

Copyright is owned by the Author of the thesis. Permission is given for a copy to be downloaded by an individual for the purpose of research and private study only. The thesis may not be reproduced elsewhere without the permission of the Author.

**KAUPAPA HAUORA MAORI:
Nga Whakaaro Whakahirahira
o Nga Kaumatua.**

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

Doctor of Philosophy

In

Maori Studies

**At Te Pumanawa Hauora; Research Centre for Maori Health and
Development, Massey University, Wellington, Aotearoa / New Zealand.**

Janice Wenn nee Workman,

Ngati Hinewaka; Ngati Moe; Kahungunu ki Wairarapa.

Abstract

There is a requirement for all services within the New Zealand health system to be accredited with an established quality organisation and to demonstrate an ability to provide a measurable quality service to consumers. For Māori these requirements must make sense in Māori terms.

This thesis is based on the view that, for Māori, the concept of health is more effectively expressed as hauora - optimal health and wellbeing for Māori.

This thesis makes five contributions to Māori health and Māori health research. First, it identifies a responsive approach to engaging kaumātua effectively in the process of qualitative research. Second, it identifies a fundamental underlying conceptual framework – kaupapa hauora Māori as a means of understanding hauora – expressed in terms derived from kaumātua in Taranaki and Kahungunu. Third, it adapts this conceptual framework into an analytical research framework and then applies it to allow kaupapa hauora Māori (described in terms of worldview, values and ethics) to be identified from a range of data. Fourth, it critically analyses popular models of Māori health – Te Whare Tapa Whā, Te Wheke and Ngā Pou Mana. Finally, it proposes and details post-doctoral research that will translate kaupapa hauora Māori into a quality services framework/tool.

“Kaupapa Hauora Māori” is a conceptual framework articulated by kaumātua, and has its origins in te ao Māori, from which the aronga or worldview is developed. The aronga is composed of the kaupapa or values and tikanga or ethics that provide kaumātua with the values base of hauora. These components have been identified by kaumātua and not only inform the concept of KHM but also inform the analytical research framework that is applied to the data. The values have been identified as a core set of values comprising whakapapa, wairua, whenua, whānau, tikanga te reo Māori, tinana, and hinengaro, and the associated tikanga is expressed as behaviour or ethics. These, together, influence the perception and understanding individuals have of their world and of hauora.

Acknowledgements

This thesis has taken a considerable time in the preparation, research and writing and there have been many people, who, in many different ways have contributed by sharing their knowledge and experiences with me providing me with the opportunities to explore and find my own way as I progress through to the completion of this thesis.

The knowledge of my tipuna has been paramount, if I was given the opportunity to meet one person from the past I would choose Kokoroiti Rewhaunga my great great grandmother who expressed a faith and trust in her whānau as she journeyed with them from Kapiti Island, back to her own people at Te Kopi and later to Waipounamu. I like to think that she had an incredible wisdom and a relationship with the whenua from where she frequently found sustenance and means of nurturing and healing; attributes that have helped shaped many of her descendants. My Koro, Grandad Bob and to my Dad, for the wisdom they have shared and the trust they showed in me. The patience and support of my mother, Peggy and of the Workman whānau all of whom have contributed to my efforts in completing this thesis.

During my lifetime kaumātua have shared with me the skills and the wisdom that they have been endowed with. In particular the Taranaki Aunties who invested considerable time and energy in providing me with the experiences and the opportunities that have influenced me and taught me what it is to be Māori. The kaumātua who participated in the planning and the research for this thesis and without whom this would have not become a reality. The time they gave and the knowledge and the stories they have shared made this thesis a very special document As always happens, some of these kaumātua are no longer with us but their special contribution will always be remembered.

To my supervisors Chris Cunningham and Moana Jackson, thank you for your patience, endurance and for the manner in which you have shared knowledge and allowed me the opportunity 'to be.' To Moana a special thank you for persuading me to carry on when I wanted to give up. Thank you too for showing me what logic is really about and for opening the door to indigenous approaches to research and for

teaching me to have the courage to admit that one can hear other tunes played upon other drums.

To my colleagues at Te Pumanawa Hauora thank you for your interest and for your support during this process. Gloria Taumata Bishara who was always on stand by and with whom I share many meals and the news of the day.

A special thankyou to Lei Zhang for her patience and willingness to share her knowledge and skills in information technology and whom I owe a debt of gratitude.

Martin d Souza who didn't really know what he was letting himself in for when he agreed to edit my writings. To Lyn Wilson, Vonda Taumata and Triny Ruhe for their time, patience and computing skills, thankyou for helping my dream become a reality.

Mikaere Kawana for sharing his knowledge about the whakatauaki of our tipuna and kaumātua.

To the Health Research Council of New Zealand thankyou for your support and funding for the first three years of my PhD I am grateful to the HRC for their support and investment they continue to make in Researchers.

My thanks also to Te Mata O Te Tau for the support they too have provided me with over that last six months of preparing this thesis.

I must also extend my thanks to the Massey University Human Ethics Committee (protocol 02/117)

I initially made reference to the kaumātua who were involved in the planning and the implementation of this research and continued to provide valuable input throughout. Without their input I would have been unable to proceed with the later phases of the research involving Health Service Managers and Community Health Workers. This latter group provided valuable insights into health service provision for our people, working in an environment that was not always conducive to what you wanted to achieve in terms of health outcomes.

My purpose in pursuing this research is to provide the groundwork for developing a system of quality standards and criteria for the ongoing provision of health services that have meaning for our people who provide hauora services and for those that receive them.

Dedication

This thesis is dedicated:

to the Kaumātua of Ngāti Kahungunu me Taranaki who shared their knowledge and experiences so readily with me;

to the 'Taranaki Aunties' especially the late Aunty Ena Okeroa and to my special mentor Aunty Marge Rau Kupa who took the time and the patience to show me who I was;

to Te Ru Wharehoka for the faith he had in this research and his participation in it; and

to my special friends, Tira, Matariki, Te Urukaipo and Hineaka all of whom have let me share their world and see it through their eyes.

Table of Contents

ABSTRACT	1
ACKNOWLEDGEMENTS	III
DEDICATION	V
TABLE OF CONTENTS	VI
LIST OF FIGURES	X
LIST OF TABLES	XI
LIST OF APPENDICES	XI
GLOSSARY OF ABBREVIATIONS USED	XII
GLOSSARY OF MĀORI TERMS USED	XIV
PROLOGUE – HEI MIHI ‘TUHINGA’	18
CHAPTER ONE	22
HAUORA MĀORI: A CHANGING CONCEPT?	22
INTRODUCTION TO THIS THESIS	23
THE APPROACH TAKEN IN THIS THESIS	25
THESIS GENESIS	26
THESIS ORGANISATION	27
CHAPTER TWO	30
THE ORIGINS OF A MĀORI WORLDVIEW	30
INTRODUCTION.....	30
TE AO MĀORI.....	30
MĀORI WORLDVIEW AND MĀORI INTELLECTUAL TRADITION	31
VALUES BASE OF KAUPAPA HAUORA MĀORI	33
CANDIDATE VALUES	33
KAUPAPA HAUORA MAORI IN THE CONTEMPORARY WORLD.....	38
CONCLUSION	39
CHAPTER THREE	40
KAUPAPA HAUORA MĀORI IN HISTORICAL PERSPECTIVE	40
INTRODUCTION.....	40
KAUPAPA HAUORA MĀORI FROM A HISTORICAL PERSPECTIVE	40
PERIOD 1: THE RECOGNITION OF KAUPAPA HAUORA MĀORI IN TE WA MĀORI: A DEFINITIVE KAUPAPA HAUORA MĀORI ENVIRONMENT.	41
FACTORS INFLUENCING HAUORA – ACHIEVING OPTIMAL HEALTH & WELLBEING FOR MĀORI.....	44
HISTORICAL EVENTS IN TE WA MĀORI	45

PERIOD 2: A PERIOD OF IMPOSITION, SUPPRESSION AND DISPOSSESSION, 1800–1900: A THREATENED KAUPAPA HAUORA MĀORI ENVIRONMENT	45
FACTORS INFLUENCING KAUPAPA HAUORA MĀORI	48
DEVELOPMENT OF A HOSPITAL-BASED SYSTEM OF HEALTH CARE.....	49
THE HEALTH WORKFORCE.....	49
THE STATUS OF HEALTH SERVICES FOR MĀORI.....	50
PERIOD 3: THE BEGINNING OF THE RESURGENCE OF KAUPAPA HAUORA MĀORI 1900–1959: THE KAUPAPA HAUORA MĀORI ENVIRONMENT RESCUED?.....	52
THE CHANGING MĀORI HEALTH INFRASTRUCTURE.....	52
THE TOHUNGA SUPPRESSION ACT 1907.....	53
FACTORS INFLUENCING KAUPAPA HAUORA MĀORI: THE INFLUENCE OF MAUI PŌMARE AND PETER BUCK....	54
MĀORI HEALTH INITIATIVES.....	55
IDENTIFYING KAUPAPA HAUORA MĀORI.....	57
PERIOD 4: REVITALISING KAUPAPA HAUORA MĀORI 1960–PRESENT DAY: THE CONTEMPORARY NEW ZEALAND PUBLIC HEALTH SYSTEM	58
GOVERNMENT’S RESPONSE TO THE GROWING ASSERTIVENESS OF MĀORI: THE DECADE OF MĀORI DEVELOPMENT (1980–1990).....	59
THE HUI TAUMATA	59
HUI WHAKAORANGA	60
PRIMARY HEALTH ORGANISATION DEVELOPMENT.....	65
PERIOD 5: KAUPAPA HAUORA MĀORI AND HEALTH SERVICE PROVISION IN THE 21ST CENTURY.....	67
CONCLUSIONS	68
CHAPTER FOUR.....	72
THE DEVELOPMENT OF A RESEARCH FRAMEWORK FOR KAUPAPA HAUORA MĀORI.....	72
APPROACHES TO MĀORI RESEARCH – DEVELOPING A MĀORI RESEARCH STRATEGY.....	72
WHY A KAUPAPA HAUORA MĀORI RESEARCH FRAMEWORK?.....	72
KAUPAPA RANGAHAU	76
A KAUPAPA HAUORA MĀORI RESEARCH FRAMEWORK.....	76
DEVELOPING A KAUPAPA HAUORA MĀORI RESEARCH FRAMEWORK.....	78
DESCRIPTION OF THE KAUPAPA HAUORA MĀORI RESEARCH FRAMEWORK.....	79
APPLYING THE KAUPAPA HAUORA MĀORI RESEARCH FRAMEWORK.....	83
RESEARCH ASSUMPTIONS AND QUESTIONS.....	83
RESEARCH QUESTIONS.....	84
CONCLUSIONS	85
CHAPTER FIVE.....	86
THE DEVELOPMENT OF ‘KAUPAPA HAUORA MĀORI’	86
KAUPAPA HAUORA MĀORI	87
MĀORI PROCESS ISSUES – METHODS	89
PROGRESSING THE RESEARCH.....	91
NGA KORERO RANGAHAU.....	92

THE RESEARCH STRATEGY.....	92
THE GEOGRAPHICAL LOCATION FOR THE RESEARCH.....	92
DEFINING KAUMĀTUA.....	93
SELECTING THE RESEARCH PARTICIPANTS.....	93
MĀORI PROCESS ISSUES.....	94
MAINTAINING RESEARCH RIGOUR.....	94
RESEARCH DESIGN.....	94
OBTAINING DATA FROM THE LITERATURE.....	95
THE RESEARCH PARTICIPANTS.....	97
DATA CONTENT.....	97
DATA COLLECTION.....	98
PHASE 1 – REVIEWING THE LITERATURE AND INTERVIEWING MĀORI AUTHORS.....	99
PHASE 2 – INTERVIEWS WITH KAUMĀTUA.....	100
PHASE 3 – HEALTH SERVICE MANAGERS’ AND HEALTH WORKERS’ INTERVIEWS.....	103
SUMMARY.....	104
CONCLUSIONS.....	106
CHAPTER SIX.....	108
THE EMERGENCE OF MODELS FOR MĀORI HEALTH SERVICE DEVELOPMENT AND PROVISION DESCRIPTION AND ANALYSIS.....	108
INTRODUCTION.....	109
MODELS AND FRAMEWORKS FOR HAUORA.....	109
WHARE TAPA WHA.....	110
TE WHEKE.....	114
NGĀ POU MANA.....	118
MODELS FOR MĀORI HEALTH DEVELOPMENT AND THE CONTRIBUTION THEY MAKE TO A MĀORI WORLDVIEW.....	119
DO THESE MODELS HAVE PERMANENCY.....	119
DO THESE MODELS MIRROR THE CONCEPT OF KAUPAPA HAUORA MĀORI?.....	120
CONCLUSIONS.....	120
CHAPTER SEVEN.....	122
RESEARCH FINDINGS.....	122
FINDINGS 1: THE POPULAR MODELS OF HAUORA.....	123
FINDINGS 2: PHASE 2 OF THE RESEARCH.....	124
FINDINGS 2: KAUMĀTUA BACKGROUND DATA.....	136
FINDINGS 3: VALUES IDENTIFIED BY KAUMĀTUA.....	137
FINDINGS 4: THE CORE VALUE-SET FOR KAUPAPA HAUORA MĀORI.....	150
FINDINGS 5: ANALYSIS OF THE HEALTH SERVICE MANAGERS AND COMMUNITY HEALTH WORKERS DATA.....	157
DISCUSSION.....	158
FINDINGS 6: VALUES IDENTIFIED BY HEALTH SERVICE MANAGERS AND HEALTH WORKERS.....	160
DISCUSSION.....	162
SUMMARY.....	163

CONCLUSIONS	165
CHAPTER EIGHT	168
COMBINING THE RESEARCH FINDINGS.....	168
INTRODUCTION.....	168
APPLYING THE KAUPAPA HAUORA MĀORI RESEARCH FRAMEWORK.....	175
KAUPAPA AND TIKANGA.....	179
ARONGA (WORLDVIEW).....	180
THE KAUPAPA HAUORA MĀORI RESEARCH FRAMEWORK AND ITS APPLICATION TO NGA WHAKAARO TIROHANGA (THE SEEING THOUGHT)	180
CONCLUSION	180
CHAPTER NINE	184
DISCUSSION OF THE RESEARCH RESULTS.....	184
INTRODUCTION.....	184
WHAT IS THE APPROPRIATE METHOD OF ENGAGING WITH KAUMĀTUA?.....	186
THE EXPECTATION OF KAUPAPA HAUORA MĀORI RESEARCH	186
ESTABLISHING A RELATIONSHIP WITH KAUMĀTUA, AND ADDRESSING SAFETY ISSUES.....	187
DATA COLLECTION	188
JUDGING THE EFFICACY OF ENGAGEMENT WITH KAUMĀTUA	189
POSSIBLE CONSTRAINTS TO ENGAGEMENT	189
ACCEPTANCE OF THIS METHOD OF ENGAGEMENT.....	189
A SUMMARY OF THE PROCESS OF KAUMĀTUA ENGAGEMENT.....	189
THE THEORETICAL FRAMEWORK THAT UNDERPINS KAUPAPA HAUORA MĀORI	191
THE DEVELOPMENT OF A KAUPAPA HAUORA MĀORI RESEARCH FRAMEWORK	193
THE BASIC KAUPAPA HAUORA MĀORI FRAMEWORK	194
A SUGGESTED EXPANSION OF THE FRAMEWORK	195
WHAT IS THE VALUES BASE OF KAUPAPA HAUORA MĀORI?.....	197
THE VALUES IDENTIFIED WITHIN WHARE TAPU WHA, TE WHEKE AND NGA POU MANA.....	198
DO THE MODELS FOR MĀORI HEALTH IDENTIFIED IN THIS THESIS FIT INTO THE PROPOSED RESEARCH FRAMEWORK?.....	200
DO THE FINDINGS PROVIDE ANSWERS TO THE RESEARCH QUESTIONS?	203
CONCLUSIONS AND IMPLICATIONS OF THIS RESEARCH.....	204
THE FURTHER DEVELOPMENT AND APPLICATION OF THE KHM CONCEPTUAL FRAMEWORK.....	211
BIBLIOGRAPHY	218

List of Figures

Figure 2-1: The Development of a Māori Worldview.....	32
Figure 4-1: The Basic Kaupapa Hauora Māori Research Framework.....	79
Figure 7-1: Kaumātua Key Informants - Age.....	125
Figure 7-1a: Kaumātua Key Informants – Comparison of Participants’ Age with National Average.....	125
Figure 7-2: Kaumatua Key Informants – Gender.....	126
Figure 7-3: Kaumatua Key Informants – Residence in Relation to Birthplace.....	126
Figure 7-4: Kaumātua Key Informants – Current Domicile Status.....	127
Figure 7-5: Kaumatua Key Informants – Birthing Type.....	129
Figure7-6: Kaumātua Key Informants – Te Reo Māori as First Language.....	131
Figure 7-7: Kaumatua Key Informants – Educational Background.....	132
Figure 7-8: Kaumātua Key Informants –Identified Core Values.....	138
Figure 7-9: Kaumātua Key Informants – % Identifying Whakapapa as a Core Value.....	139
Wairua.....	140
Figure 7-10: Kaumatua Key Informant – % Identifying Wairua as a Core Value.....	140
Whenua.....	141
Figure 7-11: Kaumātua Key Informants – % Identifying Whenua as a Core Value.....	141
Whānau.....	142
Figure 7-12: Kaumātua Key Informants – % Identifying Whānau as a Core Value.....	142
Tikanga.....	143
Figure 7-13: Kaumatua Key Informants – % Identifying Tikanga as a Core Value.....	143
Te Reo Māori.....	145
Figure 7.14: Kaumatua Key Informants – % Identifying Te Reo Māori as First Language.....	145
Tinana.....	146
Figure 7-15: Kaumatua Key Informants – % Identifying Tinana as a Core Value.....	146
Hinengaro.....	147
Figure 7-16: Kaumātua Key Informants – % Identifying Hinengaro as a Core Value.....	147
Figure 9-1: The Original Kaupapa Hauora Māori Research Framework.....	192
Figure 9-2: The Basic Kaupapa Hauora Māori Research Framework.....	194

List of Tables

Table 2-1: The Kaupapa (values) identified in the literature	37
Table 3-1: Category of Traditional Healing Activity(Durie, 1998)	43
Table 3-2: Factors Influencing Kaupapa Hauora Māori from 1980	62
Table 6-1: Whare Tapa Wha (Durie, 1998c)	113
Table 6-2: The Identified Values of Te Wheke over Time.	115
Table 7-1: Kaumatua Key Informants - Grouping Value-Set.....	138
Whakapapa.....	139
Table 7-2: Summary of the Identified Values. Numbers and % Frequency	149
Table 7-3: Kaumātua Key Informants – Validation of Values	149
Table 7-5: Kaupapa Hauora Māori – Defined by Managers and Workers	158
Table 7-6: Determinants of a Kaupapa Hauora Māori Service	159
Table 8-1: The Kaupapa (values) Identified Within the Research Data.....	170
Table 8.2: The Tikanga (Ethics) Identified within the Research Data and Compared with the findings of Mead (1996) and Kingi (2002).....	173
Table 9.3: Applying the Research Framework to Analyse Each Set of Data	178
Table 9-1: The Kaupapa (Values Base) Identified in the Research Data	197
Table 9-2: An Application of the Research Framework to All Research Data Sets	201

List of Appendices

<i>Appendix 1 - Massey University Human Ethics Committee Protocol.....</i>	<i>230</i>
<i>Appendix 2: Questionnaire for Kaumātua</i>	<i>231</i>
<i>Appendix 3 Information Sheet and Appendix 3a Consent Form.....</i>	<i>234</i>
<i>Appendix 4: Discussion Document.....</i>	<i>237</i>
<i>Appendix 5: Questionnaire for Managers.....</i>	<i>247</i>
<i>Appendix 6: Questionnaire for Community Health Workers</i>	<i>250</i>
<i>Appendix 7: Managers Results</i>	<i>253</i>
<i>Appendix 8: Community Health Workers Results</i>	<i>260</i>
<i>Appendix 9: Validation Report.....</i>	<i>273</i>

Glossary of Abbreviations Used

ACC: Accident Compensation Corporation

AHB: Area Health Board

BA: Bachelor of Arts

BA Hons Psych: Bachelor of Arts Honours Psychology

BBA: Bachelor of Business Administration

BN: Bachelor of Nursing

Bx: Breast Cancer

CHW: Child Health Worker

COPD: Congestive Obstructive Pulmonary Disease

CORD: Congestive Obstructive Respiratory Disease

Cx: Cervical Cancer

DHB: District Health Board

Dip: Diploma

DNS: District Nursing Service

GP: General Practitioner

Grad Dip M Health: Graduate Diploma Mental Health

HCA: Healthcare Aotearoa

HV Cert: Home Visit Certificate

KKI: Key Kaumātua Informants

MAPO: Māori Purchasing Organisation

MBA: Master Business Administration

MDO: Māori Development Organisations

MICO: Māori Integrated Care Organisations

MHC: Māori Health Contracts

MOH: Ministry of Health

MUHEC: Massey University Human Ethics Committee

MWWL: Māori Women's Welfare League

NASC: Needs Assessment and Service Co-ordination

NMO: Native Medical Officer

NSO: Native Sanitation Officer

NZQA: New Zealand Quality Accreditation

PGDipN: Post Graduate Diploma Nurse

PHC: Public Health Commission

PHO: Primary Health Organisation

QHNZ: Quality Health New Zealand

RCpN: Registered Psychopaedic Nurse

RGON: Registered Obstetric Nurse

RHA: Regional Health Authorities

SRN: State Registered Nurse

WCPHO: Wairarapa Community Primary Health Organisation

WHL: Women's Health League

WHO: World Health Organisation

WWII: World War 2

Glossary of Māori Terms Used

aha aha	what can be done
Aotearoa.....	North Island of New Zealand
ahuatanga	circumstances
aroha	to reciprocate
Aukati Kai Paipa	Stop Smoking
awa.....	river
ha a Koro ma a Kui ma.....	the breath of life that comes from forebears
ha tuku iho.....	cultural heritage
hapū	pregnant, sector of Māori society
hauora	health and wellbeing
He Korowai Oranga.....	The cloak of health
He Mate Huango	asthma
hinengaro	emotional and mental health
hiringa	perseverance
hoki.....	also
huatanga	circumstances
hui	bring together
Hui Whakaoranga.....	meeting to revive health systems
hurihuri	to turn around
tamatua	uncle
iwi.....	tribe
kai.....	food
kainga.....	home
Kahungunu	Tribal leader, name of an iwi
karakia.....	invocation used in traditional Maori religion
kaua	do not
kaumātua.....	elder
kaunihera.....	council
kaupapa	values or basic idea, foundation
kaupapa hauora Māori	foundation of health of Māori
kawa.....	sour
Kete Hauora	basket representing health
koha	gift or donation
Kokoroiti Rewhaunga	Tipuna name

konohi ki te konohi.....	face to face
konei.....	here
korero	talk
koro	old man
kuia.....	old lady
kunenga	search
mai rano	from long ago
mana	tangible and intangible expressions of power
manaaki.....	befriend
mane ake.....	increased influence
mapihi.....	ornament
Māori	indigenous people of Aotearoa
marae	meeting ground
manawa ora.....	healthy heart
matuaranga	education
matua	parent
maunga	mountain
mauri	life force
mimi.....	urine
mirimiri.....	massage
mene	be assembled
mokai.....	slave
muka	flax fibre
mokopuna.....	grandchild
Nga Pou Mana	support posts for health
nga whakaaro whakahirahira	Important thoughts
noa	free from restrictions
ohaoha	economics
pākeha	not Maori
paki paki	clap and slap
Papatuanuku	Earth mother
pepe	baby
pepeha	proverb
pito	umbilical cord
pou tokomanawa	central pillar
putea	fund

rangahau	research
rangatiratanga	empowerment
Ranginui	Sky father
Rapuora	search for health
Ritenga	customs and beliefschants for the sick
rohe	region
rongoa	traditional medicine made from plants,etc
tamariki ora	health of young children
tane	male
tangata whenua	people
taha	side, margin, edge
takahia	trample/ despise
tangaroa	God of the sea
tangata	man, people
taonga	treasure
tapu	protected, special,sacred
Taranaki	Rohe or region
tatai	arrange
te ao Māori	the world of the Māori
te ao turoa	the physical environment
Te Huihuinga Hauora	the MDO within kahungunu
Te Kete Hauora	Maori unit within he MOH
Te Kopi	settlement on the southern coast of the North Island of New Zealand
Te ora mo te iwi	the health of the people
Te Puna o Te Ora	the sacred pools of health
Turangawaewae	the place where a person lives/ affiliates to
Te Wahanga Māori	The MOH Maori strategic planning unit
te wa Māori	in the time of the Māori)
Te Wheke	the octopus
tika	correct
tikanga	custom or rule
tinorangatiratanga	empowerment
tīpuna	ancestor
tirohanga	quality
tohi	purification ceremony
tohunga	priest or learned person

Treaty of Waitangi	Treaty signed between Māori and English in 1840
Tui Ora	the Taranaki MDO
tuku iho.....	cultural heritage
tupato	cautious
wahine	woman
wanaanga.....	learning
wai	water
waiata	song
waikino	stagnant water pools
waimāori.....	running streams
waiora.....	rainwater
waipuna.....	hillside springs
wairarapa.....	glistening waters
wairua.....	spirituality
waitai	salt water
whaea.....	mother
whaiora.....	possessing health
whakapapa	genealogy
whakahirahira	important
whakaaro.....	think, opinion, feeling
whakapapa	cultural identity
whakarongo.....	listen
Whānau.....	family
whānaungatanga	strengthening relationships.
whānau Ora.....	healthy families
whatumanawa	feelings
whenua.....	land / placenta