



**IUHPE**

23<sup>rd</sup> World Conference  
on Health Promotion

7 – 11 APRIL 2019 ROTORUA,  
AOTEAROA NEW ZEALAND

# TE PAE MAHUTONGA

## Navigating Pathways to Wellbeing

Mason Durie

Ngati Kauwhata, Rangitane

Massey University

# TE ARAWA



TE ARAWA LAKES TRUST



## Tena Koutou



**TE ARAWA  
NGATI PIKIAO  
ROTORUA**

Te Arawa



Whānau Ora

# **Rotorua and Health Promotion**

## **A Step Back in Time**

1903

Māori Sanitary Inspectors

1937

Womens Health League

# 1907 Māori Sanitary Inspectors meet in Rotorua

- First general conference of Māori Councils and Sanitary Inspectors
- Partnership between Department Public Health & Councils (1903)
- Councils to appoint 'competent sanitary inspectors for native villagers'
  - sanitation
  - nutrition
  - Housing and families
  - tuberculosis and infectious diseases
  - Healing & treatment



Dr Maui Pomare

Dr Peter Buck  
Te Rangi Hiroa

# 1937 Womens Health League

## A Rotorua Initiative

- Nurse Cameron Department of Public Health
- *... health and welfare of the Māori people including care and feeding of infants, correct methods of cooking, and the value of fresh air and sunshine'*
- Local health committee – women from marae
- The whānau and the marae
- Strong support from Te Arawa leaders

# 1937 Womens Health League

## Te Ropu o te Ora

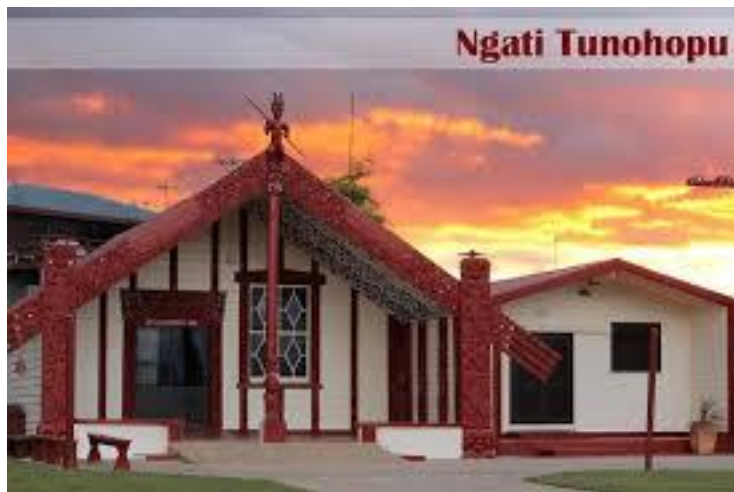
### Tunohopu



*Women's Health League*

CENTRAL BRANCH

Tunohopu Health Centre • Houkotuku Street • Ohinemutu • Rotorua  
President: +(64) 07 333 2623 Secretary: +(64) 07 348 3493  
[www.womenshealthleague.co.nz](http://www.womenshealthleague.co.nz)

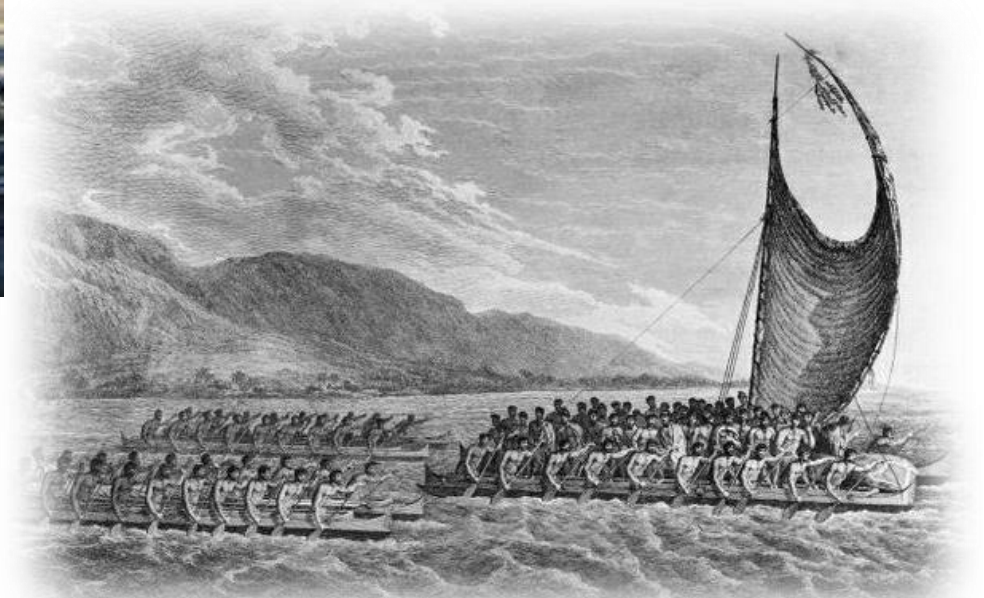


# Ngā Manuhiri Tuārangi Destination Rotorua 2019



# Te Arawa Waka 1200 AD

## Destination Maketu





# Navigating by the Stars



# Te Pae Mahutonga The Southern Cross (Alpha Crucis )

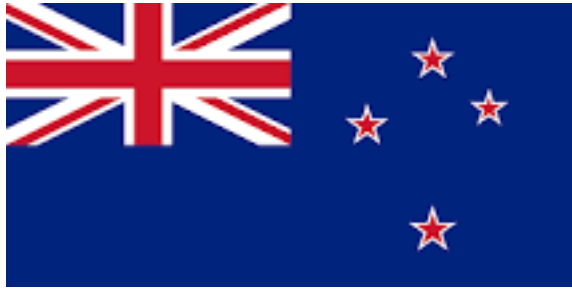


The two pointers  
Whetu Matarau

The CRUX  
Mahutonga

# Te Pae Mahutonga

## A Southern Hemisphere Marker



New Zealand



Australia

(with the Commonwealth Star)

# A Framework for Māori Health Promotion



## Te Pae Mahutonga NZ Health Promotion Forum 1999



# Te Pae Mahutonga

NZ Health Promotion Forum  
1999



Mauri Ora

Cultural Identity



Waiora

Environment



Te Oranga

Participation



Toiora

Lifestlyes



Ngā Manukura Leadership



Mana Whakahaere  
Autonomy

**2019**

# Matariki

Another constellation of stars to guide  
health promotion

**Matariki is the Māori name for the cluster of stars also known as the Pleiades (or Subaru in Japan).**

**It rises in mid-winter and for many Māori, it heralds the start of a new year.**

**A time for remembering the dead, celebrating new life and planting new crops.**



Dr Rangi Mataa



Mana Tāngata  
Human Dignity



Ngā Hāpori  
Communities



Papatūānuku  
Land



Whānau Ora  
Families



Ranginui  
The Sky



Ngā Wai  
Rivers & Oceans



Ngāhere  
Forests



Te Ao Tūroa  
Nature

# Matariki





# Eight Matariki dimensions of Health

<b>Mana Tangata</b>	<i>Human dignity</i>
<b>Whānau Ora</b>	<i>Families</i>
<b>Hapori</b>	<i>Communities</i>
<b>Ranginui</b>	<i>The sky</i>
<b>Papatuanuku</b>	<i>The land</i>
<b>Nga Wai</b>	<i>Rivers and oceans</i>
<b>Ngahere</b>	<i>The forests</i>
<b>Te Ao Tuturu</b>	<i>Rhythms of nature</i>

# Mana Tangata

## Endorse the Rights of Indigenous Peoples

*KIA ORA*  
te reo Māori

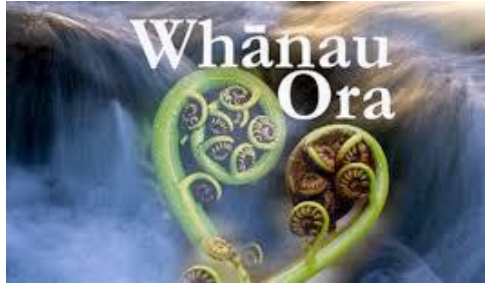
The right to speak the  
language



# Whānau Ora

## Enable Families to Flourish

Whānau@education



Whānau@home



Whānau@enterprise



Whānau@marae



# Ngā Hāpori Support Community Initiatives




# Ranginui

## Keep Our Skies Clean and Fresh



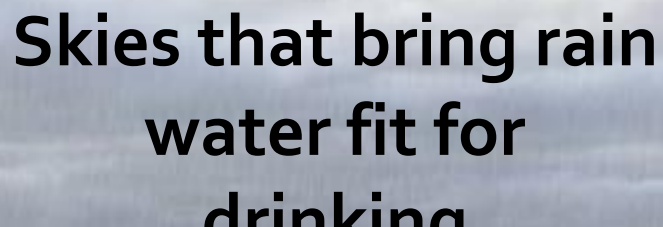
Skies that are clear by day & bright by night



Skies that make for safe breathing



Skies that speed the flight of birds



Skies that bring rain water fit for drinking



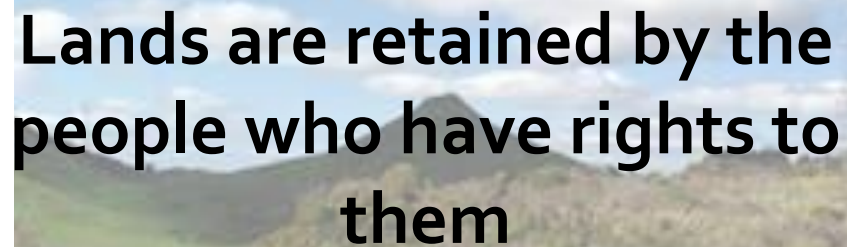
Skies that are unpolluted



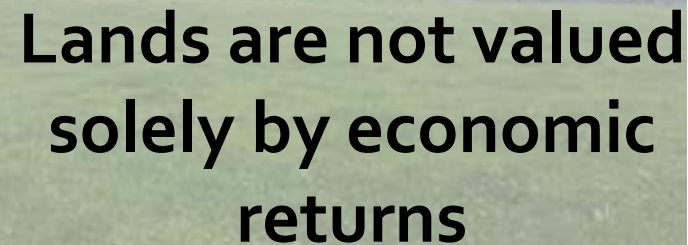
# Papatūānuku

## Protect Our Land From Alienation, Despoliation & Degradation

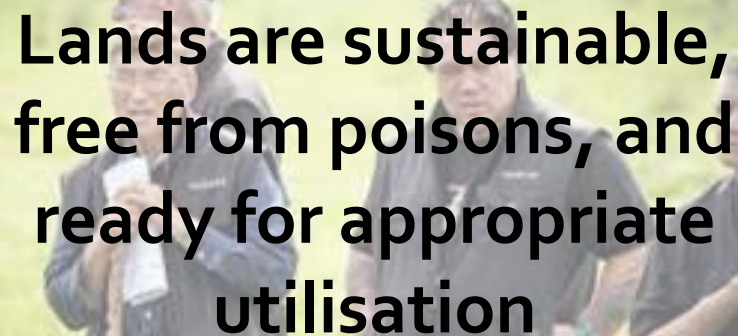
Lands with intergenerational  
histories & futures



Lands are retained by the  
people who have rights to  
them



Lands are not valued  
solely by economic  
returns



Lands are sustainable,  
free from poisons, and  
ready for appropriate  
utilisation



Lands are productive  
and well maintained

# Ngā Wai

## Safeguard Our Rivers and Oceans

Rivers that are conducive to the sustainability of native flora & fish



Rivers that are safe for swimming & cultural ceremonies



Oceans free of waste & contaminants

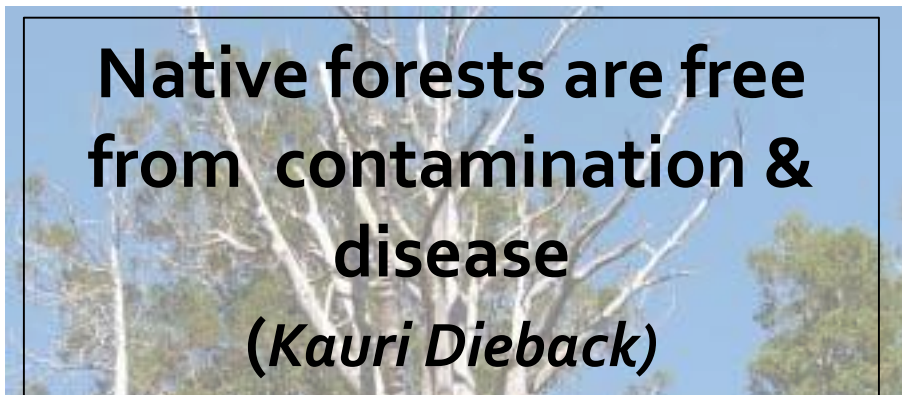
Rivers that are not compromised by the discharge of waste

Oceans that are predictable & within tidal norms

# Ngāhere

## Preserve Our Native forests

Native forests are preserved for future generations






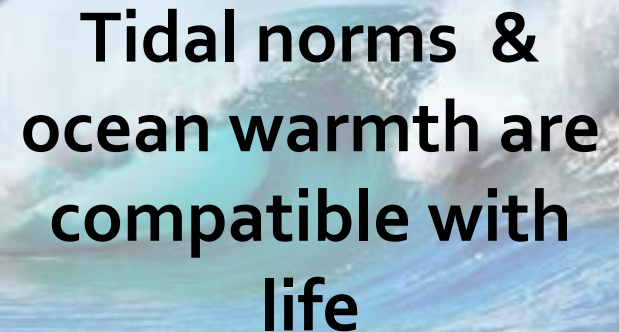
# Te Ao Tuturu

## Restore the balance of nature

Our planet is able to retain its stability  
and its rhythm



Excesses of nature are  
diminished – cyclones,  
floods, hurricanes,  
devastating storms



Tidal norms &  
ocean warmth are  
compatible with  
life



Extremes of global heat,  
cold, humidity, and rain are  
controlled



Global collectivity  
for  
global warming



ManaTāngata  
Human Dignity



Ngā Hāpori  
Communities



Whānau Ora  
Families



Papatūānuku  
Land



Ranginui  
The Sky



Ngā Wai  
Rivers & Oceans



Ngāhere  
Forests



Te Ao Tūuru  
Nature

# Matariki



# MATARIKI

## A Health Promotion Agenda for Māori & Indigenous peoples:



Endorse Indigenous rights

Enable whānau and families to flourish

Support community initiatives

Keep our skies clean and fresh

Protect our lands

Safeguard our rivers and oceans

Preserve our native forests

Restore nature's balance



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# Ngā Whetū o te Rangi Navigating by the Stars

KIA ORA

STAY WELL

*The focus on stars  
reminds us that we are  
part of an unbounded  
universe*

# Ngā Whetū o te Rangi Navigating by 14 Stars

*Te Pae Mahutonga*

*Matariki*



Mauri Ora  
Custom



Mana Tangata  
Human Dignity



Whānau Ora  
Families



Wai Ora  
environments



Te Oranga  
Participation



Nga Wai  
Rivers & Oceans



Hapori  
Communities



Ranginui  
The Sky



Toiora  
Wellness



Papanuanuku  
Lands



Ngahere  
Forests



Nga Manukura  
Leadership



Te Ao Tuturu  
Nature



Mana Whakahaere  
Autonomy