

Ngā Pou o Rongo: Community driven CVD prevention

The historical framework of clinical research and intervention has been largely based upon western biomedical and scientific paradigms. This focus has seen indigenous perspectives and cultural contexts often ignored throughout the research process, resulting in the privileging of a western view and thereby obscuring or negating factors which may have an influence upon indigenous people's health. Evidence-based healthcare practices therefore remain informed, and constrained, by a western worldview, while inequities in health outcomes for indigenous populations remain unacceptably high. We examine the importance of understanding and incorporating cultural context when engaging in clinical research and practice. This presentation reports on the qualitative findings of a mixed methods study aimed at determining the effect on CVD risk of an exercise and lifestyle management programme, embedded with a kaupapa Māori methodological approach. This methodology saw participants able to redesign a western modeled cardiac risk reduction programme by integrating Maori cultural values and knowledge. We present an understanding of what worked well and what were the challenges from the perspective of participants, and the research and clinical teams, about integrating Te Ao Māori into the programme.