



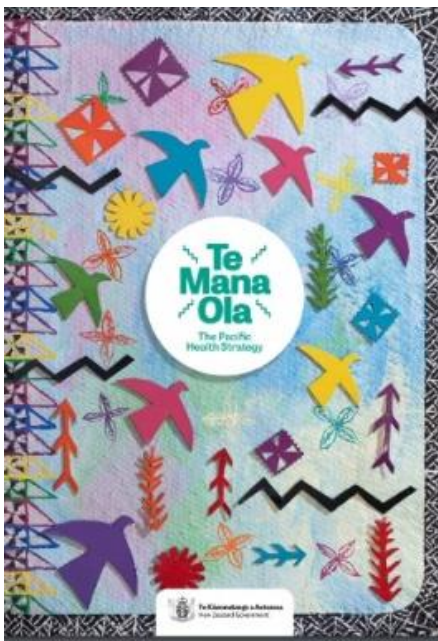
Te Kāwanatanga o Aotearoa
New Zealand Government



MINISTRY OF HEALTH



Summary of Te Mana Ola – The Pacific Health Strategy 2023



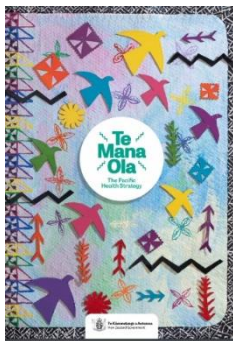
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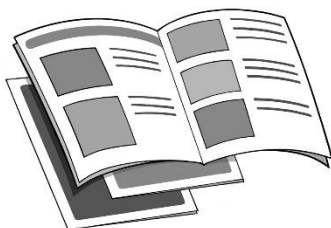
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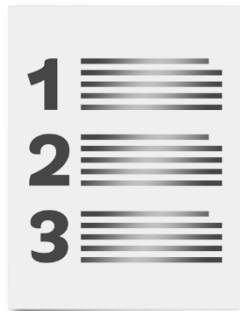


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What is this document about?



This Easy Read document is a **summary of Te Mana Ola – The Pacific Health Strategy.**



A **summary** is:

- shorter than the main report
- tells you the main ideas.



A **strategy** is a plan to make things happen over a long time.



In this document **Te Mana Ola – The Pacific Health Strategy** will be called **Te Mana Ola.**

This document has been put together with information from:



- Manatū Hauora – the Ministry of Health
- the Pacific Health Strategy Advisory Group
- Pacific communities
- Pacific health care workers.



In this document we will call Manatū Hauora – the Ministry of Health the Ministry.

What is Te Mana Ola?



Te Mana Ola is the first Pacific Health Strategy to happen in Aotearoa New Zealand.

It is a 10 year plan that goes from 2023 to 2033.



It sets out the **priorities** for Pacific:

- health
- **wellbeing.**



Priorities are things that are important to do.



Wellbeing means things like:

- how we feel about ourselves
- looking after our bodies with good food and exercise
- getting support when we are feeling sad or worried.

Te Mana Ola talks about making sure all Pacific peoples enjoy the best possible health / wellbeing no matter:

- where they live
- what their **ethnicity** is
- how long they went to school
- what they do for work
- how much money they earn
- if they are disabled.

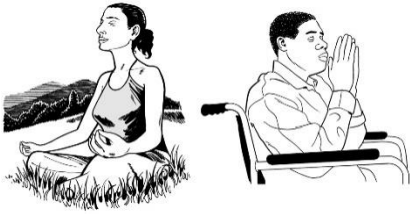


Ethnicity means your:

- race like:
 - Fijian
 - Tokelauan
 - Samoan
 - Tongan
- background like whether you:
 - were born in Aotearoa New Zealand
 - moved to Aotearoa New Zealand from another country.



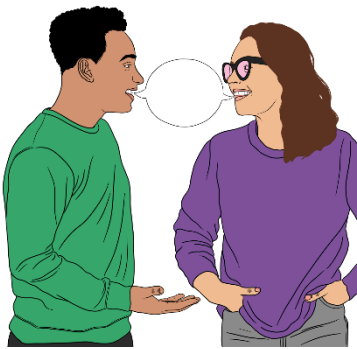
Te Mana Ola talks about how Pacific peoples think it is important to look after their:



- physical health / body

- mental health

- spirituality



- social wellbeing like:

- having friends

- doing things with people



- economic wellbeing like:

- their job

- how much money they get.



Pacific peoples want their health care to include:

- everyone making decisions together
- everyone working together
- the support that is already there in Pacific communities.



How did Te Mana Ola start?



The Ministry has things about the health of Pacific peoples they:

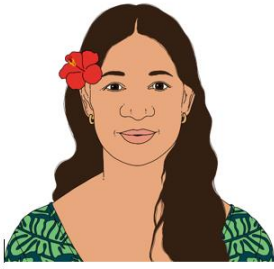
- know about
- need to know more about.



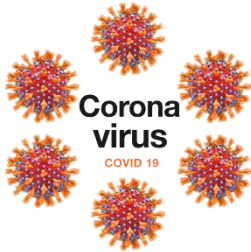
The Ministry knows things about Pacific peoples in Aotearoa New Zealand like:

- what their ethnicity is
- where they live
- what languages they speak
- how many of them there are.





The Ministry knows there are lots of young people in Pacific communities.



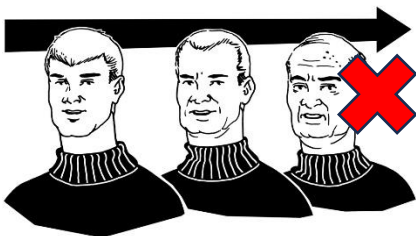
They know Pacific peoples worked hard together during:

- COVID-19 when a quick response was needed
- bad weather events in 2023 like Cyclone Gabrielle.



The Ministry says they know:

- Pacific peoples are not getting the same health care as other people
- Pacific peoples are not living as long as other people.



The Ministry says they also know:

- pregnant Pacific peoples are not getting the same care as others for:
 - themselves
 - their babies
- Pacific peoples get sick more often with things that are usually easy to prevent.



The Ministry says they need to know a lot more about the health care of **tagata sa'ilimalo**.



Tagata sa'ilimalo means:

- disabled Pacific peoples
- and**
- their family / carers.

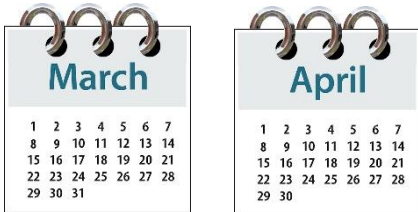


The information needed about tagata sa'ilimalo includes:

- how easy it is for them to get health care
- what happens when they get health care
- how good the health care is that they get.



What did Pacific peoples say they need?



Many **fono** were held with Pacific peoples during:

- March 2023
- and
- April 2023.



Fono means:

- meeting
- coming together.



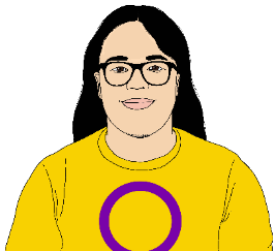
Many different types of Pacific peoples took part in the fono including:

- tagata sa'ilimalo
- those who live in **rural** communities
- those in the Pasifika **rainbow+** community
- those who live with mental illness
- those who live with addictions like:
 - drugs
 - alcohol
- families looking after people with **chronic illnesses.**



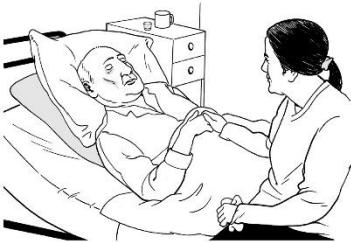


Rural means places away from the city where not many people live.



Rainbow+ means people who are:

- lesbian
- gay
- bisexual
- transgender
- queer
- intersex
- asexual
- + is for other people who fit in similar groups.

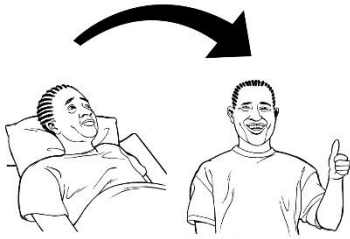


A **chronic illness** is being sick for a long time which could be:

- months
- years
- your whole life.

Other Pacific peoples who took part in the fono included:

- health care workers
- people working in education like teachers
- researchers
- people working in government
- people working in organisations outside government.



The Pacific peoples at the fono said it is important to:

- keep people well
- stop people from getting sick
- treat sickness early.



Pacific peoples say health care services do not work well for them right now.

Pacific peoples want health services that:



- cover all parts of their lives
- are good for everyone in their families
- are easy to understand
- are easy to get.





Pacific peoples say there are not enough Pacific peoples working in health care.



They say they want Pacific health care workers to feel **valued** for their:

- health care skills
- culture
- language.



Valued means a person is treated well by others for the things they:

- know
- and
- do.

What are the priorities?



Te Mana Ola sets out 5 priorities / important things.

Priority 1



Priority 1 is about the making health care services work better for Pacific peoples.



Health care services will work with:

- Pacific communities
- the Government
- other organisations.





Priority 1 includes supporting plans for good houses.



This priority also includes supporting plans for healthy neighbourhoods where:



- there is good food
- there are safe places for people to exercise.



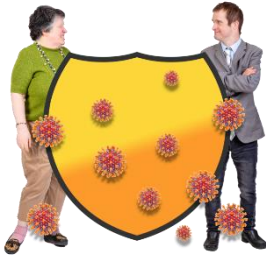
Priority 1 includes supporting Pacific communities to make it harder to:



- get fast food
- get cigarettes
- vape



- drink alcohol
- gamble.



Priority 2

Priority 2 is about:

- preventing sickness
- teaching about good health all through life.



This priority includes making health services that:

- work in all parts of life
- are what the whole family want.





Priority 2 also includes looking closely at the health care for:

- women
- and**
- children.



This is so children can:

- have the best start in life
- learn
- do their very best as they grow up.

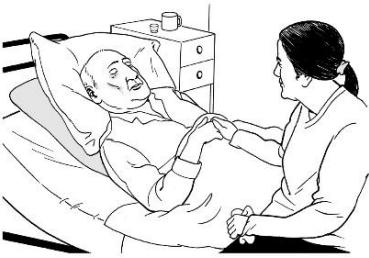


This is so Pacific peoples working in the **future** can stay healthy.



The **future** is a time that is yet to happen.

Priority 2 also includes supporting people:



- with chronic illnesses

and

- their families.

This is so they:



- get the best care
- take better care of themselves



- can get services when they need them.



Priority 3

Priority 3 is about getting to know the health care needs of Pacific peoples.



This includes:

- talking to Pacific families
- talking to Pacific communities
- making sure the health system reflects Pacific peoples.



Priority 3 also includes:

- finding more information about the health of Pacific peoples

and

- making sure the information is correct.





Getting better information means:

- better **research** can be done
- the health care services will get better.



Research means looking closely at something to find out more information.

Priority 4



Priority 4 is about making sure Pacific peoples get very good health services wherever they live.

This includes making health services:



- cost less
- easier to get to
- open when people need them
- closer to where people live.





Priority 4 includes making sure:

- everyone can get health care including tagata sa'ilimalo
- everyone knows all the types of health care they can get.

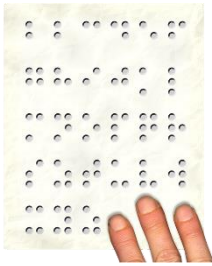


Priority 4 also includes support for:

- information that is easy to understand
- **interpreters**
- **accessible formats.**



An **interpreter** is someone who can tell you in your language what is being said in another language.



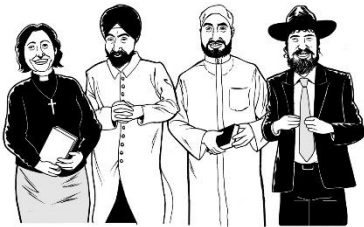
Accessible formats means information being in:

- Easy Read
- New Zealand Sign Language
- Braille
- audio.

Priority 4 is also about people in health care services working to remove:



- **racism**
- **discrimination.**



Racism means being treated unfairly because of:

- where you come from
- your language
- your skin colour
- your religion / beliefs
- your culture.



Discrimination means being treated unfairly because of things like:

- your gender
- your age
- your disability
- your sexuality
- if you are transgender.



Priority 4 also wants to work on making more health services that are run by Pacific peoples.



This is so all Pacific communities have good health care providers.



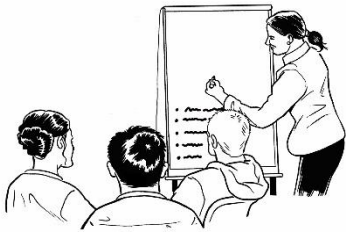
This includes good health care providers for Pacific peoples living in rural areas.

Priority 5

Priority 5 is about making sure Pacific health care has lots of skilled Pacific peoples:



- leading it
- working in health care services.



This priority is about making sure more Pacific peoples:

- know about health careers
- get health care jobs.





This includes jobs in Pacific health care for Pacific peoples who:

- are tagata sa'ilimalo
- know what it is like to live with mental illness
- know what it is like to have an addiction like:
 - drinking
 - gambling.





Priority 5 is also about making sure the Pacific peoples already working in health care services are treated well.



This is so they can:

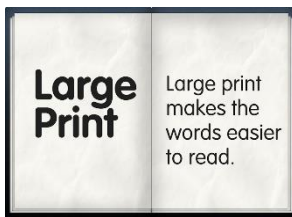
- do their very best in their job
- become leaders in health care services.

Where to find more information



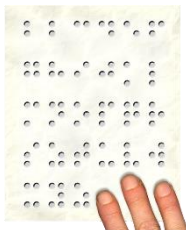
The full Te Mana Ola report can be found at this website:

www.health.govt.nz/publication/te-mana-ola-pacific-health-strategy



It is available in:

- large print
- audio
- Braille
- New Zealand Sign Language.



This website is not in Easy Read.



This information has been written by Manatū Hauora – the Ministry of Health.



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