

**LET'S
BEAT**



**COMMUNITY PARTNERSHIPS AND
ACTION IN COUNTIES MANUKAU**

**Working with
South Asian
in Counties Manukau**

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Programme Director

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Counties Manukau region

– **Population size: 472,000**

(11% of NZ)

– **Ethnic mix**

<i>Maori</i>	<i>17%</i>	<i>Asian</i>	<i>17%</i>
		<i>(1/3 South Asian)</i>	
<i>Pacific</i>	<i>21%</i>	<i>Other</i>	<i>45%</i>

– **Low socio-economic**

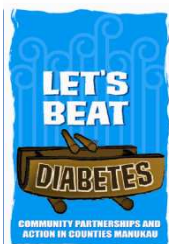
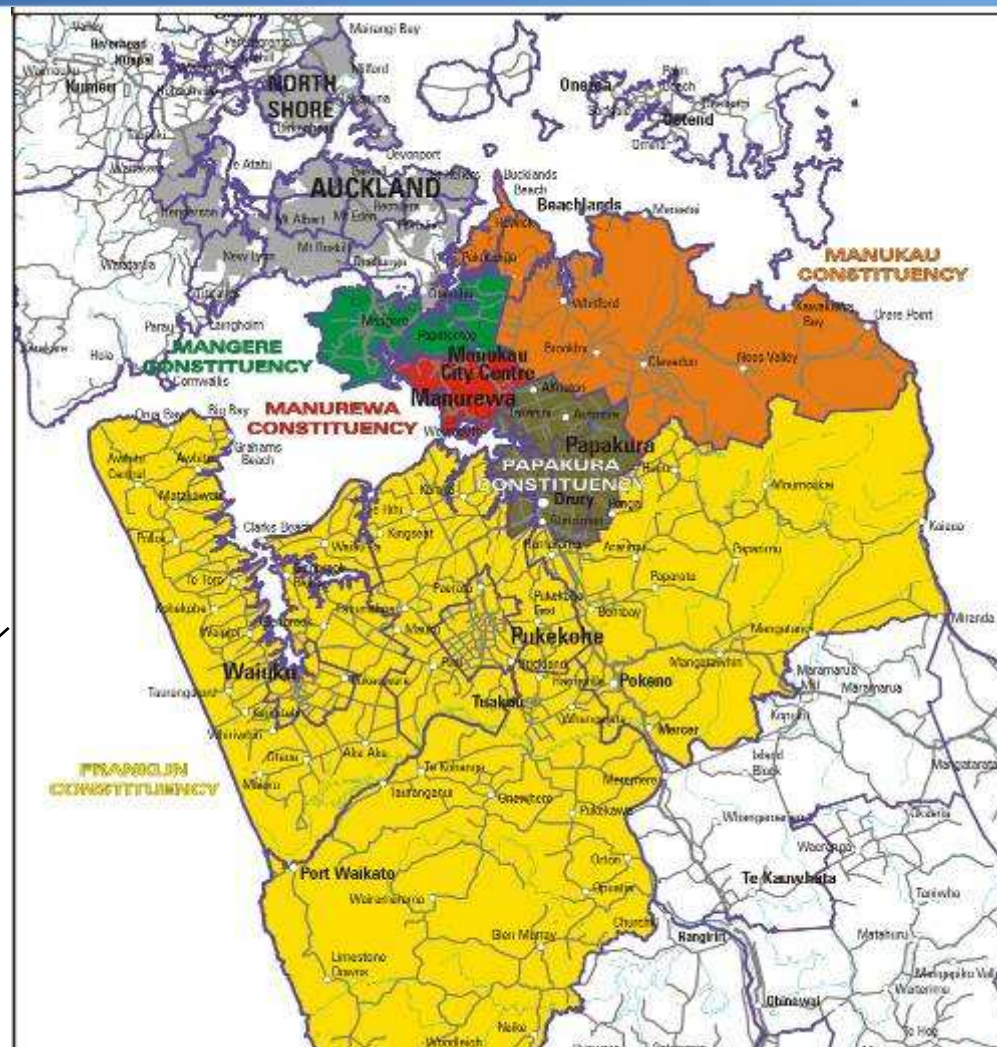
*34% in areas of highest deprivation
(NZDep06 9 and 10)*

– **Young**

25% under 15 years

– **Growing**

20% since 2001

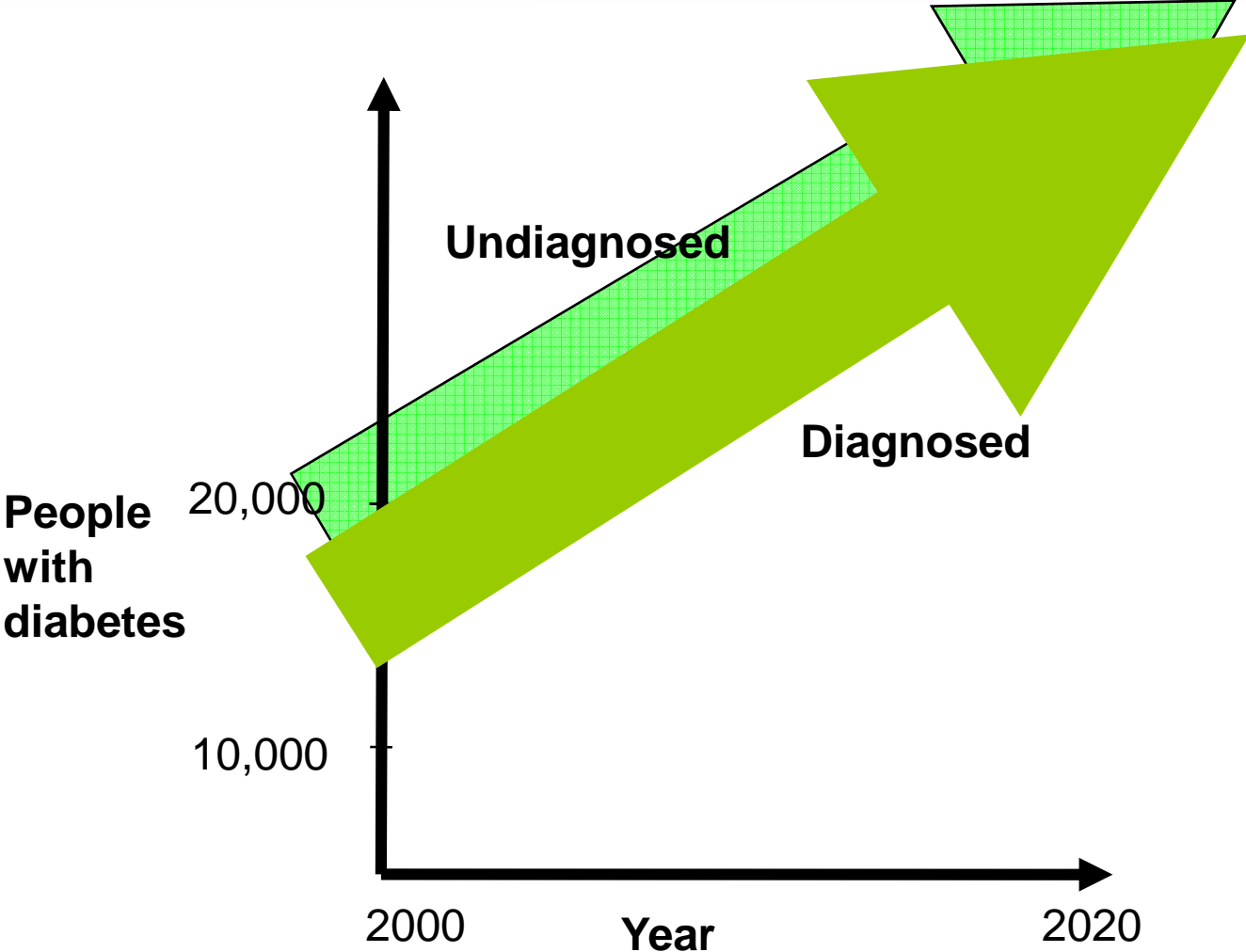


Based on Statistics NZ 2006 estimated residents based on 2006 Census, prioritised ethnicity.

COUNTIES MANUKAU DISTRICT HEALTH BOARD

A Community Partnership

Diabetes growth in Counties Manukau



Let's Beat Diabetes

A five year, district-wide plan aimed at long-term sustainable changes to

1. prevent and/or delay the onset of diabetes,
2. slow disease progression, and
3. increase the quality of life for people with diabetes.



10 Action Areas

1. **Community Leadership (Maori, Pacific, South Asian, Workplace)**
2. **Social Marketing**
3. **Urban Design**
4. **Food Industry Accord**
5. **Health Promotion**
6. **Well Child**
7. **Schools & Early Childhood Education Centres**
8. **Primary Care-based Prevention**
9. **Vulnerable Families**
10. **Service Integration and Care**



Update: NZHS Findings

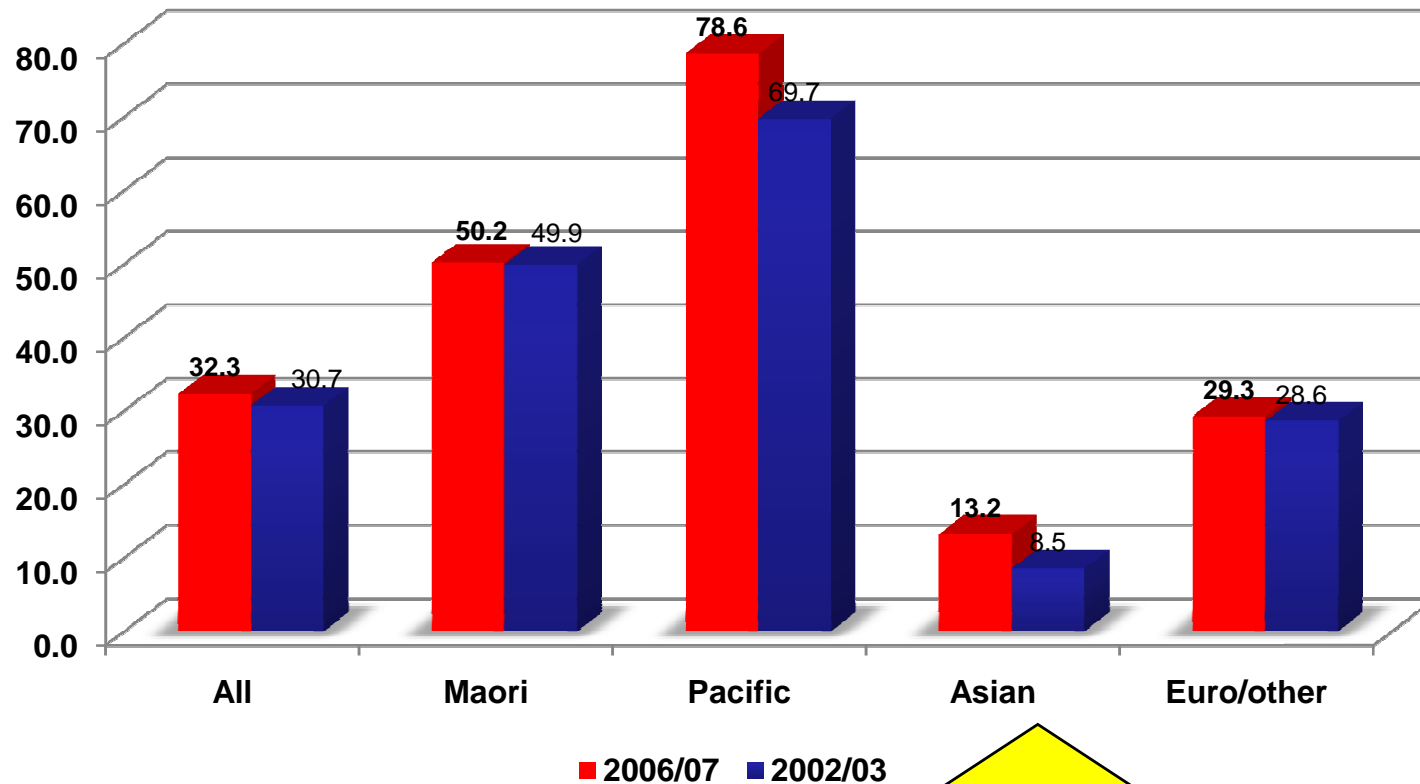
Obesity Rates

DHB area	Prevalence for children (95% CI)	Number of children	Prevalence for adults (95% CI)	Number of adults
Northland / Tairāwhiti / Hawke's Bay / Lakes / Whanganui	8.9 (6.6–11.2)	8800	30.2 (27.6–32.9) +	113600
Waitemata	5.9 (3.4–8.3) -	5200	20.5 (17.3–23.7) -	77600
Auckland	9.7 (6.6–12.9)	6300	21.4 (18.2–24.7) -	69200
Counties Manukau	12.7 (9.4–16.0) +	12000	33.0 (29.3–36.8) +	106500
Waikato	9.2 (6.2–12.2)	6000	29.2 (26.1–32.3)	75600
Bay of Plenty / Taranaki / MidCentral	5.2 (3.1–7.3) -	4400	27.5 (24.5–30.5)	96600
Wairarapa / Hutt Valley / Capital and Coast	9.1 (6.0–12.2)	6900	25.3 (22.0–28.6)	87700
Canterbury	6.1 (3.5–9.6)	4800	24.5 (21.7–27.3)	90800
Nelson Marlborough / West Coast / South Canterbury / Otago / Southland	8.2 (4.0–12.3)	7000	27.9 (24.5–31.2)	109400
New Zealand total	8.3 (7.4–9.3)	61700	26.5 (25.5–27.5)	826100



NZ Health Survey: 06/07 vs. 02/03

Counties Manukau : Obese adults (BMI ≥ 30)



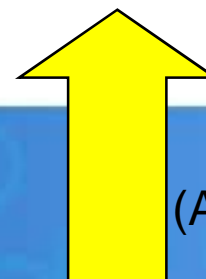
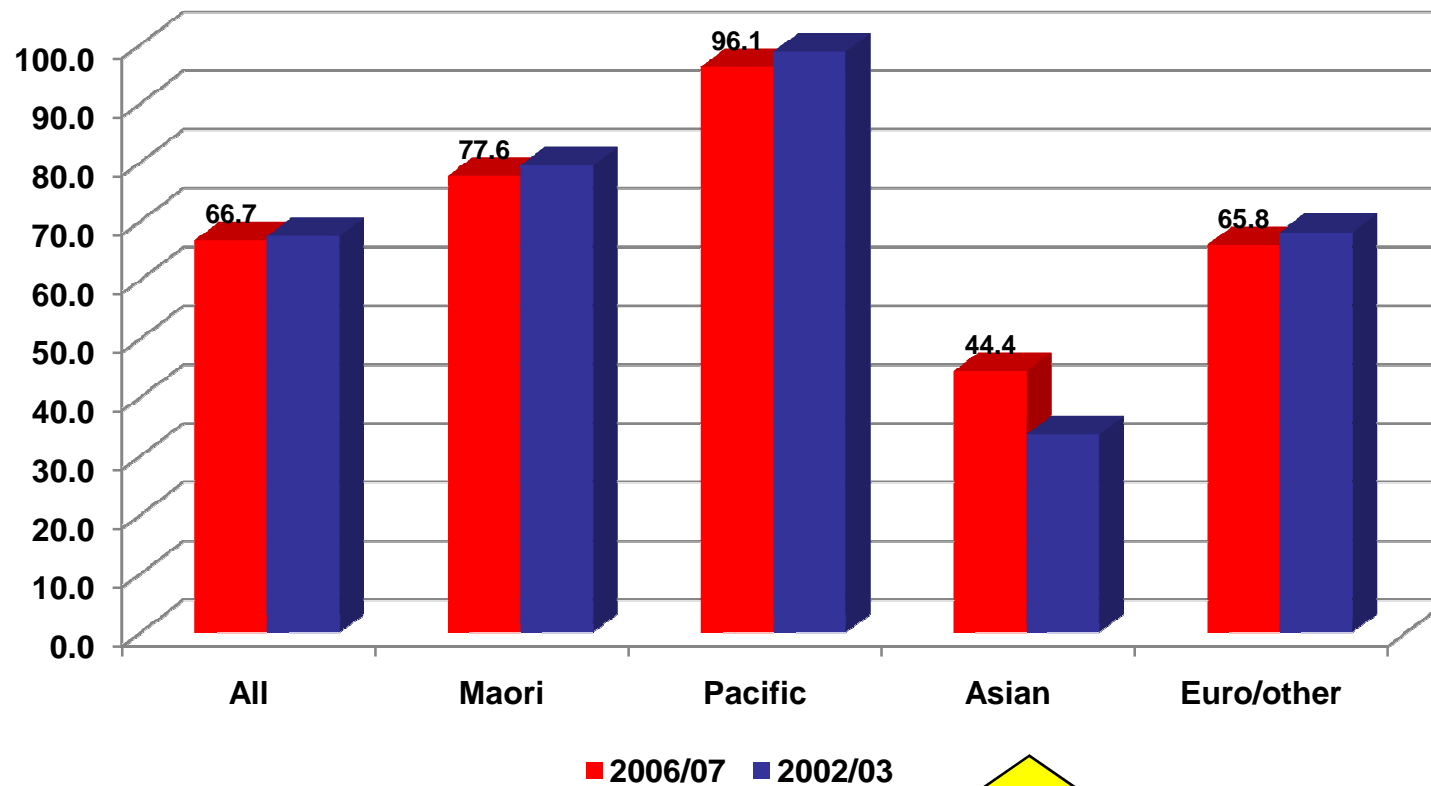
From
8.5
to
13.2%

(Age standardised rates)



NZ Health Survey: 06/07 vs. 02/03

Counties Manukau : Obese & Overweight adults (BMI \geq 25)



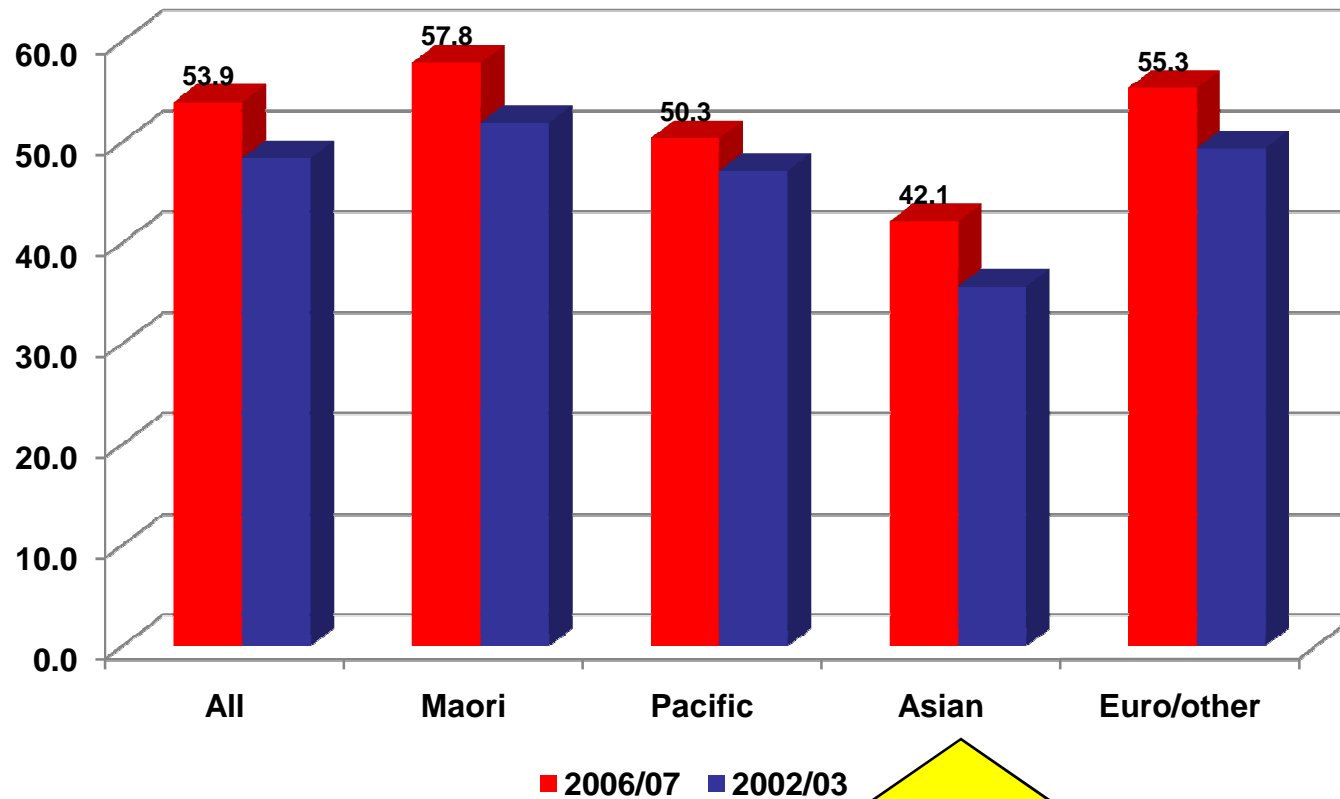
(Age standardised rates)



NZ Health Survey: 06/07 vs. 02/03

Counties Manukau : Active adults

(Regular physical activity - 30 minutes a day on 5 or more of the past 7 days)

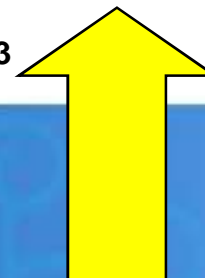
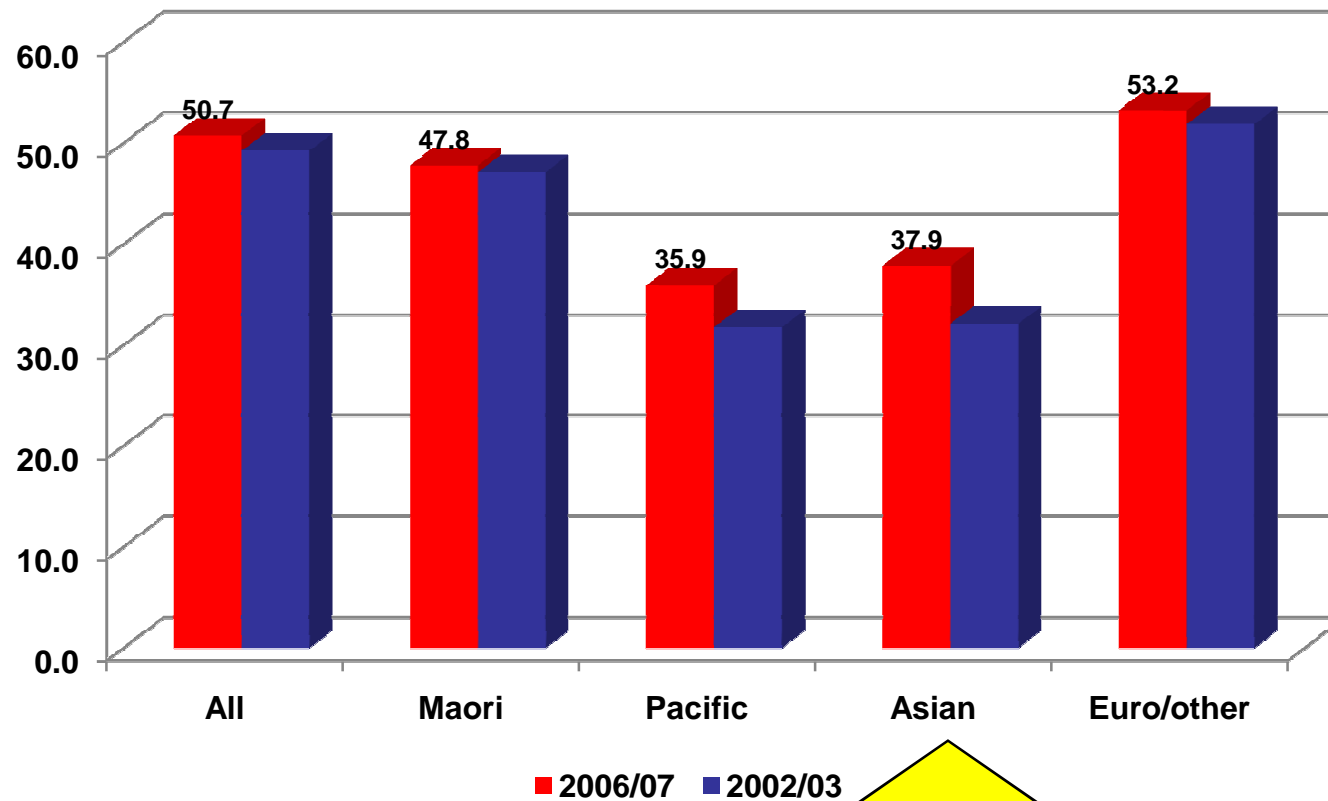


(Age standardised rates)



NZ Health Survey: 06/07 vs. 02/03

**Counties Manukau : Adequate vegetable consumption - adults
(Eat three or more servings of vegetables a day)**



(Age standardised rates)



Risk Profile

Diabetes prevalence (Counties Manukau adults)

Pacific	10.9%
Indian	8.9%
Maori	7.1%
Other Asian	4.6%
European/Other	4.7%



Risk Profile

Percentage of inpatient hospitalisations with diabetes recorded,
Counties Manukau, 2007

	Age 0-14	15-44	45-64	65-74	75+	Total
Maori	0.3%	6%	31%	41%	29%	14%
Pacific	0.4%	6%	38%	46%	31%	17%
Chinese	0.0%	1%	13%	15%	26%	10%
Indian	0.3%	6%	31%	45%	34%	18%
Other Asian	0.7%	2%	11%	37%	17%	9%
European/ other	2.0%	3%	10%	16%	14%	10%
Total	0.7%	5%	22%	26%	17%	13%

Public hospitals, at least overnight stay, medical-surgical only



Approach

- Established South Asian Leadership group
- Initial scoping, data collation and assessment, including
 - 2007 LBD Benchmark survey (600 Asian, including 300 South Asian)
 - Health Needs Assessment for Asian Peoples in CM
- Agreement on community leadership approach to plan development
- First Community leaders meeting held 25 September
 - Initial survey of knowledge & expectations
 - Outlined issue and high level data
 - Workshop sessions (concerns, actions, assistance)
 - Confirmed strong commitment to tackling obesity and diabetes



Approach

- Next steps: Community leaders meeting 13 November
 - Build on initial interest and commitment
 - Initiate strategy and action plan development

Guiding principles

- Community partnership approach – collective vision
- Whole society – whole life course – whole family approach
- Aiming for long term, sustainable change
- Build on existing infrastructure and activity



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