

ABSTRACT BOOKLET



TOI TANGATA<sup>®</sup>

# TĀTAI ARORANGI

Star Charts and Road Maps



TOI TANGATA®

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### **DR MATIRE HARWOOD**

#### **Ngapuhi**

A keen waka ama paddler and sideline basketball Mum, Matire's background is in primary health care and rangahau hauora Māori. She is the Director for Tōmaiora, Māori Health Research, and Senior Lecturer at the Auckland Medical School; editor for the Māori Health Research Review; Gp at Papakura Marae, and GP Champion for Primary Care Health Targets at Counties Manukau DHB. Dr Harwood sits on the Board and Māori Health Committee at the Health Research Council, and the Māori Advisory Committee for Auckland / Waitemata DHB.

#### **Navigating the waves of health equity with our waka - what seat are you in?**

Using examples from both her work as a GP in Papakura, from recent research and her involvement in waka ama/outrigger canoe, Matire will look at the role we play in the promotion of healthy lifestyles to individuals, whānau and communities. Are we all on board the same waka? Are our paddle strokes in unison as they enter the water? Who are the powerhouses sitting in seats 3 and 4? Is seat six steering the waka in the right direction to make a difference?

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### **DR RANGI MAATAMUA**

#### **Tuhoe**

Doctor Matamua of Tūhoe, is an Associate Professor based in the Faculty of Māori and Indigenous Studies at Waikato University. As Associate Dean Postgraduate, he is also heavily involved with research development and postgraduate studies. He has undertaken significant research in the areas of Māori language revitalisation, Māori culture, Māori astronomy and broadcasting. Dr Matamua is a graduate of Te Panekiretanga o te reo Māori and Te Mata Punenga.

#### **Mātai Whetū**

Aim for the Stars. The hui-a-tau theme - Tātai Arorangi draws inspiration from the knowledge system of the stars, the conductors of the environment that we rely so heavily on. Inspired by the kupu 'Ko tātai arorangi i te kaiarataki i te ra,' it speaks of how reading the stars once guided everything we did and how all components of our lives were guarded by these celestial bodies. Rangī will share some of his knowledge and explain the meaning Mātai Whetu and its significance to the Hui-a-tau theme.



## Keynote Speakers



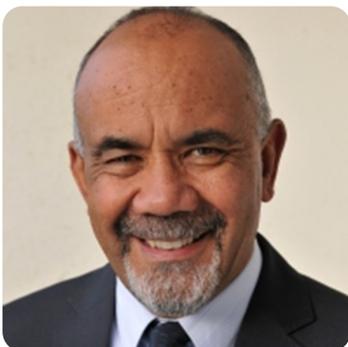
### **DR IHIRANGI HEKE**

#### **Waikato / Tainui**

Dr. Justin Ihirangi Heke is currently a Māori health & physical activity consultant involved in a number of projects ranging from community based initiatives funded by the Ministry of Education and Ministry of Health to working in applied roles with elite athletes as both a sport psychologist and strength/conditioner. Previously he has held lecturing roles in the School of Physical Education at the University of Otago, the University of Hawaii at Hilo and the Wānanga o Raukawa.

#### **Māori Systems Thinking**

Ihirangi will provide an overview of Māori Systems Thinking approaches utilising examples from Atua Matua, wananga in 2017 and more recently with his work with Indigenous groups overseas.



### **TE URUROA FLAVELL**

#### **Ngati Rangiwewehi, Ngapuhi**

Trained as a teacher, Te Ururoa taught at the secondary and tertiary level for many years. He later held a number of roles in the education sector, including school principal, and then worked as a consultant to various government agencies. He is a former New Zealand Member of Parliament, Minister of Maori Development, and co-leader of the Māori Party, a position he has held since 2013. He represented the Waiariki electorate for the party in Parliament from 2005-2017. More recently he has returned to his roots and taken up roles within Victoria and Waikato universities helping with course assessments and lecturing in politics.

#### **Moving the Māori Nation: Where Has it Been and Where is it Going?**

What challenges do our whānau face in achieving positive healthy lifestyle changes?

Has the Māori nation moved?

How effective is our advocacy?

What policy settings do we need to focus on to effect positive change?

In his korero, Te Ururoa will discuss a range of kaupapa from his experience in government, education, and community.

## Keynote Speakers



### **POTAUA BIASINY-TULE & NIKOLASA BIASINY-TULE**

#### **Ngati Whakaue, Ngati Pikiao, Tuhoe & Dutch, Puerto Rican**

Having worked in the tech industry for 12 years and built a successful business during that time. Being parents of a 6 and 10 year old (along with 15 other nieces and nephews living in Rotorua) this husband and wife team have seen the power of technology to transform lives and want to create the foundation tamariki, rangatahi and whānau need to become creators and developers of their own digital tools.



Digital Natives Academy (DNA) Charitable Trust was established in 2014 to encourage tamariki, rangatahi and whānau to create, transform, shape and develop their own digital worlds. DNA's kaupapa is to inspire whānau to become creators, developers and innovators of digital technology, rather than mere users and consumers of it. DNA is about giving whānau the confidence to think creatively, work collaboratively and reason systematically.

### **Digital Natives Academy**

Māori innovation is a bit different to the mainstream. It is about making connections between the old and the new; between the large and the small; between the whanau, the hapu and the iwi. It speaks to the transitional nature of change and looks to how Māori values can be retained throughout the entire process. And it is an essential part of bringing the culture into a 21st century paradigm. The potential for Māori is not just in innovative ideas, but in the innovative systems to support ideas that will benefit communities.

The demographic of Māori is changing with 50 per cent of all Māori now aged 23 years or younger. This group are digital natives, often hyper-connected, and savvy. The question of where job opportunities come from for them may be partially answered in the palm of our hands. Digital innovation is a contemporary way for whanau to navigate the tricky waters of today, to chart the course, make the journey and arrive safely at their destination of digital self-sufficiency. It's part of a wider solution to connect, share, train and employ tribal members. They are modern-day ancestors, planting the seeds of hope today so that the children might enjoy the fruits of innovation tomorrow.

So what role does nutrition and physical activity play in a space that generally sees users indoors, behind a computer screen and sitting down? How can gaming be healthy? What opportunities are there to promote messages? Potaua and Nikolasa will share their thoughts and experiences in the digi-space that has new opportunities to engage rangatahi and whānau moving into the future.

# Workshop Sessions Day 2

## **Kitchen Table Talk**

Raewyn Nafatali & Lisa McNab

### ***Healthy Families Far North***

For as long as humans have congregated for meals, the metaphorical “kitchen table” has existed. This place in the home or community is where whānau have connected, been nourished and formed the values systems that now guide our lives.

The Kaikohekohe Kitchen Table Initiative (KKTi) is a unique whole-of-community approach to raising healthy families and co-creating health-promoting spaces and places. We know families do better when they live in strong, well-connected and supportive communities. The shared intent and efforts of the partnership [Healthy Families Far North, Place-based Initiative Kainga Ora, Ngapuhi] with local champions and Kaikohekohe community is to build, sustain and operationalize community capacity to lead transformation.

PBI Kainga Ora, Ngapuhi and Healthy Families Far North can anchor their approach through the lens of food prepared and shared, and the conversation that flows across the table - where people nourish themselves through connections, storytelling, and kai [food]. This exchange that occurs deepens our understanding of peoples lived-experiences, their challenges and aspirations, and provides the insights needed to inform collaborative action.

Founded on a strengths-based philosophy KKTi aims to celebrate the gems of Kaikohekohe - its people, stories, history, culture and achievements. Centered around the kitchen table (literally and metaphorically), the Kaikohekohe Kitchen Table Initiative offers a social change methodology that is respectful, insightful and community-led, and aims to positively impact the health and wellbeing of every resident of Kaikohekohe.

# Workshop Sessions Day 2

## **Māori Systems Thinking - Return to Waiariki**

Mapihi Raharuhi & Maui Te Pou

### ***Healthy Families Rotorua***

All cultures can find a time in their recent or distant pasts where they knew how to live harmoniously within their environments.

Our ancestors, through their voyages across the vast Pacific Ocean, carried knowledge of systems that not only enabled them to survive, but thrive in the many varied environments they encountered in the new land.

Systems such as kaitiakitanga - care takers and/or guardians, charged with understanding the environments influence on the physiological function and performance of living organisms, including tangata whenua.

Applying systems such as Maramataka that assisted experts in observing celestial and astronomical movement and its influence on and relationship to Papatuanuku and her bounty.

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## **The Māori Matrix**

Les Hokianga

### ***Hikoī 4 Life***

Let my darkness be your light. How can we unlock our own code to unleash our unlimited Potential? Les will share his whakaaro on how ngā whetū can help our whanau use nutrition and physical activity to decode what resides deep in our ngakau (heart) and share his moemoea that was accepted by Ministry of Health to test in the community with results of a four year pilot and role over. He will use deeply personal impacts to underpin his why for this kaupapa

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## **Te Mauri o Rongoā - Whakanoa**

Erina Wehi

This will be a practical workshop where participants will learn about:

- Whakanoa (Meditation)
- Korero o Rongo
- Make a tea or balm.

## Workshop Sessions Day 2

### **Rangatahi Tū Rangatira**

John Kingi & Nathan Waitai

#### ***Rangatahi Tū Rangatira***

Utilising ngā taonga taakaro to connect whānau to whakapapa, atuātanga, and the taiao

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### **Te Kai Oranga o Papatūānuku**

Hineamaru Ropati

#### ***Papatūānuku Kokiri Marae***

Papatūānuku Kokiri Marae is a living marae, it is a pa, it is a safe haven, it is a place where all walks of life can enjoy the true meaning of what whanau is without been biologically related. It is a place where being healthy and physically aware of all the opportunities of life is a norm. We are the navigators of our own destiny and we have the capacity and skills to take risks into uncharted waters.

Located in the centre of South Auckland, Papatūānuku Kokiri is a 'pounamu among the rocks' and is values based underpinned by manaakitanga and whakawhanaungatanga, waters. Every element of the marae- its existence, its journey and the moemoea of its elders as they ensured the practices of their tupuna were not lost through migration and urbanisation among whanau of all tribes.

Based on the principles of hua parakore, he marae teaches, harvests and shares the planting practices of their tupuna, promoting healthy lifestyles including the fizz free kaupapa, parakore (sustainable and recyclable) and delivering and promoting physical programmes that are modified to cater to the needs of their whanau from the unborn mokopuna through to kaumatua and kuia. Nutrition he kaupapa tenei, engari learning how to create good soil in dormant lands, capture water in dry lands, source the right seeds and the matauranga of caring for this crop is one of the most important strands that is missing among our whanau. Nutrition is the end product of healthy lifestyles and the beginning of another cycle from a Mātauranga Māori perspective. If you dont know how to look after Papatuanuku, how are you going to respect what she has to offer.

# Workshop Sessions Day 2

## **He Pikinga Waiora Framework**

Dr Nina Scott & Chae Simpson

***University of Auckland***

He Pikinga Waiora (HPW) is a Healthier Lives research project focussed on reducing health inequities and achieving health equity for Māori. The HPW research team developed the He Pikinga Waiora Implementation Framework which is intended as a planning tool to guide the successful development and implementation of interventions. The Framework is designed to improve the uptake of prevention and treatment programmes within culturally diverse health care settings. While intended for use as a tool to aid the design and implementation of effective health interventions for Māori communities, it also has promise as an evaluation tool.

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## **Wai Warriors - Māori Systems Thinking**

Mapihi Raharuhi

***Healthy Families Rotorua & Te Arawa Whānau Ora***

Wai Warriors is an integrated approach to working from a tangata whenua systems return perspective that looks to apply tangata whenua systems such as kaitiakitanga and maramataka with rangatahi based in the Te Arawa rohe.

The initiative is underpinned by Te Arawa tikanga and kawa according to the Pukenga Koeke Kaumatua Council of Te Arawa.

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## **Life, Fitness and Balance**

***Te Papa Taakaro o Te Arawa***

Te Papa Taakaro o Te Arawa (TPTOTA) encourages iwi development across the Te Arawa region through wellness and healthy lifestyle promotion, physical activity, kaupapa Te Arawa/Māori approaches, programmes and events.

Kaimahi from TPTOTA will provide a quick overview of some of their recent mahi and outcomes to date.

# Workshop Sessions Day 2

## **Māori Sport & Wellbeing**

Mitchell Purvis

### ***Toi Tangata Internship - Growing the Puna***

National Māori Sporting Organisations (MSO) play an important role in the wellbeing of individual players along with whānau, hapū and Iwi. For the purposes of this internship, wellbeing includes; cultural, educational, economic, environmental and Maori health wellbeing. This research also highlighted gaps in data including participation rates, where groups receive funding and sponsorship from, and a range of equity issues.

Through identifying these gaps and additional information on the wellbeing of MSOs, this presentation is focussed on both understanding and developing Māori sport moving forward.

This research also highlighted gaps in data including participation rates, where groups receive funding and sponsorship from, and a range of equity issues.

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## **Examining Mātauranga Connected to Tangaroa**

Ngahuia Mita

### ***Tangaroa Ara Rau***

Tangaroa Ara Rau is a whakataukī that refers to the many pathways of Tangaroa. Tangaroa Ara Rau commenced in June 2017 working alongside Hauteruruku ki Puketeraki, Te Toki Voyaging Trust, Te Rūnanganui O Ngāti Porou, Toi Tangata, Waka Ama New Zealand & LIVE IT Enterprises (Mr Robert Hewitt).

Tangaroa Ara Rau worked closely with these practitioners to create a network and co-develop research and resources that enhance the health and wellbeing of Māori whānau and all New Zealanders utilising waka and mātauranga.

## Workshop Sessions Day 2

### **Ko Te Wai Māori Te Oranga**

Diana Neru, Vikki Ham & Hare Rua

#### ***Healthy Families Waitakere***

A Kura rooted in the heart of Glen Eden Waitakere, have encouraged whānau across the motu to embrace a future centered around the hauora of their whānau with the support of local stakeholders. Te Kura Kaupapa Māori o Hoani Waititi marae are no strangers to leadership as they were the first kura of its kind in the urban age. Currently, hosting over 200 rangatahi between years 1 and 13, this kura incorporates te ao Māori in all areas of learning. Rangatahi of Te Kura Kaupapa Māori o Hoani Waititi interpreted a water only challenge in their own unique way by composing a haka that highlights Hoani Waititi's commitment to drinking wai. Describing wai as the 'vessel to physical and spiritual well-being and the life sustenance for fruit and vegetables' This wero has been shared through various media platforms. Viewed over 30,000 times through Māori media and shared over 50 times, which has prompted kura and kohanga to make a change and igniting the interest of Pacific media. This kura has explored the use of Māramataka during the planting of 16 raised vegetable gardens to maximise their maar kai, food productivity and sustainability. The Kura and Marae whānau have embarked on a journey of composting, harvesting and learning ways to use their home grown produce. Seen as leaders within their community and beyond, this Kura continues to grow from strength to strength as they strive towards their overall goal of obtaining complete sustainability.

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### **An Internship Developing Nutrition Support for Kaupapa Māori Early Learning Environments**

Hannah Rapata

#### ***Toi Tangata Internship - Growing the Puna***

The Growing the Puna internship provided the opportunity to work with Toi Tangata staff and kohanga reo communities to support creating a resource for kaiako. Specifically to enable kaiako in Kohanga Reo to engage in korero about Kai Māori Kai Ora messaging with tamariki. The project included interviews with kaiako, gathering best practice and working along Toi Tangata staff to develop a teaching tool and resource.

## Workshop Sessions Day 2

### **Te Puna Ora Papakainga**

Lorinda Pereira & Lisa McNab

#### ***Healthy Families Far North***

Ka mimiti te puna i Taumarere

Ka toto te puna i Hokianga

Ka toto te puna i Taumarere

Ka mimiti te puna i Hokianga

In this whakataukī, spoken by northern tūpuna Rāhiri, a puna (natural spring) is used as a metaphor to connect the relationships between his sons and the eastern and western coasts of the north in the conclusion that their outcome or productivity is shared by a common resource. Te Puna Ora Papakāinga is an initiative proposed by Healthy Families Far North to build upon the taonga passed down through the generations that ultimately safeguard the health and wellbeing of tangata Māori.

Te Puna Ora Papakainga focuses on revitalising the food source in and around marae as the backyard pantry to make fresh local kai accessible, available, affordable and enjoyable. By having marae clusters in three different regions spanning from Kaikohekohe in the west to Whaingaroa in the east up to Kaitaia in the north will enable Healthy Families Far North to experiment with this approach through stimulating and identifying what exists in terms of knowledge both in location, planting and harvesting, and to bring a unique opportunity to create a healthy kai inter-Hapū movement that is scalable across other marae and kainga.

With the revitalisation of identifying and mapping local food source, this initiative will explore other innovative ways to cause effect such as, 'Marae Kai Kete,' local recipes for local food, marae markets, healthy kai policy, signature specialises.

# Workshop Sessions Day 2

## **Ensuring Our Prosperous Futures as Māori by Influencing Urban Design**

Diana Neru

### ***Healthy Families Waitakere***

Panuku Development is an urban development company. The Maori Stakeholder Roopu supported by Healthy Families Waitakere comprises local agencies and organisations in West Auckland working together and reconnecting their people to hauora, whanau ora and mauri ora. How does this fit with a Council Controlled Organisation such as Panuku Development? How may local Māori influence urban design in communities? Tātai Arorangi road maps and star charts supported our traditional navigation on seas. We are wayfinding, dreaming, discovering and designing toitu forever enduring innovations of nutrition and physical activity by embedding Maori Systems Thinking and Kai Māori Kai Ora to influence mataawaka urban environments.

This workshop will give you the opportunity to enhance the system of urban design to ensure we live, operate and engage in our built environments as prosperous Māori now and for generations to come.

Toitu ngā tāngata forever the enduring people

Toitu te whenua forever the enduring land

Toitu nga taiao forever the enduring natural environment.

Mauri ora

## Panel Sessions

### **Māori Systems Thinking**

**Albie Stewart** - Facilitator

**Mapihi Raharuhi** - Healthy Families Rotorua

**Paora Te Hurihanganui** - Te Papa Taakaro Te Arawa

**Dr Nina Scott** - Waikato University

The intention of this panel is to explore examples of how Māori Systems Thinking approaches are being implemented and applied in practice around the motu as well as the opportunities to do more. This panel follows on from Dr Ihirangi Heke's keynote presentation and draws on the experience of health practitioners, researchers and advocates, who understand Māori Systems Thinking and use this as a basis for encouraging wellbeing within their communities.

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### **Maramataka**

**Mapihi Raharuhi** - Facilitator

**Jade Kameta** - Healthy Families Te Arawa

**Heeni Hoterene** - Healthy Families Far North

It is anticipated that this panel will provide examples from their respective rohe of what and how maramataka is being used. This panel draws on the experience of practitioners and advocates, who understand the innate value of their worldview and produce evidence for it. The intention of this panel is to explore the significance of maramataka as an approach i nga ra o mua, and today as well as discuss some of the challenges and solutions.

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### **Plenary Panel**

**Megan Tunks** - Facilitator

**Dr Anna Rolleston** - The Centre for Health

**Dr Isaac Warbrick** - Healthy Families Manukau Manurewa-Papakura

**Dr Harriette Carr** - Ministry of Health

**Eraia Kiel** - Manaia Kapa Haka Group

This panel aims to give participants an insight from funders, planners and researchers around what changes we might need to be aware of and what opportunities exist. This is an opportunity for the panelists to provide their own insights and ideas around kai, wai and korikori tinana moving forward.

# Workshop Sessions Day 3

## **The Manu App**

Isaac Warbrick & Anaru Ah Kew

### ***AUT & Healthy Families Manukau Manurewa-Papakura***

The Manu app is a joint-developed by AUT University's Research and Innovation, Healthy Families Manukau and local Auckland government it fits with the wider kaupapa of indigenous approach to Transform Manukau project.

The project looks at ways of reconnecting people to physical spaces (Hayman Park, Puhinui stream etc.) and their culturally-relevant histories and narratives.

It uses augmented reality to encourage physical activity and (re)connect people to places through gamified outdoor experiences. As well as, using applications of te maramataka in improving health and well-being and highlighting the value of traditional mātauranga in contemporary settings.

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## **Fizz Free Whānau Social Media Campaign**

Kera Sherwood O'Regan

### ***Hāpai te Hauora***

Fizz Free Whānau is a month long challenge to "Ditch the Fizz" as a starting point for whānau to take leadership in facilitating health lifestyles within their communities, and to contribute to broader discussion and policy development.

The 2018 campaign engaged whānau from around Aotearoa and the Cook Islands, with champions such as Mike Puru, Marama Davidson MP, Maria Folau (née Tutaia), the O'Neill twins, and Maria Foy of Healthy Mum Healthy Child also coming on board to promote the challenge and encourage others to give up sugary drinks.

While this is about supporting individuals and whānau to make healthy choices, we know that those choices aren't made in a vacuum. The built and food environments play a major role in determining wellbeing. Therefore this year's campaign was a step up from the pilot project run in 2017, with many new additions and features to both support whānau to stick at the challenge, and to enhance sustainability of the kaupapa within the engaged communities.

Not without its challenges, this session will discuss the pivots, compromises, and key learnings from running such a fast paced digital campaign and projections for the future to ensure longevity of such projects within communities.

## Workshop Sessions Day 3

### **OL@/OR@- Mobile Health Tool Through Creative Exploration of Maori Co-design.**

Crystal Pekepo & Suaree Borell

#### ***Toi Tangata***

The Ol@-Or@ research project, initially called the Welltext project, aims to create an intervention tool to reduce the risk of heart disease, obesity and diabetes in Māori and Pacific Islanders. Funded by the Healthier Lives He Oranga Hauora National Science Challenge, the study works in partnership with Māori and Pasifika communities (with the target age group of 18 years or older) to create and design a mobile health lifestyle support programme (mHealth Tool).

This presentation looks at the development and exploration of the Ol@/Or@ mobile health tool. The aim of OL@-OR@ is to design a mobile health (mHealth) tool in partnership with our Māori and Pasifika Communities to help reduce the risk of heart disease, obesity and diabetes.

We share the lessons learnt on their application within this research project and extend our collective understanding of the contribution that matauranga maori can make to contemporary nutrition and physical activity movements.

Participants will be taken through the Mahi Auaha design process and stimulate the creative platforms that are possible through co-design approaches. The navigation of one's hauora journey is never a one size fits all approach. Mahi Auaha (Co-Design) enables health providers and community champions to gain a better understanding around community health needs and solutions through including the end user. The general outcome being an equal and reciprocal relationship between professionals and the core economy (family, neighbourhood and community), in effect, shifting the balance of power, responsibility and resources to a more mutually beneficial situation. (Sanders & Stappers, 2008).

Participants will have an opportunity to engage in process called Te Hekenga which is a model that was used in the OR@-OL@ (a Maori and Pasifika mHealth approach) research as a navigational Co-Design approach alongside two communities, Waiwhetū and Ngāti Whatua. Workshop participants will learn about the use of metaphoric concepts within Mātauranga Maori (manākitanga, kaitiakitanga and Whakapapa), and the opportunity these alternative lenses present to multidimensional health platforms in future. In this workshop we will present and share our learning journey on the overlapping of conceptual values and modern health interfaces.

Sanders, E. and Stappers, P. J: 'Co-creation and the new landscapes of design.' CoDesign 2008. 4(1): 5-18.

# Workshop Sessions Day 3

## **Ngā Kete Mātauranga**

Arapeta Taitoko

### ***Toi Te Ora - Hapu Hauora***

Hapu Hauora is a unique health resource hub available at [www.hapuhauora.health.nz](http://www.hapuhauora.health.nz) that has been developed with Hapu and whanau to specifically improve Maori Health. Hapu Hauora provides hapu with baskets of knowledge, "Nga Kete Matauranga", around 3 health areas; oranga kai (healthy food), auahi kore (smokefree), te karonga i nga momo mate (avoiding infections). In development are 2 more kete to help whanau, whakakore waipiro (reducing alcohol intake), and korikori tinana (physical activity). Within these kete you'll find resources, tips, and advice for ways to improve the health and wellbeing of hapu - using the marae to set the example and lead the way for our tamariki.

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## **Te Rima Challenge**

Frank Haimona

The engagement of whanau to participate in endurance sports, exploring whanaungatanga, manaakitanga, me tautoko , I te hononga I te taiao.