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Can a participatory development approach
contribute to the achievement of
Sustainable Development Goal 3, target 3.8
(universal health coverage)?

Lessons from the Whānau Wellness Resource Programme
in Hawke's Bay

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Abstract

In Aotearoa, health inequities are a constant and growing concern for those in the primary health care sector. Barriers towards accessing primary health care services include the cost of treatment and prescription medication, access to a general practice and the lack of relationships with health professionals. Sustainable Development Goal 3 (ensure healthy lives and promote wellbeing for all at all ages), target 3.8 aims to address these barriers through a commitment to universal health coverage. This target seeks to ensure that everyone has access to affordable and quality health care, medications and vaccinations. Although not explicitly stated in this target, this research assumes that having people actively participate in their own health care decisions and treatment, will further enhance the impact of SDG 3, target 3.8 as participation in development has been proven to do in the Global South.

In Hawke's Bay, the Whānau Wellness Resource Programme was established in 2015 to combat issues surrounding inequity in health and provide free primary health care and medication for one year to whānau enrolled in the programme which is a predominately Māori population. This research seeks to investigate how the Whānau Wellness Resource Programme is utilising participation to contribute to the achievement of Sustainable Development Goal 3, target 3.8 of universal health coverage.

To answer this research question, field research was undertaken during a six-week period. Alongside the field research, a literature review examined relevant information regarding the research topic. The research methods consisted of semi-structured interviews and semi-structured observations of education sessions provided by the Whānau Wellness Resource Programme. Following analysis of the fieldwork data, five research themes of inequity, valuing relationships, partnership and participation, tokenism and empowerment were discerned. In relation to the Whānau Wellness Resource Programme, positive steps are being made to utilise participation in a way that reduces inequity in Hawke's Bay, while also providing an empowering environment for participants. The research showed Sustainable Development Goal 3, target 3.8 is relevant in Aotearoa, and the primary health care sector can learn from the Whānau Wellness Resource Programme, who have begun to embrace participation to contribute to the achievement of universal health coverage.

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Abbreviations

DHBs	District Health Boards
HBDHB	Hawke’s Bay District Health Board
HHB	Health Hawke’s Bay -Te Oranga Hawke's Bay
GP	General Practitioner
MDGs	Millennium Development Goals
MFAT	Ministry of Foreign Affairs and Trade
MoH	Ministry of Health
NGOs	Non-Governmental Organisations
PD	Participatory development
PHO	Primary Health Organisation
PHOs	Primary Health Organisations
SDG	Sustainable Development Goal
SDGs	Sustainable Development Goals
SIA	Service to Improve Access Funding
UN	United Nations
WHO	World Health Organisation
WWRP	Whānau Wellness Resource Programme

Glossary

<i>Kupu Māori (Word)</i> ¹	Definition
Aotearoa	Māori name for New Zealand.
Hapū	Kinship group, clan, tribe, subtribe.
Hawaiki	Ancient homeland - the places from which Māori migrated to Aotearoa/New Zealand.
Iwi	Extended kinship group, tribe, nation, people, nationality, race - often refers to a large group of people descended from a common ancestor and associated with a distinct territory.
Karakia	To recite ritual chants, say grace, pray, recite a prayer, chant.
Māori	Indigenous New Zealander, indigenous person of Aotearoa/New Zealand
Mauri	Life principle, life force, vital essence, special nature, source of emotions
Oranga	Survivor, food, livelihood, welfare, health, living.
Pākehā	English, foreign, European, exotic - introduced from or originating in a foreign country.
Taha hinengaro	The capacity to communicate, think and to feel mind and body are inseparable. Thoughts feelings and emotions are integral components of the body and soul. Also referred to as Mental Wellbeing
Taha tinana	Physical health - The capacity for physical growth and development.

¹ Definitions for this glossary have been attained from the Māori Dictionary (2018) and the Ministry of Health (2017d).

Taha wairua	Spiritual health - The capacity for faith and wider communication. Health is related to unseen and unspoken energies. Also referred to spiritual wellbeing.
Taha whānau	Family health – The capacity to belong, to care and to share where individuals are part of wider social systems.
Te Reo Māori	Māori language.
Te Whare Tapa Whā	Māori health model that represents the four walls of a whare. With its strong foundations and four equal sides, the symbol of the whare illustrates the four dimensions of Māori well-being.
Tikanga	Correct, procedure, custom, habit, lore, method, manner, rule, way, protocol - The customary system of values and practices that have developed over time and are deeply embedded in the social context.
Te Tiriti o Waitangi	Also known as the Treaty of Waitangi - the founding document of New Zealand. It is an agreement entered into by representatives of the Crown and by Māori Chiefs.
Waka	Canoe or vehicle.
Whare	House, building, residence, dwelling, shed, hut, habitation.
Whānau	Extended family, family group.