"Ko te ohonga ake o aku moemoea, ko te puawaitanga o nga whakaaro"

"The awakening of dreams and aspirations comes from the blossoming of ideas, thoughts and innovation"

Na Te Puea Herangi

DHB achievements over the past five years

- ✔ Life expectancy in Counties Manukau increased over the past five years. For Maaori the increase is 2.2 years. Pacific people have gained 2.6 years.
- ✔ 10% drop in the numbers of children needing to be admitted to hospital. 90% of all Counties Manukau DHB children aged 3 and under are fully immunised.
- ✔ 93% MeNZB vaccination rates in under-18 year olds have dramatically reduced deaths from meningitis.
- ✔ 80% of 13 year old children in Counties Manukau high priority secondary schools have had a 'wellness check' and problems identified have been followed up.
- ✔ Over 8,500 people are enrolled in the Chronic Care Management and Care Plus programmes. These programmes offer planned care where the patient, their family and health professionals work together to support the patient and stop or delay the progression of disease.
- ✔ Successful implementation of the Primary Health Care Strategy with nearly 100% of the population enrolled in PHOs and receiving access to low cost primary care.
- ✔ Counties Manukau DHB has successfully turned around its $50m deficit in 2002/03 to a healthy 'break-even' since then.
- ✔ The Healthy Housing programme has improved Housing New Zealand homes for families. 3,000 houses have been assessed and improved, and 245 house extensions have been completed.
- ✔ Implementation of a 5-year Let's Beat Diabetes programme in partnership with communities and local and national agencies. This programme aims to reduce obesity through healthy eating and exercise, and provide better care for people with diabetes.
- ✔ We have achieved a dramatic fall in the number of people waiting longer than 6 months to see a specialist. In 2002 there were 11,000 people waiting; now there are only 400 people waiting more than 6 months for a first outpatient appointment.
- ✔ In the past five years, Counties Manukau has opened:
  - The National Burn Centre
  - New Neonatal Intensive Care Unit within KidzFirst
  - Two new medical wards
  - The new Adult Medical Centre
  - The Manukau Surgery Centre
  - A new radiology facility at Middlemore
- ✔ The new breast screening facility at Manukau SuperClinic has screened 7,500 women in its first year and is aiming for 15,000 a year.
- ✔ Successful implementation of Lotu Moui, with 50 Pacific churches funded to provide programmes spanning nutrition, physical activity, smoking cessation and healthy lifestyles.
- ✔ Access to mental health services has increased by 55% since 2003. Four community mental health centres have opened and over 30 support workers have been funded to help people with a mental illness to live successfully within their community.

Counties Manukau District Health Board, 19 Lambie Drive, Manukau City

Counties Manukau District Health Board

District Strategic Plan 2006-2011

Healthy Futures

COUNTIES MANUKAU DISTRICT HEALTH BOARD

A Community Partnership

Kia Ora from the Chairman

Much of our personal sense of security comes from our experience of health services. We only use these when we are at a point of some kind of vulnerability in our families' lives. That is why we are so demanding of health services and why our expectations are so clear and so high during these times. However we also need to consider how we contribute to our own and our families' health and what we can do on a daily basis, not just when we need specific health services.

As your District Health Board (DHB), our job is to meet your expectations, within reason. In truth we can only do what we can do with the wonderful resources of people, finances and facilities we have.

I want to reassure you that Counties Manukau DHB is serious about meeting your expectations. To do this we have a plan. Our District Strategic Plan is designed to show how we aim to make a difference to the health of Counties Manukau people in the next five years. We have been out in the community talking about this plan and getting your feedback. The Government has given us a clear outline of what it wants us to achieve and we are required by law to pay attention to what it asks of us. Together, what you tell us and what the Government asks of us go into how we decide on the critical areas for future service development aimed at improving your health.

We know that life expectancy for Maaori and Pacific communities is much lower than for the rest of our population. This kind of basic unfairness can only be addressed jointly by the DHB and the affected communities. It is our aim to ensure that happens and we will do our best to improve health outcomes during the 5-year period of this plan.

Pat Snedden

About Counties Manukau

We make up more than 10% of New Zealand's population. We have more Maaori, Pacific and Asian people in our population than other areas. More babies are born here than anywhere else in New Zealand, and we have more children and young people. Our total population is growing faster than elsewhere - by about 8 - 12,000 people each year. And by the year 2021, the number of people over the age of 65 years in Counties Manukau will have doubled.

If you would like a copy of the full plan, or to convey your views on health services in Counties Manukau, please contact:

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Mob: 021 784680
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Manukau City
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South Auckland Mail Centre
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Every day for the people of Counties Manukau

- 6 people die
- 1 of the 6 deaths is tobacco-related
- 3 people die under the age of 75, 2 of them from potentially preventable conditions
- 22 babies are born, 5 by Caesarean section, 1-2 are low birthweight (<2500g), 1-2 have a teenage mother, and 5 of the babies will be admitted to hospital in their first year of life
- 100 women have cervical smears performed
- 240 people are admitted to a public hospital
- 50 of these are aged 0-74 and have potentially preventable conditions (excluding injury)
- 2 are admitted for mental health conditions
- 45 are admitted electively
- 20 are admitted to private hospitals for surgical procedures
- 140 people have meals on wheels delivered
- 4800 people consult their general practitioner
- 8800 prescription items are dispensed
- 5000 laboratory tests are performed

Every day in Counties Manukau DHB facilities:

- 220 people are admitted to an inpatient bed
- 60 theatre procedures are performed (excluding maternity)
- 640 people are seen in outpatients
- 210 are seen in Middlemore Emergency Care
- 21 babies are born
- 270 people are visited by Home Health community workers

The Outcomes We Seek

1. **Improve community well being.** We will work with our community and partner agencies on initiatives such as Let's Beat Diabetes, Healthy Housing and healthy schools.
2. **Improve child and youth health.** We will improve health during pregnancy, keep up our good 'Well Child' check and immunisation rates, and improve access to dental care for children and young people.
3. **Reduce the incidence and impact of priority conditions.** Reduce the rates of diseases such as diabetes, heart disease, lung disease, and cancer, and improve access to mental health care.
4. **Reduce health inequalities.** We will support workforce and provider development that increases the capacity of the health sector to deliver services to populations with high health needs. We will maintain our inclusive board and committee structures and fully implement our Maaori and Pacific Health plans.
5. **Improve health sector responsiveness to individual and family /whaanau need.** We will ensure that people have the care they need, when they need, including respecting their culture.
6. **Improve the capacity of health sector to deliver quality services.** We want people in our community to consider health as a career choice and our facilities to be the best we can afford. We will increase the services we offer so people don't have to wait long for treatment, we will improve the quality of health services within our hospitals and the community, and the information available to the staff who provide services.