

# Making a **Difference**

2008/09 plans and actions for Well Wairarapa

## **Improving Maori health**

### **Make services more effective for Maori**

- Te Oranga O Te Iwi Kainga, DHB Maori relationship Board, provides oversight of all DHB Maori health service planning and delivery
- Actively seek Maori direction and advice in the development of plans, policies and actions for Maori
- Extend outreach clinics, marae-based clinics and whanau ora approaches to improve access to primary and specific health services
- Utilise all opportunities and forums to build and maintain strong relationships within and between mainstream and Maori health providers, other agencies and the wider community

### **Work with Maori providers**

- Assist in Maori Provider development of capacity and capability
- Assist Maori Providers to continue to develop the whanau ora concept

### **Community wide involvement**

- Work alongside Maori to support community health initiatives
- Encourage a 'by Maori, for Maori' approach

### **Improve quality and safety of services**

- Increase access for Maori to services
- Work with the PHO to increase accessibility and responsiveness of primary health services
- Increase responsiveness for whanau across health services
- Treaty of Waitangi underpins the delivery of all health services in Wairarapa



**These plans and actions are part of national health targets 1,2,5,6,7,8,9 (see summary sheet)**

## **FOR MORE INFORMATION**



See the full version of the *District Annual Plan* at: [wairarapa.dhb.org.nz](http://wairarapa.dhb.org.nz)

# Walking the talk

Angie Pourau has changed her lifestyle since she was diagnosed this year with cancer for the third time. She has lost 13 kilos and has dropped three dress sizes. She has left her big wardrobe behind and her dressmaker and daughter-in-law have resewn many of her clothes to fit her new figure. Her goal is to reach 100 kilos and she is not far off that, having gone from 116 to 103 kilos this year.

"I had no more choices –my doctor said I had to lose weight or it was curtains. I have been under the guidance of the hospital dietician who put me onto Optifast, and I drink a sachet of that each day with an Optifast bar for lunch and two litres of water a day. I used to love steak, eggs and chips, KFC, and pork bones and puha but I said goodbye to all that. At first it was really hard but now I can have a meal again. My son, who was an army chef, taught me to change my cooking habits and now I cook vegetables Chinese style with different stocks for flavour. Soup is a meal for me now. As a result of my weight loss my feet shrank and so did my stomach, so if I gorge now my stomach aches. It's been expensive because I have had to buy new clothes, new underwear and new shoes (no more clomp clomping). And I feel the cold more because I have lost my insulation."

Angie has been a high user of health services. From the oncologist in Wellington Hospital, her GP, community nurses, pharmacists, the PHO (she is a Care Plus patient), Wairarapa Hospital's dietician, to the Rangimarie service for miri miri (massage), and local support agencies such as the Cancer Society and the Asthma Foundation. The services have all worked together to support her when she has needed them.

She is Chairman of the Maori Women's Welfare League which is contracted by the Wairarapa District Health Board to promote the Healthy Eating, Healthy Action campaign. She now walks the talk when she is on the marae and with whanau. "We are talking to our people about healthy lifestyles and I couldn't front up unless I had made an effort myself, otherwise I would not be much of a role model. Now there's no bullshit, because I have done the hard yards."

Ironically Angie put on a lot of weight after she gave up smoking ten years ago. She was having chemotherapy in Wellington and wasn't sure which was worse –nicotine withdrawal or the chemo. "I developed asthma when I was 43 and I had congestive heart failure. I had been smoking 60 a day but I knew I had to give it up especially when I realised I had lung cancer. No-one believed I could do it but I used nicotine patches and threw the smokes away."



Since then Angie says she has been "running around like a yo yo". She is Chairman of the Te Ore Ore Marae, Maori Women's Welfare League, Wairarapa Kaumatua Council and Te Hauora Runanga. She is on the Ratana Church committee, and Maori trustee on the PHO. She recently retired from being chair of the DHB Maori Health Committee but is still on that committee as well as the Clinical Board. She is also a keen member of Taikura o Wairarapa, the kapa haka group for people over 55, which practises once a week at Te Rangimarie Marae. For her services to Maori she received the QSM in 2004.

As well as all that Angie goes to the gym three times a week with the group from Te Hauora. It keeps body and mind active and she feels a lot better for it. Angie knows her health is in her own hands and she is determined to keep on top of it. Determined, motivated and committed. "I'm not ready to go yet," she says.