

Briefing

Pacific Wellbeing Insights Paper for publication: Achieving equity of Pacific mental health and wellbeing outcomes

Date due to MO: 13/05/2024 Action required by: 23/05/2024

Security level: UNCLASSIFIED Briefing number: BN2024-008

To: Hon Dr Shane Reti, Minister of Health, Minister for Pacific Peoples
Hon Matt Doocey, Minister for Mental Health

Copy to:

[REDACTED]

[REDACTED]

Contact for Telephone Discussion

Name	Position	Telephone
Karen Orsborn	Chief Executive	[REDACTED]
Ella Cullen	Director Wellbeing System Leadership	[REDACTED]

Minister's Office to Complete

- | | | |
|--|------------------------------------|---|
| <input type="checkbox"/> Approved | <input type="checkbox"/> Decline | <input type="checkbox"/> Noted |
| <input type="checkbox"/> Needs change | <input type="checkbox"/> Seen | <input type="checkbox"/> Overtaken by event |
| <input type="checkbox"/> See Minister's note | <input type="checkbox"/> Withdrawn | |

Comment:

Pacific Wellbeing Insights Paper for publication

Security level:	UNCLASSIFIED	Date:	13/05/2024
To:	Hon Dr Shane Reti, Minister of Health, Minister for Pacific Peoples Hon Matt Doocey, Minister for Mental Health		

Purpose

1. On 23 May 2024, Te Hiringa Mahara intends to publish the attached papers on wellbeing of Pacific peoples.

Executive Summary

2. On 23 May 2024, we will publish two outputs. The first is a report titled '*Achieving equity of Pacific mental health and wellbeing outcomes*'. The report draws on analysis of the indicators in our He Ara Oranga wellbeing outcomes framework, and our engagement with communities and Pacific organisations. The second is an associated infographic entitled '*Pacific mental health and wellbeing in Aotearoa*' which contains key quantitative findings from our assessment of Pacific peoples mental health wellbeing.
3. We have previously reported on the status of wellbeing for all people in Aotearoa in the baseline report Te Rau Tira, 2021. Following on this we reported on the inequities experienced by Pacific peoples in our COVID-19 Insights Series – Pacific connectedness and wellbeing in the pandemic in 2023. This year we prioritised updating our wellbeing monitoring for Pacific peoples to continue building our evidence base.
4. The report highlights the determinants of wellbeing for Pacific peoples in Aotearoa, identified barriers to wellbeing, and community examples of what works to support improved wellbeing. In short:
 - Across almost every measure of mental health and wellbeing, Pacific peoples face greater challenges than the rest of the population.
 - Action is required to ensure Pacific peoples are prioritised in accessing the education, employment, income and housing they need to provide for themselves and future generations.
 - Enabling Pacific organisations who know best how to reach and support Pacific communities to strengthen their wellbeing is a key solution.
 - Service design and delivery for Pacific families need to be built with Pacific knowledge and ways of being to achieve improved mental health and wellbeing Pacific outcomes.
5. A LinkedIn post and media release will be made alongside publication. No media appearances are planned, however a talanoa with Pacific stakeholders is planned to share the report's findings. If required, Te Hiringa Mahara will respond to media interest.

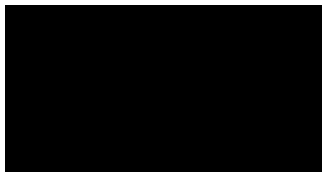


6. The report, infographic, and a high-level communications plan are attached, for your information. The final paper will be shared with your office before the publication date.

Recommendations

We recommend you:

- | | | |
|----|---|-----------------|
| a) | note , on 23 May 2024, subject to minor editing changes, Te Hiringa Mahara will publish the attached report and infographic on Pacific Wellbeing | Yes / No |
| b) | note we intend to release this briefing under our proactive release policy | Yes / No |



Karen Orsborn
Chief Executive

Date: 13/05/2024

Hon Dr Shane Reti
Minister of Health
Minister for Pacific Peoples

Date:

Hon Matt Doocey
Minister for Mental Health

Date:



Pacific Wellbeing Insights Paper for publication: Achieving equity of Pacific mental health and wellbeing outcomes

Background

7. As noted in previous briefings [BN2024-005, our Statement of Performance Expectations 2023/24], we intend to publish insights about the wellbeing of Pacific peoples in Aotearoa on 23 May (previously indicated for 22 May).
8. Te Hiringa Mahara has a long-term strategic priority to address the equity needs of the priority populations identified under our legislation, who we must engage to enable 'effective means of seeking the views of', when performing our functions of assessing, reporting, monitoring, and advocating for their wellbeing. This includes Pacific Peoples.
9. Under our 2023/24 SPE, we committed to 'gain an understanding of the factors that contribute to the mental health and wellbeing of Pacific peoples in Aotearoa' and to 'publish insights about the wellbeing of Pacific peoples by 30 June 2024' including diverse perspectives, information, and analysis to inform public conversation.
10. We have previously reported on the significant and persistent inequities in wellbeing outcomes for Pacific peoples in 2021 in our wellbeing baseline report Te Rau Tira. This year we are building on this evidence base and prioritising continued monitoring for this priority population.
11. The attached report and infographic give effect to this commitment through quantitative assessment of Pacific wellbeing using indicators from the 'shared perspective' from the He Ara Oranga Wellbeing Outcomes Framework; and examples of what works at a community level for Pacific wellbeing.
12. The report and infographic were informed by two sources of insights and data:
 - Integrated Data Infrastructure (IDI) analyses - We tested 31 indicators under 'shared perspective' from He Ara Oranga using the IDI for our assessment of Pacific Peoples wellbeing and 22 indicators are included in the final analyses with 13 being highlighted in the infographic.
 - Engagement and Talanoa - We collected insights about community providers through engagement with community leaders, Pacific organisations, and partners across government. Engagement was led by a specialist Pacific advisor; 3 talanoa were held, one each with community, provider, and government contacts, with further engagement and follow up meetings held.



Summary of findings

Key findings from our assessment using He Ara Oranga outcomes framework

13. Across our measures, Pacific peoples wellbeing is generally either worse than non-Pacific people, and not meaningfully catching up, or has got worse faster than non-Pacific peoples.
14. Compared to the rest of the population, and between 2018 and 2021, many Pacific peoples are finding Aotearoa less welcoming, less understanding, and with less access to the things they need to live well – factors that impact mental health and wellbeing.
15. Pacific peoples are finding it harder to connect with people in meaningful ways or talk to someone, especially during times of need and when feeling down or depressed.
16. Pacific young people are more recently experiencing decreased belongingness to secondary school, in contrast to previous years.
17. Despite these challenges, however, Pacific peoples rate their family wellbeing higher than non-Pacific people.

What we heard from our engagement

18. We heard from Pacific leaders what potential solutions they see to realise the 'Pacific dream', to strengthen wellbeing in a meaningful way, and to achieve greater intergenerational wellbeing. For example:
 - Education and employment are seen as pathways to future wellbeing, but multiple structural barriers prevent Pacific individuals and communities accessing these.
 - Housing and income issues are major structural challenges and if not addressed will prevent future wellbeing improvements.
 - Addressing the many inequities observed requires unlocking the potential in Pacific communities, Pacific knowledge, and Pacific ways of providing wellbeing.
 - Pacific families and communities have many of the skills and knowledge needed to overcome the barriers to wellbeing, and Pacific communities are already implementing local solutions, often alongside government, to address many of the interrelated barriers to wellbeing.

Our calls to action

19. Effort will be required across the mental health and wellbeing systems to improve outcomes for Pacific peoples. Addressing determinants will require a collaborative effort with multiple system 'players' for example funders, commissioners, decision makers, agencies, NGO's, communities working closely together toward a similar goal. We think all system partners have a role and must be accountable for achieving improved mental health and wellbeing outcomes.



20. There is an immediate need for government to:
- Resource community wrap-around responses that reflect and support a wide range of Pacific families' aspirations and needs through Pacific community organisations.
 - Make immediate change to improve income adequacy and provide more suitable and stable housing options.
21. And invest in the future to:
- Improve quality and timely Pacific data collection to adequately capture the diversity of mental health status and outcomes within the umbrella term of 'Pacific peoples' to support system performance to achieve outcomes.
 - Ensure Pacific providers have the development, governance, and administrative support they need to be sustainable, through high-trust and long-term contracting.
 - Build competency in the broader public service to understand and support Pacific people, especially where Pacific-focused providers are not available, and where Pacific data is lacking.
 - Seek cross-government/cross-party commitment to taking a public health approach to improving conditions for better mental health – particularly addressing Pacific access to education and employment, to end cycles of disadvantage and encourage cycles of improvement.

Communications Plan

22. A high-level communications plan is attached for your information. Key points are:
- A media release and LinkedIn post will be made alongside publication on our website.
 - We will hold a talanoa with key informants and stakeholders in Wellington on 23 May, to share our findings. A webinar focused on one part of the report's findings (tbc) is planned for early June.
 - We will focus on sharing this report with government agencies and Pacific community organisations who have a role to play in supporting Pacific peoples' wellbeing.
 - If required, Wellbeing Systems Leadership Director Ella Cullen will be the primary spokesperson for any media interest.

Consultation

23. The attached report has been reviewed by our specialist Pacific advisor, and had external review from a Pacific community leader, a Pacific academic, and our colleagues at the Ministry for Pacific peoples.
24. The Ministries of Health and Pacific Peoples have received an advance copy of the draft report.



Next Steps

25. The final, publication-ready, paper and a short Q&A will be shared with your office before the publication date.
26. Subject to minor editorial and design changes, on 23 May 2024, the report and infographic will be published to the Te Hiringa Mahara website, sent to stakeholders, shared in a talanoa on 23 May, with a statement sent to media and an announcement posted to LinkedIn.

