

Commitment to Reducing Inequities (Central Health - Winner 2014, 2015, 2016)

Porangahau-ora, a population health approach



Your organisati on

The whakapapa of Central Health Ltd (established in 2009) stems from Te Whatuiapiti Trust (established in 1994), which was set up in response to strong calls from the local community to have their own health services provided by their own people. Over the years the range of services provided have developed from a small Community Health service with one community nurse to an expanding, evolving organization with around 130 staff. The bulk of our services are delivered to Central Hawke's Bay and wider Hawke's Bay. Although, we are acquiring and delivering a growing number of national contracts too.

Central Health has a highly efficient and collaborative management structure supported by multi-skilled whānau orientated staff. We now deliver a broad range of health and social services to all peoples in the Central Hawke's Bay (CHB), Hawke's Bay (HB), and six District Health Board catchment areas. Our nursing/health promotion team consists of Five Registered Nurses and two Whanau Ora Health Promoters.

Our relatively small nursing and health promotion teams have developed an innovative approach, and work tirelessly in the Central Hawke's Bay region to deliver services to the 'hard to reach' and particularly to Maori.

Reducing inequities initiative

Porangahau is a small township close to the Pacific Ocean coast in Central Hawke's Bay. It has a population of 243 people (2006 census). 58.3% are Maori. It has a lower median income than the rest of Hawke's Bay and most of New Zealand. The people suffer health inequalities associated with being Maori and these are compounded by low socio economic status and geographical isolation. Most of these health inequalities revolve around lifestyle illnesses and poor access to primary health care and screening.

We have been delivering services to Porangahau for many years but felt that we were not making any real impact on the community as a whole. In 2011 we decided that we would target the whanau and community of Porangahau using a population health approach to see if an intensive and sustained community wide initiative could impact the community and make some inroads into these health inequities.

The population health approach:

- **emphasises the importance of an interdisciplinary/collaborative approach**
- **plans and delivers services in partnership with communities**
- **builds on the strengths of all those involved, including those of the communities themselves**
- **uses a range of evidence, to identify needs and to develop corresponding strategies for intervention**
- **has an emphasis on reducing inequalities and meeting the needs of those who may otherwise be 'invisible' and marginalised (e.g. those who rarely seek health services despite having high health needs)**
- **Recognises the importance of Te Ao Maori in the planning and delivery of services.**

Motivated and informed by KHW focus and strategy we called for hui amongst the Porangahau community and held several focus groups and consultation hui. There is a temptation as health

providers and promoters to come up with 'great ideas', impose them on communities, and then wonder why they are not successful. We were determined not to fall into this trap again. Our own research along with those early hui were invaluable in enabling us to engage fully with whanau and to identify their dreams and aspirations for improved health and lifestyle. If we can work together with whanau from the outset to help them to set their own goals based on their own aspirations, and then work together with them to achieve them, we are likely to see a much greater level of engagement and success. This has been proven by this project. Our early hui clearly identified several high priority areas that whanau were eager to achieve for their community.

- **Community Garden**
- **Waka Ama**
- **School Kitchen**
- **School based nurse led clinic**
- **Kaumatua group**
- **Community based nurse clinic**

Our initial response was one of 'maybe we've bitten off more than we can chew' but 3 years on we have been able to establish and sustain a community wide initiative which has had a major impact on all ages across the community.

The success of these projects has been reliant on key leaders in the community who were happy to work collaboratively and have helped to drive these projects.

Benefits and results

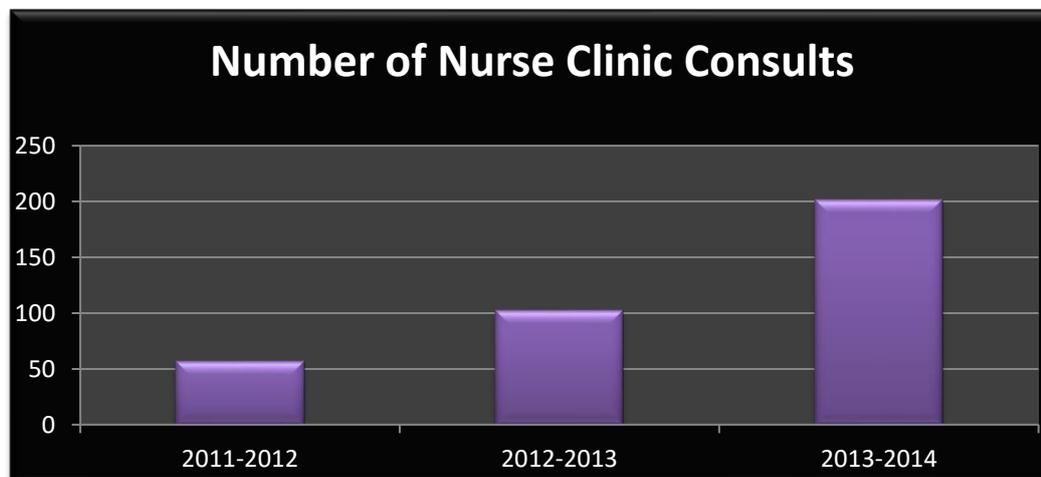
As a result of this three year project the following services are now available within the Porangahau Community. (The full impact of this project will be very difficult to report here due to the word limit of this application).



Primary Health Nurse Led Clinics and screening.

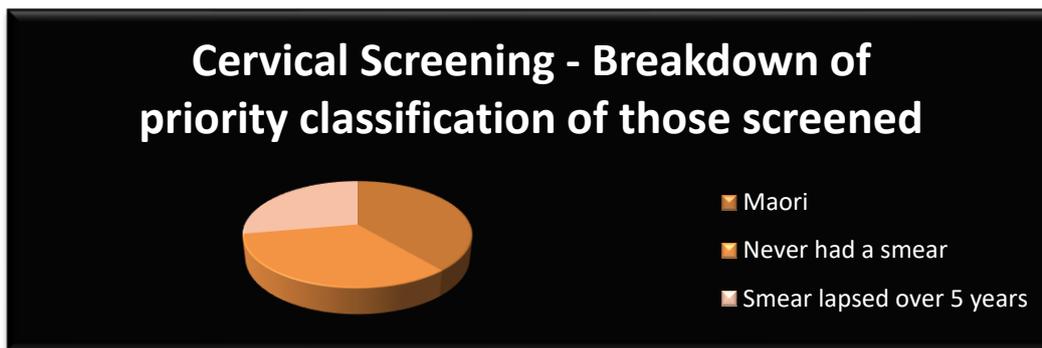
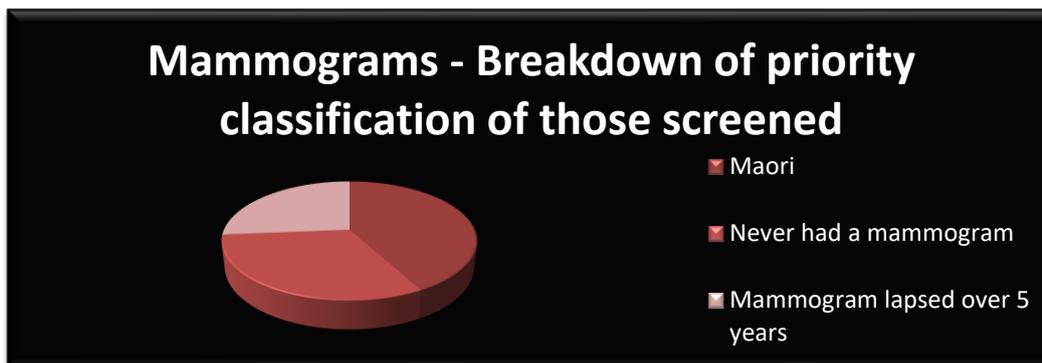
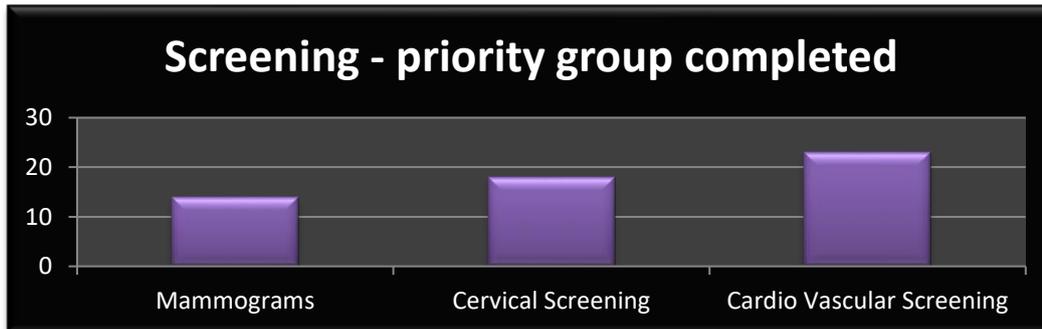
Porangahau now has 3 nurse led clinics catering for all ages. (Porangahau School, CHUR, Connect).

The number of nurse clinic consults has risen consistently each year since the project began.



Screening focus has been on priority women for cervical screening and mammography. With limited resources we have sought to target women who have never had screening or are overdue.

We have taken the same approach with cardio vascular screening, targeting priority and unscreened pakeke.



Te Manawaru Garden

A 235 square metre community garden has been established. The garden is in the heart of town. The community work in the garden and also benefit from the crops. Whanau are free to stop and help themselves to the harvest. They also take them to deliver to their whanau. Whanau are encouraged to enter the garden at any time and pick the crops while they are there and to use it as a communal space. Over 20 education sessions have been delivered so far and many of the whanau have used seedlings to create their own edible gardens at home. The garden is open 24/7.



**School
Kitchen**

In 2011 when we held our first focus hui Porangahau School were providing a very limited once a week healthy cooking program for a few of the older pupils in the corner of the staff room. They wanted to expand this and make it available for the whole school. Guess what?...





The kitchen is now used for every meal. All the children cook, sometimes for the rest of the school and whanau! There are less pies in the line-up and often children are bringing in the remains of a healthy tea or something that has been made at home. The program is definitely having an impact on whanau's eating choices too. The children are able to access the kitchen and larders at all times and are free to cook and eat if they are hungry.

Waka Ama

Porangahau had a dream to have a waka. Waka ama has been shown to have sustained health benefits for communities, providing both regular exercise and cultural/spiritual health benefits. With the help of the KHW CAP we have been able to help realise this dream.

All ages from Kaumatua to Tamariki are participating, increasing their activity level and building mental stamina and health.





**Connect
(Kaumatua
a Club)**

In 2011 we joined together with Age Concern, Enliven, Te Aranga Services to realise the goal of a Kaumatua program in Porangahau. We provide health promotion, a nurse clinic, Tai Chi and activities. This is an effective vehicle for dispersing health information to whanau.



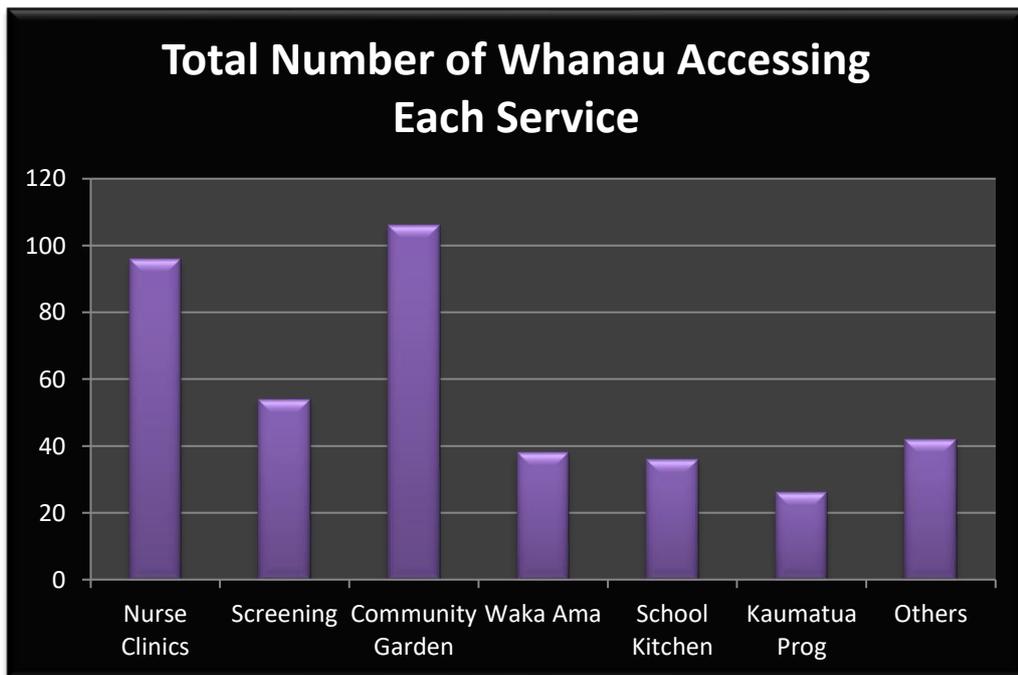
**Nga
Huinga
Wai**

Central Health and Kim Steffart are now active participators in Nga huinga wai. The DHB CHB Health Centre's Treaty framework group. This enables us to network and collaborate more effectively with DHB services for Porangahau and represent the needs of whanau.

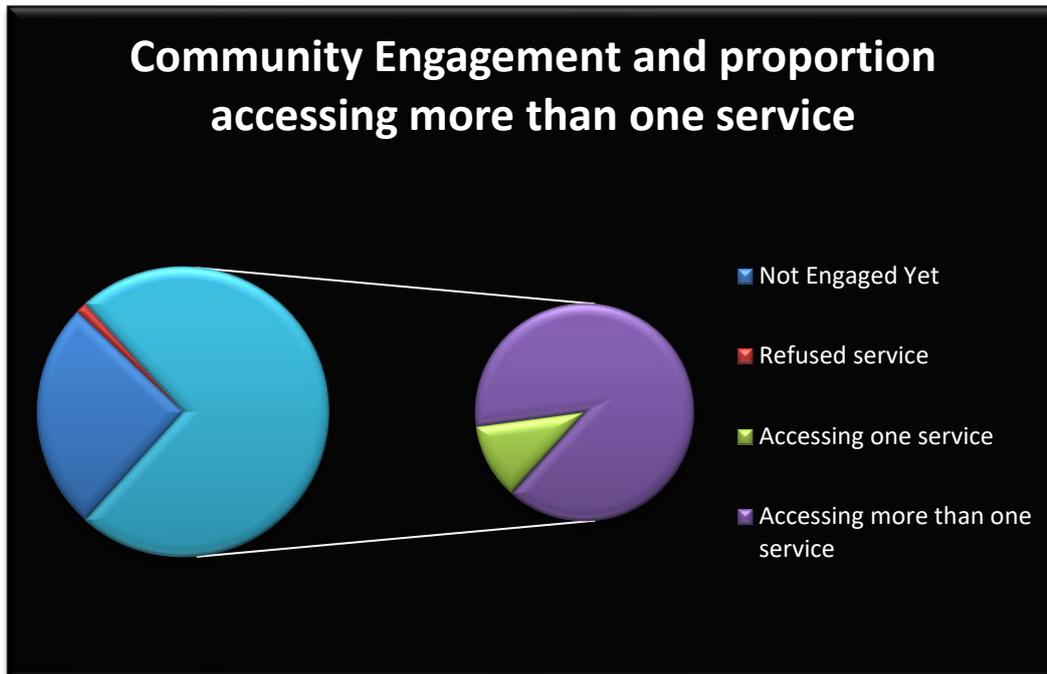


**Engage
ment**

When we began this journey in 2011 we could never have imagined how it would blossom. The effects have been widespread and far reaching, impacting the whole community and all ages. The following diagrams demonstrate the level of community engagement.



Community Engagement and proportion accessing more than one service



A total of 178 unique whanau members are currently engaged in one or more of our programs. This represents 73% of the Porangahau community. A success by anyone's standards.

Te Manawaru Community Garden

Total number of whanau using the garden	106
Number of whanau units working in the garden	8
% of Porangahau whanau who access fresh vegetables and fruit from the garden	43%
% of whanau whose knowledge of gardening skills improved	29%
% of whanau who have now established gardens at home as a result of the learning from the garden project	19%

Waka Ama

% of Waka Ama participants who participate in additional physical activities as a result of Waka Ama	100%
Number of participants who are making positive healthy eating choices while participating on the Waka Ama Programme	21%

School cooking and nutrition programme

% of tamariki eating healthier as a result of school based cooking program	90%
% of participants who are using the learning from the cooking programme at home and for whanau	55%

**Future
Plans**

Along the way we have continued to consult and to work closely with whanau, to ensure that the project continues to reflect their desires and develops in line with their needs. This is a key to the population health approach. We have utilised regular feedback surveys and focus groups to monitor and review program development. This has led to additional service development eg. Outreach vaccination clinics, special screening and women's health days, installation of a half-court basketball court for rangatahi, CHUR youth sexual health clinic, mental health workshops/clinic, alcohol and drug community clinic. Another important recent development is the introduction of standing orders for our nurse clinics. This enables the nurse to provide basic medicines directly to the client without the need to see a GP or get into town to pick up a prescription. We continue to deepen and develop the relationship with Porangahau whanau and to respond to need, reviewing and revising the program, to hopefully engage the remaining 27%.

***Prepared By
Rob Ewers
Service/Operational Manager
Central Health Ltd (Punga Hauora)***