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## **1.(a) Socio-Political Determinant of Health**

### **EMPLOYMENT:**

Employment is a vital socio-political determinant of health which has an impact on New Zealanders' life. People who are employed and get a good income so can improve their lifestyle, better education, a healthy diet, enhance their social status, get opportunities and afford everything that needs to be required, all these are a positive impact on health and well-being. Moreover, 69.3% of New Zealanders are employed and 3.4% are Unemployed and the Underutilisation rate is 9.4% (Stats Government New Zealand, 1 February 2023). Likewise, unemployed individuals are surviving on everything such as healthy food, treatment, education, and the proper place to live because they could not afford and its straight impact on mental health, physical and social. Therefore, Employment is essential for all New Zealanders, so they can enjoy their life and give the best future to their families (Health Navigator, 11 November 2021).

## **(b) Cultural Determinant of Health.**

### **FOOD**

Food is the foremost important cultural determinant of health, and it affects individuals as well as family members directly and indirectly in New Zealand. In New Zealand there are lots of different people living and they have different food choices, which is good for them. When individuals eat well and follow a balanced diet then they reduce their risk of chronic diseases. Ethnic identity is a vital dimension of health inequalities in New Zealand. **For example**, there are different ethnic groups living in New Zealand and having their own cultural food. Furthermore, different types of category food are available such as veg, non-veg and seafood etc. If vegetarian people try to eat non-veg food, then it is not suitable for their diet so they will sick easily, which effects on overall health. Thus, intake a healthy diet that is perfect for the body. Food is as main to live as oxygen. If a lack of oxygen can kill organisms in minutes, then insufficient food intake can kill them in days. A recent study revealed that New Zealanders improved their eating habits, so their health issues is automatically reduced. If people follow an eating pattern such as eating vegetables, fruits, legumes, whole grains, nuts and seeds and good oils then improves their health and their

family's health and avoids a lot of diseases like obesity, high cholesterol, diabetes and dental cavities (Health Navigator, 5 January 2023).

**(c)One Socio-Political which is impact the health of three different ethnic groups in New Zealand.**

**Food impact on three Ethnic Groups:**

**FOOD:** Food plays an important role in everyone's life and impacts the health of individuals and Whanau's life. In New Zealand, every person has a right to live a better life and earn well, so they give a better life to their family and also enjoy their life without any obstacles. In 2014, ANA assisted the development of health communities, healthy lives in New Zealand public health nutrition and physical activity sector vision 2024, which mainly focuses on food, such as healthy diet, balance diet and affordable food because food can improve mental well-being, however, unhealthy food can have a negative impact on health and also face a lot of diseases (Activity Nutrition Aotearoa, 11 October 2020). Below is a brief introduction to Socio-Political determinants which impact on Māori, European and Asian ethnic groups.

**Maori:** A individual emotional, psychological, and spiritual well-being are all influenced by their diet. The social and cultural associations of food in the context of this study were challenging to separate since the cultural values, attitudes, and beliefs related to food are deeply rooted in social conduct. Māori people in New Zealand have a higher risk of disease and mortality than their non-Maori counterparts, according to research. **For instance**, the Maori Pupil ethnic group holds that sharing meals with others is a sign of respect and hospitality. Moreover, the authority of Maori health observed that Maori people die at twice the rate as non-Maori from heart disease in 2010-2014 the total number of Maori people who died was 286.8, the rate per 100000, as compared to 132.4 died non-Maori people who were 35+ years. In addition, if individual intake a proper balance diet, then they reduce numerous diseases like cancer, diabetes, stroke and heart failure as well as decrease the death rate (Ministry of Health, 2 August 2018).

**EUROPEAN:** According to the 2018 census total population of European New Zealanders is 3,372,708. European pupils' daily intake nutrient so they can improve their health and save their life from obesity, stroke, diabetes, heart disease and other major health problems. In the survey conducted by the 2018 census, 49.5% of New Zealand Europeans were employed and 3.2% were unemployed, so it directly impacts their lifestyle. In New Zealand, pupils typically consume poor diets and have several health problems. By 2025, expert groups advise that New

Zealand should aim to have a prevalence of childhood overweight and obesity of 25% with fewer inequities (The Free Encyclopedia, 22 April 2023).

**ASIAN:** In New Zealand, there are different people living and having a different culture. Every divergent ethnic group has their own beliefs and norms. In New Zealand, Asian pupils have an intake lower-energy diet per day. In 2013, 11.8% of the New Zealand population identify Asian. In general, Asian pupils are considered to have good health in New Zealand. But it has also revealed that the Asian ethnic group has a lower rate of access to health services and healthcare utilisation. If individuals eat unhealthy food, then it includes a high risk of cardiovascular disease, diabetes, depression and anxiety etc (Stats New Zealand, 2018).

### **(d)Analyse the implications**

#### **(1)A healthier and more productive population:**

Many factors combine together to affect the health of individuals and communities in New Zealand. Pupils are healthy or not only determined by their environment and circumstances. There is an element that is affected directly on health is **Education**. If individuals get better qualification, then more job opportunities are available and it also enhances income, more employment opportunities and the affordability level to high so that the population will be productive and positive impact on overall health of individual. If pupils get a low level of education, then they cannot get good opportunities and are linked with poor health as well as face a lot of health issues like stress, depression and chronic diseases which affect the overall health of individuals. The health outcomes of having a healthier and more productive population are further reduced by the fact that lack of education and health factors create health inequities.

**2.Reducing health disparities:** Ethnic group is a crucial component of health inequality in New Zealand. New Zealand, government works to enhance the health of the Māori and Pacific populations. Educated people have a lot of knowledge about good or bad for their health and get the best **employment** and more focus on their health. **For example**, the government launched a Healthy Active Learning intervention in 2019, to improve physical health, and mental health and create a healthy environment for all the individuals in schools and Kura free of cost. The 2016 New Zealand census calculated that the unemployment number is more in North Island Maori was 16%, Pacific people at 17% and the European community was 5% unemployed. Uneducated people cannot get employment and face obstacles in everything and its impacts on individual health in New Zealand.

**3.Improving Maori health:**

**Housing** is the significant socio-political determinants of health in New Zealand. While individuals living in better accommodations like clean air, healthy environments, safe houses and infrastructure so it improves the physical, mental and social wellbeing of pupils. But bad living accommodations directly impact Maori health such as they face asthma, skin infection, heart diseases and chronic diseases in New Zealand According to New Zealand Health Survey, 88.4% of adults were good in health while disabled adults with 62.6%, and Maori die twice the rate as non-Maori from chronic disease and the death rate is 1.5 times that non-Maori children (Health Navigator, 26 December 2022).

**4.Increased safeguards for the public health**

The purpose of this National goal In New Zealand is to improve public health and reduce health disparities. The Ministry of Health and District Health Boards are mandated to improve, promote and protect the health of their populations. Likewise, creating a healthier and more productive population increases safeguards for public health. If people have better income than they live healthy life and they have better knowledge how to manage the balance diet.

**5.A reduced burden of acute and chronic disease:**

Income is the most important element in the life of an individual. New Zealand National health goal, which improves the quality of life of New Zealanders. People with high incomes afford everything easily without any problem and also take care of their health like follow regular check-ups because they afford it and spend money on a healthy diet, physical activity and social gatherings. According to New Zealand Stats, in 2022, by ethnicity weekly wages are European \$1238, Maori \$1086 and Pacific people \$1074.If people earn well then improve standard of living and reduce the risk of diseases like cancer, asthma, brain tumour, stress etc.

**2.Analyse the five Principle of Primary Healthcare address with the Primary Health Care Strategy Themes in New Zealand.****1.EQUITY**

The foremost key principle of primary health is Equity which means treating pupils fairly and just opportunities to attain their highest level of health in New Zealand. The World Health Organisation describes equity as a lack of preventable disparities between groups of individuals. The main aim of this principle is to improve the health of people irrespective of their caste, religion, rich or poor and urban or rural in New Zealand (Health Navigator, 24 November 2022). However, inequalities can be observed in the health system of different

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groups in New Zealand that's why equity is so essential in all health sectors for all individuals. To boost equity in primary healthcare, the government has undertaken significant efforts (Howmed know yourself, 2015). **For example**, Health equity means that individuals have opportunities based on their needs, in health clinics, a person who afford the care they will pay based on their needs, on the other hand, a person who cannot afford care may receive it free of cost. As a result, health equality entails that everyone has access to the same chances, such as a community centre that provides everyone with free or inexpensive checks. The government has taken steps to promote health equity, providing health seminars and courses, low-cost health services and providing better education, and treatment to all the communities in New Zealand (Medical news today, 8 September 2020).

## **2.COMMUNITY PARTICIPATION**

The second primary health care principle is community participation. The community participation is a method in which members of the community volunteer to work in local health care and a social approach where individuals work willingly without any hesitation. Primary health organisations (PHOs) are required under New Zealand 2001, Primary Health Care plan to engage communities in their government and be receptive community demands. Without the participation of individual governments cannot achieve the goal to improve the overall health of New Zealanders. Moreover, in order to plan, organise, make decisions about, and carry out government-sponsored health programmes, participants must first determine the community's health requirements. **For example**, in the health care department, people participate in their own decision because they help peoples who need help. Community participation is a significant element that supports New Zealanders people with special needs and enhances better health and well-being of individuals (Department of the prime minister and cabinet, 26 January 2023).

## **3.INTERSECTORAL COORDINATION**

The third one primary health care principle is intersectoral coordination. The main aim of this principle is to improve the health and social circumstances of individuals in New Zealand. Intersectoral cooperation is the bringing together of many groups, businesses, and industries to cooperate on understanding and resolving difficult problems and improving the health of individuals (Ministry of Health, October 2001). **For instance**, a joint government intervention between the Ministry of Health, the Ministry of Education and Sport New Zealand organised the initiative Healthy Active Learning in 2019 and was funded by a government investment of \$47.6 million. The main aim of this initiative is to improve the well-being outcomes for all New Zealanders (Improving the Health of New Zealanders, 28 March 2023).

#### **4.APPROPRIATE TECHNOLOGY**

The appropriate technology is the fourth pillar of primary health care in New Zealand. In this principle, technology plays a significant role in primary healthcare in New Zealand. Picture archiving and communication system and VNAs are the two famous tools used in the healthcare profession to process and store patients' medical images. Technology easily improves health care quality because with the help of technology patients' data is stored and exchanged health information through an electronic medium. According to a report published by HIMSS, about 80% of healthcare sectors plan to invest in digital healthcare tools. **For instance**, Electronic Health Records (EHR) tool is used for patients' information and patients also easily access their login id and check their health status. While in the past, clinicians had to document everything on paper, by hand, but now technology reduced paperwork easily and also saves time. In electronic health reports, patients can easily view their medical history, and treatments, schedule appointments and make payments online. The patients use their personal devices like phones to save their health data. In electronic health reports, patients can easily view their medical history, and treatments, schedule appointments and make payments online. A patients use their personal devices like phones to save their health data (Select hub, 2023).

#### **5.HEALTH PROMOTION**

The fifth principle of primary health is health promotion which means enhance physical health, mental health and wellbeing of New Zealanders. Health promotion is delegated individuals and locality to take control of their health and well-being because pupils eat unhealthy diets, so they face numerous health issues like obesity, diabetes, asthma and chronic diseases. The New Zealand Health Strategy focuses on people's health and organises various initiatives to reduce health issues (Health Navigator, 11 November 2021). **For example**, Government develops a framework for action on health and particularly on the issues the Ministry of Health, District Health Boards and health sector providers must address. For example, the government organise health promotion campaigns, so pupils are influenced and change their eating habits. A healthy diet and regular exercise pupil become healthy, and this physical activity can help to reduce weight gain, heart disease, stroke, diabetes and some kind of cancer (Health government New Zealand, February 2001).



### **3.(a)HEALTH PROMOTION PROJECT**

Asthma is Health Promotion Project which identifies Health obstacles in New Zealand. The project name is “**Inhale The Future Exhale The Past**”.

**VISION:** To help individuals breathe better so they can live freely for adults in New Zealand.

**MISSION:** To free New Zealanders from Asthma through expert education, action plans and advocacy to live a life full of possibilities. Moreover, focus on adults who are facing asthma disease and provides a healthy environment to New Zealanders.

**BACKGROUND:** There are numerous New Zealanders who suffer with Asthma issues. According to New Zealand Health Survey 2021/2022, over 570,000 individuals take medication for asthma and the highest number of children 305.9 per 100000 in 2019 are admitted to hospitals in 2019, and 3243(67 per 100000 people) died in 2017. In addition, different ethnic groups face asthma problems, but the paramount number of an individual who faces this issue is Māori, Pacific peoples and pupils living in the most deprived areas (Asthma and Respiratory Foundation New Zealand, 2020).

**CHALLENGES:** Asthma is a common health disease that children and adults in New Zealand particularly face. Asthma is a chronic disease that effects on lungs and creates breathing issues. According to 2006 census data, 296000 children and adults faced asthma issues. There are around 235 million individuals affected an asthma disease as well estimated 250,000 people die from asthma every year in the world. There are a lot of challenges faced by adults who suffer from asthma disease firstly, house dust mites impact people so vacuum carpets and floors regularly by using HEPA filters of vacuum equipment, thus preventing an asthma attack, keeping the humidity level in the home low, around 30-50%. Asthma people are impacted by different things such as infections of the airways like cold and flu, cigarette smoke and weather (changes in temperature), do exercise also affects the difficulty in breathing and adults face worse cough at night and in the morning due to this. In addition, high levels of stress and emotions also bad impact on adults and it is an asthma trigger, which is not good for health (Centers for Disease Control and Prevention, 12 December 2022). Outdoor air pollution can easily initiate asthma attack and pollution come from different areas like factories and wildfire smoke furthermore, chemicals like spray, perfume and cleaning fluids also generate asthma attack in adults, which cause death of people. Due to this, adults cannot take breath properly because people cannot get enough air in their lungs and the inside walls of the airways in lungs become inflamed and swollen, along with this

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asthma attack happen and it is very hard to breathe and continuously cough and wheeze happen which is critical condition face by individuals. Hence, these are the obstacle faced by adults because of asthma chronic disease (Health Navigator, 30 November 2022).

**FUTURE PLANS:** Through future plans, adults can feel happy from asthma and follow the terms and conditions which will be provided for individuals in New Zealand. In the upcoming time, New Zealand will implement strategies which is leverage data and technology as it reduces asthma and Chronic Obstructive Pulmonary Disease. In this strategy, patients who complete Asthma NZs 3-plus Self-Management Programme are 87% reduce to be re-admitted to ER room for respiratory-related problems. For example, in past time, nurses recorded all the data manually and by hand, but in the management, using Microsoft 365 CRM nurses can now enter data directly into smart devices as well as patients know about their health status (Health Informatics New Zealand, 18 August 2022). The government will make new technology applications that will easily use by adults. These applications, provide education and information on Asthma so adults will be aware of the symptoms of Asthma at an early stage and will go to the doctor and at the current stage will prevent Asthma disease (Health Navigator, 27 March 2023). The government will provide a campaign to adults so that they will enhance their knowledge about Asthma as well as give free of cost education on Asthma chronic disease because it is essential for all individuals.

### **3.(b) The Application of the Ottawa Charter as the globe framework for the Health Promotion Project.**

The primary conference was held on Ottawa Charter in Canada, in November 1986 for Health Promotion by World Health Organization (WHO) and it is an international agreement. This agreement is about health promotion, action plans, education, income, guidance towards actions and efforts of the government to promote a healthy environment and well-being. The project “Inhale The Future Exhale The Past” will analyse the application of five action points of the Ottawa Charter.

**1.POLICY LEVEL:** The first action point is Public Policy which creates a healthy environment for all New Zealanders. The project “Inhale the Future Exhale the Past” provides guidance to all individuals about Asthma Disease through education, action plans, provide applications on mobile phones so that individuals can be aware of Asthma and more know about how to handle the critical condition when an asthma attack happens as well as manage asthma daily and take medicines, analyse the symptoms of allergens and know-how, and who to contact in an emergency situation. The government give awareness through

online sessions to all individuals about chronic disease. The main goal of this policy is to promote every facility to individuals, so they are up to date about Asthma disease and how to prevent this problem in an easy way.

**2.Create supportive environments:** In New Zealand, there are different ethnic groups of peoples living and every individual face health problem in their life, so Ottawa Charter made an action point that creates a supportive environment. This action point means helping each other in the community. Create a supportive environment action point implement on the project of “Inhale The Future Exhale The Past” For instance, in DHB sectors there are peoples who are faced with Asthma disease in the last stage, but they easily help early-stage of Asthma patients like how to prevent asthma an initial stage so they will aware what to do so that they will change their pattern of lifestyle and improve health.

**3.Strengthen community action:** Strengthening community action is a third action point which means community work together like setting community priorities, making decisions, and planning strategies so the health becomes better for New Zealanders. The project “Inhale The Future Exhale The Past” implements the health promotion of New Zealanders. For strengthening the community, this project provides a lot of information about asthma to all New Zealanders because this chronic disease stuck the life of pupils, but with the help of community support, they can improve their health. Moreover, this project provides expert education about asthma, so peoples learn it carefully and use it in their daily life, if any difficulty is happening then community support to individuals.

**4.Develop Personal Skills:** The fourth action point is to develop the personal skills of individuals of New Zealanders. This key point plays vital role in an individual's life because with the help of proper education, and information on health, people easily set their diet plan and intake healthy diet so they cannot face chronic diseases their whole life. The government establish various resources where pupils can enhance their skills such as schools, online sessions about health and paying attention to their environment of living like the best accommodation so they live in a healthy environment. “Inhale The Future Exhale The Past” project provides information regarding asthma and also describes applications that are easily used by a patient with asthma like my asthma application, in these adults who are suffering from asthma disease know how to deal with this health problem, online check their reports and know all the information about their health.

**5.Reorient Health Services:** The fifth action point is to reorient health services that provide health services to all New Zealanders. In this action point individuals, community groups,

health professionals and health service institutions work together to promote the health of New Zealanders and it is the responsibility of the government to provide a healthy environment to all individuals. The government also launched an initiative Healthy Active Learning, which is free of cost and started in schools, Kura in New Zealand, which promotes physical, mental and healthy well-being for all individuals. The project, “Inhale The Future Exhale The Past” provide guidance about Asthma to all pupils like how to face it, what to do, how to enhance personal skills and create a healthy environment. This is to provide support to individuals' needs and communities for a healthier life.

### **3.(c)Underpinning theory**

#### **HEALTH BELIEF MODEL**

The health belief model framework is a psychological theoretical model which is described to health behavioural decisions and disease prevention. This theory was developed by Irwin Rosenstock in 1966 and its main focus is on health promotion theories. An HBM is a correlation of three factors that is knowledge, opinions and actions taken by an individual towards their health. In this people can screen for the early detection of illness and take steps to prevent this disease. This provides the best guidance towards health promotion so individuals will tackle any disease.

#### **CONSTRUCTS OF HEALTH BELIEF MODEL**

**1.PERCEIVED SUSCEPTIBILITY:** Perceived susceptibility means belief on getting a disease. It refers to the individual's perception of the risk of realising an illness and every person is different from another person, so they have a different perception. According to the project, “Inhale The Future Exhale The Past” adults have different symptoms of asthma some of them are affected by air pollution and others have allergies to wildfire wood, so health services provide guidance to all the individuals according to their needs.

**2.PERCEIVED SEVERITY:** Perceived severity also called perceived seriousness which refers to an individual's belief on the seriousness or severity of a disease. The belief around asthma and its seriousness, obstacles and consequences. Through the campaign, education and action plans such belief can be altered, which help adults to follow instructions on how to cope with asthma and what environment is created around them so they cannot affect by any allergy.

**3.PERCEIVED BENEFITS:** Action plans implement on individual health so they can save their life and enjoy. This project described what action plans were taken to prevent asthma such as action plans written in documents to help an individual to remember the things to do

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to manage asthma well. Moreover, develop an asthma management plan with a healthcare provider and if any emergency then the New Zealand government provide a helpline number for an individual.

**4.PERCEIVED BARRIES:** This refers to an individual's feelings regarding asthma disease if an asthma attack happens then using the inhaler, which is a device used to send medicine to the airways and starts working quickly and saves the life of the individual and uses this inhaler without shyness what others think about you because asthma attack is very painful, breathing problem starts and cough and wheeze consciously happen.

**5.CUE TO ACTION:** This is the stimulus needed to trigger the decision-making process to accept a recommended health action. Asthma chronic disease is very hard to tackle, and individuals cannot participate in daily activities like exercise.

**6.SELF-EFFICACY:** This refers to the level of individual confidence, how to deal with Asthma disease without panic. Asthma patients can deal with serious illnesses like difficulty breathing, wheezing and a worse cough at night or in the morning.

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