

HE TAPU TE ŪPOKO STROKE PREVENTION

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HE KAUPAPA

- ▶ Introduction - He tapu te ūpoko
- ▶ What is a stroke?
- ▶ Stroke & tangata whenua - risk factors & long term effects
- ▶ Collaboration and partnerships
- ▶ Questions and discussions

“HE TAPU TE ŪPOKO!”

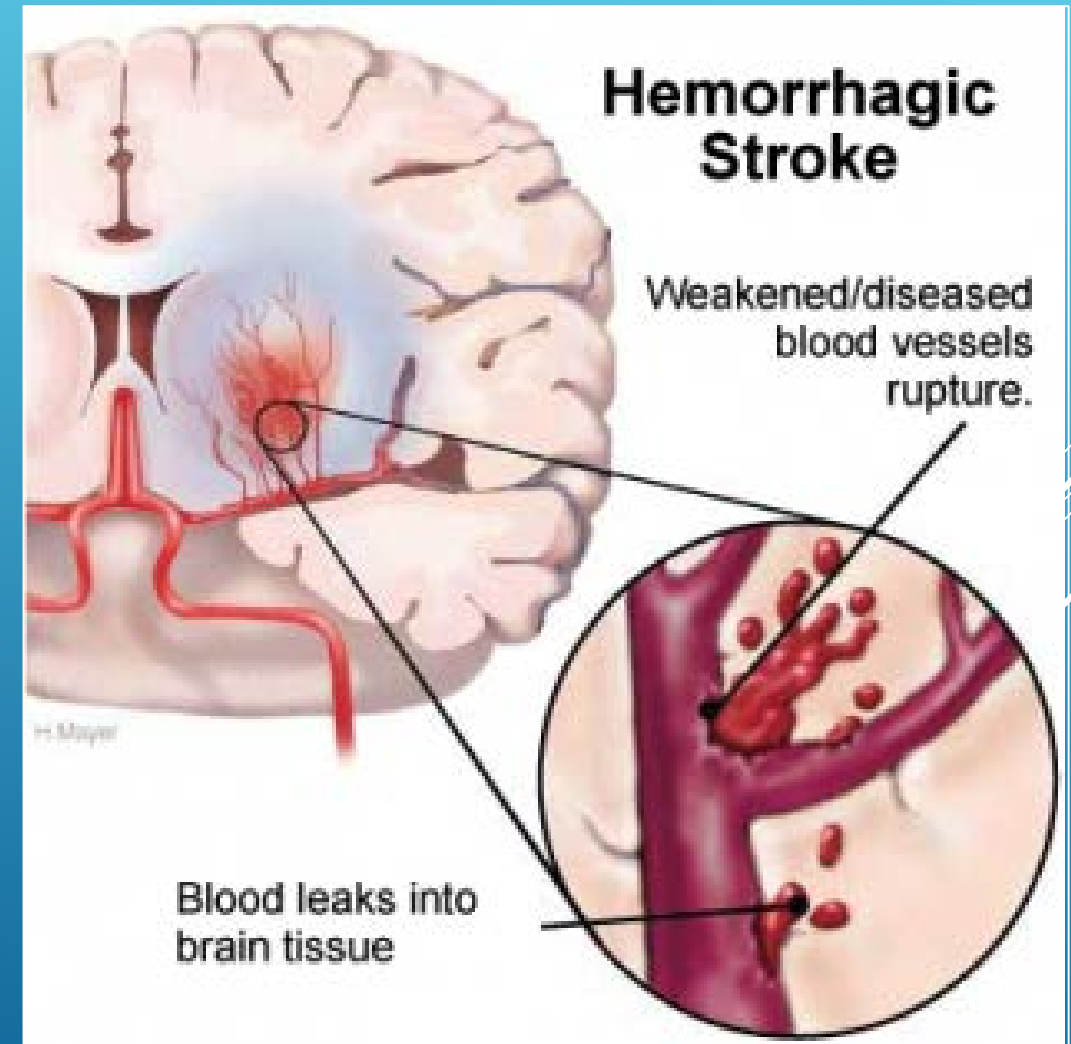
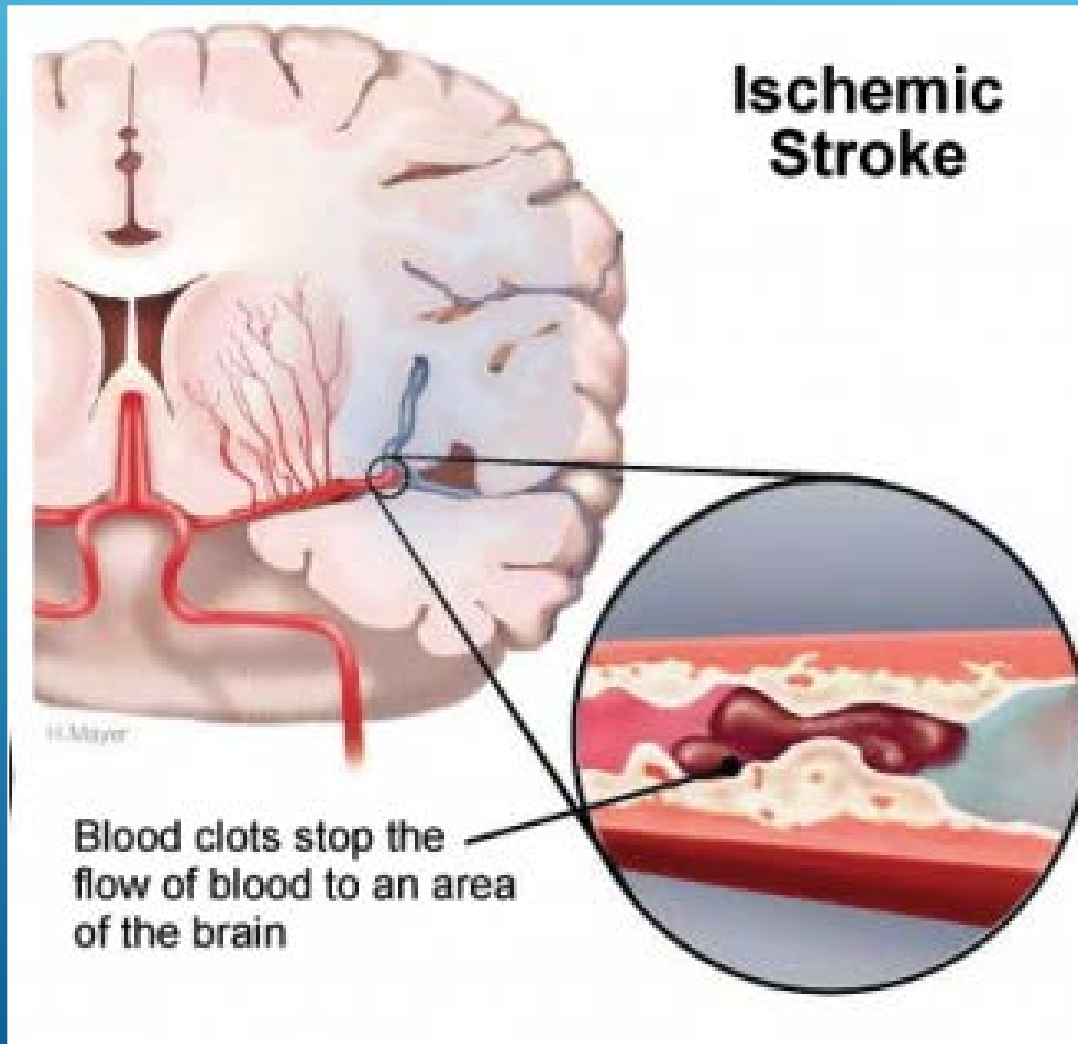
*“you see it is not in the hands, it is in the head...we take it seriously knowing that the head survives”
Te Uira Manihera, 1987.*



HE TAPU TE ŪPOKO - STROKE PREVENTION

- He tapu te ūpoko... The head is sacred/ a treasure...
- He aha tapu ai te ūpoko? Why is the head sacred?
- If it is considered a sacred part of our tinana, how do we as an individual, as a whānau, as a hapū, iwi, community, health organisations...protect the health and wellbeing of the brain/head?

WHAT IS A STROKE?



STROKE IS LARGELY PREVENTABLE, YET...

- ▶ **60,000+** stroke survivors
- ▶ **9,000** people will experience a stroke
- ▶ **Stroke kills around 2,500** people
- ▶ **No.1** cause of disability
- ▶ **Each day 2-3 Māori** will be admitted into hospital as a result of a stroke
- ▶ Average age is **60 years, 10 years younger** than non-Māori.
- ▶ **Māori are at 2 to 3 times greater risk** than non-Māori of Ischaemic stroke and Intracerebral haemorrhage.

CONTRIBUTING RISK FACTORS

- ▶ Hypertension!
- ▶ Obesity & Type 2 diabetes!
- ▶ Smoking!
- ▶ Poor health literacy! Why?

WHAT ARE THE LONG TERM EFFECTS?

- ▶ Dependant
- ▶ Relationship breakdown
- ▶ Disability
- ▶ Quality of life
- ▶ Depression
- ▶ Poor communication
- ▶ Reduced health status
- ▶ Lack of community & health provider support

KAITIAKITANGA

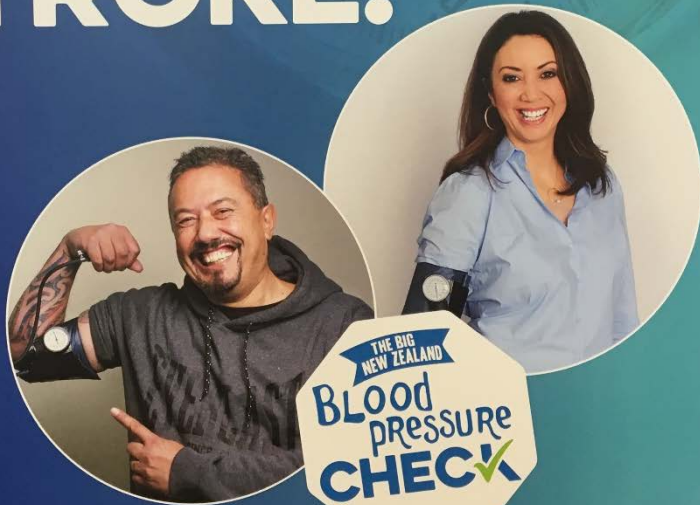
- As individuals, as whānau, as hapū, iwi, Māori communities and organisations, how can we protect;
‘te taha hinengaro,
te taha wairua,
te taha tinana,
te taha whānau’ and wellbeing of our brain (and the heart)?

WHY IS THE STROKE FOUNDATION HERE TODAY?

- help save peoples lives!
- improve outcomes!
- enhance the quality of life for people affected by stroke!

He aha te mea nui o te ao? He tangata, he tangata, he tangata!

ARM YOURSELF AGAINST STROKE!



Don't let a stroke be your first sign of high blood pressure.
Check your blood pressure regularly.

Ask your doctor or pharmacist for a test today!

strokewise.org.nz



WHAT DO WE DO...





FOR STROKE PREVENTION...

- ▶ F.A.S.T Campaign
- ▶ Big NZ Blood Pressure Check
- ▶ Salt awareness

KIA HIWA RĀ!
He aha he mea nui o tīhina? /
He tangata, he tangata, he tangata e!

STROKE

HE MATE IKURA RORO - HE MATE REHU CHOTATA.
STROKE AWARENESS

F		HE KAMOHĪ (FACE) RECOGNISE
A		HE RINGA (ARM) WEAKEN
S		HE KŌRERO (SPEECH) GET STUPID
T		HE WĀ (TIME) TO CALL 111

He mea nui ake ake o tīhina ake ake o tīhina ake ake.
KIA TORE! WACA ATU KI 111.

STROKE
FOR UNSTON
www.stroke.org.nz

WHAT DO WE DO...?

To support stroke survivors and their whānau...

- ▶ Community Stroke Advisors (known as CSAs)

What do CSA's do?

- ▶ *Giving experience, support and hope to stroke survivors, their whānau and carers*
- ▶ Their role ensures people achieve the best possible outcome after stroke.
- ▶ This is a free service.

**HE PĀTAI ĀU?
ANY QUESTIONS**

**HE KŌRERORERO
DISCUSSIONS**