

## **Barriers and Enablers to Achieving a Healthy Nutrition Lifestyle: a Kaupapa Maori Perspective**

How do we navigate the extensive evidence base in the nutrition space that exists in western science? What about all the information about nutrition on social media? How do we find our own mātauranga for nutrition to inform our food decisions? What motivates whānau when they make food choices? Where do whānau get their nutrition information from?

The kai space is fraught with complexity and it takes a steady waka to navigate the space successfully. Having a clear destination is a good starting point but, on the journey, there are many factors that can push the waka off its course. This presentation will look to navigate through three disparate nutrition sources; western science, mātauranga Māori and social media, and will draw on whānau experiences in the nutrition space to identify barriers and enablers to eating healthy kai.