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*Conceptualisation and measurement
of iwi wellbeing*

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

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Ngai Tai, Te Whakatōhea, Te Whānau a Apanui, Ngāti Porou

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Ko Kapuārangi te maunga

Ko Wainui te awa

Ko Tōrerenuiārua rāua ko Manaakiao ngā Tīpuna

Ko Tōrere te Marae

Ko Tainui te waka

Ko Ngai Tai te iwi

He Mihi

*Hīaroa, hīaroa
hīaroa ki ngā maunga hī
e piki, e heke e hau mai ana
hau ki uta, hau ki tai
hei pātaka whakaruruhau mōku
hei hau mō te ora, hei oranga mō te hau
kia pūrea ōku parihau kōpara e tiapu nei*

*Hīaroa te tokatapu o Wainui, o Wairoa
ka pupū ake nā te puna Orini,
kārangaranga te muri
ranga ki runga, ranga ki raro
rangaranga tōku pāharakeke ahikā
kia haumiē, kia huiē*

*Tāpotu te iringa o taku wakatuhi
tuhinganui, tuhingaroa, tuhingapāmamao
tukua koa mai te kōmurihau
hei angitu te eke āmai o ngaru
eke panuku, eke Tangaroa
eke iti kōpara, ki moemoeā
o tainui, o tairoa*

*Ngai Tai te iti
Ngai Tai te ngaro
mā te kakau o taku hoe
e whakaripi ana te huki o Te Hānoa
pahū mai te toka puta a Taikehu*

*Mā wai e tō?
kāti ma te takitini o Ngai Tai e tō
ko Tōrere te kei o te waka, tapatū, tapahī
te Paenoa o tawhiti kia tata
whakatata, whakapiri, whakangātahi mai
whakamauā kia tīna,
Tai-iki-e*

*Eternally pulling
the mountains of home
like drifting winds that rise and fall
carried inland and out to sea
my source of nourishment
my breath of sustenance, the sustenance of my breath
breezing beneath my wings*

*Call upon the sacred rock of Tōrere at Wainui
where the waters of Te Orini spring forth,
call from the safety of home
let my family be intertwined
weave together our sacred threads
bind us as one*

*Initiate the baptism of the word
words great, words long, words from the past
I plead that you may send me a soft gentle breeze
that carries me on the crest of this wave
I am one with the land, I am one with the sea
ascend this little bird to fulfil its dreams
of the great tides, of the long tides*

*I am but small
I am still searching
let the handle of my paddle
slice through the foaming waters of Te Hānoa
bursting with potential through solid rock*

*Whom shall have the potential?
As a collective, Ngai Tai has the potential
with Tōrere at the bow of our endeavours, stand and recite,
pierce the barriers of distant horizons
gather dreams close
let them be realised
let them be¹*

¹ Composed by Te Wheki Porter for the special purposes of this research.

Abstract

Measures used in the New Zealand health sector to gauge the state of Māori health and the effectiveness of health services are poorly aligned to Māori understandings of wellbeing and iwi and Māori community aspirations. This thesis explores the conceptualisation and measurement of wellbeing from an iwi perspective and is therefore distinct in that it is localised within an iwi-centred Māori inquiry paradigm that privileges iwi worldviews.

The study has been informed by a qualitative methodology and a multi-methods approach that included a literature review, three Ngai Tai marae-based wānanga and 14 key informant interviews. The term iwi vitality was identified in this research as best capturing iwi aspirations for wellbeing. Central to the concept of iwi vitality is the notion that iwi are able to actively determine what matters to them from a local perspective and how best to monitor progress towards the achievement of iwi vitality. Iwi vitality is both ecologically localised and context specific, and is best expressed through the following seven iwi vitality outcomes that have been derived from this study - a secure iwi identity, intergenerational sustainability, collective cohesion, environmental stewardship, self-determination, economic prosperity and whānau health and wellbeing. In combination these outcomes reflect what constitutes iwi vitality.

Progress towards the achievement of iwi vitality can be measured in a way that is consistent with iwi values and aspirations, through the application of the Iwi Vitality Outcomes Framework described in this thesis. The framework is based on iwi values, and therefore is located within an iwi paradigm. Application of the framework provides a mechanism through which iwi are able to align their efforts to iwi vitality outcomes, effectively monitor what matters to them and plan for the future towards the realisation of iwi vitality.

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Ngā moemoeā ki tua

ngā ara ki naianei

ngā tapuwae ki mua

The visions of yesterday

are today's pathways

and tomorrow's stepping stones²

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² A proverb coined by the late Ngai Tai leader, Ian Te Tawhiro Maxwell.

implementation of this research, I acknowledge the power of our collective strength and determination in supporting the wellbeing and prosperity of our people.

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I am therefore grateful for the opportunity to present this research and hope that it will contribute towards supporting the development and advancement of not only Ngai Tai, but also other iwi and Māori communities throughout Aotearoa.

Preface

This preface describes the conventions for Māori language usage that have been followed in the presentation of this thesis.

A glossary of Māori terms used in this thesis is provided to make this study accessible to a wider audience. Where a single Māori word is first used, an English translation is provided in brackets for ease of reading. Thereafter, the glossary can be utilised for future reference. In the qualitative findings, Chapters Four and Five, comments to assist with clarity are provided in brackets and English translations of Māori terms are provided in square brackets. Where necessary, sentences using Māori words have been translated in full following the text and only where appropriate is a full definition of each word provided in the glossary. In the preliminaries, a conceptual translation of 'He mihi' has been provided, and therefore a literal translation of each word has not been included in the glossary.

In Chapters Four and Five Arabic numerals have been used to label all of the participants in each key participant group, starting from one within each section of the findings.

The use of the term Ngai Tai appears in two forms throughout this thesis. First, when referring to the iwi, Ngai Tai appears as two separate words. Second, when referring to the mandated iwi organisation Ngaitai Iwi Authority, the term appears as one word. The variant spellings do not reflect any difference in the underlying tribal name. It is acknowledged that these variations in spelling are a result of varying opinion. The researcher therefore has opted to honour the spelling of Ngai Tai as defined by her whānau, and to also respect the spelling as adopted by Ngaitai Iwi Authority.

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Glossary of Māori Terms³

<i>ahikā</i>	home fires, home people
<i>ahitere</i>	descendants that live outside tribal boundaries
<i>āhua</i>	attributes
<i>Āriki</i>	Chief of chiefs
<i>aroha</i>	love, respect
<i>awa</i>	river
<i>awhi</i>	care, help, support
<i>hā</i>	breath, breath of life
<i>hapū</i>	a sub-tribe
<i>hau</i>	wind, breath
<i>Haukai a Iwi</i>	tribal celebratory feast
<i>haumate</i>	state of being unwell
<i>hauora</i>	health
<i>hikoī</i>	historical learning trail
<i>hikoī whakamua</i>	journey forward
<i>hinengaro</i>	mental dimension of health, element of Māori health and wellbeing
<i>Horowhenua</i>	a region in the lower North Island
<i>Hoturoa</i>	captain of the Tainui canoe
<i>hui</i>	meeting, gathering
<i>hui a iwi</i>	tribal meeting, tribal gathering
<i>Io Matua Kore</i>	The Parentless God
<i>iwi</i>	a Māori tribe
<i>iwi tāonga</i>	cultural assets
<i>iwitanga</i>	iwi distinctiveness
<i>kaha</i>	strength
<i>kai</i>	food
<i>kaiako</i>	teacher, tutor
<i>kaikaranga</i>	ceremonial callers
<i>kaikōrero</i>	orators
<i>kaitiaki</i>	guardian
<i>kaitiakitanga</i>	guardianship
<i>kaiwaiata</i>	ceremonial singers
<i>kapā haka</i>	Māori cultural performance group
<i>Kapiti</i>	a region in the lower North Island

³ Definitions are provided within the context of this study and may not be generally applicable.

<i>Kapuārangi</i>	a Ngai Tai mountain of significance
<i>karakia</i>	prayer, church
<i>karakia tawhito</i>	traditional prayer
<i>karanga</i>	ceremonial call
<i>Kauaetangohia</i>	a rural Māori settlement on the East Coast of the North Island
<i>kaumātua</i>	elders
<i>kaunihera</i>	council
<i>kaupapa</i>	activity, initiative, cause, subject, topic
<i>kaupapa Māori</i>	a Māori philosophy framework
<i>kawa</i>	protocol
<i>kina</i>	sea-urchin
<i>kōhanga reo, kōhanga</i>	a Māori early childhood language nest
<i>kōrero</i>	speak, stories, discussion
<i>koro</i>	grandfather
<i>koroua</i>	grandfather
<i>korowai</i>	feathered cloaks
<i>kotahitanga</i>	unity, collective unity
<i>kuia</i>	grandmother, female elder
<i>kupu</i>	word
<i>kura</i>	school
<i>kura-a-iwi</i>	tribal school
<i>kura kaupapa</i>	Māori medium primary school
<i>mahi</i>	work
<i>mahi-a-tohunga</i>	work of a Māori specialist in a particular field
<i>mahi kai</i>	food gathering
<i>mahinga kai</i>	cultivated food sources
<i>maioha</i>	appreciation
<i>mākutu</i>	oppressive forms of deculturalisation
<i>mākutu Pākehā</i>	pervasion of European norms
<i>mana</i>	integrity, prestige
<i>mana ake</i>	individual and family identity
<i>mana motuhake</i>	autonomy
<i>mana whenua</i>	environmental connectedness
<i>Manaakiao</i>	a Ngai Tai ancestor
<i>manaakitanga</i>	care and respect for others, the capacity to care
<i>manuhiri</i>	visitors, guests
<i>Māoritanga</i>	Māori distinctiveness

<i>māra kai</i>	food garden
<i>marae</i>	a Māori meeting place
<i>māramataka</i>	calendar
<i>maro</i>	loincloth
<i>Mataatua</i>	a tribal canoe
<i>mātauranga</i>	education, Māori knowledge base
<i>mate Māori</i>	an unexplained illness, psychosomatic illness
<i>mauiui</i>	unwell, sick
<i>maunga</i>	mountain
<i>mauri</i>	life force, essence
<i>Mauri Ora</i>	life essence, Access to the Māori world
<i>mihi</i>	greet, acknowledge
<i>mihi whakatau</i>	formal speech of welcome
<i>Minita</i>	Minister
<i>mirimiri</i>	massage
<i>mita</i>	dialect
<i>moana</i>	sea, ocean
<i>moemoeā</i>	vision, dream
<i>moko(s), mokopuna</i>	grandchild, grandchildren
<i>mutunga</i>	the end
<i>Ngā Manukura</i>	leadership – a Māori health pre-requisite
<i>Ngā tini o Toi</i>	The tribes of Toi (an ancestor)
<i>Ngai Tahu</i>	a tribe
<i>ngahere</i>	bush
<i>Ngai Tai</i>	a tribe
<i>Ngai Taitanga</i>	Ngai Tai tribal distinctiveness
<i>ngākau</i>	emotional dimension of Māori health
<i>Ngāpuhi</i>	a tribe
<i>ngaro</i>	lost
<i>Ngārauru</i>	a tribe
<i>ngaru</i>	a wave
<i>Ngāti Hauiti</i>	a tribe
<i>Ngāti Hine</i>	a tribe
<i>Ngāti Kahungunu</i>	a tribe
<i>Ngāti Kauwhata</i>	a tribe
<i>Ngāti Mutunga</i>	a tribe
<i>Ngāti Porou</i>	a tribe

<i>Ngāti Pūkeko</i>	a tribe
<i>Ngāti Rangī</i>	a tribe
<i>Ngāti Raukawa</i>	a tribe
<i>Ngāti Ruanui</i>	a tribe
<i>Omarumutu</i>	a settlement of Whakatōhea
<i>Ōpōtiki</i>	a town on the East Coast of the North Island
<i>ora</i>	health
<i>oranga</i>	health, wellbeing
<i>pā</i>	Māori villages, village
<i>pae</i>	collective of formal speakers on marae
<i>paepae, paetapu</i>	place reserved for formal speakers and callers on marae
<i>pai</i>	good
<i>Pākehā</i>	European
<i>pakeke</i>	adults
<i>Papaioea</i>	Palmerston North
<i>papakāinga</i>	collective home base
<i>Papatuānuku</i>	the Earth Mother
<i>patu</i>	weapon
<i>pēpeha</i>	tribal saying
<i>piupiu</i>	flax skirt
<i>pōhiri</i>	welcoming ceremony
<i>pūkengatanga</i>	skills, knowledge transmission
<i>puna</i>	a spring
<i>Pupuri tāonga</i>	the capacity for guardianship
<i>Rāhui</i>	ban
<i>rākau</i>	trees
<i>rangaihīrearea</i>	adults, middle generation (Ngai Tai)
<i>rangatahi</i>	youth
<i>Rangatira</i>	Chief
<i>rangatiratanga</i>	leadership, determination, self determination
<i>Rangitāne</i>	a tribe
<i>rawa</i>	resources, access to resources
<i>reo</i>	language
<i>Ringatū</i>	a Māori religion
<i>rohe</i>	region
<i>rongoa</i>	Māori traditional medicine
<i>Rotorua</i>	a city in the middle of the North Island

<i>rūnanga</i>	a mandated iwi organisation
<i>taha hinengaro</i>	mental and emotional dimension of Māori health
<i>taha tinana</i>	physical dimension of Māori health
<i>taha wairua</i>	spiritual dimension of Māori health
<i>taha whānau</i>	family dimension of Māori health
<i>tāhuhu kōrero</i>	ancestral knowledge
<i>taiaha</i>	long weapon
<i>taiao</i>	environment
<i>Tainui</i>	a tribe, name of tribal canoe
<i>Takapūtahi</i>	a Ngai Tai land holding
<i>taku</i>	my
<i>tamariki</i>	children
<i>Tangaroa</i>	God of the sea
<i>tangata</i>	individual, person, man
<i>tangata whenua</i>	Māori, indigenous people of New Zealand
<i>tangi, tangihanga</i>	a Māori mourning ritual carried out over a number of days
<i>tāonga</i>	gift, asset
<i>tapu</i>	sacred, sacrosanct
<i>tauiwi</i>	non-Māori
<i>Taranaki</i>	a region in the central North Island
<i>tauparapara</i>	chant
<i>taurahere</i>	middle generation descendants of a tribe
<i>Tauranga</i>	a city on the East Coast of the North Island
<i>Tau Tuawaru</i>	Year 8 (schooling)
<i>te Ao Māori</i>	the Māori world
<i>te Ao Pākehā</i>	the European world
<i>Te Arawa</i>	a tribe
<i>Te Atiawa</i>	a tribe
<i>Te Atihaunui a Paparangi</i>	a tribe
<i>Te Hoe Nuku Roa</i>	a Māori longitudinal study
<i>Te Ira Tangata</i>	a Māori potential framework
<i>Te Iti Hauora</i>	the Ngai Tai health and social service provider
<i>Te Mana Whakahaere</i>	autonomy – a Māori health pre-requisite
<i>Te Ngāhuru</i>	a Māori outcomes framework
<i>Te One</i>	a bay in Tōrere
<i>Te Oranga</i>	participation in society – a key task of a Māori model of health promotion

<i>Te Pae Mahutonga</i>	a Māori model of health promotion
<i>Te Rarawa</i>	a tribe
<i>Te Rau Hinengaro</i>	the New Zealand mental health survey
<i>te reo</i>	the language
<i>te reo Māori</i>	the Māori language
<i>te roopu taka kai</i>	food gatherers, preparers
<i>Te Rūnanga Hauora o te Moana ā Toi</i>	the Māori Health Rūnanga of the Bay of Plenty District Health Board
<i>Te Whānau a Apanui</i>	a tribe
<i>Te Whare Tapa Whā</i>	a Māori model of health
<i>Te Wheke</i>	a Māori model of health
<i>tikanga</i>	custom, traditional Māori practice
<i>tinana</i>	physical dimension of Māori health
<i>tino rangatiratanga</i>	self-determination
<i>tīpuna</i>	ancestor(s)
<i>tohunga</i>	expert, a Māori specialist in a particular field
<i>tohunga hopu kai</i>	expert food gatherer
<i>Toi te Huatahi</i>	an ancestor
<i>toiora</i>	healthy lifestyles - a key task of a Māori model of health promotion, a state of optimum health and wellbeing
<i>toitū</i>	stand with permanence
<i>Tōrere</i>	Ngai Tai tribal homeland
<i>Tōrerenuiārua, Tōrere</i>	a Ngai Tai ancestress
<i>Tūhoe</i>	a tribe
<i>Tūhoetanga</i>	Tūhoe distinctiveness
<i>Tūhono</i>	a Māori organisation
<i>tuku iho</i>	Māori values, beliefs, obligations and responsibilities
<i>Tunapahore</i>	a Ngai Tai land holding
<i>tūpāpaku</i>	deceased person, corpse
<i>tūpuna</i>	ancestor
<i>tūrangawaewae</i>	home lands
<i>tutu</i>	mischief
<i>ūkaipōtanga</i>	sense of belonging
<i>uri</i>	descendent
<i>wahine</i>	woman
<i>wai</i>	water
<i>waiata</i>	song
<i>waiata koroua</i>	ancient song

<i>Waikato-Tainui</i>	a post settlement iwi
<i>Wainui</i>	a Ngai Tai river
<i>waiora</i>	environmental protection, total wellbeing
<i>wairua, wairuatanga</i>	spirituality
<i>waka</i>	boat, canoe
<i>wānanga</i>	a Māori learning institution, learning opportunities
<i>Wanganui</i>	a town in the Lower North Island
<i>whaikōrero</i>	formal speech
<i>whakaaro</i>	thought, concept
<i>whakairo</i>	carving
<i>whakamā</i>	embarrassed
<i>whakamana</i>	empower, the capacity to empower, positively influence
<i>whakangahau</i>	entertainment
<i>whakapapa</i>	genealogy
<i>whakapūmau tikanga</i>	the capacity to promote culture
<i>whakataetae</i>	competition
<i>whakatakoto tikanga</i>	the capacity to plan ahead
<i>Whakatane</i>	a town in the Eastern Bay of Plenty
<i>Whakatātaka Tuarua</i>	the Māori Health Action Plan
<i>whakatauākī</i>	a proverbial saying of which the orator is known
<i>Whakatōhea</i>	a tribe
<i>whakawhanaungatanga</i>	the capacity for consensus, interrelationships
<i>whānau</i>	family
<i>whanaungatanga</i>	relationships, interconnectedness
<i>whānau whānui</i>	extended family
<i>Whanganui</i>	a town in the lower North Island
<i>Whangaparāoa</i>	a settlement in the Eastern Bay of Plenty of the North Island
<i>whare</i>	house
<i>wharekura</i>	Māori medium school for Years 1-13
<i>wharenuī</i>	tribal meeting house
<i>wharepuni</i>	tribal meeting house
<i>whare wānanga</i>	Māori learning institution
<i>whāriki</i>	woven mats
<i>whenua</i>	land