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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

<i>Tena koutou, tenei au e whakanui nei</i>	<i>This is my biggest wish for the health</i>
<i>E whaka wai ora, e aku mokopuna</i>	<i>of my grandchildren</i>
<i>E hapai nei, i te reo Māori</i>	<i>Also to lift and carry on with the learning</i>
	<i>of the Māori language</i>

#### *Chorus*

<i>Kia kaha ra, e tama e,</i>	<i>Be strong my grandson</i>
<i>Kia mau tonu, te matauranga</i>	<i>Hold fast to your knowledge</i>
<i>Kia puawai, to moemoe a</i>	<i>Your dreams will blossom</i>
<i>kia kaha ra, kia kaha ra</i>	<i>Be strong</i>
<i>Mau mahara mai, kia koe</i>	<i>Thinking of you day and night</i>
<i>I te ao, I te po, kia mau tonu</i>	<i>Have faith in your inner self</i>
<i>te rongo pai, te rangimarie</i>	<i>Be calm, be patient</i>

#### *Chorus*

<i>No reira ra , e tama e</i>	<i>Therefore my grandson</i>
<i>Kia mau mai nei, nga honore</i>	<i>you have achieved your goal</i>
<i>Me te iwi e, e tau nei</i>	<i>and honour, and also for</i>
<i>Te iwi Māori e</i>	<i>the Māori people</i>

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

Kaitiakitanga	guardians to the welfare of people
Kaikaranga	caller
Kaikorero	orator
Kanohi kitea	to be seen, face to face
Karakia	prayer
Kaumatua	elder
Kaupapa	strategy or theme
Kautu-ki-te-rangi	handle of the paddle of Aotea waka,
Kawanatanga	governorship
Koha	gift
Kohanga Reo	early childhood, language nest
Korero	talk
Kia tupato	be cautious
Kura kaupapa	primary schools
Kuia	older women
<b>M</b>	
Mahi	work
Māori	indigenous people of Aotearoa
Mana	prestige, power
Mana ake	uniqueness and positive identity
Manaaki	caring for others
Manaakitanga	acknowledges the mana of the people
Manuhiakai	sub-tribe in Nga Ruahinerangi
Mana whenua	land occupied, right of ancestral claim
Marae	meeting ground
Matauranga	education, knowledge

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
<b>N</b>	
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
<b>P</b>	
Pa	meeting place
Pakakohe	tribe in Taranaki
Pākehā	non-Māori, European, Caucasian
Papakura	Auckland
Papatuanuku	the earth mother
<b>R</b>	
Rangātiratanga	freedom, dominion, ownership

Ranginui	sky father
Rapuora	Māori Womens Welfare League Report
Rohe	district
Rongoa	traditional Māori medicine
Roopu	a group of people
<b>T</b>	
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
<b>W</b>	
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
<b>U</b>	
Ukaiipo	mother
Uri	descendent
Uri o Ngāti Ruanui	descendent of Ngāti Ruanui

Utu

justice, rights of an individual



## List of Abbreviations

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