TE PAE MAHUTONGA
Navigating Pathways to Wellbeing

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TE ARAWA

Tena Koutou
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
Te Arawa Waka 1200 AD
Destination Maketu
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 Heath Promotion Forum
1999

Mauri Ora
Cultural Identity

Waiora
Environment

Te Oranga
Participation

Toiora
Lifestlyes

Ngā Manukura Leadership

Mana Whakahaere
Autonomy
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.
Mana Tāngata
Human Dignity

Whānau Ora
Families

Ngā Hāpori
Communities

Ranginui
The Sky

Papatūānuku
Land

Ngā Wai
Rivers & Oceans

Ngāhere
Forests

Te Ao Tuturu
Nature

Matariki
Eight Matariki dimensions of Health

Mana Tangata  Human dignity
Whānau Ora   Families
Hapori       Communities
Ranginui     The sky
Papatuanuku  The land
Nga Wai      Rivers and oceans
Ngahere      The forests
Te Ao Tuturu Rhythms of nature
Mana Tangata
Endorse the Rights of Indigenous Peoples

The right to ‘live as Māori’

The right to speak the language

The rights to lands, rivers, and waters

The right to indigenous knowledge & culture

The right to equitable outcomes
Whānau Ora
Enable Families to Flourish

Whānau@education

Whānau@home

Whānau@marae

Whānau@enterprise
Ngā Hāpori
Support Community Initiatives

Communities that counter drug and alcohol misuse

Communities that value cultural diversity

Communities that do not tolerate violence, racism, hatred & bigotry

Communities that eliminate poverty

Community innovation

Iron Maori
Ranginui
Keep Our Skies Clean and Fresh

Skies that are clear by day & bright by night

Skies that make for safe breathing

Skies that bring rain water fit for drinking

Skies that are unpolluted

Skies that speed the flight of birds
Lands are sustainable, free from poisons, and ready for appropriate utilisation.

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 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

Native forests are able to regenerate

Native forests are free from contamination & disease

Native forests have kaitiakitanga - guardianship

Native forests remain home to birds, animals, insects and other life

(Kauri Dieback)
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
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
Ngā Whetū o te Rangi
Navigating by the Stars

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

KIA ORA
STAY WELL
Ngā Whetū o te Rangi
Navigating by 14 Stars

Te Pae Mahutonga
- Mauri Ora
- Custom
- Wai Ora environments
- Toiora Wellness
- Nga Manukura Leadership
- Mana Whakahaere Autonomy
- Te Oranga Participation

Matariki
- Mana Tangata
- Human Dignity
- Nga Wai Rivers & Oceans
- Hapori Communities
- Papanuanuku Lands
- Ngahere Forests
- Te Ao Tuturu Nature
- Whānau Ora Families
- Ranginui The Sky