



New Zealand First has a plan to MAKE NEW ZEALAND HEALTHY

We have an epidemic of chronic illness that is impacting the lives of one million Kiwis, overwhelming our hospitals and putting unsustainable pressure on our economy. It's time for new thinking, with a bold shift from treating illness to preventing it.

We will:

- Put prevention back at the heart of healthcare
- Have a strong focus on metabolic health the key driver of chronic illness
- Ensure that informed consent is a core part of quality healthcare
- Recognise that consumer choice is what leads to healthier decisions
- Promote nutrition from primary school to medical school
- Require a full independent review of our dietary guidelines
- Reduce administrative burden and restore professional autonomy in General Practice
- Support our GPs by bringing health coaches into primary care
- Find better ways to acknowledge the amazing work of our nurses
- Remove Medsafe/Pharmac barriers to recognised safe nutrients.
- Fund our New Zealand scientists to assess nutritional interventions for preventing and treating mental illness
- Invest in hospital trials to assess the effectiveness of intravenous vitamin C pre and post-surgery for preventing and treating infections.
- Fund a review of vitamin D and determine optimal levels for maintaining health
- Support farmers and growers by investing in agricultural productivity, soil health, sustainability and resilience while researching practical alternatives to potentially harmful agricultural sprays.
- Back our organic producers, cut unnecessary barriers, encourage investment and innovation, and grow new markets so New Zealand's organic industry can create more jobs, strengthen regional communities, and deliver greater value from our land.



SEE ALL NEW ZEALAND FIRST
POLICIES



NEW ZEALAND
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NATURAL
HEALTH ALLIANCE

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