

HEALTH

For the 100,000 people, or nearly 40% of us, who live outside Hamilton, access to healthcare can be a significant barrier. People want to see more local services available in rural centres, reducing isolation and strengthening the local community. Providing everyone equal access to healthcare services, addressing rising obesity and meeting the needs of our ageing population are top of mind in our community.

35% OF WAIKATO PEOPLE* ARE OBESE**

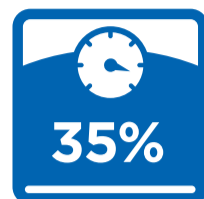
and this number is increasing.

Obesity is most common for people who are **MIDDLE AGED AND MAAORI**.

* Waikato people aged 15+ in the Waikato DHB area.
** Obesity is defined as having a body mass index of over 32 for Maaori and Pacific peoples, and over 30 for European and other ethnicities.



New Zealand average

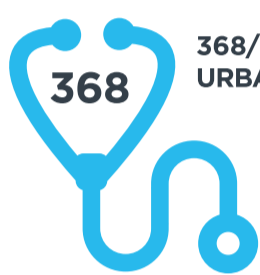
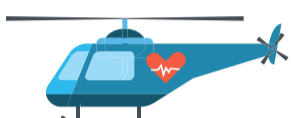


Waikato DHB area

THERE ARE FEWER DOCTORS PER HEAD OF POPULATION IN NEW ZEALAND'S RURAL AREAS



139/100,000 RURAL AREAS



368/100,000 URBAN AREAS



Source: Rural General Practice in 2015, The Royal New Zealand College of General Practitioners.

The way forward for rural communities is through a groundswell of multi-agency community action. Community strength and resilience is fundamental to the future health of rural New Zealand.

Dr Fiona Bolden, West Coast Health GP and lead at Pinnacle Midlands Health Network

AVERAGE LIFE EXPECTANCY

in the Waikato region has been improving over time, but is lower for Maaori.

Men: 79 years
Women: 83 years
Maaori men: 72 years
Maaori women: 77 years



GOOD MENTAL HEALTH

is fundamental to the wellbeing of people, their families and our community as a whole, for a society where all people can flourish.

6% of us* have experienced high or very high levels of psychological distress.



Source: 2011-14 NZ Health Survey.
* Population aged 15+ in the Waikato DHB area.

DID YOU KNOW - 40% of rural GPs are aged 55+, and they are retiring soon. There are not enough new health practitioners to replace them.

Source: 2015 Workforce Survey, The Royal New Zealand College of General Practitioners.

COMMUNITY VOICES - WE WANT TO:

Address alcohol concerns especially among **youth**.

Provide better networks between **health facilities** and the wider public sector.

Equip health services to cope with increased demand from our **ageing population**.

A COMMUNITY RESPONSE

It's amazing the difference a community can make to people's health and wellbeing by coming together with a purpose.

That's what happened in Raglan, starting in 2012 when The Raglan House became the hub for a community response to a sharp increase in local suicide deaths in the previous 12 months.

Concerned about what it meant for mental health in their community, a group of first responders and interested people from around the area formed the Raglan Suicide Prevention Group - a multi-agency, community-wide response.

"We realised the need to increase community knowledge around recognising good mental health, as well as what it looks like when things aren't so good, and how and where to get help," says Chrissy Hodkinson, Public Relations Manager for The Raglan House. "When everyone is able to talk about it and take action to help each other, that's when change happens."

In Raglan, change happened quickly and continues to benefit the community today. Wallet cards and emergency contact pamphlets were created to provide information about local agencies to contact for support. Now they are everywhere, from the local pub to the community house, health services, sports clubs and local marae.

The group also started offering training in suicide prevention to people in the community. To date, about 60 people have attended Applied Suicide

Intervention Skills Training (ASIST) run by Lifeline Aotearoa. Another 50 or so have attended Mental Health 101 workshops provided by the Ministry of Health.

The result is a depth of knowledge in the community that has helped dramatically reduce the number of suicide deaths in the area since 2012, and provides ongoing support for good mental health.



Chrissy Hodkinson and Mike Rarere - The Raglan House

How can we connect people in our communities with the health services they need?