

HealthMatters

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Maori Health in Taranaki – Huge progress – and a long way to go...

Taranaki DHB Chief Advisor Maori Health, Ngawai Henare, says the progress towards addressing health inequalities for Maori has been huge. "A range of strategies and programmes have helped build an infrastructure to support the reduction of health inequalities."

"Plans are important, but to improve things it needs people to be prepared to talk and listen to one another and work towards a common goal," said Taranaki DHB Chief Executive Tony Foulkes.

"The DHB is working constantly to address the health needs of our whole population, and to reduce inequalities in health status between different groups. We know we have a better chance of achieving our shared aims by working together with iwi and Maori," he said.

The DHB has a strong relationship with the Te Whare Punanga Korero Trust Board which represents the eight iwi of Taranaki. Our joint 20 year Strategy 'Te Kawau Maro' focuses on the building blocks to make a real difference. It aims to do this in 5 key ways:

To improve access; build Maori service provision capacity; Improve general services for Maori; strengthen strategic relationships; and monitor performance to see that we make a difference over time.

Maori receive services from a wide range of providers such as GP's, hospitals, pharmacies, laboratories,

rest homes and others. Importantly we also have a preferred provider of dedicated Maori services across Taranaki - the Te Kawau Maro Alliance involving Tui Ora, Ngati Ruanui and Ngaruahine health services.

With the help of the National Hauora Coalition we've developed a new way to fund services that focuses on four outcomes:

1. All children have the best start in life
2. All rangatahi realise their potential
3. All whanau with a long term conditions live well
4. All whanau have control of their quality of life (health & social well-being)

The Alliance has a wide scope in the way it provides services to achieve the outcomes.

Ms Henare said: "We need to have trust and faith in whanau that whanau can be their own champions if they receive the right support."

"We have a good monitoring framework to see how the effort of lots of people makes a difference. There are 15 national priorities and we have added another 4 to focus on. Most of those will continue to be priorities until the gap in health status between Maori and non-Maori is substantially reduced or eliminated," she said.

"The joint boards of the DHB and Te Whare Punanga Korero meet regularly, and we are really pleased with progress being made, that was shown through a recent stocktake. That's a great start but we know we've got a long way still to go."

Taranaki Whanui, He Rohe Oranga – Taranaki Together a Healthy Community.

Examples of the work that's going on in Taranaki to improve Maori health and reduce and eliminate Maori health inequalities:

- 'Kaiawhina' are patient advocates to help Maori navigate the complex health system. There are six DHB-funded Kaiawhina roles spread throughout Taranaki, now strengthened and supported through Te Kawau Maro alliance.
- DNA describes patients that 'Did Not Attend' their outpatient appointments, and therefore didn't receive the care they needed early enough to prevent more serious things from happening. A team is working hard to address the reasons why Maori people 'DNA' much more than non-Maori.
- Maori are now involved more in designing new models of care delivered by our hospital services. Having Maori input means the services are more likely to meet the needs of Maori patients and their whanau.
- All 13 mainstream secondary schools across Taranaki are involved in delivery of WhyOra (formally Incubator) health careers mentoring programme for year 12 and 13 students, with 163 students taking part last year.
- Six students completed a 10-week work experience internship to support their tertiary training along health career pathways.
- Taranaki DHB scholarships were awarded to 15 Maori students in 2013 offering mentor assistance, financial assistance and work experience.
- A 'science taster' programme involving 94 year 9 and 10 students from five Taranaki secondary schools. This encourages students to choose science subjects. Te Pihipihinga Mai i Rangiatea Kura Kaupapa Maori and the Patea Area School have agreed to participate in the science academy in 2014.
- There has been an increase in Maori staffing at Taranaki DHB to 7.7% towards a target of 8%. This is a major achievement, as our Maori staffing has languished at or below 6% for many years.
- 2013 saw the conclusion of 71 projects that supported communities throughout Taranaki to implement a wide range of activities aimed at improving nutrition and increasing physical activity.
- 85% of Maori are enrolled in a PHO in Taranaki. This means 85% of Maori have a doctor and can tap into good 'primary' or early care to prevent sickness.
- Cervical screening for Maori women has steadily increased from 67% in 2010 to 73% by the end of 2013.
- Taranaki ranks among the top three DHBs in terms of funding of Maori health services. This is measured by the proportion of the DHB's total funding invested in Maori providers, as well as the proportion of DHB funding invested per head of Maori population.
- Taranaki people do well with immunising children under 8 months – 89% of Maori are immunised at 8 months, just below the target of 90%.
- Screening rates for Maori in Taranaki for breast cancer and cervical screening are on target.
- 95% of Maori adults over 15 who came into Taranaki hospitals in the six months to December 2013, were provided with advice and help to quit smoking.



■ New Plymouth Girls' High School students attend a WhyOra workshop.



"I don't know what she did but she knew I really wanted to come home."

Whakatipuranga Rima Rau WhyOra success

In 2010 Campbell Hooker of Ngaruahine Iwi in South Taranaki had completed a degree in Science at Otago University, but he didn't really have a career path.

He was considering physiotherapy or travel among other things when he spoke to Ngawai Henare, Taranaki DHB Chief Advisor Maori Health, at his marae, who told him about the WhyOra programme.

"I had to get my application in quickly but I was successful and secured an Internship at Taranaki DHB physiotherapy department," said Campbell.

"When I had finished my first year of physio I wasn't all that sure that physio was right for me until I had the opportunity to do a 10 week internship at Taranaki DHB. It was awesome. I got to see how the DHB works, meet the staff and I was stoked to see what I could be doing as a physio."

"I have now completed four years at AUT and I really want to come home. We have to do practical experience for a year and I was originally placed at Whakatane DHB and I was a bit devastated at that," he said.

WhyOra offers support to students throughout their studies so Campbell rang Michelle Herbert from the DHB Maori Health team.

"I don't know what she did but she knew I really wanted to come home. She had supported me through all my studies, and Michelle managed to arrange for me to do my 1000 practical hours at Taranaki DHB, so I could become an accredited physio instead of doing this at Whakatane."

"I feel really lucky and I am looking forward to it. I feel like I don't have to worry about all the little things like how the place works and what the staff are like because I'm familiar with it and I can concentrate on the learning."

"I was born in Opunake, went to two Kura Kaupapa schools and then to Opunake High School. My parents live in Okaiawa and I just can't wait to come home."

