



TOI TANGATA™

TOI TANGATA HUI Ā TAU 2019

NAVIGATE · INNOVATE · ELEVATE



TOI TANGATA®

Contents

KEYNOTE SPEAKERS

1 **DR ANNA ROLLESTON**

Kai Ora: What does a healthy nutrition life mean for whanau in 2019?

DR CHANEL PHILLIPS

Māori water safety approaches

2 **MILNE WHANAU | MOE, KOHA & TUKAHA**

Whānau approaches to kai, wai, koritinana and Atua

RANIERA REWIRI

Food conscious Māori - a plant based approach for transformative change

3 **MEGAN TUNKS**

Emerging Disruptive Technology (EDT) and its impact on our kaupapa

LEE TIMUTIMU

Arataki Systems Limited

4 **CHELSEA CUNNINGHAM**

Using virtual technology and GPS to engage whānau in the environment

HANA TAPIATA

Pūrākau - more than just a story

5 **DR IHIRANGI HEKE**

Removing 'humans' from 'health' through Māori environmental physical activity



Contents

WORKSHOPS ROUND 1

- 6 **LIPPS for Kai-** Raewyn Nafatali, Lee Mason & Thérèse Wickbom - ***Far North Cooperation for Collective Impact / Kai Collective***

Waka Ama practical activity - Ngaire Rae-Pehi - ***Waka Ama New Zealand***

- 7 **Utilising Ngā Taonga Takaro to navigate atuatanga and connect whānau to whakapapa through tūpuna pūrākau** - ***Rangatahi Tū Rangatira***

He Pikinga Waiora - Co Design tool - Dr Nina Scott & Cherie Paekau - *University of Auckland*

WORKSHOPS ROUND 2

- 8 **Toi Tangata Showcase** - Darrio Penetito Hemara, Summer Wright & Te Hau Ariki Gardiner - ***Toi Tangata***

Kai Māori Kai Ora Mahi Tahī - Erina Korohina - ***The Centre for Health***

WORKSHOPS ROUND 3

- 9 **Fructose in Schools Study** - Corbin Whanga Katipa - ***Waharoa ki te Toi***

Waka Ama: A way of life, saving lives - Ngaire Rae-Pehi - ***Waka Ama New Zealand***

- 10 **A wairua centred approach** - Mason Ngawhika - ***Healthy Families Manukau, Manurewa-Papakura***

Māori indigenous systems to ensure oranga in West Auckland continues to thrive - Vikki Ham Debbie Raroa - ***Healthy Families Waitakere***

OUTDOOR WORKSHOPS ROUND 4

- 11 **GPS digital practical session** - Chelsea Cunningham

Waka Ama practical session - Ngaire Rae-Pehi & Carmen Hetaraka - ***Waka Ama New Zealand***

Ngā Taonga Tuku Iho | Whakapapa Approaches - Dr Ihirangi Heke



Keynote Speakers



DR ANNA ROLLESTON

Ngati Ranginui, Ngai Te Rangi, Ngati Pukenga

Anna is a leading voice in health and a highly accomplished academic, obtaining her Masters in Exercise Physiology followed by a PhD in Medicine (Nutrition Metabolism) from Auckland University. She is a recognised health researcher, and has managed research projects across a range of interest areas including heart disease, Māori health, ageing and lifestyle management of health. Anna holds senior research fellowship roles at both Auckland and Waikato Universities and sits on a range of advisory committees and governance boards. Anna is currently a director of the Centre for Health.

Kai ora: What does a healthy nutrition lifestyle mean for whānau in 2019?

How do we navigate the extensive evidence base in the nutrition space that exists in western science? What about all the information about nutrition on social media? How do we find our own mātauranga for nutrition to inform our food decisions? What motivates whānau when they make food choices? The kai space is fraught with complexity and it takes a steady waka to navigate the space successfully. Having a clear destination is a good starting point but on the journey, there are many factors that can push the waka off its course. This kōrero will draw on whānau experiences in the nutrition space including learnings from a new kaupapa Māori project that seeks to understand whānau perceptions of healthy kai.



DR CHANEL PHILLIPS

Ngāti Hine, Ngāpuhi

Chanel Phillips is a current Research Fellow for Te Koronga Indigenous Science Research Theme at the University of Otago. She has recently submitted her doctoral thesis at the School of Physical Education Sport and Exercise Sciences at the University of Otago. Her thesis entitled A Journey to Belonging: Explorations of Māori perspectives of Water Safety examined Māori perspectives of water safety through three case studies with iwi, hapū and whānau across Aotearoa.

Māori Water Safety Approaches

Chanel's kōrero will be based around her study which analysed Māori oral narratives such as pūrākau, mōteatea, karakia, whakataukī and pepeha pertaining to wai, to understanding Māori perceptions of water safety and drowning prevention. Her broad research interests include: Māori and indigenous people's research; Māori health and physical education; Māori water safety; outdoor education; environmental health and; working with youth.



Keynote Speakers



MOE MILNE

Ngāti Hine, Ngāpuhi

Moe Milne has been involved in addressing mental health issues in the Māori community in her roles as a psychopaedic nurse and as a general and psychiatric nurse for over 40 years. She has contributed to Te Hau Marire, the national Māori addiction strategy, and developed several education programmes. Moe develops and delivers training in cultural competency within health services and is a member of the Māori committee of the Royal Australia and New Zealand College of Psychiatrists.

Nga Taonga Tuku Iho

Moe and two of her children, Tukaha and Koha, will kōrero with a focus on Māori systems of knowledge as it pertains to the kaupapa of Māori wellbeing, kai, wai, moe and korikori tinana. In this kōrero the Milne whanau will use examples pertaining to the role of te reo Māori in wellbeing, our connection to the taiao including reference to ngā Atua wāhine such as Hinemoana, and the importance of kai, wai, moe and kori tinana in maintaining mental health wellbeing.



RANIERA REWIRI

Te Whakatohea, Tūhoe, Te Arawa and Ngāpuhi

Raniera is now well known for his motivational preparation talk on Facebook and Instagram. He has also teamed up with his mum, Huia, to create their own food business called Tupuānuku as a vehicle to share his passion for improved wellbeing through plant-based kai. Through Tupuānuku, Raniera has also released an e-book titled Tupuānuku Eating Guide. This book gives an overview of veganism through a Māori perspective and how a plant based lifestyle impacts the human lifestyle. It also includes simple everyday recipes, shopping lists with money saving hacks and a four week meal planner.

Food conscious Māori - a plant based approach for transformative change

Māori and Veganism is something that isn't generally seen together but Raniera's journey as a plant based Māori has been all about finding the alignment between the two worlds and how making conscious food choices can have a profound impact on the wellness of whanau, whenua and culture.



Keynote Speakers



MEGAN TUNKS

Te Whanau ā Apanui, Tē Whakatohea

Megan is the Chief Executive of Toi Tangata. She holds a Masters of Philosophy (Māori Health Education), a Diploma in Secondary Education and a Bachelor of Arts (Maori Studies). With over 20 years' experience, Megan has worked for the Auckland DHB, Hapai Te Hauora Tapui and as a lecturer at Auckland University of Technology.

Emerging Disruptive Technology (EDT) and its impact on our kaupapa

With the fourth industrial revolution taking place around us globally, the potential opportunities and challenges of emerging and disruptive technology (EDT) and its application to/in Māori Public health are gaining momentum. Within the sector, it has the potential to help open new and more effective ways of working. By understanding and using the increasing number of digital tools available new opportunities for ways of working and resources to promote nutrition & physical activity wellbeing emerge. Research undertaken as part of her studies last year provided anecdotal evidence that the digital capability and capacity of our workforce is limited. This includes limitation of knowledge and application of EDT into our work as well as the wider tools and opportunities to support. This korero will discuss some key factors and, identify some of the EDT currently being used in our field. It will provide a lead in to the presentations of Chelsea and Lee which follow.



LEE TIMUTIMU

Ngai Te Rangī, Ngati Awa

Lee Timutimu is the CEO and founder of Arataki Systems Limited. He is incredibly passionate about Māori storytelling and the importance it holds for our future generations in terms of the transfer of knowledge, the continuation of our narratives, and the retention and maintenance of our culture. Founded in 2016, Arataki Cultural Trails innovates and disrupts the art of cultural storytelling. Arataki Systems Limited is a tech company based in Tauranga and is wholly owned and run by Māori tech entrepreneurs.

Māori Systems Thinking

In the Emerging Digital Technology (EDT) space there are a range of tools that can be utilised to promote kai, wai and korikori tinana. Location based apps using GPS and bluetooth provide another opportunity to share our purakau and can encourage whānau into the taiao. In his kōrero, Lee will use examples of storytelling from Arataki demonstrating how Iwi and other roopu are using the apps.



Keynote Speakers



CHELSEA CUNNINGHAM
Te Whanau ā Apanui, Tē Whakatohea

Chelsea is currently in her second year of her PhD at the School of Physical Education, Sport and Exercise Sciences at the University of Otago. She is exploring ways to reconnect whānau to whakapapa in Ngāti Kahungunu. The first, through physical engagement; walking, paddling, swimming and biking with our maunga, awa, pā sites and marae. The second through technology; virtual reality and short films using 360-degree cameras, GoPros and drones.

Using virtual technology and GPS to engage whānau in the environment

Chelsea will undertake a demonstration of the methods of her research. Participants will get an opportunity to learn a local pūrākau and physically engage in te taiao o Ngātiwai, whilst also using and developing skills around the use of technology (GoPros, drone and 360 degree cameras) to create virtual reality.



HANA TAPIATA
Tuhourangi, Ngāti Porou, Pākeha

Hana is a lifestyle blogger living by indigenous philosophies and mātauranga Māori, based in Te Waiariki, Bay of Plenty. She is the founder of Te Urupu Media, an organisation dedicated to supporting Māori in Australia and abroad in online business and personal development and has also written a book titled “Self Awareness Doesn’t Begin With Self”. This book is a guide to understanding why self awareness doesn’t start with ‘self’, how a change in mindset can change your reality, how to be self-determining and more.

Pūrākau - more than just a story

Our tupuna wove layers of metaphor and aspirations for the future into pūrākau, oriori and karakia. These tāonga provide a blueprint for how to live well, how to build resilience and so much more.



TOI TANGATA®

Keynote Speakers



DR IHIRANGI HEKE

Waikato / Tainui

Dr Ihirangi Heke is a Māori health and physical education consultant involved in a number of national and international projects aimed at improving health through increasing physical activity, especially to address youth obesity. Dr Heke is funded by the Ministry of Health, the Ministry of Education, Johns Hopkins Medical University (Baltimore) and is a honorary research fellow to the University of Auckland.

Previously Dr Heke has held lecturing roles at the University of Otago and Prince Sultan University in Saudia Arabia. Dr Heke has had applied role with elite athletes as a sport psychologist (PhD), been a past board member of Outdoors New Zealand, New Zealand Osteopathic Council and is on the Mahurangi College School Board where one of his three children attend. Dr Heke has also been a trained Educational Psychologist and a provider to the New Zealand Academy of Sport.

Removing 'humans' from 'health' through Māori environmental physical activity

Whakapapa suggests that an iwi's health and educational outcomes may be traced back to an eponymous ancestor, a particular event in time or a significant environmental occurrence. This presentation will generate some insight into practising whakapapa as a verb rather than a noun ie, something we do rather than merely write as lists. In this presentation it means an investigation of the whakapapa of certain atua to particular body parts, a connection of those body functions to strength and conditioning pursuits, some suggestions on which period within each month (maramataka) regarding when particular types of training should be pursued and lastly an investigation of the overlap of wairua, hinengaro and kai. Interestingly Johns Hopkins University (Baltimore) funded a pilot study, in New Zealand (Heke,

Rees, Waititi, Stewart and Swinburn), investigating the link between whakapapa, Systems Science, nutrition and physical activity, as an authentic rationale for why Māori might engage with health. The point of difference with Māori however, is that health was traditionally environmentally centred rather than human centred ie, understanding whakapapa connections to certain environments ie, maramataka, may lead to improved health outcomes. If Māori are able to move away from a health focus and instead prioritise knowledge transferral through whakapapa, maramataka and atua contributions and especially to training effect, then Māori may be able to remove deficit based information that has traditionally failed to engage Māori in pursuing health.



Workshops Round 1

LIPPS for Kai

Raewyn Nafatali - Healthy Families Far North

Therese Wickbom - Bald Angels Charitable Trust

Peter Nicholas - Whakaora Kai / Food Rescue Northland

Far North Cooperation for Collective Impact / Kai Collective

Leadership, Innovate, Policies, Practice, Shared

The LIPPS 4 Kai kaupapa is about the community, public and private sector coming together to build a joined-up approach across the Mid-North where the norm is healthy kai.

Their purpose is to create a movement of people by courageous Leadership, local Innovation, realistic Policies, accountable Practice and Shared equitable outcomes across the food system, hence the anagram, LIPPS.

The movement aims to;

Actively seek direction and partnerships, particularly with tai tamariki / youth.

Develop and maintain an agreed call to action.

Host innovation and initiatives that promotes available, accessible, and affordable fresh kai.

Create a healthy kai movement where people can contribute, enjoy and celebrate local fresh kai as first choice.

Waka Ama

Ngaire Rae-Pehi

Waka Ama New Zealand

Waka Ama is far more than a sport, it is a way of life. Unlike many sports, waka ama is steeped in the powerful history and traditions of waka sailing and voyaging. Waka ama is, therefore, not just a sport but also a vehicle for identity, pride and community. These are reflected in the values and tikanga that underpin it.

The purpose of the Waka Ama census 2018 was to gather important demographic data about the Waka Ama membership to enable a clearer picture of the membership and to identify how best to serve the needs of the Waka Ama community.

Here in Aotearoa New Zealand Māori culture is deeply embedded into waka ama from the language to the protocols that we follow.



TOI TANGATA®

Workshops Round 1

Rangatahi Tū Rangatira Workshop

Utilising Ngā Taonga Takaro to navigate atuātanga and connect whānau to whakapapa through tūpuna pūrākau

Rangatahi Tū Rangatira

Rangatahi Tū Rangatira will host this workshop utilising ngā taonga takaro to navigate atuātanga and connect whānau to whakapapa through tūpuna pūrākau

He Pikinga Waiora - Co Design tool

Dr Nina Scott & Cherie Paekau

University of Auckland

He Pikinga Waiora is a framework developed to guide the successful implementation of evidence-based health interventions for Māori communities. It is Kaupapa Māori centred, emphasises self-determination, participatory research, and a systems thinking perspective that considers the end-users of an intervention.

Cherie Paekau (Te Kōhao Health) and Nina Scott (HPW team) will present a brief overview of the framework and share some insights into principle learnings while co-designing a lifestyle intervention for a Māori community. They will discuss practical ways for applying the framework - including how to plan and evaluate implementation projects from multiple perspectives.



Workshops Round 2

Kai Māori Kai Ora Mahi Tahī

Erina Korohina & Sande Mareroa-Gates

The Centre for Health

We know that there is an equity gap in heart disease prevalence and mortality for Māori compared to non-Māori and healthy nutrition is an avenue to improving heart health. Through this interactive and creative workshop, participants will gain insights on what informs whanau decision making on what kai to eat and also gain an understanding of what community perceptions, barriers and enablers exist in relation to sustaining a long term healthy nutrition lifestyle.

Toi Tangata Showcase

Darrio Penetito-Hemara & Crystal Pekepo

Toi Tangata

This showcase will cover what Toi Tangata is all about, sharing with participants the various Toi Tangata kaupapa, what is coming up and where Toi Tangata is heading.

Navigating down syndrome, te ao Māori, and nutrition: a whanau experience

Summer Wright

Toi Tangata Internship - Growing the Puna

This research aimed to unveil what nutritional resources and services were available in Auckland to Māori aged 18-30 with down syndrome and their whanau. It involved consulting with various nutrition and disability providers to catalogue what nutrition-related supports they provide to this group, while also scoping their strategy for Māori users and their perceived obligations to Māori. Whanau with members with down syndrome were interviewed about their experiences in obtaining nutrition advice, services, and in navigating health and related systems. This research found that there were no nutritional resources or services targeted to young Māori with down syndrome, and that supports were scarce for the wider disability community. There were also few supports available specifically for Māori. Whanau described a need for disability-accredited nurses and parent support networks, as well as increased availability of funding for health services. This research highlighted prevailing attitudes towards disability and how these inform service delivery. The intersecting experience of being Māori with a disability is challenging, but there are several potential avenues for improvement going forward.



Workshops Round 3

Fructose in Schools Study

Corbin Whanga Katipa

Waharoa ki te Toi

Waharoa ki te Toi is a new Kaitia based research centre whose overarching principle is to create new knowledge to produce better health outcomes. This kōrero will cover the Fructose in Schools study (FiSS), an interactive research kaupapa testing fructose absorption in high school students. During the study, Waharoa ki te Toi will be supplementing their delivery with interactive workshops based on nutrition and healthy lifestyles.

Waka Ama

Ngaire Rae-Pehi

Waka Ama New Zealand

Waka Ama is far more than a sport, it is a way of life. Unlike many sports, waka ama is steeped in the powerful history and traditions of waka sailing and voyaging. Waka ama is, therefore, not just a sport but also a vehicle for identity, pride and community. These are reflected in the values and tikanga that underpin it.

The purpose of the Waka Ama census 2018 was to gather important demographic data about the Waka Ama membership to enable a clearer picture of the membership and to identify how best to serve the needs of the Waka Ama community.

Here in Aotearoa New Zealand Māori culture is deeply embedded into waka ama from the language to the protocols that we follow.



Workshops Round 3

A wairua centred approach

Mason Ngawhika

Healthy Families Manukau, Manurewa-Papakura

Healthy Families Manukau, Manurewa-Papakura will demonstrate how they have provided the tools in support of localised Māori systems, which leverage ancestral practices to inform community-led solutions. They look to shift the focus from a human centred approach to a wairua centred approach that places the environment at the heart as an alternative to mainstream ideologies.

Through Māori systems the team aims to empower communities to return to a place of understanding, being observant and using Te Taiao (the natural environment) as well as Te Taiao Tangata (the built environment) to restore the natural balance and reciprocal relationship between manaaki whenua and manaaki tangata. This supports the notion that when the whenua is cared for, people are naturally 'well'.



Māori indigenous systems to ensure oranga in West Auckland continues to thrive

Vikki Ham Debbie Raroa

Healthy Families Waitakere

What is it that the data and insights are telling us about our community, and what systems do we use to create action? This presentation will paint a picture of what the data is saying, what the community is saying and how Healthy Families Waitakere have influenced systems to create action.



Workshops Round 4

GPS digital practical session

Chelsea Cunningham

This practical workshop will undertake a demonstration of the methods of Chelsea's research. Participants will get an opportunity to learn a local pūrākau and physically engage in te taiao o Ngātiwai, whilst also using and developing skills around the use of technology (GoPros, drone and 360 degree cameras) to create virtual reality.

Waka Ama

Ngaire Rae-Pehi

Waka Ama New Zealand

Waka Ama is far more than a sport, it is a way of life. Unlike many sports, waka ama is steeped in the powerful history and traditions of waka sailing and voyaging. Waka ama is, therefore, not just a sport but also a vehicle for identity, pride and community. These are reflected in the values and tikanga that underpin it.

The purpose of the Waka Ama census 2018 was to gather important demographic data about the Waka Ama membership to enable a clearer picture of the membership and to identify how best to serve the needs of the Waka Ama community.

Here in Aotearoa New Zealand Māori culture is deeply embedded into waka ama from the language to the protocols that we follow.

Ngā Taonga Tuku Iho | Whakapapa Approaches

Dr Ihirangi Heke

For this workshop, Dr Ihirangi Heke will provide a practical session on Atua implications for training including some information on specific Tangaroa connected Atua and taiao concepts.

Hinemoana and Tangaroa Workshop

The Perfect Day Ocean Cruise

Carmen Hetaraka

This workshop is an opportunity to experience Aorangi and Tawhiti Rahi (the Poor Knights Islands) from the Perfect Day boat and learn about the Māori history of the area with kaikorero from Ngātiwai.

An exciting opportunity to get into the water, take part in some korikori tinana and experience the marine life of the beautiful marine reserve, including a visit to Riko Riko, the world's largest sea cave.

While there is no obligation to get into the water, kayaks and SUP boards will be provided to give you the chance to explore caves and arches and follow the myriad of fish. You can also swim or snorkel- masks and snorkels and wetsuits included if needed.

We have received tautoko from the Ngātiwai Trust Board which has allowed for a very reasonable roopu discount for this once in a lifetime opportunity- but spaces are limited so get in quick! Ngā mihi nui ki a koutou, Ngātiwai Trust Board!

NB: This is a separate paid workshop to Hui ā Tau and is in conjunction with Dive Tutukaka, Ngātiwai and Toi Tangata

This workshop is sponsored by

