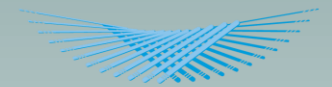


# Mana Kidz – Kura Kai Ora

## Project Storyboard



COUNTIES  
MANUKAU  
HEALTH





# Introducing our team

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- Alicia Berghan, Project Lead
- Dr Lily Fraser, GP Turuki Health
- Isaac Warbrick, Researcher AUT University
- Kathryn Chapman, RN Turuki Health
- Donna-Maria Amosa, RN Turuki Health
- Marcy Hei Hei, RN Turuki Health
- Khyera Honatana, RN Turuki Health
- Sneha Shetty, Improvement Advisor
- Karalee Tangiau, Project Manager

# Aim Statement

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**Aim:** Apply a ‘whakapapa/tīpuna kai’ approach to develop and deliver nutrition messages in kura that are engaging for children and can be spread to all schools.

# Storytelling: Communities Voice – Equity Story



- Case Study from a Mana Kidz Nurse:
- 5yo started school weighing 63kgs, now 9yo 139kg – prediabetic, obstructive sleep apnoea and self-esteem concerns.
- School, s/worker & health team had tried to engage whānau. An Oranga Tamariki notification was sent querying neglect. The whānau put walls up around the child after this and did not engage.
- The nurse was new to school and used whanaungatanga and whānau ora approaches to engage whānau. She met on the w.e with whānau and organised for male h/worker to attend also.
- Now meeting fortnightly with whānau being responsive to their challenges, assisting with food diary. Engaging in positive conversations regarding food and exercise.
- Whānau are now attending parenting classes to help with managing child's behaviour in relation to food.
- By using Te Ao Māori approaches with this whānau that were mana enhancing and speaking about kai in a positive light this whānau have found their own motivation for this journey.

# Define the Problem



- Counties Manukau has a high proportion of Māori and Pacific children and sadly they are overrepresented in the statistics for overweight and obesity.
- We need to develop an approach to obesity messaging that is meaningful to school-aged children and that is responsive to Māori and Pacific worldviews.
- There is minimal literature on how current nutrition messages children receive have been measured as successful.



# The problem: the equity gap

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- Current messages are dominated by a Western and often deficit approach and do not consider the holistic world view of Māori and the whakapapa of nutrition and environment for Māori.
- Māori value that people are intimately connected and are part of mauri that exists within the physical, social, and spiritual worlds.
- Colonisation has stripped Māori of their mana and has had a significant impact on the nutrition of the tamariki today and how kai is viewed and valued.
- Māori have right to have their mātauranga be seen as valid and legitimate

# What is the data telling us?



- Māori understandings and ways of knowing have been misrepresented, effectively denying Māori ownership of their own knowledge (Bishop, 1996). This includes the lack of Māori mātauranga (knowledge) when nutrition and ‘obesity-prevention’ messages and interventions have been designed.
- Western paradigms of current obesity strategies and measures of success may not work with Māori. In obesity interventions Māori reported feeling better because of the whānaungatanga (relationships) that were formed with other people and the connection to the environment by being outdoors in the elements highlighting the interconnectedness approaches that should be explored. (Warwick, 2015).
- Kaupapa Māori frameworks are holistic, empowering and mana enhancing, not only for participants but for their whānau (Tuhiwai-Smith, 2012)



# Measurement Summary

- **How will you know you are addressing the equity gap**
- The health messages improve tamariki connectedness to kai (they place more importance on kai).
- The health messages make an improvement in reported cultural identity
- The health messages act as a motivator for tamariki to make choices about the food they eat.
- The messages about wai (water) motivate children to increase their intake of wai



# Who are Mana Kidz?



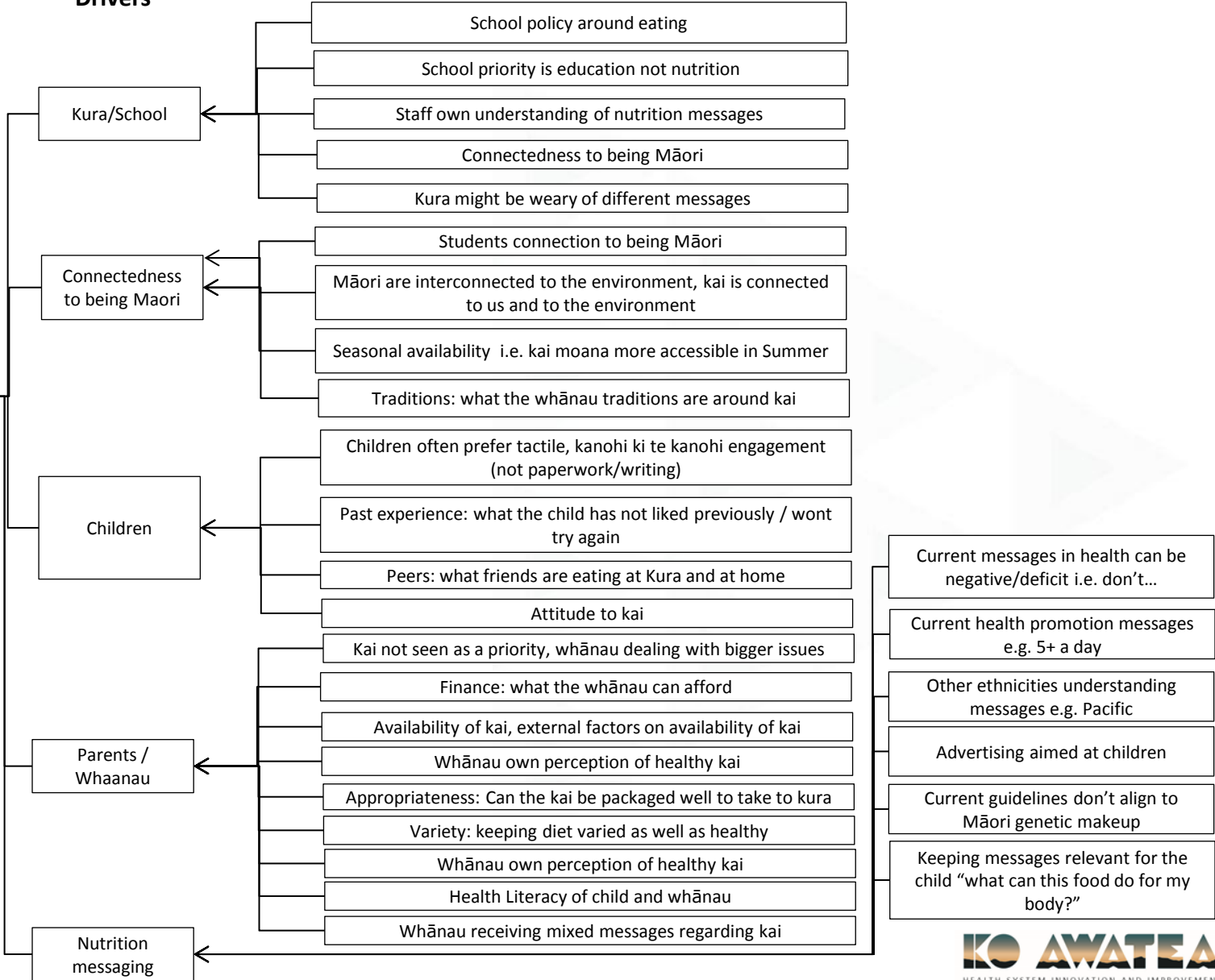
- Mana Kidz is a free, nurse-led, school-based programme that provides comprehensive healthcare for children across low decile schools in the Counties Manukau Health region. The programme is led by the National Hauora Coalition and is delivered by local providers: CMH Public Health Nursing, East Tāmaki Health Care, Health Star Pacific, Turuki Health Care, South Seas, Te Hononga O Tāmaki Me Hoturoa, Tongan Health Society and Papakura Marae.
- We are present in 59 schools at an intensive level (nurse and health worker there every day)
- In 22 level 2 schools (less intensive – 8 hours a week)

# Driver Diagram: Mana Kidz

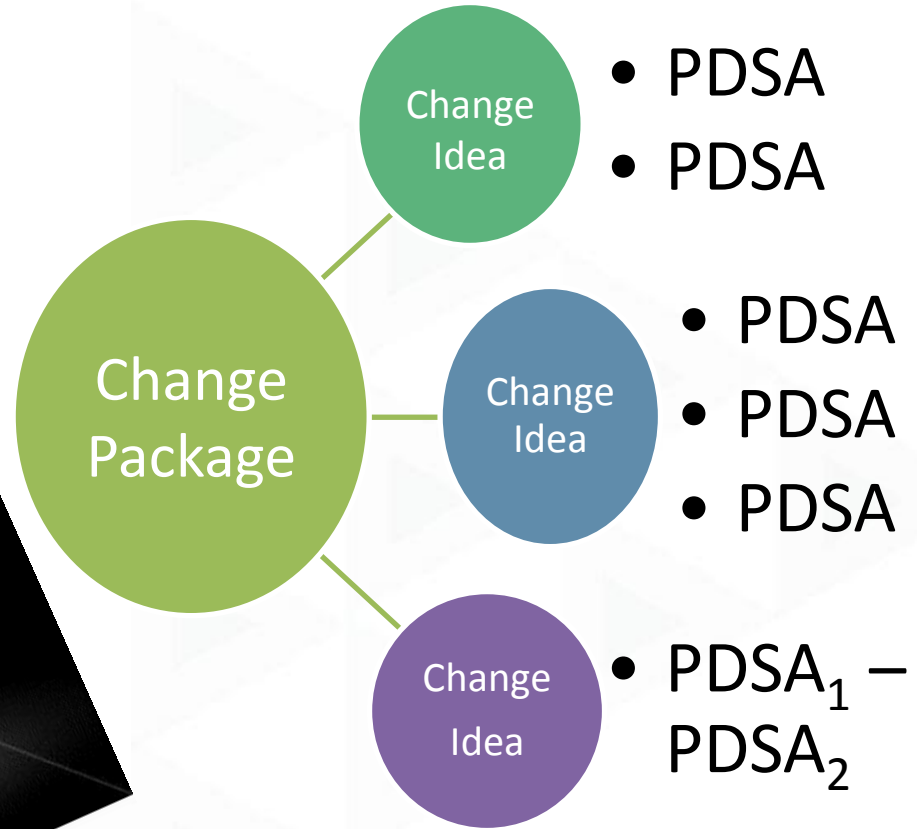
**Aim:** Apply a 'whakapapa/tipuna kai' approach develop and deliver nutrition messages in kura that are engaging for children and can be spread to all schools

### Primary Drivers

### Secondary Drivers



# Building up a change package



# Mana Kidz



National  
Hauora Coalition



COUNTIES  
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HEALTH





# Highlights & Lowlights

## Highlights

- Gaining support from other organisations and researchers.
- As Māori being able to share similar whaakaro (thinking)
- Creating a project that puts Māori and our mātauranga at the centre

## Lowlight

- Challenges with delays in letter of agreements from Ko Awatea creating organisational risk
- Late allocation of Ko Awatea support
- Challenges with managing other workloads ontop of project
- Challenges with taking time away from clinic to attend meetings and learning sessions
- Challenges around measuring success of Māori matauranga and world views. Western epistemology taken for granted as 'truth'

# Next Steps



- Engage kura, tamariki and whānau
- Create communication plan
- Identify how we will evaluate
- the success measures (focus group discussions with tamariki and whānau)
- Plan the first workshop with tamariki

