



The latest in DHBRF news and information

Issue 25

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Research Theme

2009: A Year to Shine

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1. HRC Research Partnerships: An Evidence-base for Policy and Practice

The DHBRF model of research purchasing was designed as a variation on the HRC Partnership Programme, enabling research to be targeted to provide valuable outcomes across DHBs, and enhance individually purchased research projects within DHBs.



The HRC's Partnership Programme began in 2001 with a focus of engaging cross-sectoral stakeholders with related goals to work together to fund high quality, targeted, outcome-focused research. The Programme has proven to be a successful catalyst, directing funding towards the development of the evidence-base needed to underpin policy and planning. A range of agencies are involved at all levels, including central government, local government and communities. Through the formation of these cross-sectoral partnerships, much bigger projects can be undertaken and each agency gains much more from the research than just their individual contribution. Utilisation of the HRC processes ensures conformity with international best-practice, incorporating transparent and contestable methods for the identification of the best possible research provider. Applications for funding are in response to a Request for Proposals (RFP), which can be released throughout the year, targeted to areas identified as key priorities.

To launch 2009, this issue of the DHBRF enews contains brief profiles of several Partnership Programme initiatives, demonstrating ways in which collaboration and other key principles of the Programme can lead to valuable research outcomes.

This includes projects arising from a joint venture between the Ministry of Health and the HRC, the Primary Prevention of Cancer and other Chronic Diseases Research Strategy. The broad objective of this initiative is to generate a targeted programme of research that will provide the evidence base required to reduce the incidence of cancer and other chronic diseases through primary prevention. The first three years of the programme focus on tobacco control and nutrition, physical activity and obesity. A recent project funded as part of the Pacific Health Research Programme is also profiled.

Several new DHBRF initiatives will be launched and current projects will continue to develop this year. Look out for notifications in the coming months. We also look forward to highlighting research projects underway within DHBs. 2009 – A year to shine!

2. Key Principles of the HRC Partnerships

The nine key principles of the Partnership Programme reflect the need for joint ownership of multi-stakeholder initiatives, the need to employ international best practice throughout the course of initiatives and the outcome focused approach of partners.



For more information on the Partnership Programme you can download the [Partnerships for Evidence-based Public Policy](#) publication or visit the [HRC website](#).

3. Increasing the Effectiveness of the HEHA Workforce

A recent project funded through the Primary Prevention of Cancer and other Chronic Diseases Research Strategy focuses on 'Increasing the Effectiveness of the 'HEHA' Workforce' and is led by Associate Professor Nicola North, at the Centre for Health Services and Policy Research, University of Auckland.

The primary research goal is to establish ways to improve the effectiveness of the health workforce engaged in the delivery of nutrition and physical activity initiatives for Māori and Pacific peoples.

The research team will utilise participatory action research in collaboration with 3 partner DHBs and Healthy Eating-Healthy Action (HEHA) initiatives

focused primarily on Māori and Pacific communities and clients, reflecting an Appreciative Inquiry method.

This strengths-based approach will highlight and share HEHA successes to help address differences in health outcomes between Māori, Pacific and other populations. The research will capture the different perspectives of clients, whānau, communities, HEHA workers and DHBs. An over-arching strengths-based framework will be developed during the research with up to 3 DHB-specific responsive models that can be transferred to other DHB settings and HEHA initiatives. In addition a sustainable monitoring system will be established for DHBs to continually improve the effectiveness of the health workforce's HEHA initiatives.



A comprehensive resource on this theme is the [HEHA On-line Network](#), with HEHA information about research, transport, priority populations, education, local government, health, industry, recreation and the workplace. This includes links to the [HEHA online Evaluation and Monitoring Tool](#) and [HEHA Knowledge](#)

[Library](#). The [Ministry of Health HEHA site](#) has further resources available.

4. What Motivates Maori, Pacific and Low SEC Users of Tobacco to Stop Smoking?

Led by Dr Marewa Glover at the University of Auckland Tobacco Control Research Centre a further project under the Chronic Diseases Prevention Research Strategy is investigating the motivation of Maori, Pacific and lower socio-economic tobacco users to stop smoking.



Reducing tobacco smoking among M ori and Pacific Island people is a key priority for improving health and reducing inequalities between M ori and Pacific Island people and other New Zealanders. M ori, Pacific Island and lower socio-economic smokers across a number of urban, metropolitan and rural settings in New Zealand will be interviewed in focus groups about what motivates or has potential to motivate them to stop smoking and how motivation to quit changes over time. The research will also explore expectations of various smoking cessation methods. Some focus groups with recent ex-smokers will seek to determine what motivated them to stop smoking and what factors in people's different cultural environments support their efforts to quit and stay smokefree. The results will include a set of recommendations on how tobacco control interventions can enhance motivation to quit and better trigger smokers to make a quit attempt.

More information on smoking cessation and related research can be found by visiting the [MOH Tobacco Control and Smoking](#) site, [Action on Smoking and Health \(ASH\)](#), or [The Quit Group](#).

5. Developing Strategies to Reduce Smoking Uptake and Second-hand Smoke Exposure of NZ Children

In addition to increasing smoking cessation, key objectives of tobacco control activities in New Zealand are to reduce smoking initiation and reduce exposure to second-hand smoke (SHS). Developing Strategies to Reduce Smoking Uptake and SHS Exposure of New Zealand Children is the title of a project led by Dr Richard Edwards at the Wellington School of Medicine and Health Sciences, University of Otago, in partnership with Whakauae Research Services.



Phase one of this project involves a systematic review of local and international research, and targeted additional analyses of local datasets and original research to build explanatory models of the influences on smoking initiation and children's second-hand smoke (SHS) exposure in New Zealand. The models focus on Maori communities and the role of parents/care-givers. The research team will carry out a preliminary investigation of how household smoking policies affect air quality and children's SHS exposure.

In phase two, the research team will use the explanatory models to identify possible strategies to change

parental/care-giver behaviours in Maori communities, while addressing likely barriers and constraints. They will then develop suggested community-based interventions. These interventions will be presented to members of potential target communities, implementation teams and other key stakeholders to assess their feasibility and appropriateness. The final intervention strategies will inform future public health practice to reduce smoking initiation and children's SHS exposure.

A more detailed summary of this project can be downloaded [here](#).

6. Enhancing Food Security and Physical Activity for Maori, Pacific and Low Income Whanau/Families

As defined by the research team, food security is assured access to food that is of a suitable nutritional value and quality, and that is safe and meets cultural needs. Food insecurity (the opposite of food security) is associated with detrimental health outcomes such as obesity, diabetes, and micronutrient deficiencies. National nutrition surveys have identified food insecurity as an issue for 20 to 22% of New Zealand households, with higher prevalence in Māori and Pacific households.

Physical activity is any bodily movement produced by skeletal muscles that results in energy expenditure. Physical inactivity is associated with detrimental health outcomes such as overweight/obesity and cardiovascular disease. Despite the positive benefits of regular physical activity, approximately 32% of New Zealanders are inactive. Pacific peoples have lower levels of physical activity than both Māori and New Zealand European.

This project aims to understand the environmental influences on food security and physical activity, with an emphasis on Maori, Pacific, and low-income families and whanau. It aims to identify the barriers to food security and physical activity and the supports needed to address these barriers. Led by Dr Cliona Ni Mhurchu, the project is a collaboration between the Clinical Trials Research Unit, University of Auckland; Health Promotion & Policy Research Unit, University of Otago, Wellington; Te Hotu Manawa Maori; and the University of Canterbury.

The methods employed in this research include:

- A systematic literature review will be undertaken and will be supplemented by an analysis of relevant ongoing New Zealand research;
- Focus groups will be conducted with urban and rural Maori, Pacific and low income New Zealanders;
- The ANGELO framework will be used to identify and prioritise key environmental factors;
- An analysis of findings from the ANGELO framework will be undertaken using complexity theory in order to understand the interaction of the various factors and key opportunities for interaction;
- Workshops will be conducted with representatives of Maori, Pacific, low income communities, policy makers, non-government organisations and academics; and
- A portfolio of programmes and policies to enhance food security and physical activity for Māori, Pacific, and low-income whānau/families will be developed.

7. The Socioeconomic Factors Associated with Food Security and Physical Activity for Maori and Pacific People

This research complements a larger study of food security and physical activity for Maori, Pacific and low-income whanau/families (Led by Dr Cliona Ni Mhurchu). Together, the two studies will contribute to the Primary Prevention of Cancer and other Chronic Diseases Research Strategy.

Led by Charles Waldegrave at The Family Centre, the research involves a detailed qualitative study of the socioeconomic factors associated with food security and physical activity for Maori and Pacific people. The study also applies a theoretical framework using Bourdieu's concept of habitus and insights obtained from previous applications of Bourdieu's ideas to studying social aspects of food and the body.



The research is informed by the three tikanga (Maori, Pacific and Pakeha/ European) model of research and practice developed by the Family Centre Social Policy Research Unit and benefits from the Specialist Public and Maori Health research expertise of the Massey University Research Centre for Maori Health and Development, and the University of Otago Department of Human Nutrition.

For helpful resources regarding nutrition, physical activity and food security the [HEHA On-line Network](#) has a great list of links to a number of resources. The [SPARC](#) website is also full of promotional material and guidance regarding physical activity at all levels..

8. Strengthening Career Pathways: A Pacific Health Programme of Research

The Pacific Health Research Programme is a partnership between the HRC and Ministry of Health. A recently funded project under this initiative is to investigate Strengthening Career Pathways: A Pacific Health Programme of Research, led by Analosa Ulugia.

Auckland UniServices Ltd, with the School of Population Health, University of Auckland, has developed a Programme of Research to support and develop emerging researchers and build Pacific health workforce knowledge. The programme of research was designed to expand the knowledge base concerning the Pacific non-regulated (PNR) workforce. The findings of this study are intended to assist the Ministry and HRC with gaining a better understanding of this workforce and to inform the strategic planning and development pertinent to this workforce.

Once completed, this study will provide comprehensive information relating to the PNR workforce in the Counties Manukau District Health Board (CMDHB) region in New Zealand.

The information for this study is drawn from three sources: a comprehensive literature review; a PNR health workforce survey completed by PNR managers; and in-depth interviews undertaken with PNR health workers and managers.

9 . Next DHBRF e-newsletter:

The next DHBRF enews will further highlight how recent HRC funded projects have addressed the Ministry of Health 14 key priority health areas. These themes are determined by the Ministry and are also key themes for DHBs.

These early 2009 issues are leading into some exciting plans for future DHBRF enews issues working with DHBs. Keep an eye out for future news...

We are always happy to receive contributions of relevance to our readership. If you have a proposed newsletter item please email ahaggie@hrc.govt.nz

10 . About the purpose of the DHBRF e-newsletter:

- Provide DHBs with information relevant to DHB core business i.e. funding and planning activities
- Identify research that could inform planning for public health services
- Identify less relevant research which may have more of a biomedical focus
- Monthly communications focus on one of the priority population health goals as outlined in the New Zealand Health Strategy
- Information is taken from an annual HRC report identifying publications produced by New Zealand research teams or funded by the HRC between May 2005 – June 2006

Information included represents highlights of findings of high-quality research, readily available at the time of writing

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