararua secondary schools - helping youth to build healthy relationships.
- Youth at Tararua College will be supported in developing healthy relationships and reducing stigma and discrimination (LGBTI) with programmes run at the college.

Supporting Rural Communities

- People who visit rural communities in their jobs will receive training and support to help them recognise the signs of depression and help isolated and vulnerable people to seek help when needed. Health will work in partnership with rural services to achieve this.

Tararua District Health and Wellbeing Plan

Community Priority #3: Better Communication and Connections

Common things heard from Tararua District residents:

"A stronger presence at key meetings by MidCentral District Health Board and Health would be appreciated."

"Our communities are all very different, it's good that you are getting to know us better and understand our communities."

"Communication from the hospital could be improved in a number of different ways."

"People need to know what services and things are available in our community to help support them."

What does the community want us to focus on first?

Improving Communication

Make correspondence more people friendly. People feel well informed when coming to hospital.

Raising awareness of what is available in the Tararua District and how to access it

Support the sharing of knowledge, resources and skills across communities to increase awareness and empower people.

Increasing engagement and visibility

Engage with local people when designing new services for the Tararua District. Stronger health leadership and presence in the Tararua District.

What will health and its partners do and how will it make a difference over the next 1- 5 years?

People-Friendly Communication

- Community members and the Consumer Council will be involved in the redesign of correspondence so that communications are clear and friendly.
- People will receive more relevant information when attending a hospital appointment, including parking and shuttle services.
- People will be able to access the new PN Hospital Navigation App through increased promotion of the App; helping people to navigate their way around the hospital.
- To ensure our communities are receiving clear and people-friendly messaging the DHB will continue to find new and innovative ways to communicate.

Knowledge Sharing

- People will be more up-to-date with what's happening in the Tararua community by ensuring communication is distributed through: local newspapers, social media channels, community committees and other key groups.
- Local success stories and programmes and initiatives that are working well in the Tararua District will be shared with the community.
- Opportunities to work with other health agencies to increase awareness of what's available in the community will be sought.

People feel more informed

- It will be easier for people to choose a service appropriate to their needs through a website which offers reliable information on local and district health services.
- Communications from the DHB will be sent out to community groups and providers on a more regular basis, with opportunities for people to provide suggestions and feedback.

Finding local solutions to local issues

- When designing a new health service in the Tararua District residents will be engaged in the process.
- Feedback from Tararua District residents about strengths, challenges and areas of priority within the community will be collected via at least one forum per year.
- Feedback from the Tararua community locality project will be used to help shape and support DHB's planning and future services.

Working together to achieve more

- Develop a health and wellbeing group for the Tararua District, or connect to an existing group, where we all work together on a common agenda to tackle the bigger issues.
- Health will be aware of key issues for the Tararua by having a greater presence at key meetings.

Tararua District Health and Wellbeing Plan

Community Priority #4: Healthy Living

Common things heard from Tararua District residents:

"Our vulnerable whānau need to be supported to make good choices, eat well, be active and connected to the local community."

"Local community services, community groups and living within supportive communities all play a big role in keeping people healthy and well."

"The cost and accessibility of quality rental housing, lack of employment opportunities and limited things for our youth to do has a real impact on our health and wellbeing."

"Having different boundaries for different agencies, services and government organisations is confusing."

"As our population ages we want to support our older adults to stay well and live healthy lives within our community."

What does the community want us to focus on first?

Play a role in tackling wider determinants of health

Work alongside others to improve housing, transport, employment opportunities and other factors that can have an impact on health and wellbeing.

Provide local initiatives that help people make good lifestyle choices

Better link people to community initiatives so people can stay active, eat well and be connected to their community.

Quality living for older adults

Support older adults to stay well longer in their own homes.

What health and its partners will do to improve these areas over the next 1 – 5 years?

Have an impact in a variety of areas to improve people's wellbeing

- A training programme for screening patients for family violence will be offered to all GP practices who will support people to talk about and seek help for family violence.
- Computer literacy programme support will be provided within the community, including the rural community.
- People will be more aware of the financial support that is available to them and how to access it, through workshops run in partnership with other organisations in Tararua.
- The DHB will advocate, where appropriate, for positive changes in areas outside of health which have a fundamental impact on people's health and wellbeing within the Tararua District.
- The DHB will advocate for change in the National Travel Assistance Policy to help make the process for registering and claiming travel expenses easier.

Increasing healthy eating and active living

- More whānau will be supported to make healthy lifestyle choices through an increase in the number of families in the Active Families programme.
- Schools will be encouraged to be a "Health Promoting School" where they partner with their community to make positive steps to improve the health and wellbeing of students.
- People will be more aware of the benefits of physical activity and healthy eating as physical activity and nutrition resources and information are distributed through a variety of local channels.

Creating a healthy and well community

- Actively lead connecting community groups and services; as collectively they can have a greater impact on the wellbeing of community members.

Helping people stay well in their own homes

- Partner with Tararua District Council to develop an Ageing Expo.
- Older adults will be assisted to maintain their strength and balance and remain independent through in home strength and balance exercise support starting in the Tararua District in 2018.
- Community groups will be better supported to provide strength and balance classes for older people.
- People working with older adults in the community will be kept up-to-date with the different types of support, services and community activities available for older adults through an annual workshop. They will then be able to link the people they are working with to relevant things in the community.