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**Fitness, Fatness and Fibre Type:
Predicting Insulin Resistance in Māori**

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‘Tama tu tama ora, tama noho tama mate’

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List of Abbreviations

ADA – The American Diabetes Association

BMI – Body Mass Index

CO₂ – Carbon dioxide

CRP – C - reactive protein

CVD – Cardiovascular disease

FFA – Free fatty acid

Gluc2hr – Glucose measurement 2 hours post-glucose load

GlucFast – Fasting glucose

HAD – 3-hydroxyacyl-CoA-dehydrogenase

HDL – High-density lipoprotein

HOMA-IR – Homeostasis model assessment – insulin resistance

IDDM – Insulin dependant diabetes mellitus

IMTG – Intra myocellular triacylglycerol

Ins2hr – Insulin measurement 2 hours post-glucose load

InsFast – Fasting Insulin

IR – Insulin resistance

LBM – Lean body mass

LDL – Low-density lipoprotein

MoH – Ministry of Health

NIDDM – Non-insulin dependant diabetes

NZDep – New Zealand Index of Deprivation

NZEO – New Zealanders of European origin

NZHS – New Zealand Health Survey

O₂ – Oxygen

OGTT – Oral glucose tolerance test

PFK – Phosphofructokinase

PHO – Primary health organisation

SDH – Succinate dehydrogenase

SPARC – Sport and Recreation New Zealand

T50 – Time to 50% of peak force (See Study 4 and 5)

TPF – Time to peak force

VO₂max – Maximal aerobic capacity

WHO – World Health Organization

Explanation of Māori terms

Hapu – clan, tribe, sub-tribe

Hauora – wellness, health

He Korowai Oranga – Māori health strategy developed to set the direction for Māori health development in New Zealand

Hinengaro – mind, thoughts: In the context of Māori health, hinengaro represents mental health and wellbeing

Iwi – tribe, nation, people; Often refers to a large group of people descended from a common ancestor

Kapahaka – Māori cultural performance group, performing Māori dances, haka, waiata (songs) etc. in a group

Karakia – chant, prayer

Kaupapa Māori research – research methodology based on Māori ideology, values

Rangatahi – younger generation, youth

Tamariki – children

Tapu – sacred, set apart, forbidden

Te Whare Tapa Whā – Māori health model with the four aspects of health represented as the four walls of a house; developed by Mason Durie

Tikanga – correct procedure, customs, habits, method

Tinana – physical body: In context of Māori health, tinana represents physical wellbeing

Tino rangatiratanga – The idea of self-determination, self-governance, Māori sovereignty.

Wairua – spirit, soul: represents spiritual wellbeing in the context of Māori health

Whakatātaka – The Māori health action plan

Whānau – extended family, family group

Whanaungatanga – relationship, kinship, sense of family connection