

HE TAPU TE ŪPOKO STROKE PREVENTION

NITA BROWN
NATIONAL **MĀORI** HEALTH ADVISOR



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!”

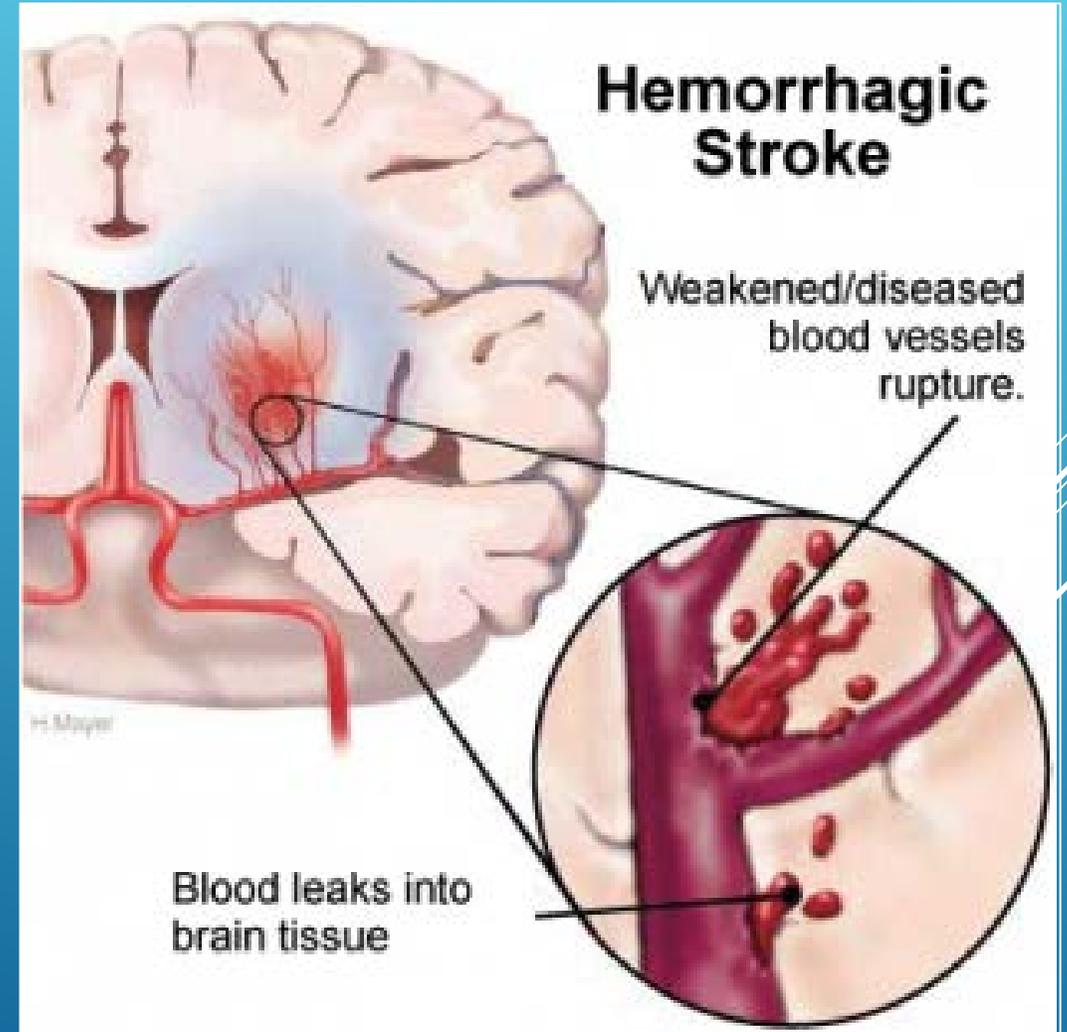
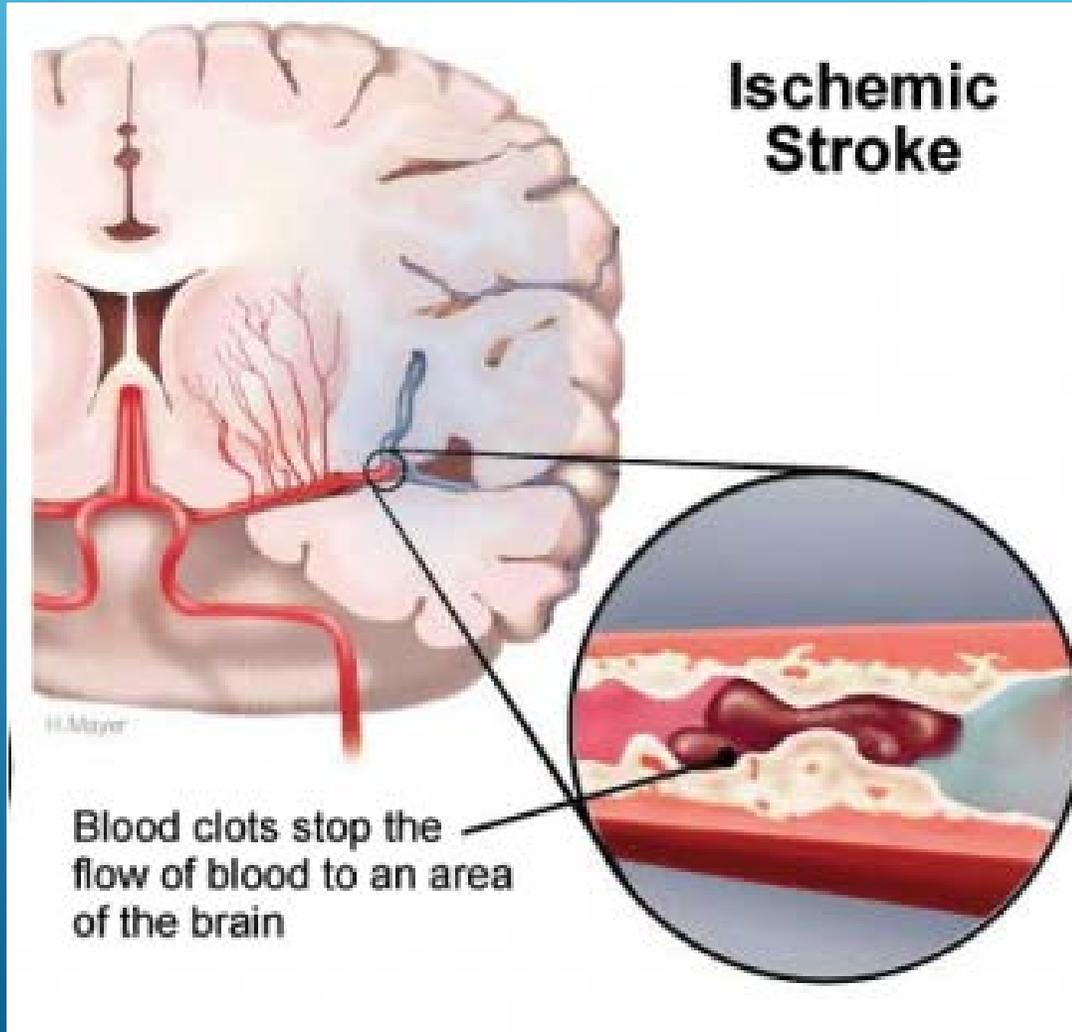
*“you see it is not in the hands, it is in the head...we take it seriously knowing that the head survives”
Te Uira Manihera, 1987.*



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

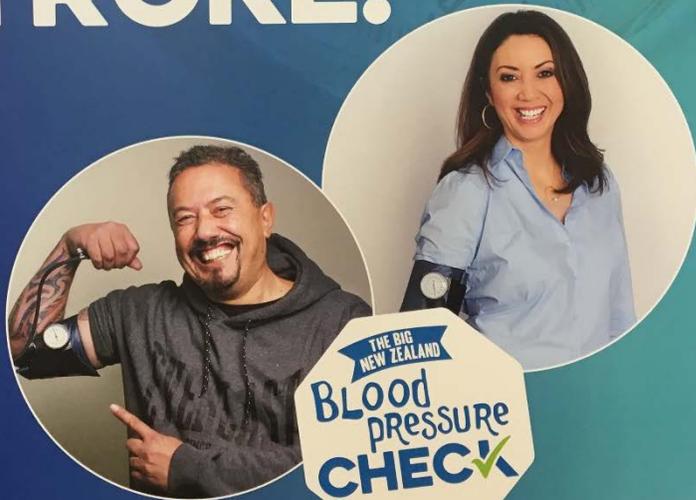
- As individuals, as whānau, as hapū, iwi, Māori communities and organisations, how can we protect;
‘te taha hinengaro,
te taha wairua,
te taha tinana,
te taha whānau’ and wellbeing of our brain (and the heart)?

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 o tēnei ariā ko te 111 mō te āwhiri.
KIA TORE! WACA ATU KI 111.

STROKE
FOR UNSTON
0800 232 323

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**