

# Health For Everyone | Ō Tātou Hauora

He Ara ki te Tihi o Pae Ora (a pathway to the pinnacle of healthy futures)

## INVESTING IN PUBLIC HEALTH MAKES SENSE

### Public health approaches boost the health & well-being of all New Zealanders

- Public health programmes protect natural, social, physical and cultural environments, reduce harm to people and communities and support communities to build their own health-promoting environments.

### Investing in public health is value for money

- Spending on public health programmes is an investment, reduces demands on health care services and improves quality of life for individuals and communities.
- Public health interventions are cost-effective and help improve health outcomes over the short to long term. Investing \$1 in public health interventions delivers up to \$14.30 in health benefits.

### ADDRESS CLIMATE CHANGE



Climate change is the biggest threat to the health and wellbeing of people and communities in Aotearoa New Zealand, in both the short and long term.

Aotearoa New Zealand's climate actions must accelerate so that we fairly contribute to the global efforts to limit planetary heating to within the humanly adaptable 1.5 degrees Celsius. We must act decisively to rapidly mitigate climate change impacts in our country and ensure health outcomes are prioritised.

#### THE NZCPHM CALLS FOR ACTION TO

- Stabilise climate changes with decisive rapid mitigation and optimise health adaptation
- Create healthy and health promoting urban environments
  - Ensure safe indoor and outdoor air quality
  - Protect and improve the quality of freshwater
  - Provide for safe, secure and healthy housing
  - Reduce the threat of anti-microbial resistance.

### ACHIEVE PAE ORA



A future-focussed, long-term governance approach will be needed to fulfil the purpose of the Pae Ora (Healthy Futures) Act 2022. This should:

1. Centre the health system on te Tiriti o Waitangi, including through support for Te Aka Whai Ora
2. Achieve health equity for Māori, Pacific Peoples and other priority populations,
3. Ensure good health for all tamariki and rangatahi, whānau and communities.

#### THE NZCPHM CALLS FOR ACTION TO

- Optimise the first 1000 days of life
  - Eliminate child poverty
- Ensure high childhood immunisation coverage to protect all communities
- Achieve good mental health and wellbeing
  - Eliminate inequity in Rheumatic Fever
  - Attain good oral health for everyone.

### STOP HEALTH HARM



Tobacco, alcohol and unhealthy food environments cause harm to our people. Together they are responsible for the preventable loss of over 370,000 healthy life years in Aotearoa New Zealand, every year. This increases costs in the health care sector and impacts on national productivity and community wellbeing.

#### THE NZCPHM CALLS FOR ACTION TO

- Make the vision of Smokefree Aotearoa a reality by 2025
  - Change legislation to cut alcohol harm
- Stop the harm from unhealthy food environments.

### INVEST IN THE HEALTH SYSTEM



Ongoing investment in the publicly funded health system is needed to deliver better health outcomes for all. This includes investment in workforce planning and development, evidence-based health services planning and implementation, infrastructure and building programmes, equipment upgrades, and funding mechanisms.

#### THE NZCPHM CALLS FOR ACTION TO

- Invest in the health workforce
- Continue to grow public health infrastructure
  - Address misinformation & disinformation
- Use technology wisely to improve health outcomes.

## WHO ARE WE?

The NZCPHM represents the medical speciality of public health medicine in New Zealand.

Public health medicine is defined as the branch of medicine concerned with the epidemiological analysis of the health and health care of populations and population groups. It involves the assessment of population health and health care needs, the development of policy and strategy, health promotion, the control and prevention of disease, and the organisation of services.

Public health is focussed on achieving health equity across ethnic, socioeconomic, age, and cultural groups, and promoting environments in which everyone can be healthy.

For further information, see our Health for Everyone - Ō Tātou Hauora document, as well as the other policies available on our website [www.nzcpm.org.nz](http://www.nzcpm.org.nz)



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OF PUBLIC HEALTH MEDICINE