



“Our mission is to improve the health of New Zealanders by developing a centralized database and website gateway leading to accurate and reliable health information, tools and resources that support, equip and enable individuals and their families to manage their health and any long-term health conditions more effectively in partnership with their healthcare providers”.



Health Navigator NZ is a not-for-profit initiative operated by the Health Navigator Charitable Trust and contributed to by a collaboration of health organisations including Counties Manukau DHB, Auckland DHB, Waitemata DHB, Heart Foundation (NZ), Asthma Respiratory NZ, Mental Health Foundation, Arthritis NZ and Diabetes NZ. The Trust is overseen by a Board and Advisory Group comprising 14 funders and providers from primary and secondary care. A further 30 contributors make up reference groups covering diabetes, cardiovascular, respiratory, arthritis, mental health and healthy living.



Health Navigator began in 2005 when a group of doctors, nurses and managers got together to discuss what was happening in New Zealand within the area of self management. In July 2008, the Health Navigator Charitable Trust was registered with the Charities Commission in New Zealand. The Trust is governed by a Board of Trustees chaired by Mary-Anne Boyd and includes Dr Janine Bycroft, Bram Kukler, Andrew McLachlan, Wendy Rayner and Dr Jocelyn Tracey.



Health Navigator NZ also has some exciting new initiatives in the pipeline. This includes the development of a health literacy project in collaboration with the Heart Foundation and Auckland Libraries, as well as the formation of a long term conditions clinical network

For more information about Health Navigator NZ, please contact Dr Janine Bycroft,

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Current Projects

We are currently leading or involved with several projects around improving long-term conditions management across New Zealand.

Long-Term Conditions/Shared Care Clinical Network

Over the last five years, we have developed a broad network of clinicians, managers and consumers across the country who are interested in optimising the prevention and management of long-term conditions. Long-term conditions has also been recognised by most of the Better Sooner, More Convenient Business cases as an important area, yet most activity remains fragmented and many are working in semi-isolation. To facilitate more active knowledge sharing and networking, we have formed a national Long-Term Conditions/Shared Care Clinical Network and will be establishing a micro-site on the Ministry of Health's Health Improvement & Innovation Resource Centre website within the next few weeks. We look forward to facilitating increased opportunity to connect, discuss, share exemplars and resources online and through Health Navigator NZ, this bulletin and regional meetings over the next 12 months.

Health Literacy Project

A number of organisations around the country are interested in health literacy and various projects are springing up. One initial strategy that has proved useful in the UK is the development of recommended reading and resource lists that can then be shared with local community libraries and general practice teams. We are currently working with Auckland District Health Board, Heart Foundation and Auckland City Libraries looking to collate such a list with particular emphasis on identifying videos and audios that are **easy to read, understand or available in multiple languages** and suitable for New Zealand populations. Next year we hope to establish a regional steering group focusing on health system issues and intersectoral approaches to improving health literacy. This could include issues such as signage in hospitals, reviewing letters that are sent out to patients through to adaption of decision aids from Cochrane reviews for NZ audiences.

Self-Management Toolkit

During the Ministry of Health Self-Management Master Classes held around the country in June 2009, a number of regions recommended development of a self-management toolkit to help primary care teams and secondary care services understand and start adopting self-management strategies and approaches. Health Navigator NZ is working with Auckland District Health Board to develop such a toolkit. An initial draft will be available end of November. An online version will eventually be available on the Health Navigator NZ website.

Long-term Conditions Conference

Health Navigator NZ is also leading a collaborative effort to host a conference early April next year focusing on Long-term Conditions. Themes for the conference include health literacy, co-design of services, self management support, models of care, and e-health. Partner organisations for the conference include Heart Foundation, Auckland District Health Board and Te Whariki Teitei linked with Waitemata DHB. More information will be available within the next few weeks.

