

Summary Annual Report

Wairarapa Health On the Move



Health is determined in places where we live, love, work and play. In our homes, schools, workplaces - everywhere, everyday. The direction being taken by the Wairarapa DHB to improve the health of our population recognises this.

HOMES

206 homes were made warmer, drier and healthier by the Wairarapa Healthy Homes project.

TE MARAE

Te Rangimarie and Papawai Marae went Auahi Kore (Smokefree)

WORKPLACES

358 Wairarapa DHB staff have completed the 10,000 steps programme over the last two years.

RESIDENTIAL CARE

More respite care became available in Wairarapa rest homes. More older people were supported to live at home.

SCHOOLS

97% of Wairarapa Year 8 students enrolled for ongoing care with a dentist - the highest rate for New Zealand school dental services.

COLLEGES

Weekly Health Clinics run by GPs and nurses began at two colleges. The Wairarapa Youth Council began three health projects.

EARLY CHILDHOOD CENTRES

Many early childhood centres and kohanga reo took up the challenge of promoting healthy eating.

MEDICAL CENTRES

Wairarapa babies had some of the highest immunisation rates in NZ - well above the national average.

COMMUNITY-BASED SERVICES

More outreach clinics were established in the community.

HOSPITAL

Wairarapa Hospital completed its first year, delivering more services than ever before, on budget.

TRANSPORT

Five Red Cross drivers made over 1,000 transports to medical appointments - part of a successful new Volunteer Service.

RECREATION

Community recreation facilities were used for an increasing range of activities.

For a full version of the Wairarapa DHB Annual Report 2007 please contact us or see our website.

CHAIRMAN & CHIEF EXECUTIVE'S REVIEW

Creating better health Wairarapa-wide

Health is determined in places where we live, love, work and play. In our homes, schools, workplaces - everywhere, everyday.

The direction being taken by the Wairarapa DHB to improve the health of our population recognises this.

Over the past 12 months we have continued to invest in health services which meet the needs of the Wairarapa population. Just as importantly, more and more groups right across the community are working together for a common purpose - a Well Wairarapa.

Creating a Well Wairarapa has become much more than running a hospital and treating illness. While services to treat people who are unwell are constantly being improved, many new initiatives to prevent disease and keep people well are beginning to show results.

Two colleges in our region now have on-site medical clinics, more older people are being supported to live at home and more outreach clinics have been established. A free health transport service now operates throughout the region. All of these initiatives and many others have involved the co-operation and commitment of organisations and people outside of the DHB.

The benefits of our reshaped mental health services were felt this year with a big increase in the number of people using them. Detection and management of long-term or chronic conditions took another step forward with the roll-out of a Wairarapa-wide programme, building on the work of Care Plus.

We have worked closely with others to stimulate interest in health issues and create action in the community. This has been particularly evident in the community-wide Healthy Eating Healthy Action initiative which has increased public focus on healthy eating and active lifestyles.

Immunisation rates for Wairarapa babies and flu vaccination rates were well up and among the highest in New Zealand. We completed a Cancer Action Plan and a strategy for development of palliative care services - both of which will be implemented in the coming year.

Wairarapa Hospital completed its first year of operation and delivered more services than ever before, within budget. Financially the Wairarapa DHB has achieved a break-even position this year - through innovative initiatives we are providing more services while at the same time living within our funding parameters.

Wairarapa DHB staff, working closely with the Wairarapa Community PHO and many, many others in the community have contributed towards these results which we can all be proud of.

We have much more work to do to build on the achievements of recent years.

We look forward to continuing to work closely with our community to create a Well Wairarapa.



Bob Francis
Chairman

David Meates
Chief Executive



David Meates
Chief Executive

The full 2007 Wairarapa DHB Annual Report, including audited financial statements, is available on www.wairarapa.dhb.org.nz

Governance

A Board of eleven members is responsible for the governance of the Wairarapa DHB under Section 25 of the Crown Entities Act 2004. Seven members are elected by the Wairarapa community and four are appointed by the Minister of Health.

The Board is responsible for overseeing the direction and supervision of the Wairarapa DHB's affairs on behalf of its 'owner', the Crown. Its principal functions are to:

- set strategic direction, goals and policy
- monitor progress towards meeting goals
- delegate responsibility to the CEO
- ensure compliance with the NZ Public Health and Disability Act 2000, the Crown Entities Act and all other relevant legislation.
- foster community participation in health improvement, including participation by Maori
- monitor the Chief Executive's performance.

The Board also has a key governance relationship with Wairarapa Maori through the Mana Whenua Caucus. This ensures Maori participation at all levels of service planning and delivery for the protection and improvement of the health status of Maori.

The Audit and Risk Committee of the Board ensures the financial statements are reviewed in accordance with appropriate accounting policies, standards and practices.

Board Members



Bob Francis
Chairman



Janine Vollebregt
Deputy Chair



Cheryl Broughton-Kurei



Perry Cameron



Vivien Napier



Dr Liz Falkner



Yvette Hikita-pua-Grace



Trish Taylor



Dr Rob Tuckett



Pamela Jefferies (OBE)

Annual Highlights

HOMES

- An increasing percentage of older people eligible for rest home care are choosing to live at home with funded support (from 40% in 2001 to 60% in 2006).
- The Support to Live at Home programme began for people with complex health and disability needs who wish to live at home. This flexible programme has helped older people and their carers achieve their goals and reduced hospital admissions.
- The Health Recovery Programme continues to be successful in enabling people to re-gain the abilities they need to live at home, rather than enter long-term residential care.
- 206 homes became warmer, drier and healthier after they were insulated under the Wairarapa Healthy Homes Project. More than 600 homes have now been insulated over three and a half years.

TE MARAE

- Te Rangimarie Marae in Masterton and Papawai Marae in Greytown both went Auahi Kore (Smokefree).
- Maori babies were among the best protected in New Zealand with 82% fully immunised compared with the national average of 71%.
- A major survey of South Wairarapa Kaumatua found that they accessed primary health care when they needed to and were well-connected with the medical centre of choice.

COMMUNITY-BASED SERVICES

- Wairarapa PHO has expanded its services by providing more outreach clinics.
- Outreach immunisation services played an important part in achieving some of NZ's top results for babies aged 12 months. 87% of Wairarapa babies were fully immunised at 12 months compared with the national rate of 81%.
- The range of services in the community offered by Maori health providers increased.
- More young people sought mental health support through the Child and Adolescent Mental Health Service, based in Renall Street Masterton. This is partly due to an increase in staffing with a broader range of skills and experience.
- More adults accessed secondary mental health services. All available Maori positions in secondary mental health services were filled within the last 18 months resulting in positive outcomes.
- The 'Incredible Years' parenting programme was established.
- The 'Baby Friendly Community' pilot programme, one of six in NZ, has opened up new rooms for breastfeeding in Masterton and at the Wairarapa DHB.

MEDICAL CENTRES

- 99.7% of Wairarapa people are now receiving low-cost healthcare through enrollment with the Wairarapa PHO. This subsidy also includes lower cost prescriptions.
- Enrolments in the Care Plus programme were higher than in almost any other PHO - around 2,000 patients or 84% of those eligible.
- The PHO began the roll-out of the Wairarapa-wide Chronic Disease Management programme developed by The Doctors Masterton.
- Funded care packages were provided for people with chronic and complex conditions.
- The Pneumococcus vaccination was provided free to those at high risk.
- The flu vaccination programme achieved excellent results with 8,450 Wairarapa people vaccinated against the flu, 14% more than last year.
- A record 89.1% of Wairarapa people aged 65 and over were vaccinated for influenza.
- Immunisation rates for Wairarapa babies were among the highest in NZ with 87% fully immunised at 12 months of age.
- To Be Heard, a project providing extra supports in primary care for people with mild to moderate mental health needs, cared for 277 people during the year, more than 130 ahead of the target.
- Wairarapa Maori over the age of 20 visited their GP or Practice Nurse at a higher rate than non-Maori people. Traditionally, GP visits by Maori have been lower than is needed to keep people well and prevent disease.
- The Ruamahanga Health Trust has raised \$430,000 for a new Health Centre in Martinborough which will be built by the end of 2007.

TRANSPORT

- New arrangements were put in place to provide free transport to Wellington for renal dialysis patients.
- 64 meals-on-wheels drivers delivered 6,000 meals.
- 5 community bus drivers made over 1,000 transports.
- 10 Auxiliary Ambulance Officers worked over 7,000 hours.

RESIDENTIAL CARE

- All dedicated rest home facilities are now being used for respite care and for those recovering from ill health.
- Four facilities offer higher level care for people recovering from ill health under the Health Recovery Programme.
- A number of rest homes are developing additional services for people living at home in their communities.
- New investment in services for older people recognises the need to be flexible and meet individual needs, especially for those with complex situations.

WORKPLACES

- Three high profile Wairarapa people have accepted the challenge to change their lifestyles over the next 12 months & become 'Lifestyle Champions'.
- Public health staff are collaborating with Active Wairarapa, the PHO, Wairarapa News and Sport Wairarapa to implement the Activate Your Workplace Initiative.
- 358 Wairarapa DHB staff completed the 10,000 steps programme over the last two years.
- Seven teams of 10 from the DHB are enrolled in 'Walk Wairarapa'. Teams set their own goals and record all walking longer than 10 minutes. More than 320 Wairarapa people are taking part.
- HEHA will support National Push Play Day by assisting with promotion and prizes for a corporate relay around Henley Lake - part of a region-wide 'Activate Your Workplace' programme.

RECREATION

- All Wairarapa cafes but one signed up to become 'Baby Friendly' - supporting breastfeeding mothers.
- The community-wide Healthy Eating, Healthy Action initiative has increased public focus on healthy lifestyles, especially nutrition and exercise by promoting and supporting local events.
- Worked with Active Wairarapa and local Councils to support the development of facilities and programmes to provide more opportunities for social interaction and physical activity in the region.
- The Wairarapa DHB Social Club regularly organises walking / tramping trips for staff members and their families to test their fitness levels.

PRIMARY SCHOOLS

- Ten schools are actively working towards becoming fully-fledged health promoting schools. Of these eight have committed to the health promoting schools programme.
- New entrant checks were introduced in primary schools in areas of high need.
- More Wairarapa schools took up the challenge of promoting healthy eating. Staff, parents and children are getting involved with many initiatives including new policies, fruit in schools, vegetable gardens and curriculum topics.
- 97% of Wairarapa Year 8 students enrolled for ongoing care with a dentist - the highest rate for New Zealand.
- A business case was completed and funding gained for new mobile school dental services, to be introduced from 2008.

EARLY CHILDHOOD CENTRES

- Early childhood centres and kohanga reo increasingly took up the challenge of promoting healthy eating through a wide range of projects, policies and curriculum activities.
- Seven early childhood centres are working towards the Heart Foundation's Healthy Heart Award.

HOSPITAL

- Wairarapa Hospital completed its first year, delivering more services than ever before, within budget. Compared with last year it delivered:
 - 8.4% more Emergency Department attendances
 - 10% more outpatient first attendances
 - 11% more outpatient subsequent attendances
 - 11% more births
 - 32% more elective case weights
 - 3% fewer acute case weights
 - 24% more orthopedic joint operations
 - 53% more cataract operations
 - 10% more hospital patients received their treatment as day patients
 - 178% more Needs Assessments by FOCUS
 - 35% more dietician appointments
 - The Mobile Surgical Bus performed 14 Lithotripsy procedures - 11 more than last year.
- The first year of the Bariatric surgery (surgery to restrict the stomach size or bypass it completely) programme was successful in treating four patients with extreme obesity and obesity-related illness.
- ACC workplace certification - tertiary level achieved.
- The DHB completed a Cancer Action Plan and a strategy for development of Palliative Care services.
- The Wairarapa Hospital Volunteers initiative begun 14 months ago has been an outstanding success. In just one year:
 - 32 'meet and greet' volunteers worked over 3,000 hours at Wairarapa Hospital
 - 34 flower ladies created more than 2,000 floral displays.
 - Visiting clergy re-instigated regular monthly chapel services
 - Mobile shop and book services to the wards were introduced.
 - Volunteers ran successful 'Toy Drive' and 'Crutches Amnesty' campaigns.

COLLEGES

- New Health Clinics run by GPs and practice nurses at Makoura and Kuranui Colleges have been very popular with schools and students. Up to one third students at both colleges have attended the clinics at least once since they started.
- Health and social assessments have been introduced for Year 9 pupils in schools in areas of high need.
- The Wairarapa Youth Council, working under a new structure to improve youth consultation and work more closely with community organisations, chose three health-related projects for 2007.
- Several schools have made major changes to their menus, decreasing fat content and making more healthy options available to students.
- More adolescents aged 12-18 enrolled with and completed visits to dentists for free oral health services.
- Every dentist in the Wairarapa is enrolled to provide adolescent dental care giving young people a real choice of providers.

STATISTICS

	2004/05	2005/06	2006/07
Primary care consultations	216,508	221,546	259,310
Free sexual health consultations	2,818	3,216	3,365
Flu vaccinations	6,348	8,128	8,232
People over 65 receiving subsidised rest home care	247	265	440
Meals on wheels delivered	7,424	8,543	8,281
Items dispensed by community pharmacies	520,151	549,218	575,457
Children enrolled in school dental service	5,716	6,417	6,417
Vision and hearing appointments for children under six	1,500	2,504	2,123
People supported by hospital and community mental health services	697	819	708
Patients admitted to Wairarapa Hospital	6,638	6,846	7,198
Specialist outpatient appointments	13,193	14,118	14,640
Hip/knee replacements	104	96	120
Cataract operations	75	85	146
Emergency department attendances	14,763	15,595	16,815
Hospital births	438	476	495

Net Surplus / (Deficit)	Year	2001/02	2002/03	2003/04	2004/05	2005/06	2006/07
	\$,000	(1,766)	(682)	(5,711)	(258)	109	82

