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Kaupapa Māori Evaluation
Transforming Health Literacy

A thesis
submitted in fulfilment
of the requirements for the degree
of
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KARAKIA

Te Kawa Rokihau

*Maiea te tupua
Maiea te tawhito
Maiea te kāhui o ngā ariki
Maiea tawhiwhi ki ngā atua
ōi ka takina te mauri
Ko te mauri i takea mai i a Rongomaraeroa e
Tenei te mauri te whakapiki
Tenei te mauri te whakakake
Te mauri tū, te mauri tapu
Te mauri nō whea nōu e Rangotaketake e
He ngakau tapatahi
He ngakau papaku
He ngakau whakaiti
Te ngakau o tama e rongō e
Kia tau te rongomau,
kia āiō te noho
Ko temataua ka rehe, ko te mauī ka rehe
Tukuna atu tama kia tiritiri
i te toi whenua o te mātauranga
Purutia kia ū, purutia kia mau/
He kura huna ka kapohia
i te ringa o teretere pūmahara
Purutia kia ū, purutia kia mau/
Ka tupu ko te pūkenga, ko te wānanga,
Ko te taura, ko te tauira
He ora te whakapiri e Ngāti Porou Hauora e
Kia puta ēnei tauira hei iho pūmanawa,
Hei whakamaunga kanohi
He putanga ariki nōu e Rongō e
Uhi wero, tau mai te mauri
Haumi ē, hui ē, taiki ē!*

Dedicated to my

Great Great Grandmother

Ramari Waiariki (nee Heremia)

1879–1965

Grandmother

Rawinia Carlson (nee Waiariki)

1924–2000

ABSTRACT

This thesis set out to evaluate the effectiveness of a cardiovascular disease medicines health literacy intervention. Kaupapa Māori evaluation was the guiding approach for gaining insights about the intervention from patients/whānau and Ngāti Porou Hauora health practitioners directly involved in the intervention as well as the wider Ngāti Porou community. Beyond this research setting, I sought to broaden the insights into health literacy approaches through Māori and international Indigenous key informant interviews, synthesising their insights with analyses of the evaluation data. In addition, the study sought to ground its understandings of health literacy interventions and approaches with Indigenous communities in other colonial contexts by collaboratively designing and testing an evaluation framework. As well as the focus on health literacy as a construct, I aimed to broaden understandings around the praxis of kaupapa Māori evaluation in the context of an iwi-centred approach.

The key findings of the strands of the study are effective health literacy, with sub-themes for Ngāti Porou context and importance of whanaungatanga; kaupapa Māori evaluation – transformational praxis; reclamation of health literacy and contributions to the formation of Indigenous health literacy. To bring about change, we need to deepen health literacy's scope to examine practices embedded in broader social narratives and cultural agency that recognise issues of equity, equality, and empowerment. Health literacy needs to be understood and enacted as a situated social and cultural construction that is negotiated, fluid, and shaped by people, whānau communities, and the complex array of other stakeholders. I propose transforming health literacy praxis at all levels – requiring the re-orientation and re-configuration of power relations that is

congruent with current debates and discussions about decolonisation. Decolonising health literacy will involve revamped decision-making and recruitment processes grounded in Indigenous world views, tino rangatiratanga and mana motuhake. More specifically, transformation of health literacy will involve investing in cultural safety and competency training, applying new standards of practice, and ensuring internal and external Māori involvement at all levels of engagement.

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GLOSSARY

These translations have been sourced from personal communications and online and hard copy dictionaries. Many are complex and warrant much deeper reading to fully appreciate their meaning and usage. “Because language and culture are interwoven, meaning is more than the translation of words” (Moewaka Barnes, 2008, p. 147). The words and meanings are presented specific to the context of and usage within the research. This includes words, dialects, and meanings used by the participants of this research, representing whānau, hapū, and iwi context(s).

‘Ai Pono	Good ancestral food
A’o aku, a’o mai	Reciprocal learning
Ahua	Energy
Āhuatanga	Tradition, way, aspect, likeness, circumstance
Aloha kekahi i kekahi	Caring for one another, showing respect
Aorangi	Ancestral Mountain of Ngāti Porou
Aotearoa	New Zealand, “Land of the Long White Cloud”
Aro	Take interest, face towards
Aroha	Love, concern, compassion
Aromātai	Evaluation
Atua	Gods
Awa	River
Hapū	Sub-nation(s) that share common ancestor
Hauora	Be fit, well, healthy, vigorous, in good spirits
Hikurangi	Ancestral mountain of Ngāti Porou
Hinengaro	Mental

Ho'oponopono	Conflict resolution
Hui	Meeting, to gather, congregate, assemble
Iwi	Nation, confederation of sub-tribes, often refers to a group of people who descend from a common ancestor and occupy a specific territory
Kai	Food
Kaiāwhina	Community support worker
Kaitiakitanga	Acknowledgment of the people as caretakers of the environment
Kanohi ki te kanohi	Face-to-face
Kanohi kitea	Face-to-face connections
Karakia	Incantation, prayer
Karanga	Ceremonial chant of summons, welcome or introduction performed by women
Kataraoera	Castor oil
Kaumātua	Cultural elder, person of status
Kaupapa Māori	Māori approach, topic, philosophy, ideology, strategy
Kaupapa	Movement, topic, policy, plan, issue
Kawa	Protocol, ceremony
Koha	Reciprocity, gift, contribution
Kōrero	Contribution, discussion, tell, say, address, speak, talk, conversation
Kotahitanga	Interdependence, expression, realisation of unity
Ma'e ma'e	Pure spirit
Maia	Courage, boldness, purpose, resistance, leadership, ambition, grit
Makawakawa pūkaki	Place of significance located north of Uawa, Ngāti Porou
Mālama 'āina	Care for the land, it will grow healthy food
Māmā	Mum, mother

Mana motuhake	Autonomy, an authority that derives from the land and is of the land
Mana whenua	Power from the land
Mana	Essence, life force, status and prestige. Mana is a supernatural force in a person, place, or object
Manaaki	Support, reciprocity, blessing
Manaakitanga	Hospitality, kindness, generosity, support, care
Manawa	Heart
Mangakino	Place of significance located north of Uawa, Ngāti Porou
Mangatokerau awa	River/stream located north of Uawa, Ngāti Porou
Mangatokerau	Place of significance located north of Uawa, Ngāti Porou
Manuhiri	Visitors
Māori	Indigenous peoples of Aotearoa
Marae	Meeting grounds, often used to include the complex of buildings around the Marae atea
Mārenatonga	Marriage
Matai	Gaze intensely, longingly
Matakaoa	Region near Te Araroa, Ngāti Porou
Mātāmua	Eldest
Mātauranga Māori	The body of knowledge originating from Māori ancestors, including Māori world view and perspectives, Māori creativity and cultural practices
Mātauranga	Knowledge, wisdom, understanding, skill, education
Mātauranga-a-iwi	Knowledge of iwi
Matenga	Death
Māui-Tikitiki-a-Taranga	Eponymous ancestor
Maunga	Mountain

Mauri ora	Healing and wellbeing
Mauri	Spiritual essence, special nature, the essential quality and vitality of a being or entity
Moana	Sea, extensive body of water, ocean, lake
Mōhio	Knowledge
Moko; moko-mokopuna	Grandchild(ren), next generations
Motu	Country
Nehi	Nurse
Ngā purere whakamaharahara	Memory strategies
Ngahere	Bush, forest
Ngakau Tapatahi	Integrity
Ngāti Porou Hauora	Iwi Health organisation
Ngāti Porou	Nation affiliated with the East Coast region of New Zealand
Ngāti poroutanga	Ngāti Porou culture
Noa	to be free from the extensions of tapu, ordinary, unrestricted, void
Nukutaimemeha	Māui's canoe
Ora	To be alive, healthy, healed
Pakari	Collaboration, partnership
Pākehā	Non-Māori
Pakeke	Cultural advisor, Māori elder, providing cultural advice
Pāpā	Dad, father
Paripoupou puke	Hill located north of Uawa, Ngāti Porou
Poharatanga	Influences of poverty
Pohautea	Place of significance northern region of Ngāti Porou
Pono	Truth and sincerity
Poroporoāki	Farewell
Pōtikirua	Northern marker of Ngāti Porou territory

Pūkaki	Streams
Puku	Stomach
Pule	Prayer and appreciation
Pūmotu	Elements
Pūrākau	Ancient legends
Rahuimanuka	Place of significance northern region of Ngāti Porou
Rangatiratanga	Self-agency, Chief, person of status, status of a person
Rangitukia	Region south of the East Cape, Ngāti Porou
Rohe	Iwi territory
Rohenga tīpuna	Shared ancestors, history and location
Rongoā	Medicine
Tairāwhiti	Gisborne Region
Takiwā	Home area
Takohanga	Responsibility for understanding
Tāmaki Makaurau	Auckland
Tamariki	Children
Tangata whenua	People of the land
Tangi	To cry, to weep, Māori death rituals
Taniwha kōmanawa	Place of significance located north of Uawa, Ngāti Porou
Taniwha	Water spirit, monster, powerful creature,
Taonga tuku iho	Heritage, heirloom, something handed down, cultural property
Taonga	Gift
Tapu	Sacred state/condition
Tauīwi	Non-Māori
Taumautanga	Experience, engagement
Te Aitanga a Hauiti	Nation on the East Coast, North Island, New Zealand

Te Ao Māori	The Māori world
Te Araroa	Township northern end of Ngāti Porou territory
Te hua me te rautaki	Effectiveness and efficiency
Te ia o te kaupapa	Context specific and fit for purpose
Te Ika-a-Māui	The North Island of New Zealand
Te Kāwai Ora	Māori Adult Literacy Working Party
Te Onepoto	Place of significance northern region of Ngāti Porou
Te Pipiwharauroa	Māori language newspaper
Te Puia Springs	A small settlement on the East Coast, Ngāti Porou
Te Rarawa	Tribal group north of the Hokianga area
Te raupapa whare ora	Capacity and capability building
Te Reo Māori	The Māori language
Te reo me ōna tikanga o Ngāti Porou	Ngāti Porou Māori philosophy, knowledge, practice, and identity
Te Runanganui o Ngāti Porou	Ngāti Porou iwi governance entity
Te tai ao	Environment
Te Tiriti o Waitangi	The Treaty of Waitangi
Te ū o te kaha	Strengths based
Te Whānau a Ruataupare	Sub-nation of Ngāti Porou
Te Whānau-ā-Apanui	Nation affiliated with narrow coastal strip between the Raukūmara Range and the eastern Bay of Plenty of New Zealand
Tika	Proper, fair
Tikanga Māori	Tikanga specific to Māori and their cultural customs
Tikanga	Customary system, correct procedure, code, convention, custom, method of practice
Tikitiki	Small town in Waiapu Valley on the north bank of the Waiapu River Ngāti Porou
Tikitiki-o-rangi	Realm of heaven

Tinana	Physical
Tino rangatiratanga	Self-determination and positive Māori development
Tīpuna; tūpuna	Ancestors, grandparents
Titiro whakarongo . . . kōrero	Look and listen (and then maybe speak)
Tohu	Qualification, sign, symbol
Tohunga	Ritual expert, skilled person, healer
Toka-a-Taiau	Southern marker of Ngāti Porou territory
Tūhononga	Connection
Tūpuna; tīpuna	Ancestors, grandparents
Tūrangatira	Engagement through presence
Tūrangawaewae	Meet them on their own ground
Uawa	Tolaga Bay
Upoko	Head
Waiapu awa	Ancestral river of Ngāti Porou
Waiapu	Place of significance northern region of Ngāti Porou
Waiata	Song, singing
Waikato-Tainui	Nation affiliated with the Waikato region in the western central region of New Zealand
Wairepo	Swamp
Wairua	Life, spirit, soul
Wairuatanga	Sacred relationship to the gods and the cosmos, spiritual belongingness
Waka	Canoe
Whaikōrero	Speeches
Whakaaro	Thoughts
Whakaharatau	Practices
Whakahautanga	Self-mastery
Whakahua	Access
Whakairo	Carvings

Whakamahi	Use, shift in practice
Whakapapa	Genealogical lines of descent
Whakapono	Beliefs
Whakarongo	Listen, hear, obey
Whakataukī	Proverb
Whakawhanake	To develop, improve
Whānau	Family group, extended family, relationship
Whanaunga	Kin, relative, cousin
Whanaungatanga	Relationship, kinship, collective, sense of family connection – a relationship through shared experiences and working together that provides people with a sense of belonging
Whānautanga	Birth
Whangaikena	Place of significance northern region of Ngāti Porou
Whare	Home, house
Wharehui	Meeting house on marae
Wheako whaiaro	Experience
Whenua	Land, country, territory, ground
Whitiwhiti	To change, turn, exchange, transfer