

Preventing Chronic Conditions for Māori

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Whakauae Research

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Overview of research

Case Study research to examine how the primary and secondary prevention of long term conditions is being modelled, practiced and measured in three Māori Health Provider case study sites

Address significant inequities in outcomes

Transfer learning to practice



Key Themes Whānau

Level of need high

Existing long term conditions

Cultural identity important for some

Role of whānau not always obvious

Resilience evident

Diversity- range of realities and experience

History of mistrust of services

What Did Prevention Look Like

W H A K A U A E
Research for Māori Health and Development

- Taking time and weaving prevention through existing support
- Active role for Māori in shaping service provision
- Flexibility in meeting contracting outputs while at the same time meeting the needs of whānau/clients.
- Working across generations and within broad social networks
- Longer term trusting relationships developed
- Services were broad and holistic without the artificial dichotomy of prevention and treatment/ management.
- Emphasis on strengthened cultural identity

Key Themes - Policy

Leadership not evident

Trusting relationships required

Potential of Whānau Ora

Policy language not clear

Focus on medicalization and individual
lifestyle approaches

Disinvestment in health promotion

Key Messages

Consider what is required to realise the potential of Whānau Ora type services to purposefully deliver on prevention activities

Government to provide leadership and reinvest in prevention activities

Focus on broad determinants of health and population level as well as community centred responses to prevent long term conditions

Earn the trust of communities and work in partnership to develop solutions that work at a local level

Thankyou for the opportunity to present this work.

We wish to acknowledge the funder; Health Research Council of NZ, the participants in the research and the Māori Health Providers who were partners in the research.

We have disseminated across a number of audiences; whānau, providers, academics and policy makers.

We have also published from the research and will continue to do so in 2018 for further information see www.whakauae.co.nz