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Hei aha nga whakaaro o Ngāti Ruanui mō te Whānau Ora/How do Ngāti Ruanui Iwi Whānau members define Whānau Ora?

A thesis presented in partial fulfilment of the requirements for the degree of

Master of Philosophy
(Nursing)

At Massey University, Palmerston North,
New Zealand

Te Moana Campbell-Knowles
Ngāti Ruanui, Ngaruahinerangi, Tangahoe, Tainui, Ngāti Porou

2012
Acknowledgements

E hara taku toa, I te hoa takitahi  
Mine is not the strength of one alone
Katahi o taku toa, he toa takitini  
it is the strength of many.

I would firstly like to thank the individuals of Ngāti Ruanui who participated in this research - ten wonderful people who generously shared their stories and experiences. It has been a humbling experience to have the privilege of interviewing you, and listening to your insights and wisdom. I sincerely hope that the outcome of this study has done your whakaaro the justice it deserves, and that the findings are of benefit. I would like to thank Te Whānau o Te Rau Puawai at the Manawatu campus of Massey University. The tautoko, awhi and manaaki that I received from you inspired me not to give up and to continue with this journey. My acknowledgement also to the Māori Health Research Council for the scholarship I received in 2010 which allowed me to take the necessary time off from work to complete this research.

My sincere thanks go to my supervisors, Dr Petula Brannelly and Dr Amohia Boulton. Your clarity of thought and patience has enabled me to stay focused on this kaupapa. Thanks also to Dr Will Edwards for your invaluable feedback throughout this journey. Special thanks to my colleagues and friends, Mere Brooks, for teaching me ‘to fly’ and Cilla Rei for your never-ending encouragement, assistance and guidance. Bouncing off one another and managing the tears, the laughter, and giggles along the way and reminding me that it is ok to be ‘me’. Words cannot express the appreciation I have for your belief and patience in me. Thanks also to Dale Boyce for your technical skills.

To my immediate whānau, you have been unwavering in your support and strength. To Nicola and Johnny, Keriann and Mikey, Georgia and Rawhiti and my eleven mokopuna, you are the reasons for me doing this study in the first place. To my brothers and sisters and extended Whānau, your regular question of ‘How’s it going with your mahi?’ was always welcomed. To Raymond, my husband for the unenviable task of putting up with me, the early hours of the morning meant the
‘marathons’ in front of the computer were never too lonely or bleak. Your wonderful aroha has been a joy, and I am privileged to have you by my side.
Dedication

This thesis is dedicated to the Campbell whānau and our wonderful parents, Ropata and Miriama Campbell who taught us the value of “it’s all about whānau”, never to “cease to dream” and always to strive continuously to attain “the dream”. My mother wrote the words to this song, not only for my nephew Michael Campbell, but also hope for the future for all Māori. Her wish was for mokopuna to be proud of who they are and to strive to work hard to reach their dreams and chosen goals. I dedicate this thesis to my mother and all of her mokopuna.

MAURI TU – MAURI ORA – KIA KAHA RA

_Tena koutou, tenei au e whakanui nei_ This is my biggest wish for the health
_E whaka wai ora, e aku mokopuna_ of my grandchildren
_E hapai nei, i te reo Māori_ Also to lift and carry on with the learning
_of the Māori language_

Chorus

_Kia kaha ra, e tama e,_ Be strong my grandson
_Kia mau tonu, te matauranga_ Hold fast to your knowledge
_Kia puawai, to moemoe a_ Your dreams will blossom
_kia kaha ra, kia kaha ra_ Be strong
_Mau mahara mai, kia koe_ Thinking of you day and night
_I te ao, I te po, kia mau tonu_ Have faith in your inner self
_te rongo pai, te rangimarie_ Be calm, be patient

Chorus

_No reira ra , e tama e_ Therefore my grandson
_Kia mau mai nei, nga honore_ you have achieved your goal
_Me te iwi e, e tau nei_ and honour, and also for
_Te iwi Māori e_ the Māori people

Written by Miriama Campbell. CD programmed, produced and engineered by Richie Campbell (jnr) at Kahu studios, Glenfield, Auckland. Vocals – Richard (snr) and Kathleen Campbell.
Abstract

In Aotearoa New Zealand poorer health outcomes for Māori have been well documented. There is growing evidence that limited contact between whānau members has a potential negative impact on the health and wellbeing within the whānau. The term Whānau Ora has been widely used and variously defined by Māori over many years however there is no single shared definition of Whānau Ora, and little understanding about how it can be implemented by Māori health providers as a service delivery framework. This research expands on existing knowledge of Whānau Ora by identifying definitions, gathering data about Whānau Ora values and concepts, cultural beliefs and practices.

This research is informed by the worldview of healthcare for Māori. A number of hui (meetings) were held where Ngāti Ruanui iwi members were consulted and ten Ngāti Ruanui participants were interviewed. These participants identified meanings of Whānau Ora that included ‘being Māori’ and who they are (whakapapa) and how this translates to ‘how they live’ (Matauranga Māori), ‘self-definition’ (tino-rangatiranga) and how Whānau Ora is the ‘way forward’ to address past and present issues such as colonisation and inequalities.

This research employed a Māori-centred qualitative methodology which allowed Māori and Western belief systems their own integrity whilst working side by side, utilizing the energy of the two systems. Localising the research to Ngāti Ruanui Iwi members was intentional, to understand what members considered important. As the integrity of the participants was a central concern in the research, a methodology was adopted that was respectful and valued the participant’s worldview. Participants regarded Whānau Ora as a mechanism to assist whānau to “move on”, and advance as Māori. Whānau Ora was also regarded as an important future model of health that has the potential ‘do away’ with disparities and assist Māori in their efforts to strive for good health. The research concluded that Māori health outcomes will be much improved when they are delivered in ways that meet the cultural needs of Māori. The roles and responsibilities of the Crown must ensure that these changes develop and are done in collaboration with Māori organisations themselves which will ensure that any changes reflect the philosophies of Whānau Ora: optimal wellbeing.
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Glossary of Māori Words and sayings

A

Aotea waka single canoe outrigger
Aotearoa New Zealand
Aroha love
Atua heavenly father
A tuku iho cultural heritage
Aukati Kai Paipa quit smoking
Awa river
Awhi support, caring, helping people

H

Ha a Koro ma e Kui ma the breath of life from forebears
Hapū sub-tribe, pregnant woman
Hauora health and wellbeing
Hawaiki-Rangiatea Tahiti
He Korowai Oranga The cloak of health, The Māori Health Strategy
Hinengaro emotional and mental health
Hui meeting, gathering, bring together

I

Iwi tribe

K

Kai food
Kaiako Māori language tutor
Kainga home
Kaitiaki guardian
<table>
<thead>
<tr>
<th>Term</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kaitiakitanga</td>
<td>guardians to the welfare of people</td>
</tr>
<tr>
<td>Kaikaranga</td>
<td>caller</td>
</tr>
<tr>
<td>Kaikorero</td>
<td>orator</td>
</tr>
<tr>
<td>Kanohi kitea</td>
<td>to be seen, face to face</td>
</tr>
<tr>
<td>Karakia</td>
<td>prayer</td>
</tr>
<tr>
<td>Kaumatua</td>
<td>elder</td>
</tr>
<tr>
<td>Kaupapa</td>
<td>strategy or theme</td>
</tr>
<tr>
<td>Kautu-ki-te-rangi</td>
<td>handle of the paddle of Aotea waka,</td>
</tr>
<tr>
<td>Kawanatanga</td>
<td>governorship</td>
</tr>
<tr>
<td>Koha</td>
<td>gift</td>
</tr>
<tr>
<td>Kohanga Reo</td>
<td>early childhood, language nest</td>
</tr>
<tr>
<td>Korero</td>
<td>talk</td>
</tr>
<tr>
<td>Kia tupato</td>
<td>be cautious</td>
</tr>
<tr>
<td>Kura kaupapa</td>
<td>primary schools</td>
</tr>
<tr>
<td>Kuia</td>
<td>older women</td>
</tr>
</tbody>
</table>

### M

<table>
<thead>
<tr>
<th>Term</th>
<th>Translation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mahi</td>
<td>work</td>
</tr>
<tr>
<td>Māori</td>
<td>indigenous people of Aotearoa</td>
</tr>
<tr>
<td>Mana</td>
<td>prestige, power</td>
</tr>
<tr>
<td>Mana ake</td>
<td>uniqueness and positive identity</td>
</tr>
<tr>
<td>Manaaki</td>
<td>caring for others</td>
</tr>
<tr>
<td>Manaakitanga</td>
<td>acknowledges the mana of the people</td>
</tr>
<tr>
<td>Manuhiakai</td>
<td>sub-tribe in Nga Ruahinerangi</td>
</tr>
<tr>
<td>Mana whenua</td>
<td>land occupied, right of ancestral claim</td>
</tr>
<tr>
<td>Marae</td>
<td>meeting ground</td>
</tr>
<tr>
<td>Matauranga</td>
<td>education, knowledge</td>
</tr>
</tbody>
</table>
Matua       parent
Mauri       life force
Mihi       to welcome, introduction
Mimi       urine
Moana       ocean
Mokopuna     grandchildren
Muaupoko     tribe in Whanganui
Muru       restorative justice
Muru me te raupatu       confiscated lands

N
Nga Pakeke of Ngāti Ruanui       Kaumatua group in Ngāti Ruanui
Ngāti Hine       tribe in Northland
Ngāti Ruanui       tribe in Taranaki
Ngāti Ruanui Hauora       Ngāti Ruanui Health Centre
Nga Ruahinerangi       tribe in Taranaki
Nga Rauru       tribe in Wanganui
Ngāti Apa       tribe in Wanganui
Ngāti Ruanui Tahua       Ngāti Ruanui health-social services
Noa       common, free from tapu, safe

P
Pa       meeting place
Pakakohe       tribe in Taranaki
Pākehā       non-Māori, European, Caucasian
Papakura       Auckland
Papatuanuku       the earth mother

R
Rangātiratanga       freedom, dominion, ownership
Ranginui  sky father
Rapuora  Māori Womens Welfare League Report
Rohe  district
Rongoa  traditional Māori medicine
Roopu  a group of people

T
Taonga  treasure
Tainui  tribe in Waikato, Huntly
Taiporohenui  land and marae in Hawera
Tamariki  children
Tangata whenua  people of the land
Tangahoe  tribe of Taranaki
Tangihanga  ceremony for those who have passed
Taranaki  region in Aotearoa
Tapu  protected, sacred, unsafe
Te ao Māori  the world of Māori
Te Moana Nui a Kiwa  the Pacific Ocean
Te Kete Hauora  Māori Health Directorate
Te Reo Māori  Māori language
Te Runanga of Ngāti Ruanui  Governing body of Ngāti Ruanui
Te Tai Tokerau  tribe in Northland
Te Tiriti o Waitangi  The Treaty of Waitangi
Te Whare Tapa Wha  a Māori Model of health
Te Whiti-I Rongomai  prominent leader from Taranaki
Tikanga  custom
Tinana  physical body
Tino-rangātiratanga  self-determination, control
Tipu Ora  Māori programme-healthy families  
Tipuna  ancestors  
Titokowaru  chief of Ngāti Ruanui  
Tohunga  traditional Māori healer, expert  
Turi  high chief of Ngāti Ruanui  
W  
Waiora  possessing health  
Wahine  woman  
Waka  canoe  
Waikato  region in New Zealand  
Wairua  spirit  
Wairuatanga  spirituality  
Wanaanga  learning, university  
Whanganui  town and region in New Zealand  
Whangai  foster children  
Whakama  embarrassment, shy, shame  
Whakapapa  genealogy  
Whakatohea  tribe in Opotiki  
Whakawhānaungatanga  establishing relationships  
Whānaungatanga  relationships, connections, networks  
Whānau Ora  family optimal health and wellbeing  
Wharekai  dining room  
Whenua  land, placenta  
U  
Ukaiipo  mother  
Uri  descendent  
Uri o Ngāti Ruanui  descendent of Ngāti Ruanui
Utu  justice, rights of an individual
## List of Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>A&amp;OD</td>
<td>Alcohol and Other Drugs</td>
</tr>
<tr>
<td>HEAT</td>
<td>Health Equity Assessment Tool</td>
</tr>
<tr>
<td>MOH</td>
<td>Ministry of Health</td>
</tr>
<tr>
<td>MSD</td>
<td>Ministry of Social Development</td>
</tr>
<tr>
<td>NHC</td>
<td>National Hauora Coalition</td>
</tr>
<tr>
<td>NRTT</td>
<td>Ngāti Ruanui Tahua Trust</td>
</tr>
<tr>
<td>RHC</td>
<td>Ruanui Health Centre</td>
</tr>
<tr>
<td>TDHB</td>
<td>Taranaki District Health Board</td>
</tr>
<tr>
<td>TKM</td>
<td>Te Kawao Maro – The Taranaki District Health Board Māori Health Strategy</td>
</tr>
<tr>
<td>ToW</td>
<td>Treaty of Waitangi</td>
</tr>
<tr>
<td>TPK</td>
<td>Te Puni Kōkiri</td>
</tr>
<tr>
<td>TWTW</td>
<td>Te Whare Tapa Wha/Māori Model of Health</td>
</tr>
<tr>
<td>TWPK</td>
<td>Te Whare Punanga Korero – The Taranaki District Health Board governing body representing Taranaki Iwi members.</td>
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</tbody>
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