



PASIFIKA AND MĀORI HEALTH AND WELLBEING:

A Strategic Framework and
Action Plan for Brisbane South
2020 - 2025

December 2020

ACKNOWLEDGEMENTS

NGA MIHI, FAKAUE LAHI, FA'AFETAI LAVA, MALO 'AUPITO, MAHALO, FĀIĀK SE'EA, FAKAFETAI, MĀURU-URU, TENKYU, TANGKYU TUMAS, VINAKA VAKALEVU, TUBWA KO, FAKAFETAI, TAGIO TUMAS, KO RABA, MANY THANKS

Andrew Fa'avale and Dr Nicola Fa'avale - MANA Pasifika Ltd

Pasifika and Māori community in Brisbane south

BAUGULL NYUNGAİ

GURUMBA BIGI

MAROOMBA BIGGEE

We acknowledge the Traditional Custodians of the land on which we live and work, and of the many different nations across the wider Brisbane south region.

We pay our respects to the Elders, past, present and emerging, as the holders of the memories, the traditions, the culture and the spiritual wellbeing of the Aboriginal and Torres Strait Islander peoples across the nation. We acknowledge any Sorry Business that may be affecting the communities as a whole.

In the spirit of reconciliation, partnership and mutual respect, we will continue to work together with Aboriginal and Torres Strait Islander peoples to shape a health system which responds to the needs and aspirations of the community.



CONTENTS

VISION	2
INTRODUCTION	4
POPULATION PROFILE	5
POLICY CONTEXT	6
STRATEGIC FRAMEWORK	8
STAKEHOLDER CONSULTATIONS	9
ACTION PLAN	13
Priority 1: Long-term wellness	13
Case study 1: What does a culturally responsive, family-centred approach look like?	15
Priority 2: Maternal and child wellbeing	16
Case study 2: Holistic wellbeing for Pasifika families through a Pasifika community hub - community led solutions!	17
Priority 3: Mental wealth	18
Case study 3: Using a strengths-based, collaborative approach to address the social determinants of health - from mental health to mental wealth!	19
ENABLERS	20
SIGNPOSTS FOR SUCCESS	21
GOVERNANCE, IMPLEMENTATION AND PERFORMANCE MONITORING	22





VISION

Pasifika and Māori Health and Wellbeing: A Strategic Framework and Action Plan for Brisbane South 2020-2025 articulates a shared vision, shared values, and shared priorities for Pasifika and Māori health and wellbeing in Brisbane south, and promotes a health-wide and community- embedded approach for this to be achieved.

Our vision is to provide a collaborative, family-centred and culturally-responsive approach to delivering better health futures for Pasifika and Māori peoples in Brisbane south.

INTRODUCTION

Advancing Pasifika and Māori wellbeing and health outcomes generates broad-ranging benefits; to the community, the government, and Australian society generally. Much work has been done in this space over the past 30 or so years, mainly by impassioned community leaders. There have been many successes, but none to the extent to which those leaders would have hoped. This strategic framework is built on the foundations laid by those pioneers – and it is built with the same vision, mission and hopes in mind.

The Queensland health system must respond to the needs of all Queenslanders and ensure that, regardless of circumstances, the most appropriate care and services are provided.

Official data for Pasifika and Māori peoples in Australia is ambiguous. Data collection tools rarely include ethnicity; leaving citizenship, place-of-birth, and language spoken at home as the only relevant domains from which to collect data. From these domains, Pasifika and Māori data reporting is largely under- representative of actual figures. Anecdotally however, it is clear that Pasifika and Māori peoples are over-represented in poor health and wellbeing outcomes in the Brisbane south region.

Brisbane South PHN, Metro South Health and Children’s Health Queensland have committed to collaborate as health-sector partners to provide a unified approach to support Pasifika and Māori peoples to thrive. Further, the group acknowledge that engaging with community as partners in a meaningful, respectful and reciprocal way is critical to the success of all.

Pasifika and Māori Health and Wellbeing: A Strategic Framework and Action Plan for Brisbane South 2020-2025 articulates a shared vision, shared values, and shared priorities for Pasifika and Māori health and wellbeing in Brisbane south, and promotes a health-wide and community-embedded approach for this to be achieved. It aims to give a rationale for a targeted strategy, and practical guidance around its implementation across priority areas identified by key stakeholders in a manner that is culturally-responsive, family-centred, holistic, collaborative, faith-filled and innovative. The action plan spans across the continuum of health care from prevention to management. We aim to build on the strengths of local and international examples of best practice.

Throughout this document we use the term Pasifika and Māori to represent the peoples from the following island nations: New Zealand, Niue, Samoa, American Samoa, Tonga, Cook Islands, Hawaiian Islands, Rotuma, Midway Islands, Tokelau, Tuvalu, Cook Islands, French Polynesia, Easter Island (Rapa Nui), Papua New Guinea, the Indonesian provinces of Papua and West Papua, New Caledonia, Vanuatu, Fiji, Solomon Islands, Northern Marianas Islands, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru, and the Federated States of Micronesia.

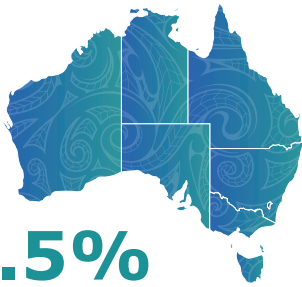


“Oceania is vast, Oceania is expanding, Oceania is hospitable and generous, Oceania is humanity rising from the depths of brine and regions of fire deeper still, Oceania is us. We are the sea, we are the ocean”¹

[Eveli Hau’ofa]

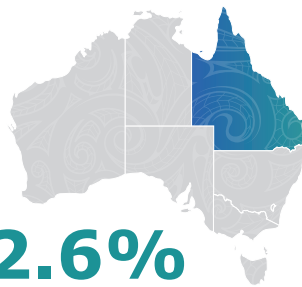
POPULATION PROFILE²

PASIFIKA AND MĀORI PEOPLES COMPRISE:



1.5%

OF THE AUSTRALIAN POPULATION



2.6%

OF THE QUEENSLAND POPULATION



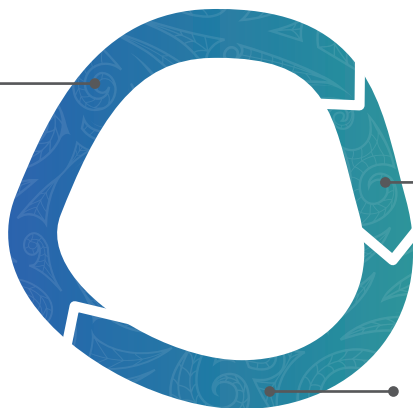
4%

OF THE BRISBANE SOUTH POPULATION

34.6% LIVE IN QUEENSLAND

BRISBANE SOUTH PASIFIKA AND MĀORI RESIDENTS – PLACE OF BIRTH:

44%
BORN IN
NEW ZEALAND



22%
BORN IN
PACIFIC
REGION

34%
BORN IN
AUSTRALIA

42,630 PASIFIKA AND MĀORI PEOPLE

INCREASE OF OVER 5,000 PEOPLE OVER 5 YEARS (14.5% POPULATION GROWTH COMPARED WITH 8% OVERALL BRISBANE SOUTH POPULATION GROWTH)³

52.6% LIVE IN LOGAN

39.5% LIVE IN BRISBANE

YOUTHFUL: 41.4% OF THE POPULATION IS 0-19 YEARS OLD

¹ For the context of the term Oceania, see: Hau’ofa, E. (1994). Our sea of islands. The Contemporary Pacific, 148-161 <https://scholarspace.manoa.hawaii.edu/handle/10125/12960>

² <https://www.abs.gov.au/>

³ <https://www.abs.gov.au/>

POLICY CONTEXT

The Australian Government is committed to ensuring its departments and agencies act in accordance with the Multicultural Access and Equity Policy, so that its programs and services are accessible to all eligible Australians, responsive to their needs, and deliver equitable outcomes for them, regardless of their cultural and linguistic backgrounds. The Policy takes on a client-centric approach which means government departments and agencies focus on adjusting their mainstream policies, programs and services to provide equitable access for all Australians. The aim of the policy is to ensure that all Australians have the opportunity to achieve their potential and participate in the social, economic and cultural life of our nation; helping to drive our future prosperity and build stronger, more cohesive communities.⁴

The Queensland Government has committed to achieving an inclusive, harmonious and united Queensland where people of all cultures, languages and faiths feel a strong sense of belonging and can achieve their goals. Its priorities are being culturally responsive, and promoting inclusive, harmonious and united communities and equal economic opportunities for all Australians.⁵ It is well recognised that the conditions in which people live, learn, work and play influence their health outcomes. Our Future State: Advancing Queensland's Priorities are the Queensland government's objectives for the community which relate to improving the health, education, economic, environmental and social outcomes for all Queenslanders, including Pasifika and Māori Queenslanders.



Aligned to the Our Future State priorities, this strategic framework seeks to ensure that:

- all Pasifika and Māori Queensland women receive high quality support during their pregnancy
- all Pasifika and Māori Queensland parents and carers immunise their babies and ensure their children receive the right developmental support at the right time
- early childhood education is promoted to all Pasifika and Māori Queensland families to foster support of early childhood development and achieve overall wellbeing for children
- work is undertaken with all Pasifika and Māori Queensland parents, carers and schools to help children understand healthy choices
- Pasifika and Māori Queensland young people are supported to keep them engaged in education, training and work and to positively contribute to the community
- all Pasifika and Māori Queenslanders can enjoy the benefits of good health and wellbeing and enjoy a good quality of life.

⁴ The Multicultural Access and Equity Policy Guide: For Australian Government departments and agencies. Australian Government, 2018.

⁵ Our Story, Our Future: Queensland Multicultural Policy. Queensland Government, 2018.

This strategic framework builds on existing reports and publications written with and for Pasifika and Māori peoples and aligns with their recommendations:

- Queensland Health. Queensland Health response to Pacific Islander and Māori health needs assessment. Division of the Chief Health Officer, Queensland Health. Brisbane 2011.
- Cruickshank, A., Lilley, T.S., Radcliffe, B., Nosa, V., and Fenwick, J. (2019). Māori and Pasifika perceptions of their local maternity care in Logan, Australia. *Women and Birth*, 32(3): e359-e365.
- Krauss, U., Angus, H., Bor, W., and Crichton, N. Cultural Pride and Transition: A pilot survey on the mental health needs of Samoan and Tongan adolescents. *Mater Kids in Mind, Child and Youth Mental Health Services*, Brisbane, 2014.
- Sheridan, S.A., Pathways to achieving complete social, emotional and spiritual wellbeing: The Pasifika and Māori community vision for culturally safe mental health support services in south-east Queensland. Pasifika and Māori Mental Health Forum, Official Report. Brisbane, June 2015.

This strategic framework also builds on and aligns with existing policies and plans governing the provision of health services:

- National Action Plan for the Health of Children and Young People 2020-2030
www.health.gov.au/internet/main/publishing.nsf/Content/child-and-youth-action-plan
- National Strategic Framework for Chronic Conditions 2017-2025
www.health.gov.au/internet/main/publishing.nsf/Content/nsfcc
- National Primary Health Care Strategic Framework 2013
www.health.gov.au/internet/main/publishing.nsf/Content/nphc-strategic-framework
- National Women's Health Strategy 2020-2030
www.health.gov.au/internet/main/publishing.nsf/Content/national-womens-health-strategy-2020-2030
- Mental Health Australia: Strategic Plan 2017-2020
<https://mhaustralia.org/strategic-plan-2017-2020>
- My health, Queensland's future: Advancing health 2026
www.health.qld.gov.au/_data/assets/pdf_file/0025/441655/vision-strat-healthy-qld.pdf
- Framework for Mental Health in Multicultural Australia: Towards culturally inclusive service delivery
www.embracementalhealth.org.au/service-providers/framework-landing
- Queensland Multicultural Charter Action Plan 2016-17 to 2018-19
www.dlgrma.qld.gov.au/resources/multicultural/policy-governance/qmap-16-19-actions.pdf
- Our story, our future: Queensland Multicultural Policy 2018
www.dlgrma.qld.gov.au/resources/multicultural/policy-governance/qm-policy.pdf
- The Multicultural Access and Equity Policy Guide: For Australian Government departments and agencies
www.homeaffairs.gov.au/mca/PDFs/multicultural-access-equity-policy-guide.pdf
- Brisbane South Mental Health, Suicide Prevention, and Alcohol and Other Drug (MHSPAOD) Strategy 2019-2022
<https://bsphn.org.au/wp-content/uploads/2019/03/Brisbane-South-Mental-Health-Suicide-Prevention-and-Alcohol-and-Other-Drug-MHSPAOD-Strategy-2019-2022.pdf>



STRATEGIC FRAMEWORK

VISION

TO PROVIDE A COLLABORATIVE, FAMILY-CENTRED AND CULTURALLY-RESPONSIVE APPROACH TO DELIVERING BETTER HEALTH FUTURES FOR PASIFIKA AND MĀORI PEOPLES IN BRISBANE SOUTH

VALUES	Culturally-responsive	Holistic	Family-centred	Collaborative	Faith-filled	Innovative
POPULATION PROFILE	<p>1.5% of the Australian population</p> <p>2.6% of the Queensland population</p> <p>4% of the Brisbane south population</p>	34.6% live in Queensland	Youthful: 41.4% 0-19 years	<p>Brisbane south: 44% New Zealand born</p> <p>34% Australian-born</p> <p>22% born in Pacific region</p>	<p>Brisbane south: 52.6% Logan residents</p> <p>39.5% Brisbane residents</p>	Samoan second most spoken language in Logan (1.4%)
PRIORITIES	1. LONG-TERM WELLNESS		2. MATERNAL AND CHILD WELLBEING		3. MENTAL WEALTH	
DATA	High prevalence of hospital admissions for chronic conditions.		High prevalence of gestational diabetes and hypertension. Low use of antenatal services.		Under-utilisation of mental health services.	
ENABLERS	Culturally-responsive organisations	Community self-determination	Whole-of-system governance and partnership	Accurate and shared data to inform design	Health literacy, navigation and health technology	Financial sustainability





STAKEHOLDER CONSULTATIONS

This strategic framework is grounded in the reality of Pasifika and Māori peoples’ ways of being, thinking and knowing. It is informed by the strengths and needs of the community and reflects their conceptions of health and wellbeing, their goals and aspirations. A number of in-depth consultations around health have been undertaken in previous years with the Pasifika and Māori community in Queensland. In order to avoid ‘consultation fatigue’ as already expressed by the community, the approach taken for this strategic framework was to consult a smaller number of people to confirm if previous findings were still relevant and to determine any new issues. Consultations were undertaken with key stakeholders from the community, as well as within the health sector and other non-traditional partners. Participants ranged in age, gender and represented a variety of ethnicities within the Pasifika and Māori community. Findings were consistent with previous consultations.

Key strategic framework values, priorities and enablers were established.

VALUES

WE ARE CULTURALLY-RESPONSIVE

Pasifika and Māori ontologies are central to our decision-making, design and delivery across our organisations, policies, staff, projects and engagement. We acknowledge that culturally non-aligned perspectives of health result in inequitable health outcomes and low engagement levels.

WE BELIEVE HEALTH & WELLBEING IS HOLISTIC

Pasifika and Māori perspectives of health are holistic and can be likened to the social determinants of health and include family, culture, physical, mental, spiritual and social dimensions of being as espoused in the Te Whare Tapa Whā⁶ and Fonofale⁷ models of health.



6 <https://www.health.govt.nz/our-work/populations/maori-health/maori-health-models/maori-health-models-te-whare-tapa-wha>
 7 Pacific Peoples and Mental Health: A paper for the Pacific Health and Disability Action Plan review. New Zealand Ministry of Health. 2008



WE ARE FAMILY-CENTRED

We respect the *mana*⁸ of the community. We acknowledge that Pasifika and Māori peoples are relational beings - and that family is essential to health and wellbeing. We are committed to fostering agency and self-determination within individuals and families for community-led solutions at all levels of care.

WE ARE FAITH-FILLED

We are faith-filled and determined to collaboratively achieve greater health and wellbeing outcomes for Pasifika and Māori peoples. We acknowledge that this includes purposeful action as well as spiritually-based faith that our actions will bring reward for community.

WE ARE COLLABORATIVE

We are committed to foster meaningful, respectful and reciprocal partnerships with key stakeholders to achieve our vision – this includes those with non-traditional health partners. We acknowledge that siloes and factions are inhibiting and ineffective in the face of complex human challenges.

WE ARE INNOVATIVE

We will embrace innovative ideas and ways to improve Pasifika and Māori health and wellbeing including the use of digital and technology enablers. Health intelligence will be improved by an array of methods – including reimagining healthcare and its implementation for the cohort.

PRIORITY AREAS

1. LONG-TERM WELLNESS⁹

- Pasifika and Māori peoples have one of the highest presentation and admission rates to hospital for chronic conditions when compared with other ethnic groups. They are also more likely to be admitted to the Logan, Redland or Queensland Elizabeth II (QEII) hospitals. Chronic conditions related hospital care could be prevented with better primary care and management.
- A snapshot of admission data (January 2019 – April 2019) showed that Pasifika peoples were almost twice as likely to be admitted with a preventable chronic condition complication than the general population (Logan Hospital: 20.8% vs 9.9%; Redland Hospital: 27.8% vs 15.0%; QEII Hospital: 41.0% vs 26.4%).
- Over the past five years at Logan Hospital (July 2014-March 2019), Pasifika peoples admitted with a preventable chronic condition complication has almost tripled (July 2014- March 2015: 7% vs April 2018- March 2019: 20%).

⁸ Mana is a word from many of the Pasifika languages meaning the spirit or essence of a person, agency, and a person's self-pride.

⁹ Metro South Hospital Admission Patient Data. This data identifies Pasifika peoples based on Place of Birth only, therefore Māori peoples were unable to be identified from the total patients born in New Zealand.

2. MATERNAL AND CHILD WELLBEING ¹⁰

- Perinatal data shows that Pasifika and Māori women are more likely to present as overweight or obese. In 2013, 35% of women admitted to the birthing units across all Metro South hospitals as overweight or obese were Pasifika and Māori.
 - In 2017, 39.7% of women admitted to the birthing unit at Logan hospital as overweight and obese were Pasifika and Māori.
 - One in four expectant mothers who do not receive any antenatal care at the Logan Hospital are Pasifika and Māori. Those who do receive antenatal care are presenting later in their gestation.
 - Pasifika and Māori peoples reported barriers to accessing perinatal services including communication or language barriers, lack of cultural safety, and financial constraints. Conversely, enablers were perceived to be continuity of midwifery care that was delivered in the community and was culturally safe. The key source of information for childbearing Pasifika and Māori women were their families.
 - More than 75% of the participating Pasifika and Māori women did not know their recommended weight gain, and had inadequate intake of vegetables, fruit and dairy during pregnancy.
 - In 2017, one in three women at Logan Hospital who experienced pregnancy complications including gestational diabetes, hypertension and other complications, were Pasifika and Māori (29.6%).
-

3. MENTAL WEALTH

- Anecdotal reports suggest Pasifika and Māori peoples in Queensland experience disproportionate levels of mental illness including depression and anxiety.¹¹
 - Mental health reports¹² identified an under-utilisation of mental health services by Pasifika and Māori peoples. This is due to services that are not culturally-responsive and fail to embed the cultural and holistic perspective of mental illness into their practice. Pasifika and Māori peoples perceive mental illness as an illness with connections to the spiritual dimension and social relationships as much as it is an illness of the mind and body, and so traditional cultural healing practices aim to address all of these elements.
-

¹⁰ Metro South Hospital Admission Patient Data. This data is also based on place of birth only, therefore an estimation of Māori and Pasifika born in New Zealand was included based on ABS data where 44% of Pasifika and Māori residing in Brisbane south being New Zealand born.

¹¹ Pathways to achieving complete social, emotional and spiritual wellbeing: The Pasifika and Māori community vision for culturally safe mental health support services in south-east Queensland. Pasifika and Māori Mental Health Forum, Official Report. Brisbane, June 2015.

¹² Ibid, 10-11

ENABLERS

Culturally-responsive organisations and services

Cultural-responsivity relates across all levels, services and departments of an organisation – including executive leadership commitment, policy and organisational culture, procurement services, workforce development and staff recruitment pathways.

Community self-determination

Supporting community self-determination allows Pasifika and Māori peoples to exercise their agency and control over their health and wellbeing. This is more than building capacity through governance and health literacy, it is transformational change from within.

Whole-of-system governance and partnership

Commitment to a whole-of-system and governance response will enhance existing relationships across multiple sectors and organisations, and create new partnerships. Addressing the social determinants of health requires collaborative and multi-disciplinary effort.

Accurate and shared data to inform design

Advocating for accurate data collection across national and state platforms, while improving data tools locally with the organisations involved. Access to accurate data on, with, and for Pasifika and Māori peoples will inform service design through focused efforts and prioritising resources – and transparent public reporting that can be understood by the public.

Health literacy, navigation and technology

Customised programs, health promotional materials and resources to improve the health literacy and system-navigation of Pasifika and Māori peoples. Integrating and embedding health technologies to support the family-centred approach, including data collection, data-sharing and general shared care between providers, consumers and carers working as a team.

Financial sustainability

The implementation of the strategic framework requires a commitment of resources across all key stakeholders. Ensuring the vision and action plan is financially supported and sustainable, and securing ongoing resources from diverse sources is the collective responsibility of all. This is necessary to ensure widespread change and real outcomes.

“ E hē haumatea nā faiva e tapuakia –

Literal meaning: Fishing missions that are blessed and supported, will prosper.

Tokelauan proverb for community support



ACTION PLAN

PRIORITY 1: LONG-TERM WELLNESS

Overall goal: Pasifika and Māori people live healthy lives through effective prevention and management of health conditions

OBJECTIVES	ACTIONS
1.1 Address the social determinants of health in partnership with stakeholders in education, housing, employment, justice and social services.	<ul style="list-style-type: none">• Engage with cross-sector leaders to influence policies and programs that impact on the health and wellbeing of the community.• Build cross-sector partnerships to deliver place-based initiatives that take a holistic view of health and well-being.
1.2 Improve knowledge, attitude and practice of healthy lifestyles and illness prevention	<ul style="list-style-type: none">• Develop and deliver evidence-based prevention and management programs that are co-designed and delivered with community.• Continue and expand on programs for children and young people that enable them to live healthy lives.
1.3 Increase Pasifika and Māori engagement with primary care	<ul style="list-style-type: none">• Establish place-based community-controlled health service hubs that deliver a range of primary care prevention and management services.• Deliver settings-based primary care services for children and young people in schools.• Co-design health literacy and health service navigation education strategies for the community.• Investigate technology as a means for empowering community members to prevent and self-manage chronic conditions.
1.4 Improve the co-ordination and integration of chronic disease prevention and management services	<ul style="list-style-type: none">• Continue to develop the joint planning approach between Brisbane South PHN, Children’s Health Queensland and Metro South Health.• Embed community driven approaches to designing service models and care pathways across the continuum of care.• Develop service models that provide “wrap around” services delivered by a team that includes identified health positions such as nurse navigator, multicultural health worker, hospital liaison.• Improve the quality and accuracy of the data and evidence to support planning and decision-making.
1.5 Improve the cultural responsiveness of mainstream health services	<ul style="list-style-type: none">• Develop a workforce plan in partnership with the education sector that delivers increased Pasifika and Māori representation in the health workforce.• Build capacity of mainstream service providers to deliver culturally responsive services through multi-faceted training and support programs.• Continue and expand ‘train the trainer’ programs – training community members to deliver culturally tailored chronic condition management education programs.



1.6 Enable community capacity for community led solutions

- Increase community leaders' capability and opportunity to drive strategy planning and service delivery for the Pasifika and Māori community.
 - Provide network forums and workshops for innovators to create, coordinate and implement innovative ideas.
 - Continue and expand on innovative community champion models.
 - Provide resources and leverage support for community organisations to increase governance and capacity to sustainably lead programs.
 - Implement commissioning and procurement approaches that support Pasifika and Māori- led organisations to respond to funding opportunities.
-

“ **E fofo e le alamea le alamea** – *Samoan Proverb*

It has been said among Samoan traditional fishermen that if you get stung by the spines of the alamea (crown-of-thorns starfish), you should turn the starfish over and have its spongy-like feet touch the area where you have been stung. The alamea will heal its own doing.

Interpretation: Solutions for issues affecting a community can be found within that same community.

CASE STUDY 1

WHAT DOES A CULTURALLY-RESPONSIVE, FAMILY-CENTRED APPROACH LOOK LIKE?



The Good Start program is the first Pasifika and Māori government-funded health program in Queensland that embeds Pasifika and Māori ways of being, knowing and seeing the world. It adopts a culturally-responsive and family-centred approach. Two of their programs are:

- Good Start to Life: nutrition and physical activity education and support for expecting Pasifika and Māori mothers and fathers, parents, carers, and guardians of children 0-4 years.
- Healthy Kids, Healthy Families: nutrition and physical activity education and support for Pasifika and Māori parents, carers, and guardians of children 5-18 years.

Both programs are delivered in the homes of participants – places and spaces that are convenient, accessible and safe. The programs are delivered by multicultural health workers.

“It’s so great that our own Pasifika people can have programs that are tailored to our way of living to give us knowledge and to empower our families and communities to live healthier lifestyles and to live our best lives.”

Consumer Feedback 2

The role of the multicultural health worker is fundamental to the success of these programs because they:

- are culturally identified within the community
- facilitate culturally appropriate education sessions for children, young people and families in relation to nutrition, physical activity and wellbeing
- provide culturally appropriate, adapted resources to help parents and families understand medical terms
- support families accessing hospital and health services to assist with their child’s development and overall wellbeing
- support health professionals through cultural awareness training, providing tips to better engage with communities.

The pilot phase of Healthy Kids, Healthy Families which ran with 37 children and 21 adults over 8 weeks showed the following preliminary results :

- 67% of children and 50% of adults decreased their discretionary food intake
- 75% of children and 58% of adults increased their weekly consumption of vegetables
- 50% of children and 42% of adults improved their level of physical activity.

“Personally, I think having Pasifika teachers and mentors, they understand our cultural mentality towards food and physical activity and I think that understanding between the family and the facilitators was an important relationship to establish. In terms of food, we have incorporated more vegetables and now have set times as to when we eat as we used to eat quite late in the night.”

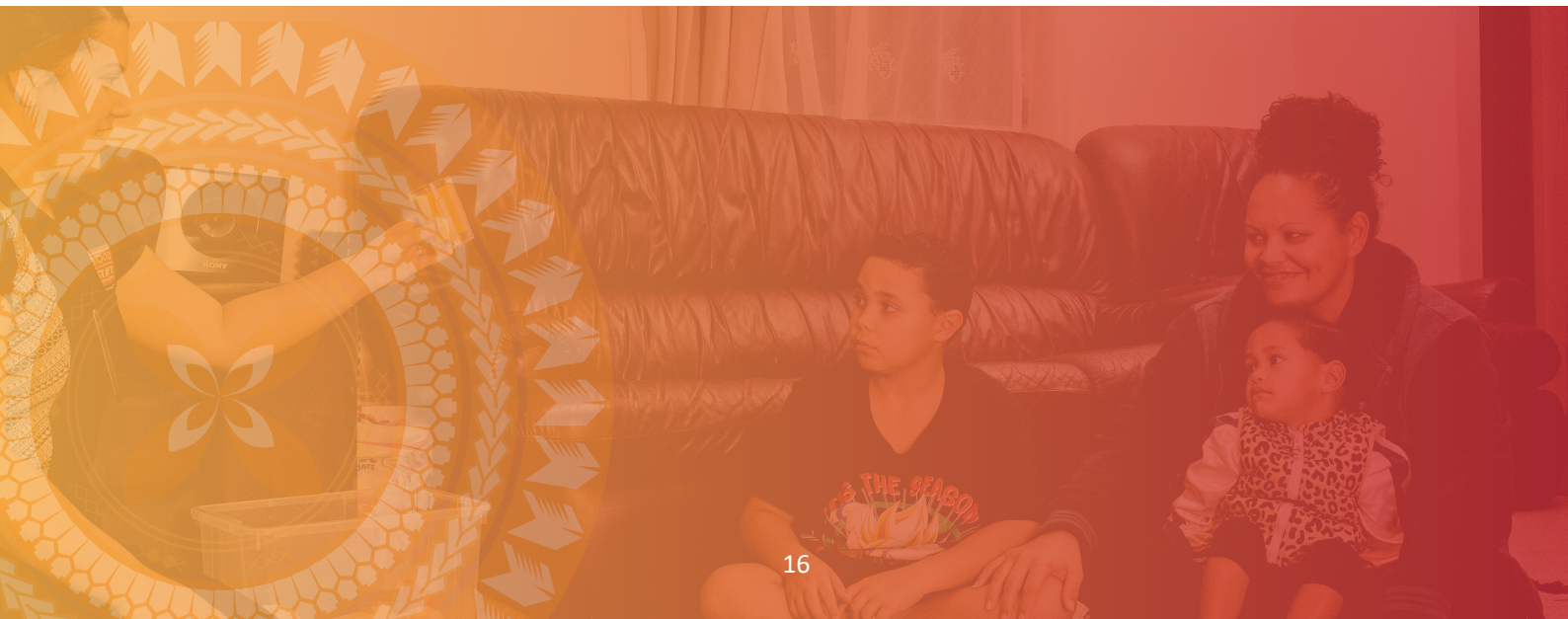
Consumer Feedback 1



PRIORITY 2: MATERNAL AND CHILD WELLBEING

Overall goal: Pasifika and Māori mothers have healthy pregnancies and births and children are given the best start to life

OBJECTIVES	ACTIONS
2.1 Understand the priorities and social determinants of health for pregnant women	<ul style="list-style-type: none"> • Co-design community-led family-centred programs with Pasifika and Māori mothers and fathers. • Develop cross-sector partnerships to deliver place-based services across the continuum of health and social needs.
2.2 Increase Pasifika and Māori women’s engagement with antenatal services	<ul style="list-style-type: none"> • Co-design and deliver culturally-tailored education programs and resources for Pasifika and Māori mothers and young women. • Continue and expand access to affordable community-led and based antenatal services that provide continuity of care. • Utilise social media platforms as tools for engagement, support, and service delivery. • Explore innovative models that improve the delivery of information and care for young women before pregnancy.
2.3 Increase culturally responsive health services for Pasifika and Māori women and their children	<ul style="list-style-type: none"> • Embed Pasifika and Māori frameworks into mainstream antenatal, child and family services that consider culturally nuanced health perspectives and experiences. • Increase the number of identified positions in mainstream services. • Continue and expand on culturally-responsive training for health professionals, services and organisations.
2.4 Improve co-ordinated and integrated services for women, children and their families	<ul style="list-style-type: none"> • Enhance joint planning and service delivery through formalised partnerships between relevant stakeholders. • Continue and expand community-controlled maternal and child health programs that deliver integrated services. • Develop service models that support home based and integrated place-based service delivery.



CASE STUDY 2

HOLISTIC WELLBEING FOR PASIFIKA FAMILIES THROUGH A PASIFIKA COMMUNITY HUB - COMMUNITY LED SOLUTIONS!

Pacific Framework Ato o le Ola



Village Connect is a Pasifika Community Hub supporting the Pasifika community in Logan. Mothers, children and families are supported by Pasifika staff who understand the Pasifika culture and empower Pasifika people to be self-determining and well informed about their health and wellbeing choices. The vision of Village Connect is to see Pasifika families flourish in every area of their life: this is achieved through a holistic and integrated service delivery model.

There are many factors that impact on the health outcomes of Pasifika families, including employment, housing and education. Village Connect is working towards a multi-disciplinary and family-centred health service, that covers the lifespan of a person: one place to access information and services for Pasifika people.

Some of the services Village Connect provides include:

- a Pasifika child and maternal health hub in Logan City that provides maternal health services for mothers, babies and their families with a culturally-responsive approach; often with those who wouldn't engage in conventional maternal health services
- weekly playgroups with mothers and their children, with community health nurses attending fortnightly to provide health checks
- community Connectors who work with families to support, advocate, inform, link, and refer individuals to other organisations
- a Samoan language kindergarten in partnership with Good Start Early Learning. It uses cultural identity to enhance early learning development using a culturally-responsive, strengths-based approach.
- partnership with leading organisations and services to conduct talanoa sessions on topics of interest to the local residing Pasifika community – maternal health, early childhood education, gestational diabetes, health, immigration, youth justice- with more than 400 Pasifika people. They have a reach of more than 1000 Pasifika people within the Brisbane area.

In the past six months, Village Connect has served 1000 free meals to those in need in the community, given out 1000 food parcels, supported 27 mothers and their families through the maternity hub, supported 70 children and their families through the Samoan language kindergarten, and supported 68 prison inmates, including providing them with Anti-Domestic-Violence training.

“I love the social support as well as the welfare support that I receive from my Community Connector. I also love attending the playgroup, which feels just like home when I am there”

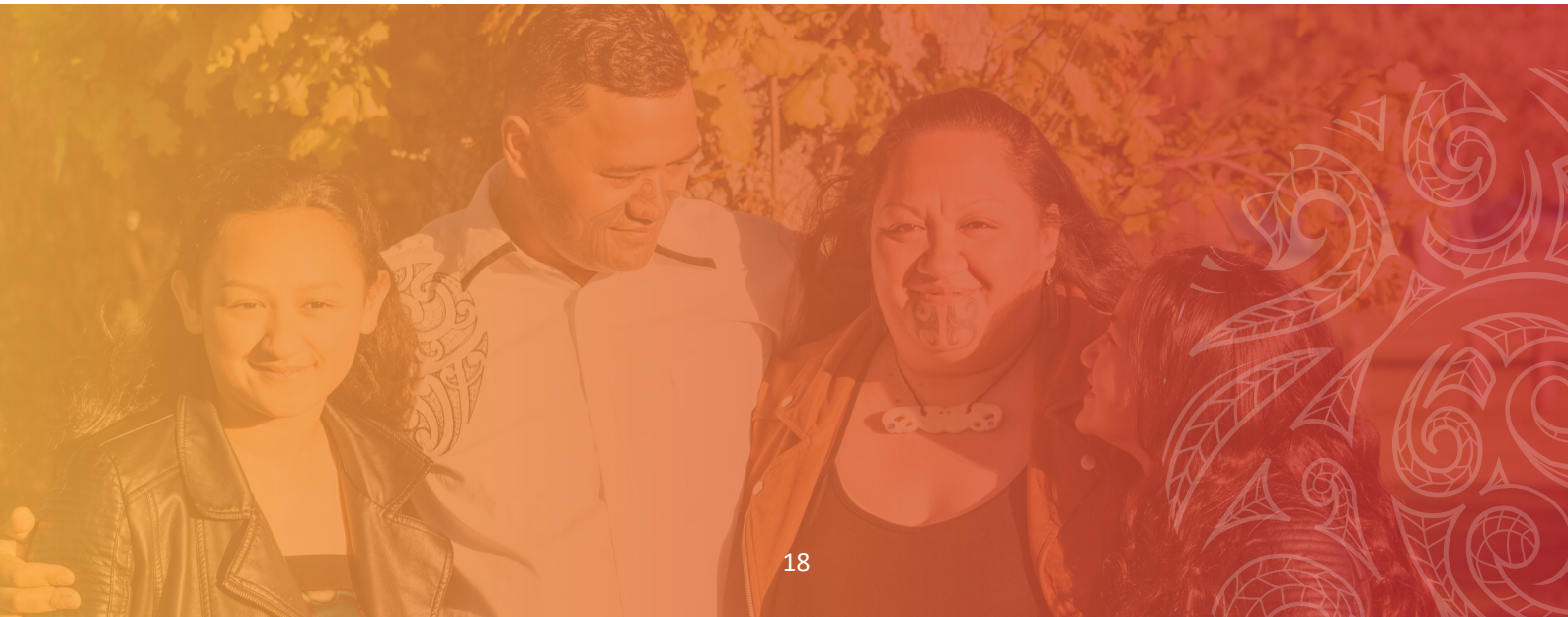
Pasifika mum



PRIORITY 3: MENTAL WEALTH

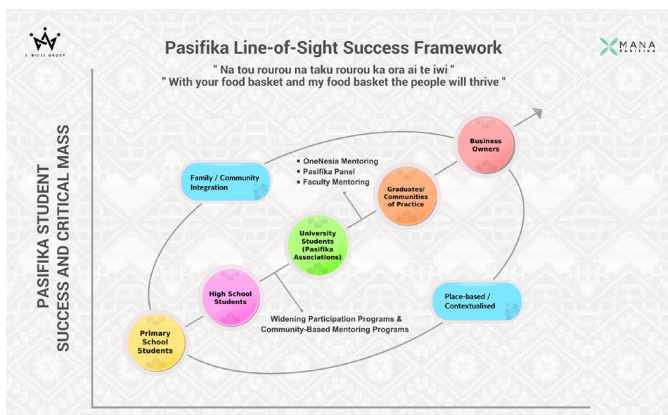
Overall goal: Pasifika and Māori people have positive mental health and wellbeing and live lives with meaning and purpose

OBJECTIVES	ACTIONS
<p>3.1 Increase awareness and focus on cultural strengths and assets of Pasifika and Māori peoples</p>	<ul style="list-style-type: none"> • Embed a strengths-based approach to service co-design and delivery. • Continue and expand programs for Pasifika and Māori people that increase awareness of cultural strengths and assets. • Continue and expand on training for organisations and services to adopt a strengths-based and assets approach to engaging with Pasifika and Māori peoples.
<p>3.2 Work in partnership with existing health services and community groups to enable a cross-sectoral approach to improving mental health</p>	<ul style="list-style-type: none"> • Partner with education to incorporate culturally-responsive health education programs. • Collaborate with Pasifika and Māori groups such as university associations to create programs that integrate positive role modelling. • Continue partnerships with local community organisations to deliver mental health programs.
<p>3.3 Reduce the stigma of mental health/mental illness in the community</p>	<ul style="list-style-type: none"> • Build capacity in the community and improve knowledge about mental health and services and supports available. • Use role-models, influencers, and early adopters to promote mental wealth messages. • Develop and share public material on mental health concepts for Pasifika and Māori people.
<p>3.4 Increase culturally-responsive mental health services</p>	<ul style="list-style-type: none"> • Embed Pasifika and Māori frameworks into service planning and delivery. • Work with mainstream mental health services to co-design and deliver culturally responsive programs that incorporate outreach models to improve access. • Investigate the role of social media platforms such as an online community hub to increase awareness and access to services. • Continue and expand on culturally-responsive training and support for health professionals, services and organisations. • Increase the number of identified positions in mainstream services.



CASE STUDY 3

USING A STRENGTHS-BASED, COLLABORATIVE APPROACH TO ADDRESS THE SOCIAL DETERMINANTS OF HEALTH - FROM MENTAL HEALTH TO MENTAL WEALTH!



Lucas is a 22-year-old Samoan man, currently employed as a first-year teacher at Runcorn State High School (SHS). He graduated from QUT in 2018, and was part of the QUT Pasifika Association during his tertiary studies. Prior to this, he was a student at Brisbane Boys College where he became familiar with MANA Pasifika when he attended the Men of MANA mentoring sessions provided by MANA Pasifika mentors. Throughout Lucas’ journey, MANA Pasifika has provided services in many key areas which have supported him to achieve his goals. Lucas has personally traversed the journey of our ‘Pasifika Line-of-Sight Success Framework’.

MANA Pasifika, based in Brisbane south, is a community organisation that supports Pasifika and Māori communities in Australia to thrive.

The Mental Wealth Mentoring Program is a placed-based program heavily underpinned by culturally-responsive pedagogical principles. The program embeds identity, culture, wellbeing, resilience, and pro-social decision-making through a strengths-based approach as opposed to a deficit lens, to focus on the strengths and assets of young people to counter the challenges they face. The program adopts MANA’s Pasifika and Māori Line-of-Sight Success Framework.

Seventy-nine students participated in the program in 2019 across two schools with 90% reporting they were learning skills that helped them build resilience to overcome challenges in their life.

The Line -of -Sight Success Framework has supported him to build a stronger sense of community, cultural identity and connections to other Pasifika people. He has now brokered the mentoring program to be delivered at his high school. As part of the mentoring team, Lucas has supported the design and implementation of the program at Runcorn SHS. Lucas is one of many examples of the Line -of-Sight Success Framework working effectively. It is evident that when the framework is applied appropriately and implemented from a culture and values-based approach by the right people, improved outcomes are highly visible.

“I’ve been supported and mentored by MANA Pasifika from high-school through to my workplace to understand the strength of my cultural identity and gained confidence and skills to articulate those strengths across the different stages of life. I am grateful to have been on the receiving end of MANA’s work, and am privileged to now give back to those going through the same path I did.”

Lucas Palmer



ENABLERS

Translation of the Pasifika and Māori Health and Wellbeing Strategic Framework priorities and actions into successful outcomes will need to consider and address the key enablers below. These are critical across the three priority areas and are embedded in the action plan.

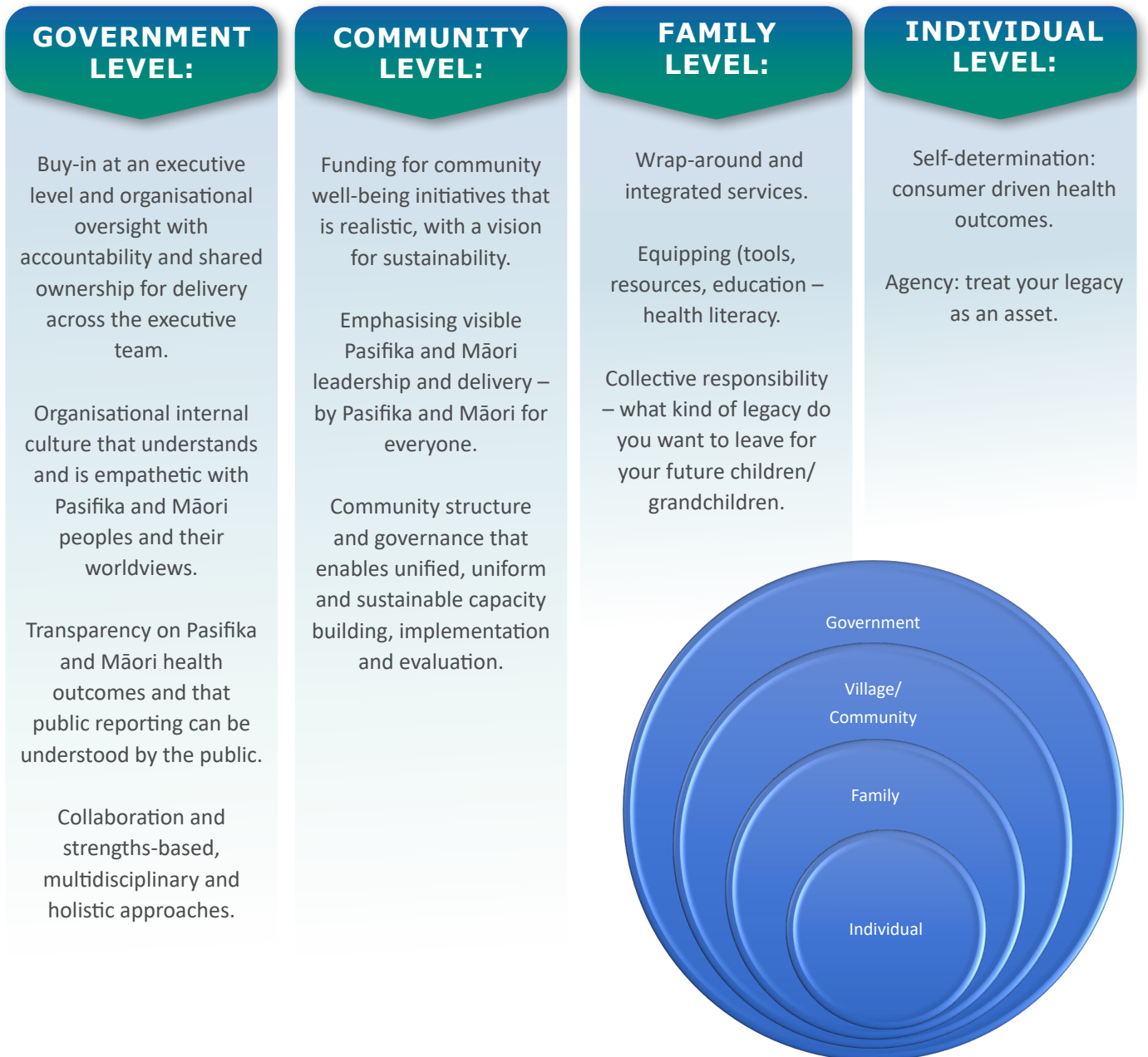
ENABLER	GOALS
Community self-determination	Partner with community groups to develop strategies that promote agency, self-determination and transformational change.
Culturally-responsive organisations and services	Health organisations and services that respond to the needs of the community.
Whole-of-system governance and partnership	Address the social determinants of health using a collaborative and multi-disciplinary approach.
Financial sustainability and growth	Collective responsibility to advocate for additional investment from all levels of government where it's needed, and ensure the vision and action plan is financially supported and financially sustainable.
Accurate and shared data to inform design	Accurate, shared, and focused data through effective research design to build the evidence base and inform service/program design for Pasifika and Māori peoples.
Health literacy, navigation and technology	Customised programs, health promotional materials and resources to improve the health literacy and system- navigation of Pasifika and Māori peoples using innovative design.



SIGNPOSTS FOR SUCCESS

IMPLEMENTING A FAMILY-CENTRED APPROACH USING A SOCIOECOLOGICAL MODEL: THE FONUA MODEL¹³

What are the signposts for successfully achieving change with regard to Pasifika and Māori health and wellbeing outcomes? Success happens when you have a combination of the following factors:



“**Fai’aki e ‘ilo ‘oua ‘e fai’aki e fanongo** -Tongan Proverb
 – Do it by knowing, not by hearing

Cultural-responsivity: This proverb can be seen as a caution to not act hastily without knowing a situation fully.

¹³ <https://hauora.co.nz/fonua-a-Pasifika-model-for-health-promotion/>



GOVERNANCE, IMPLEMENTATION AND PERFORMANCE MONITORING

There is a collective ownership, oversight and accountability for delivering on this strategic framework's vision by Brisbane South PHN, Metro South Health, Children's Health Queensland, and the Pasifika and Māori community representatives who make up the governance committee, 'The Collaboration'.

The first role of the committee is to agree to the priorities and timelines for action. An evaluation framework will also be developed. Each identified priority will be supported by a detailed action plan and working group made up of community members and service providers. A project management team will oversee the operational delivery of the strategic framework action plan. There needs to be a clear and robust communication strategy to maximise effective collaboration.

GOVERNANCE AND IMPLEMENTATION MODEL

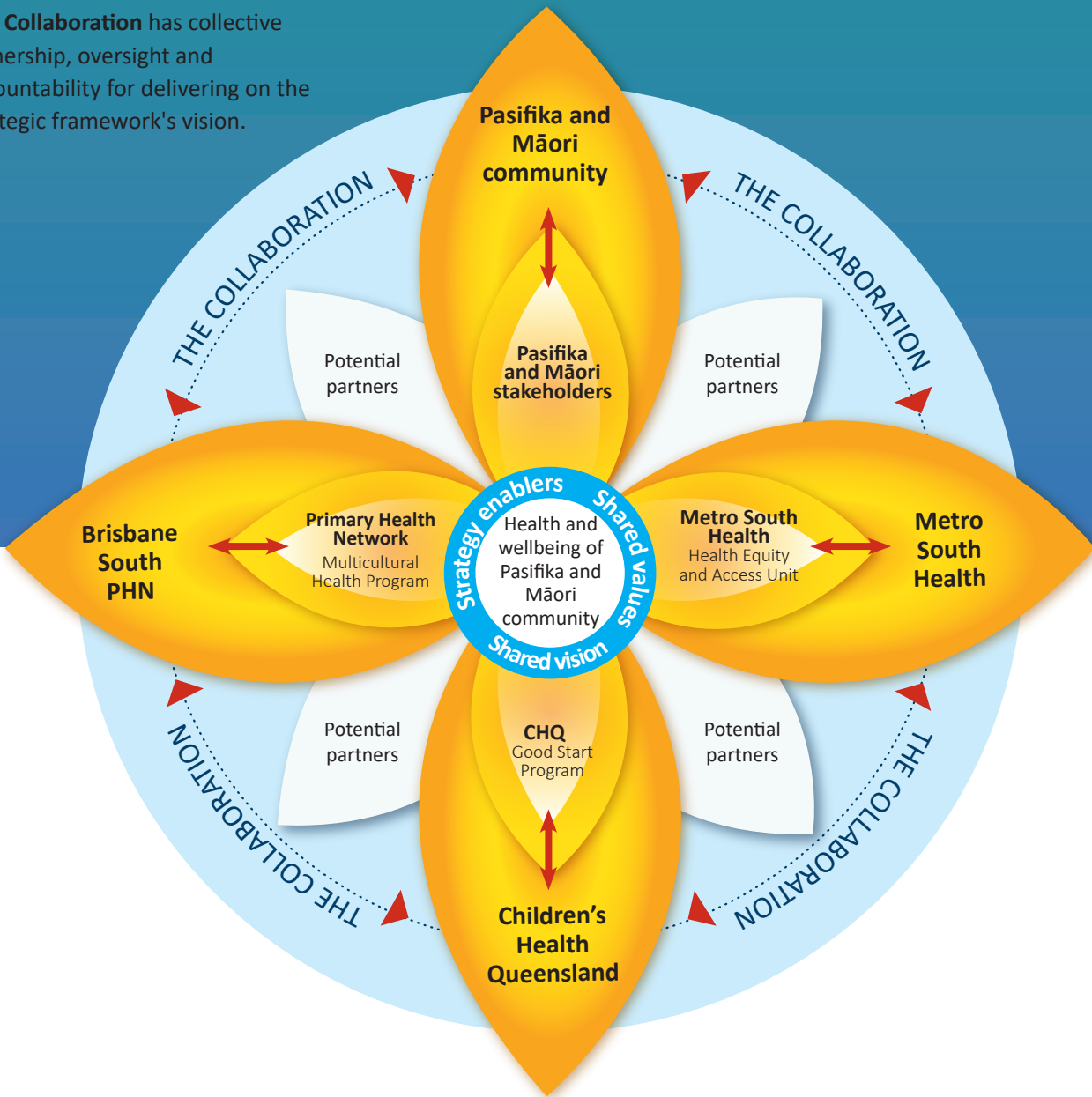
The strategic framework provides a shared vision, shared values and shared priorities.

The action plan provides a masterplan for aligned action and impact.

The Collaboration has collective ownership, oversight and accountability for delivering on the strategic framework's vision.

A project coordinator and project management team drives the implementation through administration, engagement, communication and performance monitoring.

The Pasifika and Māori community are active participants in the collaboration to provide guidance and decision-making.



Strategies implemented BETWEEN multiple partners

Working groups will be formed with representation from relevant partners to deliver focused, collaborative projects.



Strategies implemented WITHIN individual partners

Individual organisations will implement strategies within their own systems and services using own business models.



First floor, Building 20, Garden City Office Park,
2404 Logan Road, Eight Mile Plains QLD 4113

PO Box 6435, Upper Mt Gravatt QLD 4122

T: 3864 7555 or 1300 467 265 F: 3864 7599

Brisbane South PHN (ABN 53 151 707 765)