



RONGOHIA TE REO, WHATUA HE ORANGA

Te reo ā-waha o ngā
whānau Māori i pāngia
ai ki te mate pukupuku



TE AHO
O TE KAHU
CANCER
CONTROL
AGENCY

Kia maumahara: Kua whakaputaina e Te Aho o Te Kahu ngā tuhinga e toru mō te rārangi hui:

1. *Rongohia Te Reo, Whatua He Oranga* (tēnei pūrongo)
2. *Te Tikanga* e whakarāpopoto ana i tā mātou tirohanga kaupapa Māori ki te rārangi hui
3. *He Urupare* he tautohu i ētahi mahi a Te Aho o Te Kahu me ētahi atu pokapū hauora hei urupare atu, hei hāngai rānei, ki ngā whakaaro mātau o ngā whānau.

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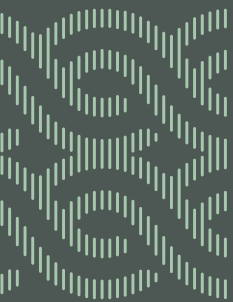
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E wātea mai ana koe hei tuari, arā, hei tārua me te tohatoha atu ahakoa te momo tā, te momo huarahi; te whakahāngai, te whakarerekē, me te whakamahi. Me mātua whakamihi, me tāpiri hoki i te hononga ki te raihana me te whakamōhio mai ina whakarerekē koe i te kōrero.

He kupu whakamihi

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He kupu maioha tēnei nā Te Aho o Te Kahu ki te tokomaha o ngā tāngata nāna nei i tautoko mai i te rārangi hui, ā, tae atu hoki:

- ki ngā tūrora me ngā whānau i tae ā-tinana mai ki te kōrero i ā rātou kōrero paki me ō rātou whakaaro mātau ki a mātou
- ki ngā rōpū me te mana whenua nāna nei ngā hui i whakarite
- ki ngā rōpū hauora o te kāinga, o te motu hoki nāna nei i āwhina ki te whakamahere me te whakahaere i te rārangi hui
- ki te hunga kaumātua, hunga kuia i hui mai ki a mātou hei tautoko i te kaupapa me ngā whānau o tēnā hui, o tēnā hui
- ki ngā kapa haka, ngā kaiwaiata me ngā kaiwhakatangi nāna nei, ngā whānau i tautoko, i taurima hoki i ngā hui
- ki ngā tūngaio hauora i kōwhiri rā kia tae ā-tinana mai ki ngā hui me te areare taringa atu ki te whakarongo ki ngā tūrora me ngā whānau.



He kupu whakataki

Foreword

TE AHO O TE KAHU

I waihangatia Te Aho o Te Kahu i te tau 2019 e tautohu ana i te pānga mai o te mate pukupuku ki te oranga o ngā tāngata i Aotearoa. Hei rōpū e aratakina ana ki te mana taurite, i te mōhio mātou i te tīmatanga rā anō, mā te reo ā-waha o ngā whānau Māori ā mātou mahi e hāpai kia tutuki mai tō mātou wawata kia iti ngā mate pukupuku, kia piki ake ai hoki te oranga tonutanga me te mana taurite mō ngā tāngata katoa.

Ahakoa kua oti kē te nuinga o ngā mahi hei whakapai ake i ngā huanga mate pukupuku Māori, kei konei tonu ngā mana taurite-kore. Ko ētahi o ngā take ka wheakohia e ngā whānau ka taea te whakaoti i roto i te wā poto, heoi anō, he nui tonu ngā take matatini me te aha, mā te kaha mauroa ka whakatutukihia.

E mōhio pai ana mātou me mātua mahi tahi ki ngā kaitautoko hei rapu otinga e whakatutuki ai i ngā hiahia o te Māori, nā konei i huri mātou ki te whakarite i ngā hui 15 me ngā kaiwhakarato mate pukupuku Māori, ngā haporī me ngā kaitautoko huri noa i te motu. I hoahoa tahi ia hui me ngā hoamahi o tēnā wāhi me tēnā tāone kia tūhura ai i ngā hiahia matua me te hāpai i ngā otinga o tēnā wāhi o tēnā tāone. E hiahia ana ahau ki te mihi atu ki tēnā hoamahi me tēnā hoamahi nō rātou te

kaha hei whakahaere i ēnei hui, hei whakahuihui i ngā whānau ki tētahi wāhi āhuru mōwai me te akiaki i te kōrerotia mō te mate pukupuku te take. Mei kore ake koutou e puta ai tēnei taonga - ngā mihi nui ki a koutou.

Ki ngā whānau nāna nei ā rātou kōrero i whakaputa i ngā hui, tēnei te mihi atu. Kua mau ki tēnei pūrongo ō koutou wheako, ō koutou wawata, me te aha, ka whakamahia hei hāpai i ā mātou mahi me ā mātou tohutohu i te whānuitanga o te pūnaha hauora hou. E mōhio pai ana mātou ki ngā wero kei mua i a koutou ina whiwhi nei i tētahi tohumate mate pukupuku, e maimoatia ana, e tautoko ana i ngā whānau whai mate pukupuku rā, kua puta ora mai rānei i remate pukupuku me te whawhai tonu ki ngā pānga o te mate pukupuku i ia rā, i ia rā – e noho whakaiti ana mātou i tō koutou kaha.

Kei ta tāpaea tēnei pūrongo hei mihi atu ki ērā tāngata e noho tahi ana me te mate pukupuku ki ērā hoki kua whetūrangitia – ō tātou whānau kua mate i mate pukupuku nei.

He aha te mea nui o te ao? He tangata, he tangata, he tangata.



Fletcher Beazley

(Ngāti Mahuta, Ngāti Rehua, Ngāti Maraeariki)

Pou Whakahaere Mana Tangata
Te Aho o Te Kahu



HEI ĀHURU MŌWAI

Rahirahi tonu mai, nō te whānau te āhurutanga.

I whakatūria a Hei Āhuru Mōwai i te tau 2012, ā, he kōtuitui kaitātaki Māori tae atu ki ngā mōrehu mate pukupuku, ngā mātanga haumanu me ngā mātanga mātauranga, rangahau me te tuku ratonga hauora.

He rōpū aroha rēhita a Hei Āhuru Mōwai e mahia ana kia aweawe mai i ngā kaupapa here ā-motu. E whā ā mātou whāinga; ko Māngai – kia noho mātanga hei reo ā-waha Māori i te taha whakahaere o te mate pukupuku, ko Rangahau – kia rangahau, kia aweawetia hoki ngā kairangahau e pai ake ai ngā huanga mate pukupuku mō ngā whānau, ko Mātauranga – kia whakarato me te whakapiki i te tohungatanga mate pukupuku Māori, ā, ko Āhuru – kia whakaritea he wāhi haumarua mō ngā mātanga mate pukupuku hei tūhonohono, hei mahi tahi, hei waihanga.

Ko tā mātou wawata, ‘Ko te mate pukupuku ki te pō, ko te whānau Māori ki te whei ao, ki te ao mārama’. Ā, kia mau te rangatiratanga ki roto ki te whakahaeretanga o te mate pukupuku, kia whakakorehia te mana taurite-kore i waenga i te māori me tauwiwi, ā, kia pai ake ngā aukatinga me ngā huanga mō whānau Māori.

He mea mamae, he mea pikinga ngākau hoki te pānui i te kupu i tēnei pūrongo, ā, ka mihi kau ake

ki ngā mōrehu me nga whānau i noho mai ai, i tuku mai ai i te aroha me ngā whakaaro hei āwhina i tēnei mōhiohio. Kāore i ārikarika ngā mihi.

Tūturu te tautoko a Hei Āhuru Mōwai me te whakamana ngā whakaaro mātau o ngā whānau;

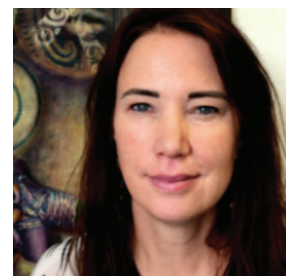
1. Rangatiratanga o te mana whakahaere mate pukupuku – ā-motu, ā-rohe ā-whānau hoki
2. Kia noho ko te mātauranga māori me te rongoa hei tikanga o roto o te aukati mate pukupuku me te mahi tauwhiro
3. Mā te Māori e hoahoa ngā ara aukati, ara whakatau māuiui, ara maimoa me ngā ara tauwhiro
4. Kia tōnui he ahumahi mate pukupuku Māori, ā, kia kaikiri-kore te ahumahi Pākehā

Nā te whānau Māori te kī – he reo rangatira te reo ā-waha o te whānau Māori mō te whakahaere mate pukupuku i Aotearoa. Ka titiro whakamua mātou ki a Te Aho o Te Kahu me te pūnaha hauora – katoa – kia urupare mai me te tere whakatinana i ēnei whakaaro mātau.

Āhuru ki a Rangī, āhuru ki a Papa, āhuru ki te ūkaipō



Moahuia Goza
(Ngāti Kauwhata, Ngāti Matakore,
Ngāti Raukawa, Ngāti Unu)
CEO/Tumuaki



Dr Nina Scott
(Ngāpuhi, Ngāti Whātua and
Waikato)
Co-chair/Manukura



Gary Thompson
(Ngāti Pāoa, Ngāti Hauā)
Co-chair /Manukura

HE ARA TANGATA

Ko He Ara Tangata he rōpū tohutohu mā Te Aho o Te Kahu. Ko tā mātou he whakarato atu i te tohungatanga wheako pono hei hāpai i tā Te Aho hōtaka mahi. Hei tangata takitahi ka hāereere mātou i te motu me ō mātou wheako whānui mō te tautohu, mō te maimoatanga, mō te noho tahi hoki me te mate pukupuku – mā mātou anō me ō mātou whānau. Ko te whakaritenga kia 50% o mātou me Māori, ā, i tēnei wā ko tā mātou heamana he Māori.

Tokomaha ngā mema o He Ara Tangata i tae ā-tinana atu ki te rārangi hui i te tau 2021 me te aha ko ō mātou whakaaro mātau ka noho hei wāhanga o tēnei pūrongo, Rongohia te Reo, Whatua He Oranga. He wāhanga nui tō He Ara Tangata ki Te Aho o Te Kahu me taku whakahihi hei tuhi kupu whakataki i runga i te tono o tā mātou rōpū.

Ko tā te pūrongo nei kia rongohia te reo ā-waha o ngā whānau Māori e puta mai ai he otinga nā ngā whānau i kōrero ki ngā take kei mua i tā mātou aroaro. Ka noho tēnei pūrongo hei taputapu ki te āwhina i a Te Aho o Te Kahu i a rātou e aro atu ana ki ngā hiahia o ngā whānau huri noa o ngā wāhanga tauwhiro mate pukupuku.

Nō roto mai i tēnei pūrongo ko ngā kōrero paki a te tokomaha i kaha whawhai ai ki te mate pukupuku.

Ko te mea pōuriuri – he raruraru mā tātou katoa – ehara ko te mate te mea pāmamae nui – engari anō ko tō rātou wheako kē o te pūnaha hauora.

E hia kē nei te wā kua noho mokemoke te Māori, kua pōhēhētia, me te mea tino kino, i tūkinotia rātou i a rātou e whakatere ana i te pūnaha mate pukupuku. I runga i te mana o ngā mema o He Ara Tangata, he nui taku mihi ki ngā tāngata nāna nei ō rātou tāima me ō rātou wheako pono i tuku mai ki tēnei pūrongo. Mei kore ake ō koutou whakaaro mātau, ō koutou mātauranga.

Ko tā mātou e tūmanako nei kia noho tēnei pūrongo hei rauemi whakaharahara mā ngā kaimahi o roto i te pūnaha hauora whānui. Kāore he take o ngā whakapai aketanga tae noa atu kia mātua māranga ngā kaimahi katoa o te rāngai hauora ki te nohonga hei Māori e whakatere ana i ngā hui haumanu, i te kōrero tahi me ngā mātanga me te taka maimoatanga.

E hiahia ana ahau ki te mihi atu ki Te Aho o Te Kahu me ngā hoamahi katoa nāna nei ngā hui i hoahoa kia whai wāhi mai ngā whānau huri noa i te motu ki te tuari i ō rātou wheako. Nā ngā hui he wāhi haumaruru i whakarato kia tuari mai ngā tāngata i ā rātou kōrero e mau nei i tēnei pūrongo.

Hei whakakapinga māku, me rere aku mihi ki ngā tāngata nāna nei te pūrongo i tuhi, ā, i whakatōpū mai nei i ngā tini haora o kōrero rirā ki ēnei whārangi. Ko tā He Ara Tangata e tūmanako nei kia noho tēnei pūrongo hei aho arataki mā ngā tāngata katoa o roto o te pūnaha hauora i te pūnaha rā e tino takahurihuri ana.



Vivian Hahipene

(Ngāi Tai, Ngāi Te Hapū, Ngāti Awa, Te Aitanga a Māhaki, Te Patuwai, Tūhourangi)

Kaihautū

He Ara Tangata





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He whakarāpopoto matua

Executive Summary

I te tau 2021, i whakamoemiti Te Aho o Te Kahu i te tūtakitanga atu ki te neke atu i te 2,500 ngā whānau Māori e raru ana i te mate pukupuku mā ngā hui 13 huri noa i te motu. Ko te whāinga o te rārangi hui he whāinga ngāwari

– kia rongohia ngā kōrero paki me ngā wheako o ngā whānau Māori kia āwhina mai ō rātou reo ā-waha hei tārai i te tirohanga whakamua o te tauwhiro mate pukupuku i Aotearoa. Nā te rārangi hui i whai wāhi ai tō mātou pokapū hou ki te hanga whanaungatanga ki ngā tūroto mate pukupuku Māori me ngā whānau, tae atu hoki ki ngā rōpū Māori me ngā tangata takitahi e mahi ana i te tauwhiro mate pukupuku.

I tū ngā hui mai i te marama o Hui Tanguru haere atu ki te marama o Hōngongoi i te tau 2021, ā, i tautokona mai e te mana whenua me ngā kanohi o ngā rōpū mate pukupuku,

rōpū hauora me ngā rōpū hapori. I āta kōwhiri mai kia meatia he tikanga Māori i ngā wāhanga katoa o te whakamahere hui me te whakahaere hui. Ko te mahi whaimuri ko te tātari raraunga me te arowhai i ngā kaimahi Māori e mahi ana i roto i te rāngai mate pukupuku whānui. Kātahi ka tuhituhi tahitia ngā pūrongo e toru e ngā kaimahi Māori a Te Aho o Te Kahu kātahi ka arotake ā-aropātia e ētahi tangata o Hei Āhuru Mōwai me He Ara Tangata.

Ko tā Rongohia te Reo, Whatua He Oranga he tuari mai i ngā wheako, i ngā whakaaro mātau me ngā wawata o ngā tini whānau Māori e raru ana i te mate pukupuku. He kohinga reo rārī e whakaatu mai ana i ngā tūāhuatanga o te pūnaha tauwhiro mate pukupuku e kore nei e whaihua ana mā te Māori. Ka whakamārama mai hoki i ngā tauira hiranga, ngā tino take e kōkiri pai ana i te mahi tahi me ngā whānau Māori me ngā whai wāhitanga kia panonihia.

Ka tīmata te pūrongo ki te tautohu i ētahi tino mōhiohio mō te mate pukupuku i Aotearoa, inā hoki, te hāngai ki te tangata whenua me ngā mana taurite-kore kei tō rātou aroaro. Ko tā mātou tukanga whakamahere e paku tautohua i mua, ā, ko ngā whakaaro mātau o ngā whānau me ā rātou kōrero paki e tautohua.

Hei pokapū me tōna haepapa hei whakarato kaitātakitanga mate pukupuku ā-motu huri noa i te pūnaha hauora me te whakahaere i te tukunga o Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029, he mea nui ki a Te Aho o Te Kahu te whakatakoto i ēnei whakaaro mātau o ngā whānau hei kōkiri i ā mātou mahi o āiane me o āpōpō. Kua āta kōwhirihia e mātou kia tāpaea nei te reo ā-waha o ngā whānau mā te whakamahi i te anga o Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029. Ka whakatakotoria i tēnei anga ngā whakataunga e whā hei kōkiri i ngā mahi o

ngā tau tekau e tū mai nei kia pai ake, kia tika hoki ngā huanga mana taurite. Arā:

- Kei ngā tāngata o Aotearoa he pūnaha e ōrite ana te tauwhiro mate pukupuku hou
- Ka wheako ngā tāngata o Aotearoa i ngā huanga mate pukupuku mana taurite
- Ka iti haere ki ngā tāngata o Aotearoa te mate pukupuku
- Ka whakapiki ake i te oranga tonutanga o ngā tāngata o Aotearoa i te mate pukupuku, te tauwhiro tautoko me te tauwhiro tuamatangi.

Kei te mihi kau ake Te Aho o Te Kahu ki ngā tāngata takitahi me ngā rōpū i whai wāhi mai ai ki te rārangi hui. Inā hoki, ki ngā tūroto katoa, ki ngā whānau katoa i tae ā-tinana mai kia tuari mai i ā rātou kōrero paki me ō rātou whakaaro mātau. Ahakoa he mahi mamae ki ngā whānau i ētahi wā, i tuari kau tonu mai rātou i ā rātou

kōrero paki, i ō rātou whakaaro, i ō rātou wheako me ō rātou wawata. He taonga ēnei whakaaro mātau hei āwhina i a mātou ki te takahurihuri me te whakatika i ngā mana taurite-kore o te mate pukupuku Māori. Ka mihi kau atu hoki ki ngā rōpū o tēnā wāhi, o tēnā wāhi me te mana whenua nāna nei ngā wāhi haumarū, ngā wāhi āhuru i whakarite kia tuari ai i ēnei taonga ki a mātou.

Kua whakaputaina mai a Rongohia te Reo, Whatua he Oranga i tētahi wā e nui ana te takahurihuri o roto mai o te rāngai hauora. Kei te titiro whakamua mātou kia mahi tahi me Te Whatu Ora, Te Aka Whai Ora, me ērā atu rōpū hauora e mātua mau ai ki roto ki ā mātou mahi ngā reo ā-waha o ngā whānau kia whakaiti haere i ngā mate pukupuku, kia pai ake i te oranga tonutanga me te mana taurite mō te katoa.

Kia maumahara: Kua whakaputaina e Te Aho o Te Kahu ngā tuhinga e toru mō te rārangi hui:

1. *Rongohia Te Reo*, Whatua He Oranga (tēnei pūrongo)
2. *Te Tikanga* e whakarāpopoto ana i tā mātou tirohanga kaupapa Māori ki te rārangi hui
3. *He Urupare* he tautohu i ētahi mahi a Te Aho o Te Kahu me ētahi atu pokapū hauora hei urupare atu, hei hāngai rānei, ki ngā whakaaro mātau o ngā whānau.

Ka taea te tiki atu ēnei tuhinga i tō mātou pae ipurangi, www.teaho.govt.nz.





1

Te mate pukupuku i Aotearoa

Cancer in Aotearoa

Pērā i ētahi atu whenua ka taumarutia e te mate pukupuku tētahi kōruru roa ki runga ki a Aotearoa. I ia tau e āhua 25,000 ngā tāngata ka tautohua ki te mate pukupuku, ā, e āhua 9,000 ngā tāngata ka mate (Te Aho o Te Kahu, 2021). Kua maha ngā tau e whakaterere ana ngā tūroro me ngā whānau i ngā āhua matatini o te tauwhiro mate pukupuku. Heoi anō, nā te hoahoa o te pūnaha, i te nuinga o te wā, e kore e taea e ngā whānau tō rātou mana motuhake te whai hei whakahaere i ō rātou maimoatanga mate pukupuku, ō rātou tauwhiro tangata ki tā rātou e pai ai. Ko te mutunga mai ka kī mai ngā whānau ko tā rātou hīkoinga mate pukupuku he mea mamate, he mea āpuru hoki me te aha ka uaua te uru mai ki te pūnaha haumanu matatini.

I te tau 2021, i whakaputaina mai tētahi pūrongo whānui tuatahi mō te āhua o te mate pukupuku mā ngā tāngata o Aotearoa. Ko te kitenga, ahakoa e whakapai ake ana i ngā pāpātanga oranga ā-motu kei te taka whakamuri tonu tātou i ō ērā atu whenua o te OECD. I tautohu mai hoki i ngā tino mana taurite-kore o te mate pukupuku kei wero i ngā rōpū taupori tokomaha, inā koa te iwi Māori (Te Aho o Te Kahu, 2021).

E kitea ana te mana taurite-kore mō te Māori i te whānuitanga o ngā tūtohu katoa. Mō ngā pāpono, tokomaha ake te Māori i ngā tāngata atu anō ka tautohua ki ngā momo mate pukupuku pērā i te mate pukupuku ū, mate pukupuku ate, mate pukupuku pūkahukahu, mate pukupuku repe taiaki huka, make pukupuku puku, me te mate pukupuku kōpū (Te Aho o Te Kahu, 2021). He tino nui ngā āputa e kitea tonutia ana

i ngā pāpātanga oranga i waenganui i te Māori me ngā tāngata atu anō (J. K. Gurney et al., 2020; Robson et al., 2010; Te Aho o Te Kahu, 2021). Ko ngā pāpātanga mate o te Māori mō ngā mate pukupuku noa me ngā āhua manarite-kore o te mate pukupuku ka kitea i ngā mate pukupuku ki ngā ū, te ate, ngā pākahukahu, te repe taiaki huka me te puku. Mō te nuinga, ko te Māori te tangata ka taurua te matenga i tō rātou mate pukupuku i ō ngā tāngata atu anō (Te Aho o Te Kahu, 2021).

Kia tirohia ngā pāpātanga mate pukupuku, e toru ngā tino tūtohu hei ine i te kauneke whakamua:

Pāpono: tokohia ngā tāngata ka pāngia ki te mate pukupuku
Nā ngā panoni o te huranga ki ngā āhua tūraru mate pukupuku pērā i te kaipaipa

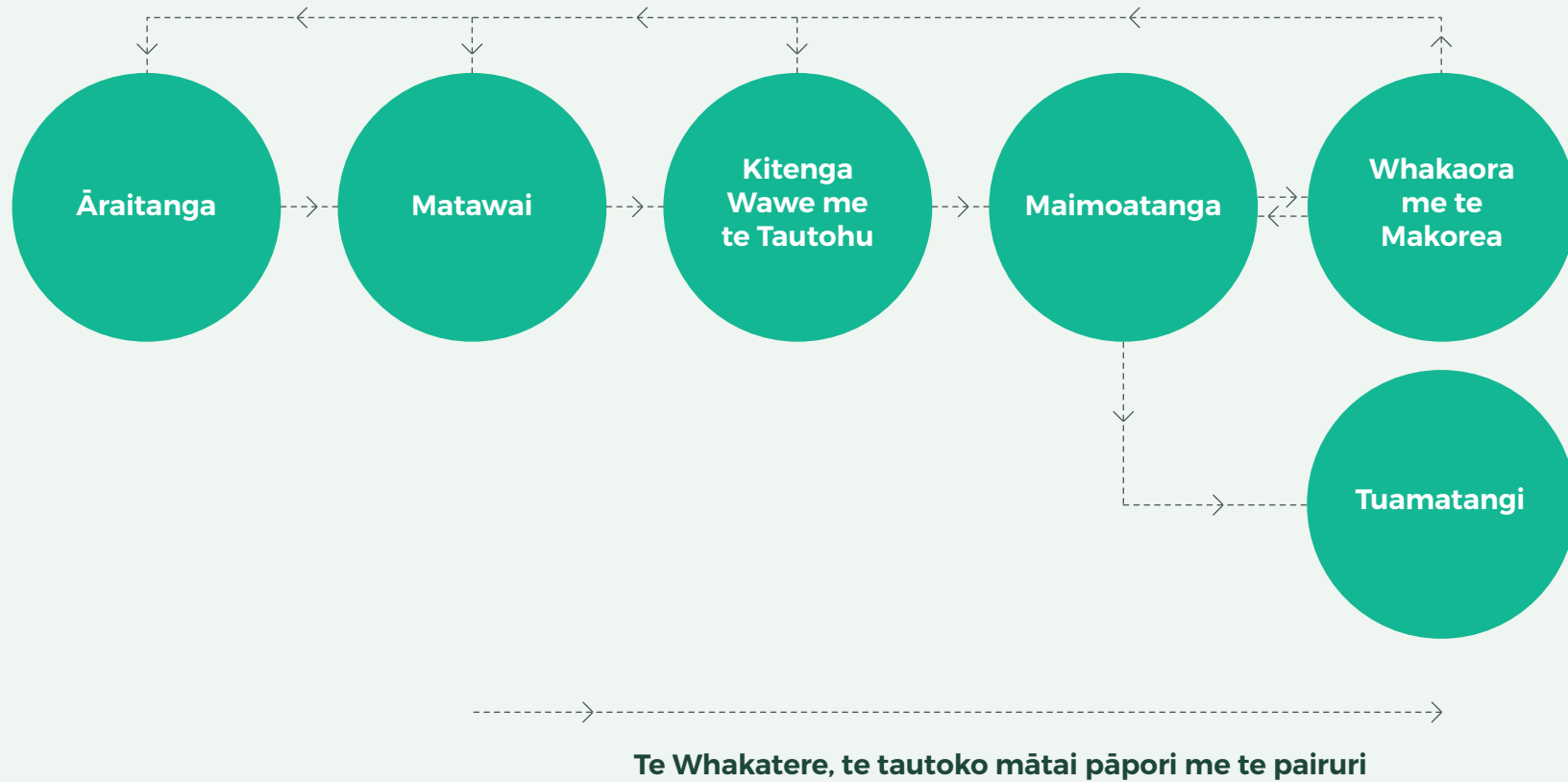
Oranga tonutanga: tokohia ngā tāngata e ora tonu ana ā muri i tētahi wā (arā, rima tau i muri i te tautohu mate pukupuku)
Nā ngā panoni o tā mātou tautohu mate pukupuku me te maimoatanga

Matenga: tokohia ngā tāngata ka mate i te mate pukupuku
Nā ngā panoni o ngā pāpono me te oranga tonutanga

He nui ngā āhuatanga e kōkiri ana i ēnei mana taurite-kore tae atu ki te whai wāhi ki te tauwhiro hauora, te kounga o te maimoa mate pukupuku me tētahi mate tuarua o te tūroro. Katoa ēnei āhuatanga kua tūhono atu ki te korenga o te whakaoranga i te mate pukupuku (Dew et al., 2015; J. Gurney et al., 2020; Hill et al., 2010; Seneviratne et al., 2015; Signal et al., 2015; Walker et al., 2008). Ko ngā āhuatanga o ngā koeke o te pūnaha tae atu ki te whai wāhi atu, te utu me te tika o ngā maimoatanga kounga e pā kaha atu ana ki te Māori; me te mana taurite-kore anō hoki o te whai wāhi atu kia wawe te tautohu. Tāpiri atu ana kua tautohua mai i ētahi rangahau ko te kaikiri tētahi āhuatanga matua ki te taikaha o te mana taurite-kore o te hauora Māori (Borell et al., 2009; Gracey & King, 2009; Harris et al., 2012; Harris et al., 2006; Johnstone & Kanitsaki, 2010; King et al., 2009; Pack et al., 2016; Palmer et al., 2019; Reid & Robson, 2000).

He āhua matatini ngā āhuatanga o te hauora tino pai rawa atu me te hokahokai ki tua atu o te pūnaha hauora ia. I Aotearoa nei, kei te noho pāhikahika te whai wāhi atu ki ngā āhuatanga hauora tae atu: ki ngā kāinga ora me te āhua o te noho; te koremahī, te whairawa me te moni; te mātauranga pai; te whai wāhi ki te ture me te tuakiri ahurea (Health Quality & Safety Commission (HQSC), 2019; Sarfati et al., 2020). Ko te kaikiri ā-pūnaha me te mana taurite-kore o te tohatoha rauemi kua aukati te Māori kia whai wāhi ki ēnei āhuatanga me te aha ka noho tonu ngā mana taurite-kore o te hauora Māori.

Nō te tokomaha e whakaaro ana ka aro atu anake ngā ratonga mate pukupuku ki te maimoatanga, he whānui tonu ngā tino mahi hei mahi. Ko te kīanga ‘āwhata mate pukupuku’ ka meatia hei whakaahua i ngā āhuatanga katoa o ngā ratonga mate pukupuku, mai i te āraitanga, te matawai me te tautohu wawe, haere atu ki te maimoatanga, te pairuri, te whakaora me te tauwhiro tuamatangi.





TE TIRITI O WAITANGI

Hei motu, he kawenga tōrua tō Aotearoa hei whakatikatika i ngā tino mana taurite-kore o te mate pukupuku mō te Māori. Tuatahi, ka mōhio te Kāwanatanga ko ngā mana taurite-kore he mea ka taea te karo, he mea makihuhunu, he mea tikakore (Ministry of Health, 2019a). Tuarua, he mea tino mātuatua pea, ko tā tātou ū me tā tātou here ki te whakamānawa i Te Tiriti o Waitangi.

He whanaungatanga motuhake tō te Māori ki te Kāwanatanga – kau anake hei tangata whenua, engari hei iwi taketake whai motika hoki. Ko ngā mana taurite-kore o āianei i waenga i ngā Māori me ngā tāngata atu anō he taunakitanga e kitea ai te mūhore o te pūnaha hauora e taea ai e te Māori te whakamahi i tō rātou ake mana motuhake mō tō rātou hauora me tōna oranga, me te korenga e kaha aro atu ki ngā motuhenga tāupe Māori (Came et al., 2020; Ministry of Health, 2020). Hei urupare atu ki te Uiuinga Kaupapa Hauora (WAI 2575), ko te whakatau a Te Rōpū Whakamana i te Tiriti o Waitangi kia whakakaupapatia ngā mātāpono e rima o te Tiriti hei kōkiri i te tuku ratonga tauwhiro hauora o āpōpō i Aotearoa (New Zealand Waitangi Tribunal, 2019).

- **Tino rangatiratanga** – e taea ai e te Māori te whai i tō rātou ake mana motuhake i te hoahoa, i te whakamahere, i te whakahaere, i te aroturuki me te aromatawai i te tauwhiro hauora mō te Māori.

- **Mana taurite** – te ngākaunui o te Kāwanatanga ki te whakatūturu i te mana taurite o te whai wāhi ki te hauora me ngā huanga huaora mō te Māori.
- **Tiaki hihiri** – kia riro mā te Kāwanatanga me ōna pokapū hei mahi tika kia whakatutuki i te mana taurite, me te whakamōhio atu hoki ki te Māori i te whānuitanga me te āhua o ēnei tū mahi me te pānga atu ki ngā huanga hauora Māori.
- **Kōwhiringa** – kia ū te Kāwanatanga hei whakarato tautoko me te tuku rauemi ki ngā ratonga Māori me te kite atu ina tika te whakahaere a ngā ratonga auraki ā-ahurea nei, ā-haumarua nei.
- **Mahi tahi** – kia mahi tahi ngā pokapū a te Kāwanatanga mō te whakahaere, te hoahoa, te tuku me te aroturuki i ngā ratonga hauora mā te Māori.

Ko ngā waihanga hou o mua tata ake nei o te pūnaha hauora me te whakatū i a Te Aka Whai Ora (tirohia wh. 17) ko tōna tikanga, hei urupare atu me te tautoko i ngā wawata o te Māori, tae atu ki ngā mātāpono e rārangihia ana ki runga, ki roto mai o te rāngai hauora. Ka tautohu mai tēnei pūrongo i te maha o ngā whai wāhitanga kia meatia ēnei mātāpono huri noa i te āwhata mate pukupuku.





TĀ TE KĀWANATANGA URUPARE

Te hangā mai o Te Aho o Te Kahu

I te tau 2019 i whakarewatia *Te Mahere mō te Mate Pukupuku o Aotearoa 2019–2029* hei whakatakoto i tētahi rārangi mahi whakapai. Mā ngā mātāpono me ngā huanga e whai ake nei hei kōkiri:

Mātāpono

Mātāpono

- Mana taurite- e ārahi
- Whānau-te pūtahi
- Mātauranga-e kōkiri
- Huanga-te aronga

Huanga

Outcomes

1. He pūnaha atawhai
Kei ngā tāngata o Aotearoa he pūnaha e ōrite ana te tuku i te tauwhiro mate pukupuku hou
2. He mana taurite ngā huanga
Ka wheako ngā tāngata o Aotearoa i ngā huanga mana taurite
3. Kia whakaiti iho te mate pukupuku
Ka iti haere te mate pukupuku ki ngā tāngata o Aotearoa
4. He hiki ake i te oranga
Ka hiki ake i te oranga o ngā tāngata o Aotearoa i te mate pukupuku, he tauwhiro tautoko me te tauwhiro tuamatangi.

Whakaahua 2. Ngā mātāpono me ngā huanga o Te Mahere mō te Mate Pukupuku o Aotearoa 2019–2029

I te tau 2019, i whakatūria Te Aho o Te Kahu hei whakarato i te kaitākitanga mate pukupuku ā-motu huri noa i te pūnaha hauora me te whakahaere i te tuku o *Te Mahere mō te Mate Pukupuku o Aotearoa 2019–2029*.

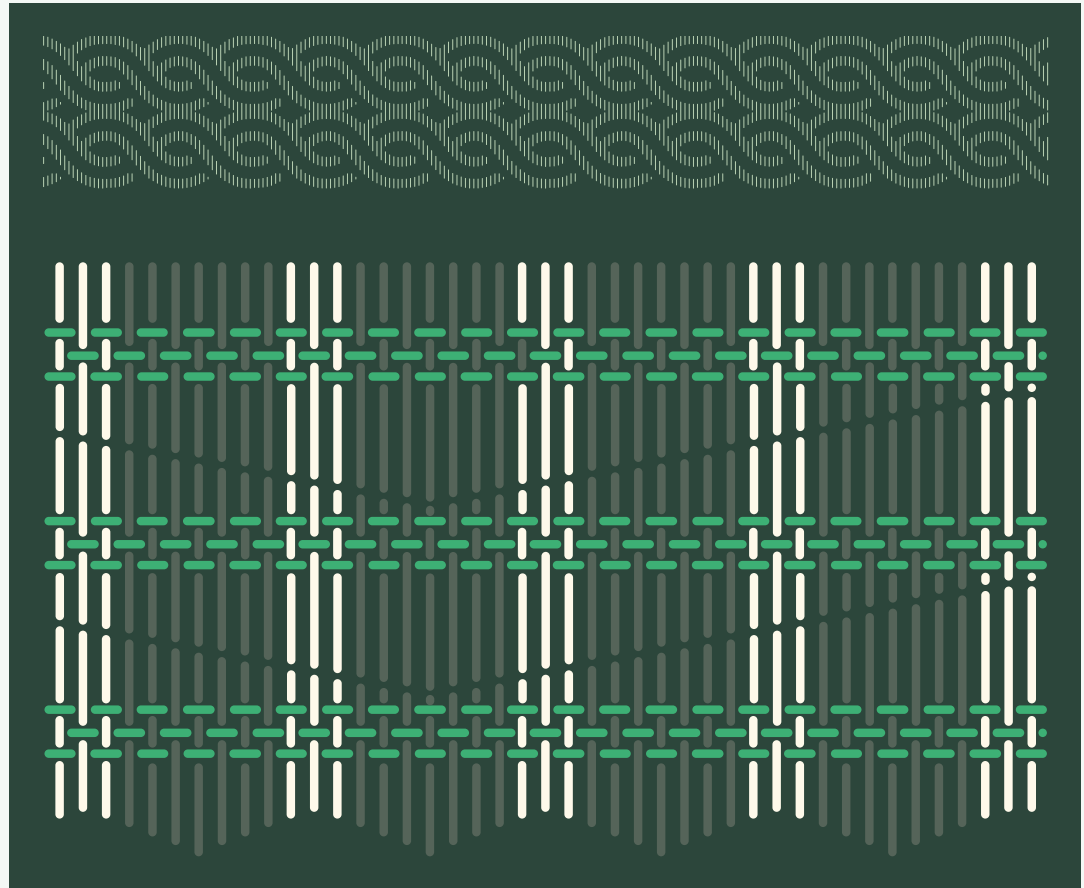
Ko te mahi a Te Aho o Te Kahu ka kōkiritia ki ngā mātāpono e whā o Te Mahere mō te Mate Pukupuku o Aotearoa 2019–2029: Mana taurite-e ārahi, te whānau-te pūtahi; mātauranga-e kōkiri; me ngā huanga-te aronga (Manatū Hauora 2019c). Ka mahi tahi mātou me ngā kaituhi kaupapa here, ngā kaitautoko ā-pūtea me ngā ratonga haumanu, ngā mātanga, ngā kairangahau me ngā kaitātaki hapori ki te tautohu i ngā otinga ka taea pea ngā huanga mate pukupuku te whakapai ake. Ka āta mahi tahi mātou me Hei Āhuru Mōwai. Ko Hei Āhuru Mōwai tētahi tino hoa pokapū nāna nei tō mātou ingoa i koha mai hei whakarangatira i te mahi ka mahia e mātou. Ko te tikanga o te ingoa 'Te Aho o Te Kahu' kia tū hei aho o te korowai (tirohia whakaahua 3). Ka tohu te ingoa i ngā aho e raranga haere ana i te mata o te korowai hei tūhono, hei ruruku hoki i ngā whenu tāupe maha kia whatu i tētahi kahu kaha, kahu pūmau hei whakamahana, hei whakahaumarū.

Te aho (hei tuitui) kia whiri tahitia ngā tino uara o Te Aho o Te Kahu:

- Mana taurite-hei arataki
- Mātauranga-hei kōkiri
- Huanga-hei arotahi
- Ko te tangata me te whānau-hei pūtahi

Ngā whenu (he aho) hei tohu i ngā ratonga rerekē me ngā mātanga e mahi tahi ana me ngā tūroto mate pukupuku me ō rātou whānau i tētahi wā o tā rātou hikoinga mate pukupuku, tae atu:

- ki te tautoko ā-haumanu: maimoa pukupuku (arā, te poka, haumanu matū, hihinga mātai mate pukupuku), hauora haumi (arā, haumanu koiri, kaimātai pāpori, whakaoranga o mua, whakaoranga), tauwhiro pairuri, mātai māuiui, haumanu hihiora, tautohu
- ki te tautoko ā-haumanu-kore: ā-ahurea, ā-wairua, hei haere, hei noho, ā-pūtea, ā-pāpori, te whakarite tauwhiro me te whakatere



Whakaahua 3. Ngā ariā hei pou here mō te ingoa Te Aho o Te Kahu

TE WHAKAHOU TIKANGA A TE PŪNAHA HAUORA

Ko te tuku maimoatanga mate pukupuku ka noho ki roto ki te whānuitanga o te pūnaha hauora o Aotearoa e tino takahurihurihia ana. I te tau 2018, i komihanatia e te Kāwanatanga tētahi arotakenga motuhake o te pūnaha hauora o Aotearoa, me te whakaputa i te pūrongo whakamutunga i te tau 2020 (Pūrongo Whakamutunga 2020). Ko tā te Kāwanatanga urupare i aro atu ki te whakahoutanga kia waihangatia tētahi pūnaha hauora e pēnei ana:

- ko te tangata te pūtahi: he pūnaha hei whakakotahi i te reo ā-waha o ngā hapori katoa
- mana taurite: he pūnaha e aro atu ana ki te mahi tahi me te Māori me te whakamānawa i Te Tiriti o Waitangi
- he pūnaha eke noa: he pūnaha whai mana taurite, he pūnaha haratau, he pūnaha nui te wātea mai mā ngā tāngata katoa o Aotearoa
- tūhonohono: he pūnaha hauora ā-motu e tuku ratonga ana ki tēnā tāone me tēnā tāone, me te whakamahere e ruruku ana, te mana whakahaere hoki hei tautoko.

Kei roto i ngā whakahoutanga ko te waihanga kia rua ngā hinonga hauora hou, Te Aka Whai Ora me Te Whatu Ora, me tētahi mahi hou mā Manatū Hauora.

Manatū Hauora e noho tonu ana hei kaitiaki o te pūnaha hauora me te kaitohutohu matua ki te Minita Manatū Hauora. Ko tā rātou he aroturuki i ngā paearu mahi o te pūnaha whānui me te tuhi pūrongo, ā, he whakarite hoki i ngā whakaarotau ā-motu me te whakahaere i te pūtea matua mō te pūnaha hauora.

Te Whatu Ora – ka whakakapia ngā Poari ā-Takiwā e 20. Ko Te Whatu Ora te kaiwhakahaere matua mō te pūnaha hauora, ā, ko tōna haepapa he whakamahere i ngā ratonga mātāmua, ratonga hapori me ngā ratonga hōhipera huri noa i te

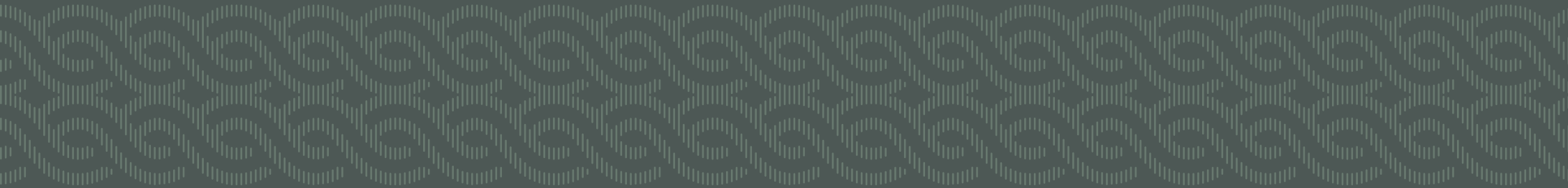
motu. Nōna hoki ngā hōhipera i runga i te mana o te karauna, me te whakarato i te kaitātakinga haumanu mō te pūnaha hauora.

Te Aka Whai Ora – ka mahi i te taha o Te Whatu Ora me te Manatū Hauora hei whakawhanake i ngā rautaki kaupapa here me te whakarite i ngā whakaarotau mō te hauora Māori. Māna te whakarite ratonga kaupapa Māori e arataki, me te mahi tahi ki Te Whatu Ora hei whakarite tahi i ētahi atu ratonga ka riro mai i te Māori. Ka mahi tahi anō hoki Te Aka Whai Ora me te Manatū Hauora hei whakarite rautaki, hei whakarite hoki i ngā kaupapa here mō ngā huanga hauora Māori me te tautoko i ngā Hoa Poari Iwi Māori.

Kāore e rerekē ana tā **Te Aho o Te Kahu** mahi: ka whakarato kaitātakinga me te mana whakahaere o ngā ratonga mate pukupuku. Arā, ka aroturuki mātou i ngā paearu mahi o ngā ratonga mate pukupuku; ka āwhina atu i ngā ratonga whakahaere mate pukupuku; ā, ka tautoko i te kaitātakinga haumanu mate pukupuku. Ka mahi mātou hei kaitūhono i waenga i ngā hinonga kāwanatanga katoa e pā ana ki te mana whakahaere mate pukupuku, ka arataki tonutia ka whakamōhiotia anō hoki e ngā kaitātaki mate pukupuku Māori tae atu ki a Hei Āhuru Mōwai.

Hei te mutunga iho o ēnei whakahoutanga pūnaha, he whai wāhitanga hou e haere ake nei hei whakatikatika i ngā huanga mate pukupuku Māori me ngā mana taurite-kore. Hei rōpū hou i whakarewatia ai i te tau 2021, i kitea e Te Aho o Te Kahu ko te whakawhanaungatanga me te mahi tahi ki te Māori huri noa i te motu te tino pūtake o te mahi. I kitea hoki ko ngā hui tētahi tino huarahi mō te mahi tahi ā-rohe, ā-tāone. Ka whakarāpopoto tēnei pūrongo i ngā whakaaro, i ngā wawata me ngā hiahia o ngā whānau Māori i tae ā-tinana atu ai ki te rārangi hui, ka meatia ngā mātāpono e whā o Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029 hei anga.





2

**Te rārangi hui mate
pukupuku ā-motu 2021
National cancer hui series 2021**

Ko te whakaaro kia whakaritea tētahi rārangi hui hei aro atu ki ngā reo ā-whānau e pāngia ana ki te mate pukupuku i whakaarohia ai i te tau 2020, i te wā e iti iho i te ono marama noa iho te tū a Te Aho o Te Kahu. I āta kōwhirihia kia meatia he kaupapa Māori i ngā wāhanga katoa o te whakamahere hui. Hei tukanga iwi taketake, ka tīmata te kaupapa Māori i te tūāpapa o te mātauranga e mau nei ko te mātauranga Māori, te tirohanga Māori, ngā whakaaro Māori me ngā tikanga Māori (Haitana et al., 2020). Kia pēnei tonu ka whakamana me te whakakotahi te kaupapa Māori i te mātauranga Māori (Pihama et al., 2002), engari hoki he tirohanga ‘nā te Māori mō te Māori’ hei whakamahi i te whānuitanga o ngā horopaki (Tuhiwai Smith, 2021).

I whirinaki atu a Te Aho o Te Kahu ki ngā tukanga me ngā tikanga o tētahi rārangi hui i whakahaeretia e Te Central Cancer Network i te tau 2019, i mua i te whakaritenga o te pokapū ā-motu. I whakahaeretia tāua rārangi hui ki ngā mātāpono o te kaupapa Māori i kitea ai i te whakaahua 4, ā, ka puta ētahi pūrongo (Beazley, 2019; Beazley et al., 2020; Koia et al., 2020) tae atu ki tētahi aromatawai i te kaupapa Māori (Beazley, 2020).



Whakaahua 4. Ko ngā mātāpono kaupapa Māori i whakapūmautia ai i te rārangi hui a Central Cancer Network

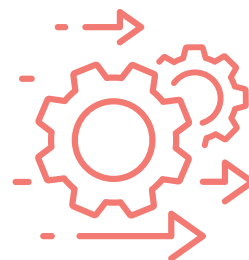
Ko te whāinga o te rārangi hui ā-motu 2021 kia kōrero tahi a Te Aho o Te Kahu me ngā whānau Māori huri noa i te motu, kia āwhina ō rātou reo ā-waha kia tāraia te tirohanga whakamua o te tauwhiro mate pukupuku i Aotearoa. Nā te rārangi hui rā ka whai wāhi te pokapū hou ki te whakarite i ngā whanaungatanga ki ngā tūroto mate pukupuku Māori me ngā whānau, tae atu hoki ki ētahi atu rōpū Māori, ki ngā tangata takitahi hoki e whai pānga ana ki te tauwhiro mate pukupuku.

Te Rārangi Hui Hapori Mate Pukupuku Māori 2021



Whāinga

kia rongohia te reo ā-waha o ngā whānau Māori



Take

kia mātua aro atu e tāraia ai e ngā reo ā-waha o ngā Māori te tirohanga whakamua o te tauwhiro mate pukupuku i Aotearoa



Huanga

13 ngā hui tūmatanui, nā te whakaritenga o ngā mahi e neke atu ana i te kotahi rau hei whakamahere, hei tātari

Mā tēnei rārangi hui, ahakoa ngā mātātaki o te mate urutā o KOWHEORI-19 i āhei tonu a Te Aho o Te Kahu ki te noho tahi me te 2,500 tūrora Māori me ngā whānau.

Pēnei i ngā kupu whakamihi (wh. 1), ka mihi kau ake mātou ki te tokomaha o ngā tangata takitahi i whai wāhi mai ai ki te rārangi hui, tae atu ki:

- te tini o ngā whānau i tae a-tinana atu ki te kōrero i ā rātou kōrero paki me ō rātou whakaaro mātau ki a mātou
- ngā rōpū o tēnā wāhi me tēnā tāone me te mana whenua nāna nei ia hui i hautū
- ngā rōpū hauora o tēnā kāinga me ngā mea ā-motu i mahi tahi nei hei whakamahere, hei whakarite hoki i te rārangi hui (tirohia wh. 26-27)
- te tokomaha kaumātua me ngā kuia i hui tahi ai me mātou ki te tautoko i te kaupapa me ngā whānau i noho mai ki tēnā hui me tēnā hui
- ngā kapa haka, ngā kaiwaiata me ngā kaiwhakatangi nāna nei ngā whānau i tautoko, i taurima hoki i ngā hui
- te tokomaha tūngaio hauora i whakaaro rā ki te noho ki ngā hui ki te areare taringa atu ki ngā tūrora me ngā whānau.



Whakaahua 6. Wāhi hui

TE WHAKAMAHERE ME TE TUKU RATONGA

He nui te mahi whakamahere i mahia, te mahi tahi me te tūhonohono hei whakahaere i te rārangi hui. E taea ai tēnei nā te kaha o ngā rōpū o tēnā wāhi o tēnā wāhi me ngā māngai o te mana whenua huri noa i te motu. Ko te tukanga i whāia ai e mātou kua whakarāpopotohia (i ngā wh. 24-25) me te āta whakamārama i tētahi atu pūrongo e taea ai te tiki atu i tō mātou pae ipurangi, www.teaho.govt.nz.

I tū te rārangi hui mai i te marama o Hui tanguru haere atu ki te marama o Hōngongoi o te tau 2021. I kore e taea ina kore ai e tautoko mai me te mahi tahitanga a ngā rōpū tokomaha. I hono mai ngā rōpū tātaki Māori tokorua mō ngā hui katoa o te rārangi hui: Hei Āhuru Mōwai rāua tahi ko Hāpai Te Hauora



Hei Āhuru Mōwai rāua tahi ko Hāpai Te Hauora

I whakatūria a Hei Āhuru Mōwai Māori i te tau 2012. Ko tā rātou e wawata ai kia whai mana whakahaere ngā whānau i ā rātou hīkoinga mate pukupuku kia riro mai hoki i a rātou ngā ratonga mana taurite, ratonga whakamana tangata, ratonga whakaora mauri hoki mā te katoa. Ko ngā mema o Hei Āhuru Mōwai he mātanga matawai mate pukupuku, mātanga matawai toto, tohunga rangahau kaupapa Māori, rangahau mātauranga Māori, kaiwhakahaere hauora Māori, rangahau matawai mate pukupuku, tohunga whakaora wairua, mate pukupuku, matawai whēkau, whakatairanga hauora me tauwhiro kaupapa Māori.

I te wā o te rārangi hui i mahi tahi a Hei Āhuru Mōwai me ngā whānau kia mārāma ai ki ō rātou wawata mō te kaitākitanga mate pukupuku Māori.



Hāpai Te Hauora

He kaitātaki a Hāpai Te Hauora o te hauora tūmatanui Māori mō te nekenga atu i te 20 tau. I waihanga tuatahitia hei tautoko i te hauora tūmatanui Māori huri noa o te rohe whānui o Tamaki Makaurau, i āiane ka mahi hoki huri noa i te motu ki ngā tino wāhanga o te hauora tūmatanui tae atu ki te whakahaere tupeka, aukati mamae petipeti, mate ohore o ngā pēpi (SUDI) me te whakawhanake ohu mahi.

I noho mai a Hāpai Te Hauora ki ngā hui kia matapakina te kaitākitanga hauora tūmatanui Māori i te taha o ngā tūroto mate pukupuku me ngā whānau.

Ngā kōrerorero matua

- I tū ngā kōrerorero ōkawa mō te rārangi hui me Hei Āhuru Mōwai me Te Tumu Whakarae (ngā Pou Whakahaere o ia Poari Hauora ā-rohe i taua wā kia whakatakotoria te āhua o te tautoko mō te kaupapa.
- Mutu ana ngā kōrerorero maha ka whakatauria me tū kia 15 ngā hui hapori mate pukupuku Māori huri noa i te motu, ahakoa i whakakorehia e rua o ngā hui nā ngā take o te KOWHEORI-19.

Whakamana i te kāinga

- I whakaritea he rōpū kāinga ki ia wāhi hui hei whakahaere i te hui. Kei roto i ēnei rōpū he mana whenua me ngā Māori e mahi ana i ngā rāngai mate puku me ngā rāngai hauora whānui. Nā Te Aho o Te Kahu te pūtea tautoko i hoatu ki ngā rōpū mō ia hui.
- I whakaritea he puka tauira mō ngā kaupapa o te hui kia hāngai ki ia wāhi. I roto i ngā rauemi whakatairanga ko ngā whakaahua o ia wāhi tae atu ki ngā maunga, ngā awa, ngā moana, ngā mahinga kai, ngā kapa haka me ngā whakataukī.

Hui

- I tuku reo pōhiri ki ngā kaiwhakarato hauora o tēnā wāhi o tēnā wāhi, ki ngā whānau Māori, ngā kairaranga me ngā ringatoi hei whakarite wāhi whakaaturanga ki ia wāhi.
- I whakatuwhera i ia hui ki tētahi pōhiri, ki tētahi mihi whakatau rānei i mua i te whakarongo ki ngā kaikōrero kātahi ka uru ki ētahi awheawhe.

Kohikohi whakaaro mātau

- I aro atu ngā awheawhe kia kohia mai ngā whakaaro mātau mō te tino take mate pukupuku: te tauwhiro tuatahi, mana taurite, hauora tūmatanui Māori, te mau wawe, mātauranga Māori me te hīkoi mate pukupuku a te whānau.
- Ko te nuinga o ngā awheawhe i whakahaeretia e ngā kaimahi a Te Aho o Te Kahu, ā, nā Hāpai Te Hauora rāua tahi ko Hei Āhuru Mōwai hoki ētahi o ngā awheawhe i whakahaere.

Tātari hui

- I tātaria ngā raraunga katoa o ngā awheawhe e ngā kaimahi hei tautohu i ngā tauira matua me ngā ariā. I whakarōpūtia ēnei ariā ki roto ki ngā wāhanga tika o Te Mahere mō te Mate Pukupuku 2019-2029, i mua i te mahi arotake a te Tīma Kaupapa whānui me tētahi rōpū Māori iti e mahi ana i te rāngai mate pukupuku whānui. Kātahi te Tīma Kaupapa ka noho tahi hei tuhituhi me te arotake i ngā pūrongo e toru, ā, ko ngā kōrero katoa ka arotake ā-aropātia e Hei Āhuru Mōwai me He Ara Tangata.

Whakaahua 7. Te tukanga hui



I roto i te mahi whakamahere o te rāngai hui me te mahi whakahaere i mua nei ngā tino mātāpono me ētahi āhuatanga kaupapa Māori tae atu ki:

**whakawhānaungatanga
tikanga
kawa
hau kainga
manaakitanga
rangapū
mahi tahi
whakapapa
korero**

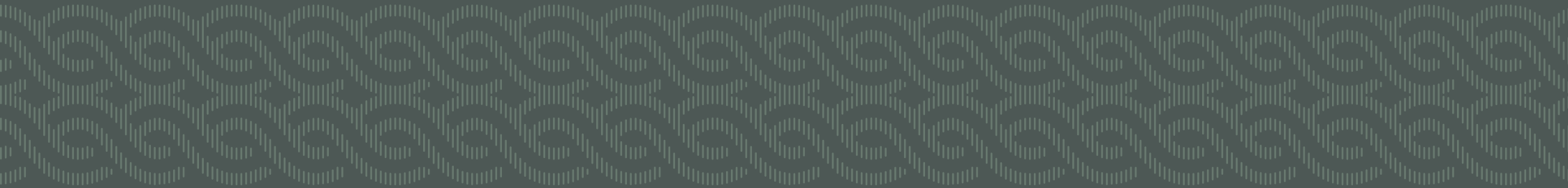
Nō roto mai o ia rohe i mahi tahi mātou me te mana whenua, ngā ratonga hauora me ngā ratonga tautoko hei whakarite i ia hui. Kei te noho whakaiti mātou me te mihi atu ki ngā rōpū i hono mai ai ki a mātou mō tēnei kaupapa, tae atu ki

- Arai te Uru Whare Hauora
- Aratika Cancer Trust
- Arohanui Hospice
- Auckland District Health Board*
- Bay of Plenty District Health Board*
- Bowel Cancer NZ
- Breast Cancer Foundation NZ
- Breastscreen Aotearoa
- Cancer Concern
- Cancer Society
- Canteen
- Canterbury District Health Board*
- Child Cancer Foundation
- Cranford Hospice
- Dove Hospice
- Eastern Bay Primary Health Alliance
- Hawkes Bay District Health Board*
- He Waka Tapu
- Health Quality & Safety Commission
- Heart Foundation
- Horowhenua District Council
- Hospice Mid-Northland
- Hospice Tairāwhiti
- Hospice Taranaki
- Hospice Waikato
- Kahukura Rongoā
- Kenzie's Gift
- Korowai Aroha Health Centre
- Lakes District Health Board*
- Leukaemia & Blood Cancer New Zealand
- Look Good Feel Better
- Mahitahi Hauora
- Maketu Health & Social Services
- Manaaki Ora
- Māori Women's Welfare League
- Mercy Hospice
- MidCentral District Health Board*
- Ministry of Health
- Ministry of Social Development
- Muaūpoko Tribal Authority
- National Bowel Screening Programme
- Nationwide Health & Disability Advocacy Services

*I nāianei he wāhanga o Te Whatu Ora

- Nelson Marlborough District Health Board*
- Ngā Kete Mātauranga Pounamu
- Ngā Rangatahi o Te Tauihu o te Waka o Māui
- Ngai Tuhoe
- Ngaruahine Iwi Health Services
- Ngāti Kahungunu
- Ngāti Porou ki Waitaha Taurahere
- Ngāi Te Rangī Iwi
- Ngati Ruanui Healthcare
- Northable
- North Haven Hospice
- Nurse Maude
- Ora Toa Health Services
- Ōraka Aparima
- Pani Balms
- Pinc & Steel
- Prostate Cancer Foundation NZ
- QE Health
- Rauawaawa Charitable Trust
- Raukawa Whānau Ora
- Rotorua Breast Cancer Trust
- Rotorua Community Hospice
- ScreenSouth
- #Smear Your Mea
- Southland District Health Board*
- St John
- Stroke Central New Zealand
- Stroke Foundation
- Sweet Louise
- Tahu FM
- Taranaki Disabilities Information Centre
- Taranaki District Health Board*
- Te Arawa Whānau Ora
- Te Awakairangi Health Network
- Te Hau Ora O Ngāpuhi
- Te Hauora o Ngāti Rārua
- Te Hiku Hauora
- Te Piki Oranga
- Te Pou Oranga O Whakatōhea
- Te Puna Ora O Mataatua
- Te Roopū Hauora O Te Arawa
- Te Rūnanga a Rangitāne o Wairau
- Te Rūnanga o te Ngāti Rārua
- Te Tohu O Te Ora O Ngati Awa
- Te Waipounamu Māori Cancer Leadership Group
- Te Waka Huia a Manawatu Trust
- Te Wānanga o Aotearoa
- Te Whare Maire o Tapuwae Whānau Ora Wairoa
- THINK Hauora
- Tu Tonu
- Tui Ora
- Turanga Health
- University of Otago
- Victoria University of Wellington
- Waikato District Health Board*
- Waipu Hauora
- Waitematā District Health Board*
- Well Women & Family
- Whaioranga Trust
- Whakawhiti Ora Pai



A decorative horizontal band at the top of the page featuring a repeating pattern of stylized, concentric, wavy lines in a light green color.

3

**Te reo ā-waha o
ngā whānau Māori**

The Voices of Whānau Māori

I tū whakaiti a Te Aho o Te Kahu nā te kitenga atu i ngā tūroto tokomaha me ngā whānau tokomaha e tautoko ana i te rārangī hui. Tokomaha ngā tūroto me ngā whānau i tuari mai nei i ā rātou kōrero paki me ō rātou whakaaro mātau, ko te whāinga kia ākina te takahurihuri o te pūnaha kia pai ake ai ngā wheako o ngā tūroto me ngā whānau o āpōpō, kia pai ake hoki ngā huanga mō rātou.

Ka whakarāpopoto tēnei pūrongo i ēnei whakaaro, i ēnei wawata, i ngā whakaaro mātau me ngā wheako. Ka whakaatu mai i ēnei taonga mā te hanga o Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029, me ōna huanga e whā (tirohia wh.15), kei ia huanga ōna wāhanga e tino arohia ana.

E rua ngā kupu i meatia ai i tēnei pūrongo hei tohu i hea ahu mai ai te whakahokinga kōrero:

Whānau

ko ngā tāngata i tae ā-tinana atu ai ki tā mātou rārangī hui. Ko ngā tūroto tērā, ngā whanaunga me ngā kaitiaki tērā e mōhio pū ana ki ngā tāngata e pāngia ana ki te mate pukupuku. Tae atu hoki ki ngā kaitātaki Māori, ngā kaiwhakahaere hauora, ngā kairangahau me ngā mātanga haumanu e mahi ana i te ao mate pukupuku.

Ko te Māori ē mahi ana i te rāngai mate pukupuku whānui

ko ngā kaimahi haumanu, kaimahi haumanu-kore e mahi ana i te tauwhiro hauora, mate pukupuku hoki/rānei. I tae ā-tinana mai ēnei kaitautoko ki tā mātou rārangī hui, i kōrero mai rānei ki a mātou hei wāhanga o tā mātou mahi whakamahere, i whai wāhi mai rānei ki te mahi tātari nō muri mai i ngā hui. Tokomaha hoki o ēnei kaimahi e whai wheako pono o te mate pukupuku i pā atu ai ki a rātou anō, ki ō rātou whānau rānei.

Whānau
ko rātou i tae ā-tinana atu ki
tā mātou rārangī hui

Māori e mahi whānui
ana i te rāngai mate
pukupuku,

tokomaha e mōhio ana ki
ngā wheako mate pukupuku

Whakaahua 8. Ngā kupu hei tohu i hea i ahu mai ai te whakahokinga kōrero





HUANGA 1: HE PŪNAHA HOU E ŌRITE ANA TE TAUWHIRO MATE PUKUPUKU

Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029

He pūnaha atawhai

Kei ngā tāngata o Aotearoa e pūnaha hou e ōrite ana te tuku tauwhiro mate pukupuku

Ngā tino wāhanga

- Kaitākitanga me te mana whakahere
- Ohu mahi hauora
- Raraunga me te mōhihio
- Rangahau me te aronga hou.

Mā tēnei huanga ka aha

Me mātua riro mai i ngā tāngata o Aotearoa he ratonga tauwhiro mate pukupuku e kouna ana, i āiane, ā, haere ake nei. Mā te kaha o te mana whakahaere, te papanga me te kaitiakitanga ka whakatutuki. Me mātua noho hoki he kaitātaki ki ngā taumata katoa, kia whai pūkenga te ohu mahi kia toitū hoki me te whai wāhi atu ki ngā mōhihio tino kouna, mā konei ka tika, ka ōrite hoki ngā whakataunga. Me whai wāhi hoki ngā hāpori ki te kōrero mō ngā ratonga ka pīrangihia, ngā ratonga

me whiwhi, ā, he pēhea e hoahoa ai me te whakarato mai (Te Arotake Pūnaha Hauora, Whaikaha Hoki 2020). Me pēnei hei whakatikatika i ngā mūhore taikaha o te pūnaha hauora hei urupare atu ki ngā matea tauwhiro hauora o te Māori.

Ko te pūnaha e tuku ana i te tauwhiro mate pukupuku e tino kouna ana, e mana taurite ana hoki me mau nei:

- he anga kaitākitanga, he anga whakahaere e ngāwari ana, e whakaatu ana hoki i ō rātau hāpori
- he ohu mahi e tino whakangungua ana, e kanorau ana, e matatau ā-ahurea ana me ngā pūkenga haumanu, pūkenga atu anō
- he raraunga tino kouna, he pūnaha mōhihio hoki e tautohu ana i ngā āhuatanga koretake me te tautoko i ngā whakataunga pai i te taumata tūroto, taumata rōpū me te taumata pūnaha
- ko tētahi pūnaha e tautoko ana i te rangahau me te aronga hou tae atu kia whakatōkia te mātauranga Māori ki ia wāhanga o te āwhata mate pukupuku.

Te reo ā-waha o ngā whānau voice

“Me noho mātau ki te tēpu kei moumou tāima”

“Kaua e tohutohu mai ki a mātau mō te kaitākitanga, karawhiua kētia te mahi kia tautoko i ngā kaumātua me ngā whānau mō ā rātau hīkoinga mā roto mai i te pūnaha.”

“Kua kore te kaitākitanga mate pukupuku e noho hei whakaarotau – kāore mātau e aro atu ki tētahi matenga kotahi.”

“Kāore te pūnaha hauora e whakapono atu ki a rātau anō, engari me whakapono mai ki a mātau Māori nei kia mōhio ki tā mātau e hiahia ai.”

Tō te whānau whakaaro mātau:

Kāwanatanga: whakamana i te whakatau tahi me te hoahoa tahi

Auau te kōrero mai a ngā whānau mō te kaitātaki tahitanga me te mahi whakatau. I whakaae mai ngā tāngata i tae mai ai ki ngā hui kei te pūnaha ētahi huarahi kia mahi tahi me te Māori (arā, ngā Rōpū Hauora Māori ki ngā Poari Hauora ā-rohe, Kaitohutohu Māori i ngā rōpū whakahaere, te aha, te aha), engari tokomaha ngā whānau Māori i mea mai kāore tonu te Māori e tino whai wāhi ana ki te tukanga whakatau whakaaro mō te mate pukupuku. I mea mai ētahi whānau ko ngā tikanga o āiane i he kupu noa iho. I taunakihia ēnei whakaaro e ētahi kaitātaki iwi me te kī mai he hārakiraki te āhua o te mahi tahi me rātou.

I mea mai ētahi whānau i te wā e tauwhirotia ana tētahi makau i pai te whanaungatanga me ngā whakataunga mō te mahi tauwhiro. I mea mai ētahi atu karekau ō rātou reo, ā, i huri tuarā i a rātou, inā hoki, te wā i whakapuaki rātou i ētahi whakaaro i kore ai e rarata atu ngā mātanga hauora, ngā kaiwhakahaere hoki/rānei.

E ai ki te kōrero ko te huarahi pai kia whakapai atu i te whanaungatanga ki te iwi ko te whai i te kaupapa Māori, ā, ka mea ngā whānau ko te tino mahi o tēnei mahi ko te hanga whanaungatanga e whakamana ana, e whakahaere tahi ana. Heoi anō, tokomaha ngā

Māori e mahi ana i te rāngai mate pukupuku whānui i mea mai kua noho takeo rātou i te mea ahakoa kua kōrero rātou i tēnei wawata i ngā hui maha mō te pūnaha hauora, tau atu, tau atu, kei te hārakiraki tonu te mahi tahi me te Māori.

I tū te rārangī hui i te wā tonu e mahi ana i Te Arotake Pūnaha Hauora, Whaikaha Hoki. I kōrerotia mai he āwangawanga mō te kaha tere i ngā takahurihuri pūnaha engari kīhai te Māori ‘...i whakamōhiotia mō ngā takahurihuri, mō ngā āhuatanga hoki i whakatakotoria’. I whakaputaina mai he kōrero mō te hiranga o ngā ‘Rōpū Kiritaki Mate pukupuku’ hei huarahi mō ngā take mate pukupuku ā-whānau.

I kōrerotia e ngā whānau rātou tahi ko ngā Māori e mahi ana i te rāngai mate pukupuku whānui ō rātou wawata mō te whakatū o Te Aka Whai Ora me tōna mana hei whakamaene i ō rātou āwangawanga mō ngā whai wāhitanga mā te Māori ki te mahi tahi me te kaitātaki tahitanga. I kōrero mai mō te hiranga o te whakatū o ngā Poari Iwi Māori me te hiahia kia ‘whaimana ēnei poari e ōrite ana ki tō ngā Poari Hauora ā-rohe mana’. I whakapuakina he āwangawanga mō te hiahia kia neke atu ki tua o te kōrero noa iho mō te mahi, mō te kaha hoki o te kawenga.

“

*Me puta he huanga
Māori me ngā ine
Māori ... kia tutuki
ai ngā panoninga ...
hāunga anō te kōrero
noa iho, ENGARI kia
whakatutukihia!*

”

¹ I tū ēnei hui i te wā e ora tonu ana ngā Poari Hauora ā-rohe. Ahakoa kua whakakapia tēnei e tētahi pūnaha ā-motu kua pupuri tonu mātou i te kupu ‘DHB’ i te wā i kōrerotia ai e ngā whānau.



Tō te whānau whakaaro mātau:

Kotahitanga - kia piki ake te mahi tahi i waenga i ngā kaitātaki mate pukupuku me te hapori

I te whakaaro ngā whānau mō te iti o te kaitātakitanga mate pukupuku Māori ā-tāone, ā-rohe, ā-motu me te whānuitanga o te āwhata mate pukupuku. He huhua ngā take e pēnei ana: i mea mai ētahi whānau he manakore tō te kaitātakitanga o āianeī, i mea mai ētahi atu torutoru noa iho ā rātou rauemi, kāore rānei rātou e tūhono ana ki ō rātou hapori. I mea mai ētahi whānau he kanohi tē kitea ngā kaitātaki mate pukupuku Māori nā tā rātou mahi pea ki tētahi wāhanga hauora 'kotahi'. Tokomaha ngā whānau i tautohu mai ai i te tirohanga 'Whānau Ora' hei 'kaupapa rangatira'.

I kōrero mai te tokomaha o ngā Māori e mahi ana i te rāngai mate pukupuku whānui mō te noho mokemoke me tō rātou hiahia kia nui atu te whai wāhi kia hui tahi, kia tūhono, kia whakatau whakaaro, kia mahi tahi. I kōrero mai hoki mō te kaitātakitanga Māori kia kaha ake te mahi tahi i tō o āianeī tūāhuatanga whakataetae.

*“Me mātua whakaaro mātou ki te āhua o tō mātou mana
hei iwi kotahi engari anō te whakataetae ki ā mātou anō.”*

Tō te whānau whakaaro mātau:

Tino Rangatiratanga: me noho te kaitākitanga Māori ki ia taumata

He nui te whakahokinga kōrero mō te hiahia o te Māori kia whaimana rātou ki te whakahaere i tō rātou ake hauora me tō rātou ake oranga. Ka whakaurua hoki tētahi taiao e tino mana ai te kaitākitanga mate pukupuku Māori, e tautokona ana hoki kia ora rawa atu hei whakapai ake i ngā huanga mate pukupuku Māori. Ko tētahi ariā kaha i puta i ngā hui

ko te hiahia kia tautokona te kaitākitanga Māori i ngā tāone, i ngā rohe me te motu hoki. Ko te tautoko hoki i te kaitākitanga iwi, kaitākitanga mātanga, kaitākitanga ahurea, kaitākitanga kiritaki me te whānau, rangatahi, tamariki, kaitākitanga kaumātua, kuia, pēnei e kitea ai i te whārangi e whai ake nei.

I āhua tutuki te rārangi hui i mua mai o te pānuitanga a te Kāwanatanga mō ngā tino whakahoutanga hauora. Hei wāhanga o ēnei whakahoutanga, kua whakatūria a Te Aka Whai Ora. Ko tāna he tātaki me te aroturuki i te whakahoutanga kia mārama pū ai te pūnaha hauora katoa me te urupare atu ki ngā matea oranga o ngā whānau Māori.

Tūturu, ko tā Te Aka Whai Ora:

- he mahi tahi me Te Whatu Ora ki te hoahoa me te tuku ratonga hei whakapai ake i te hauora Māori
- he mahi tahi me Manatū Hauora rāua tahi ko Te Puni Kōkiri hei aroturuki i ngā huanga mō te Māori
- he tautoko i ngā Poari Iwi Māori kia whakakaha ake ai i te reo ā-waha o ngā whānau
- he whakarite i ngā otinga o te ao Māori me ngā ratonga i whakawhanakehia ai e te Māori mā te Māori
- he whakapai ake i te tuku ratonga me ngā huanga mō te Māori
- he whakatairanga ake i te hauora tūmatanui me te whakarite i ngā hōtaka hauora tūmatanui.





Tino Rangatiratanga - He pēhea te kaitātakitanga Māori i ia taumata?

Ki te taumata pūnaha

I whakapuaki āwangawanga te tokomaha o ngā whānau Māori mō te pēhitanga roa o te pūnaha kākano tahi Pākehā hei mahue rātou i te tēpu whakatau. Tokomaha i mōhio ki ngā whakahounga pūnaha hauora me te noho ngākau rorotu e pā ana ki huarahi i waihangatia hei whakatipu kaitātakitanga Māori engari i te kore hiahia kia ngaro ngā kaupapa hirahira me ngā uara tikanga Māori i roto i te tukanga.

“Tino rangatiratanga me te kāwanatanga i ngā taumata rerekē – kaitātakitanga rerekē i taumata rerekē i ngā rohe, ā, piki ake ki te taumata matua.”

“Kāore te pūnaha hauora e whakapono ki a ia anō engari me whakapono mai ki a mātou Māori nei kia mōhio ki tā mātou e hiahia ai.”

Ko te whānau hei kaitātaki

I te wā o ngā hui i rongohia ngā pāpanga nui me ngā kōrero paki a ngā whānau i roto mai ai he maimoatanga mate pukupuku engari kiki rā te waha, kāore hoki i paku aro atu ngā mātanga haumanu me ngā kaiwhakarato hauora ki ō rātou whakaaro mō te tauwhiro mate pukupuku i roto mai i a rātou. Tokomaha ngā kaiuru i whakapuaki hiahia mō tētahi pūnaha me ngā ratonga e kaha ake nei te aroha me te urupare mai ki tā rātou e hiahia ai, ā, me te kaha tautoko i a rātou kia whai wāhi atu ki ngā whakataunga mō tō rātou maimoatanga.

“Kia tū ngā hononga tautoko ā-hapori mō ngā whānau.”

“Hiahia whakatere ana mātou hei āwhina i ngā whānau, kei hoki whakamuri ki tērā āhua anō o mua.”

Cultural & clinical leadership

I whakaaetia mai he wāhi, he tūranga hoki mā ngā pūkenga ahurea, pūkenga haumanu hei tuku tauwhirotaunga ki ngā whānau. Tokomaha ngā kaiuru i kī mai me mātua tautoko i ngā pūkenga haumanu mā te mōhio ki te Ao Māori, mātauranga Māori, me ngā tikanga, ā, he mea nui hoki hei whakawhanake i te kaitātakitanga haumanu Māori, me te whakatinana.

“Ko titiro ā-haumanu he wāhanga kotahi noa iho.”

“Me mātua mōhio ki te kaitātakitanga hauora Māori, ā, me whai tohu Pākehā ngā kaimahi, mātauranga Māori me te wheako – he mana tō ēnei mea katoa.”



Ko te kaiwhakarato hei kaitātaki

I puta he āwangawanga i ngā hui mō te korenga o ngā kaimahi hauora e werohia ina hē tā rātou tauwhiro tangā, ina hē hoki ngā huanga mō ngā whānau Māori, ā, i puta hoki he kōrero kia nui atu ngā whakapoapoa (aukatinga rānei) me ngā aromatawai kaha ki te kōkiri i te mahi o te pūnaha me ngā ratonga.

“He kaitātakitanga tō ngā kaiwhakarato e whai aroha ana, e tautoko ana i ō tātou iwi.”

“Kei te mura o te ahi ahau e takahurihuri ana, kanohi ki te whānau hei kaimahi matua, koia nei tōku ake wheako.”

Kaitātakitanga ā-rohe

E hiahia ana ngā hapori Māori me ngā kaitātaki ki te ārahi i ngā mahi mate pukupuku, te hoahoa me te tuku mā ō rātou ake iwi. Ahakoa i mihia te mahi kua tutuki i a ō tātou kaitātaki o āiane, ā haere ake nei, kei te hiahia te Māori kia kaha ake te tautoko i tō o āiane.

“Me pēhea e mauritau ai ā mātou mahi kaitātakitanga i ngā rohe, ngā hapori, kia kitea ai i te mura o te ahi?”

“Me pēhea mātou e whakanui atu ai i te āheinga ā-rohe ki te aro atu ki ngā take ā-rohe me te tautoko a te tari matua?”

“Whakakahangia ngā whanaungatanga ki te mana whenua.”

Kaitātakitanga mō te reanga e heke mai nei

Nā te āhua o te whakapapa o ngā whānau Māori tokomaha, ki a rātou ko tētahi tino aronga hei whakatipu Kaitātakitanga Hauora Māori kaha, mate pukupuku kaha ko te para huarahi mō ngā kaitātaki o te whakatipuranga e heke mai ana, kia pai ake hoki te mahi tauwhiro kia whakapai ake hoki ngā huanga.

“Me mātua whakaaro kia whaihua ā tātou mokopuna i ngā mahi a te pūnaha.”

“Kia pai ake te tauwhiro hauora mā tō tātou iwi ... kei ahau ... ngā mokopuna e 36 ... ka pēhea te tauwhiro hauora mā rātou?”

Ko tā tāku kaitātakitanga he whakaako i a taiohi mā, he kura te tūroro.”

“Ehara te pūtea i tētahi mea hei whakatika raru – ehara ā mātou mahi huakore mā te reanga o āiane anake, mā tō āpōpō hoki.”

Whakaahua 9: He pēhea te tino rangatiratanga i ia taumata?

Tō te whānau whakaaro mātau:

Me mātua tautoko te ohu mahi mate pukupuku Māori

Te reo ā-waha o ngā whānau

“Kei hea ngā tākuta, ngā tākuta rangatira Māori i te hōhipera me te hāpori?”

“Hāunga anō te whakangungu manene me whakangungu kē i ā tātou ake tāngata... kia tokomaha ake ngā tapuhi Māori hei tauwhiro i a mātou.”

“Whakatipu ake i te tirohanga ā-mahi... whakapūmautanga me te whakamahere tika kia tiaki i ngā hiahia o te ohu mahi o āiane.”

I whakaae tahi ngā whānau me ngā Māori e mahi ana i te rāngai mate pukupuku whānui kia tokomaha ake ngā Māori e whakangungua ana, e tautokona ana hei whiwhi tūranga mātanga i te mahi tauwhiro mate pukupuku. Tae atu ki ngā tūranga maimoa me te tauwhiro tautoko. I auau te kitenga i tētahi kaimahi Māori kotahi anake, tokorua anake rānei i ngā ratonga mate pukupuku mō te whānau. I tētahi wā i kī mai ngā whānau i whiwhi āwhina rātou mai i tētahi kaiwhakapai whare me āna tohutohu. Ahakoa ka kitea e ngā whānau te mahi hei whakanui atu i te ohu mahi Māori, i tautohu mai rātou i ngā tini huarahi hei whakapai ake i tēnei mahi.

I puta mai hoki te hiahia kia kaha ake te mahi whakangungu, kia tautoko mai hoki i te reanga rangatahi e heke mai ana kia whai umanga i roto i te ao mate pukupuku, i te ao hauora whānui. He whakaaro whānui i whakaputaina hei tautoko i ngā rangatahi kia whiwhi mahi hauora, tae atu ki ngā karahipi, me te pūtea tautoko, kia karangahia ngā mātanga Māori ki

te kōrero ki ngā rangatahi kei ngā kura, kia tautoko i ngā wawata mātauranga (inā hoki te pāngarau me te pūtaiao), ngā whakaaturanga umanga me ngā kaupapa wheako mahi. I puta hoki te whakaaro kia tautokona ngā Māori e mahi tonu ana i ngā mahi hauora kia aro kē atu ki te mate pukupuku. I puta mai te kōrero mō ngā whānau kaumātua kua kore e whakaarohia hei whakangungu, hei tautoko kia mahi i ao hauora Māori.

Ahakoa i whakaaetia e te nuinga he wawata pai te wawata kia tokomaha ake ngā kaimahi Māori, i kī mai hoki he ruarua noa iho ngā āhuatanga hei whakarangatira ake i te taiao mahi kia rata mai te Māori. I rongohia te kōrero mō ngā taiao whakangungu me ngā taiao mahi, arā, he korenga e tautoko, e whakahaumarua kia taea te mahi whakawhanake te whai, ahakoa kua tīmata te whakapai ake.

“He taiao taraweti te kura hauora mō te Māori – kei te huri te tai.”

He kōrerorero nā te tokomaha o ngā tāngata o ngā hui mō ngā 'mahi atu anō' a ngā kaimahi Māori ka mauria mai ki ō rātou tūranga me te mōhio ka tonoa atu kia nui atu te āhua o ā rātou mahi tauwhiro mō ngā tūroro Māori me ō rātou whānau. Mō ngā Māori e mahi ana i te mahi tauwhiro mate pukupuku, i tino rongorongo rātou i te āhua o te tauwhiro tangata me tētahi haepapa kia whai atu i ngā tū āhuatanga hei tautoko i ngā whānau, ā, ko ērā i kore ai e tika te tautokona atu. I mea mai ētahi he mātuatua te āheinga ki te whakarato i te tauwhiro torowhānui i tā rātou mahi whānui me te mōhio hoki koia nei te āhua o te tauwhiro tangata ā-ahurea e whakamanahia ana e te whānau.

I te mōhio hoki ki te mahi nui whakahirahira a ngā kaimahi Māori hei āwhina i ngā tūroro Māori me ngā whānau, inā hoki, kia tūhono atu i a rātou ki ētahi whānau me ngā

ratonga tautoko, me te āwhina i a rātou kia mārama ki tā rātou huarahi tauwhiro mate pukupuku, kia taea ai hoki te hīkoi pai atu. Tokomaha ngā whānau Māori i kōrero paki mai mō tā rātou rapunga tapuhi Māori, tapuhi Pasifika rānei hei āwhina i tā rātou mahi akuaku me tā rātou ake tauwhiro tangata i te mea ka whakaarohia koia nei te mahi kia hāneanea te noho me te hononga ā-ahurea. Heoi anō, i puta ngā āwangawanga mō te ruarua o ngā rauemi me te tokoiti o ngā kaimahi Māori, me te aha, e kore ai e taea te mahi tauwhiro torowhānui ki ngā whānau Māori te hāpai, ka mutu, ko te tūraru ka tino pau te hau o ngā Māori e mahi ana i te taiao hōhipera. I puta te hiahia kia kaha atu te 'manaaki i ngā kaimahi o āiane'.

“Tautokona te Māori e mahi ana i ngā Poari Hauora ā-rohe, he mahi whakapau kaha... me noho ki ēnei tūranga 24/7... ka mōhio te tūroro i roto i te rima meneti tuatahi ina taea rānei te whakapono atu ki a koe... mehemea āe ka piri atu mō ake tonu atu.”

”





Tō te whānau whakaaro mātau:

Me mātua whakapai ake i te tirohanga ahurea a ngā kaimahi kore Māori o te ohu mahi mate pukupuku

Te reo ā-waha o ngā whānau

“Ko te ohu mahi kore mōhio ki ngā āhuatanga ahurea, haumarua ahurea ehara i te Māori...”

“Ko ngā kaimahi nō tāwāhi- kāore i te mārama ki te reo Māori, ka tūpā tēnei i ngā awheawhe kotahi rangi te roa”

“...i pōhēhē rātou e kore e taea e mātou ngā kōwhiringa tauwhiro te whakautu he parāone nō ō mātou kanohi – nā konei kīhai rawa rātou i tuku mai”

He ariā kaha i puta mai mō te hiahia kia whakakaha ake i te mahi whakangungu mō ngā tāngata ehara i te Māori, ā, kia whai haepapa hoki ngā mātanga me ngā kaimahi kia taea ai e rātou ngā āhuatanga ahurea me te tauwhiro haumanu te whakarato mai ki ngā whānau Māori. He maha ngā kōrero paki i puta mai i ngā whānau mō te tauwhiro rerekē, te tauwhiro marahea rānei i tukua mai ai ki a rātou nō te kūware me te kaikiri o ō rātou mātanga, o ngā kaimahi hauora rānei. Ki ētahi whānau he tino take tēnei i a rātou e mahi tahi ana me ngā kaimahi i heke mai ai i tāwāhi.

Tokomaha ngā whānau i kōrero mai mō ngā tūāhuatanga kikino mai i tā rātou ake wheako kia whiwhi tauwhiro ai, kia tautoko rānei i tētahi atu. Tokomaha i homai tauira mō te korenga e mārama ki ngā ahurea me ngā tikanga, me te aha, ka waiho rātou kia noho haumarua kore. Ko ētahi o ngā tauira i kōrerotia ko te rongohia o te kaikiri e pānga atu ki te whānui o te tauwhiro me te momo tauwhiro i te hoatu ki a rātou. Tokomaha ngā whānau i whakaaro ‘kia whakaakona anō ngā Pākehā e pā ana ki ngā ‘momo mahi whakahāwea’... arā, te kaikiri, te whai moni, te taipūwhenuatanga’, ā, me nui atu hoki te whakaako i o ‘ngā akoranga tuihono noa iho mō ngā kaupapa ako ahurea.’

Tokomaha i kōrero mai mō ngā āwangawanga ki te āhua o te mahi whakangungu ā-ahurea o āiane i mō ngā tāngata kore Māori, he mea takarepa, he ‘mahi tāpiri noa iho’ ki te whakangungu ā-haumanu. I hiahia ngā whānau kia tukua e ngā mātanga kore Māori te mana whakahaere ki a rātou e whiwhi tauwhiro ā-ahurea ai me te tautoko i ā rātou e maimoatia ana. I te rapu hoki rātou i tētahi āheinga rangatira mō te āhua o te tautoko ā-ahurea e whiwhi ana rātou me nga kōrero pono kia tika te whakarato mai.

“Kei te mahi tō tātou ohu mahi i ngā mahi tika, ina kore, he aha te hua?”

Tō te whānau whakaaro mātau:

Me mātua tautoko i te mātauranga Māori huri noa i te ohu mahi mate pukupuku

Te reo ā-waha o ngā whānau

“Me maha ngā kōwhiringa ratonga mā ngā whānau tae atu ki te rongoā, te mirimiri, te aha, te aha... me te mōhio me pēhea e whiwhi tohunga ai, inā hoki, mō ngā whānau kua whati te hononga ki te ao Māori.”

“Kāore mātou i taki karakia... kei te hiahia mātou kia kaha ake te urunga o te wairua ki te rongoā me ngā karakia...”

Ko te inoi kia whakapai ake te āheinga ki te mātauranga Māori i tautokona ai hoki ki tētahi hiahia kia pai ake te haepapa. I te hiahia hoki ngā whānau kia nekehia te mana whakahaere e taea ai e ngā kaimahi Māori tō rātou ake mana te whakamahi hei whakarato tauwhiro ki tā te Māori e tauwhiro ai mō ā rātou tūrora me ngā whānau. Ōrite tonu ana te taupā mai ki ngā kaimahi Māori ngā otinga kaupapa Māori me te urunga mai o tā te Māori titiro ki ngā hoahoa ratonga Pākehā me te tuku ratonga. I whakaaro te tokomaha i tae atu ai ki ngā hui ki te āhua o te tuku ratonga maimoa me te ratonga tauwhiro he mea

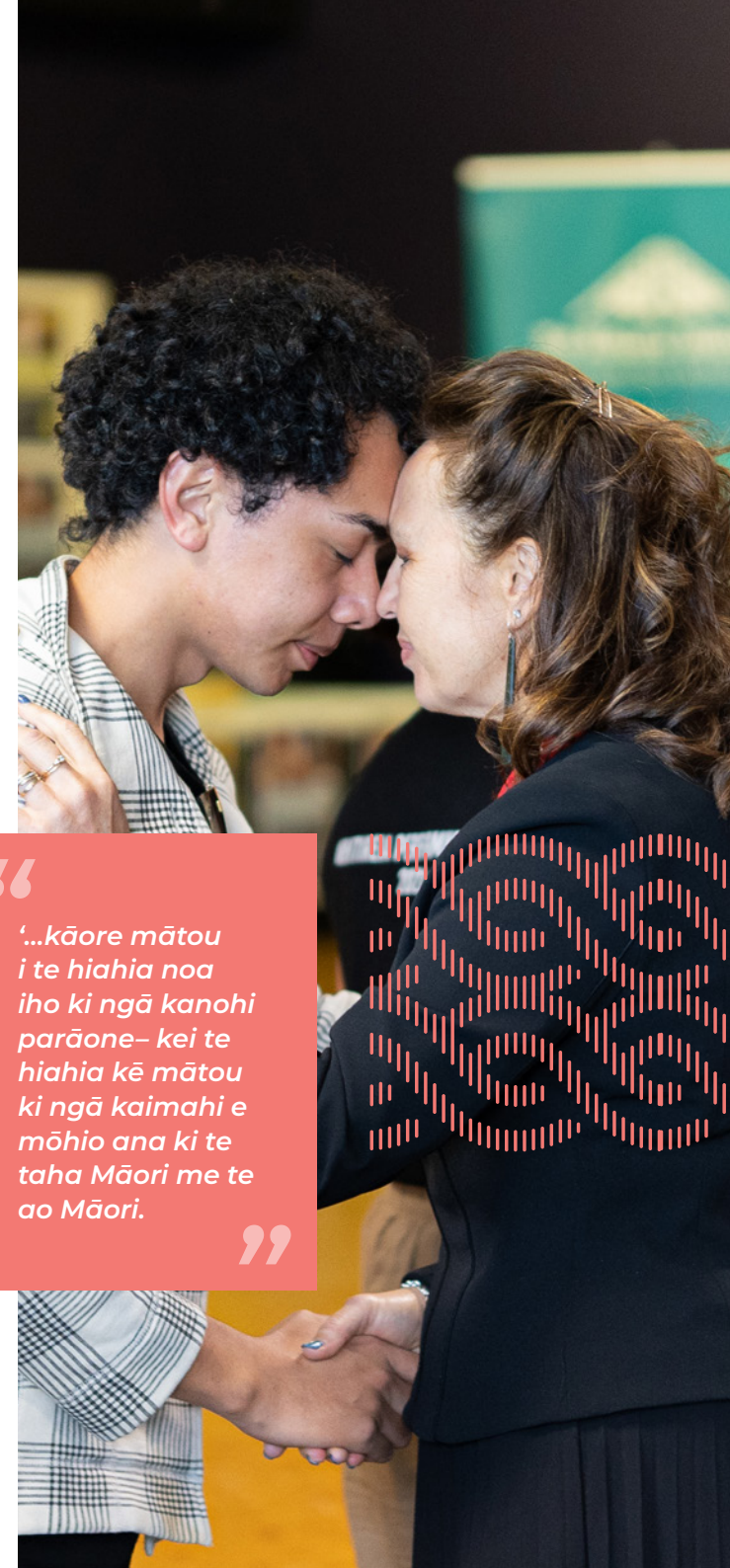
kōkiri nā te marautanga Pākehā tērā i kore ai e aro atu ki ngā otinga ‘taha Māori’ me ngā tikanga Māori. I puta te hiahia ki ngā momo kaupapa tauwhiro me te āhei o ngā whānau Māori kia whai wāhi atu ki ngā tikanga Māori me te mātauranga Māori hei tautoko i tā rātou maimoa mate pukupuku. I kōrero mai ētahi whānau mō ngā Māori e rapu ana i āiane i ētahi atu tohungatanga pērā i te tautoko a ngā kaumātua me ngā whānau i te wā e tauwhirotia ana rātou.

Ahako ka puta he kōrero mō te pai o ngā tūmahi o āiane hei whakapai ake i te aroā ā-ahurea o te ohu mahi kore Māori me ō rātou āhei ki te kawhe, i puta tonu te takeo o ngā whānau tokomaha i te mea ko te āhua nei kei te kaha aro atu kia whai pūkenga ngā kaimahi kore Māori engari anō ngā kaimahi Māori o āiane tē whakapakari. Ko te tino kōrero i puta mai he kōrero mō ngā kaimahi Māori e whai mātauranga Māori ana mai rā anō hei whakapai ake i ngā wheako me te mahi tauwhiro mō ngā tūrora mate pukupuku Māori. Tokomaha ngā Māori e mahi ana i te rāngai mate pukupuku i whakaaro ko tēnei mōhiotanga ā-ahurea ō rātou e kore tonu e whakamanatia ana, e arohia mai ana rānei i te wā o te kimi kaimahi me ngā tukanga whakawhanake. I puta mai te whakaaro o ētahi kia aro kē atu ki te kimi i ngā tini Māori hei mahi i ngā tūranga mate pukupuku kātahi ka tautoko i a rātou ki te whakawhanake i ō rātou pūkenga ahurea, pūkenga haumanu, pūkenga kaitākitanga hoki.

“

‘...kāore mātou i te hiahia noa iho ki ngā kanohi parāone– kei te hiahia kē mātou ki ngā kaimahi e mōhio ana ki te taha Māori me te ao Māori.

”



Tō te whānau whakaaro mātau:

Kei te hiahia ngā whānau kia whai rangatiratanga ki ā rātou ake raraunga mate pukupuku

Te reo ā-waha o ngā whānau

“Me noho ki a mātou ā mātou ake raraunga.”

“Ko te tuku pūrongo tatauranga hauora Māori – me whakarerekē te kōrero kia kitea paitia te Māori me te whakaatu i ngā wāhi o te pūnaha e hē ana.”

“Mā ngā whānau e noho hei kaitiaki o ngā raraunga tūroro – e wātea ai te tūroro ki te aro atu ki tōna whakaoranga.”

“He aha e uaua ai te tiki atu i āku ake raraunga?”

Tokomaha ngā kaiuru i whakapuaki mai i tō rangatiratanga mō ā rātou raraunga mate pukupuku me ngā mōhiotio, ka puta mai hoki i a rātou te tino whakaaro mō te whai wāhitanga atu ki te raraunga me te mōhiotio ki tā rātou e hiahia ai. Tokomaha ngā Māori i whakaaro ko te raraunga he mea hei ‘whakahāwea tangata’ ina koa e kore ai e whakaatu puata mai, e whakaatu tika mai, ka mutu, ka mahue mai ngā whānau e ‘noho mana kore’ ana. I puta mai hoki te whakaaro kia whakahoungia te kōrero kīia kē mai ka whakamahia te raraunga i ētahi wā ‘kia whakapaea te Māori hei pāpurenga’.

Tokomaha ngā whānau i kī mai, mehemea e tika ana, he mea nui mō ngā mema o ngā whānau kia whai wāhi atu ki te raraunga mate pukupuku me te mōhiotio. Mā te pēnei, ka mārama te tūroro e maimoatia ana ki ngā mahi

e mahia ana, me te āhei o ngā whānau ki te tautoko i ngā tūroro tē taea e rātou te tautoko i a rātou anō. Heoi anō, nā tēnei ka matapakina mai ngā āhuatanga tūmataiti o tētahi tirohanga pērā. Tokomaha ngā whānau, inā hoki, ngā kaumātua me ngā kuia i kōrero mai mō tā rātou taritari kia riro mai ētahi atu mōhiotio e pā ana ki ā rātou maimoatanga i mua i tā rātou whāki atu ki te whānau whānui. I pēnei ai he korenga nō rātou e hiahia kia noho taumaha te whānau ki ngā ‘rongo pōuri’, kia kore rānei te whānau e noho āwangawanga mō rātou.

I te wā o ngā hui ka puta i ngā whānau te takeo ki te korenga o te raraunga e whakakotahi, me tā rātou kōrero atu anō, kāore te raraunga e neke tahi me rātou i a rātou e whakawhiti ana i waenga i ngā kaiwhakarato maimoa. Ka mutu, ka auau te tārua noa i ngā kōrero mō tā rātou

mate ki ngā tīma mātanga hou, ki ngā rōpū tauwhiro rānei, he mea 'whakahāwea' tēnei. I tuari mai ētahi tāngata i ō rātou wheako mō te tuhi hautaka i te mea kāore he huarahi atu anō hei whakamōhio mai ko wai ngā tāngata i kitea ai e rātou, he aha rānei te maimoatanga i whiwhi ai rātou, ā, kāore hoki te raraunga i tere whakawāteatia mai ki a rātou.

“

He mea whakapau mauri te kōrero auau i tā mātou kōrero paki, ā, he pāmamae hoki ki ētahi.

”



Tō te whānau whakaaro mātau:

Me mātua aro atu ki ngā hiahia o ngā whānau mō te mōhiohio

Tokomaha ngā whānau i tuari mai i ō rātou wheako mō te tumeke me te pōkaikaha i tā rātou whakataunga māuiui tuatahi. Ki te nuinga, ehara tēnei tāima i te tāima pai kia nui rawa atu te mōhiohio ka hoatu mō te matapae mate me ngā mahere maimoa. Tokomaha ngā whānau i whakaae tahi mai kia āta tuku mai i te mōhiohio mate pukupuku mā te kōrero mā mā te mōhiohio e mārāma pū ana. Tokomaha ngā whānau i kī mai ko te mōhiohio i hoatu ai ki a rātou mō ā rātou whakataunga māuiui, mō tā rātou maimoatanga me te mahi tauwhiro he uaua, he matatini, he rangirua me te korenga e hoahoa ai mā ngā tūroro me ngā whānau.

“Kāore ōu whakaaro i te wā o te whakataunga māuiui tuatahi.”

“He uaua rawa atu te reo, tē mārāma. I whakaaro ahau ko te ‘metastatised’ he mea ka pā atu ki te kau.”

Ā, i kī mai te tokomaha ko te pūnaha mate pukupuku he pūnaha e tino pai rawa atu ana mō ngā tāngata anake e mārāma ana ki te pūnaha. I tautokona mai tēnei whakaaro e ētahi whānau e mahi ana i ētahi atu wāhi hauora me te tautoko i ngā whānau e hīkoi ana i maimoatanga mate pukupuku.

“I taea e au [ōku mātua] te tautoko he mōhio nōku ki te pūnaha.”

E hiahia ana ngā whānau Māori kia tukua mai ngā mōhiohio mā ngā kāhua rerekē me ngā huarahi e māmā ai te tiki atu, e mārāma ana hoki. Auau mai te kōrero a ngā whānau mō ngā rārangi tohutohu ā-tuihono kia whakamōhio mai i a rātou he aha ngā rauemi me te tautoko e wātea mai ana ki a rātou i te wā o te maimoatanga, me te wā tauwhiro. Tokomaha e hiahia ana kia nui atu te mōhiohio e taea ai e rātou te hari atu. I whakaputa whakaaro ētahi atu ka whaihua te waeatanga mai a muri, te whakaritea rānei o tētahi hui tahi kia patapatai atu ngā whānau nō muri mai i te ohoreretanga o te whakataunga māuiui.

‘I ētahi wā ka nui rawa te mōhiohio – kī mai ki ahau he aha māku i taua wā tonu.’

I puta mai i ngā whānau ētahi wawata whānui me ngā otinga pea mō te pēhea e riro mai ai te mōhiohio mō te mate pukupuku, mō tā rātou tauwhiro me ngā momo tautoko ka wātea mai ki a rātou. Ko te whakaatu raraunga tērā me te whakaatu mōhiohio mā ētahi momo takotoranga, pērā i ngā pārongo whakairoiro, ngā tau pānga ā-waea, ngā whakatairanga ā-motu mā te pae

pāpāho pāpori, ngā pānui ā-tuihono, te kōrero kanohi ki te kanohi me ngā tūngaio hauora ki ngā hui marae. I kī mai ngā whānau he pai atu ki a rātou kia kaupapa Māori mai te whakaaro hei hoahoa kaupapa, hei tuku hoki. He hiahia hoki kia whakaratoa mai te mōhiohio e hāngai ana ki te tangata mōna te mōhiohio, hei tauira, kuia kaumātua haunga anō ngā rangatahi Māori.

I rongorua ētahi whakaaro mō te whakamahi i ngā rauemi ā-pepa pērā i ngā puka mōhiohio. Kei te whakaaro ētahi kaimahi ko ēnei rauemi he tawhito, he moumou moni. Heoi anō, ki ētahi o ngā whānau, he taonga tonu ngā rauemi ā-pepa, he tino taputapu hei tohatoha atu i te mōhiohio ki te Māori, inā hoki, ina mahi tahi me kōrero kanohi ki te kanohi. Ko te tino āhuetanga ko te kounga o te rauemi me te hāngai ā-ahurea o te mōhiohio (arā, he whakaahua Māori tō te rauemi, he reo Māori, he reo mārāma; he reo whakapoto e hāngai ana ki te reo o te tūroro).

Ka mōhio ngā whānau kia puta te tautoko mai i ngā wāhi maha, wāhi rerekē ina riro mai ana ngā mōhiohio uaua, ngā mōhiohio manganga mō tā rātou whakataunga māuiui me te maimoatanga. Āpiti atu i te tautoko ā-whānau, ka mea mai te tokomaha he hiranga te āhei ki te kōrero ki ngā rōpū maimoa ki ngā kaitautoko hauora anō, tae atu ki te āhei ki te hui tahi a muri hei kōrerorero.

E hiahia ana ngā whānau ki te mōhiohio pēnei...



...e wātea ana, e
mārama ana

“Whakaritea te mōhiohio kia
mārama.”

“Tautohua ngā kōwhiringa tautoko
me ngā rōpū e wātea ana.”

“...mōhiohio tika – arā, mā ngā
whakairoiro, kia nui atu ngā
whakaahua hei āwhina i te
tiki mai.”



...tukua mai i
te wā tika

“I tēnei wā he nui rawa atu te
mōhiohio i te wā whakataunga
mate.”

“Kaua e purua ihotia ki tōku
korokoro.”

“Kia āta whāngaia mai – me
auau te whakamārama mai i te
raraunga me te mōhiohio.”



...ki rō taiao
haumaru

“Te wariu o ngā rōpū mātanga –
te whakarāpopoto hei kōrero mā
ngā mema kia whakamārama i te
raraunga me te mōhiohio ki
ngā tūroro.”

“Kia mōhio he rerekē tātou katoa,
kāore i tētahi huarahi kotahi hei
whai.”



Tō te whānau whakaaro mātau:

E hiahiatia ana he tauwhiro auaha e aro atu ana ki te whānau

Kei te hiahia ngā kaiuru kia nui atu ngā aronga hou e noho ai ngā whānau ki te pūtahi o te hoahoa ratonga me te tuku. Ko te mihi nui atu ki ngā kaupapa aronga hou e aratakina ana, e hoahoatia ana, e tukua ana hoki e te hapori. E noho takeo ana ngā whānau ina kitea ana te mauritau me te pai o ngā kaupapa tūmatanui engari ia kāore e whakatutuki nā te korenga o te tautoko a te pūnaha. E tūmanako ana ngā whānau e taea ai e Te Aka Whai Ora ngā kaupapa tūmatanui te tautohu, te tautoko me te whakapai ake i te taha pūtea, mō ngā kaupapa tūmatanui e āhukahuka ana ki te mahi hira ka mahia e ngā whānau i ngā āhuatanga katoa o te tauwhiro mate pukupuku.

Ahakoia kei te kitea tonutia ko te kanohi ki te kanohi he huarahi pai hei mahi tahi me ngā whānau Māori, he tokomaha anō e whakaaro ana, e whai atu ana rānei i āiane i ngā hua o te hauora ā-waea hei tauwhiro i ō rātou makau. Inā koa, nā te tāmi me te mōrearea o te KOWHEORI-19. I mea mai ngā whānau ko ngā hua o te hauora ā-waea ko te korenga o ngā take hei haere tawhiti me te iti o te utu e pā ana ki ngā haerenga, arā, te penehinu, te noho mōtera, te whakatū waka i ngā hōhipera, te aha, te aha. Tokomaha hoki i rata atu ki te whakaaro mō ngā whānau e noho pāmamao ana, ngā whānau e kore e wātea ana ki te tae ā-tinana atu engari i taea tonutia te uru hui mā te hauora ā-waea. He pai hoki ki ētahi te māmā o te tīkina ā-matihiko atu i te raraunga mate pukupuku me te mōhiohio.

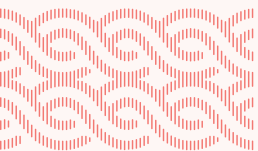
“Ka āhei ngā whānau ki te whakapā atu ki ngā tākuta me ngā mātanga o tētahi atu tāone nui.”

“Ina whakatika mātou i te whakarite hauora ā-waea kātahi ka tino pai rawa atu”

Heoi anō, i puta hoki ngā āwangawanga mō te hauora ā-waea. Ā, ko te pōhara ā-matihiko nei, te āhei o ngā whānau ki te whiwhi pūrere, me te whakarite kia kaha te hononga ipurangi kia taea ai hoki e ngā whānau me ngā kaiwhakarato te whakautu. I kitea atu hoki ko te nekehanga atu ki tētahi taiao matihiko, taiao hauora ā-waea he wero pea, he whakatarā rānei ki ētahi mātanga i te mea he tino rerekē i te hui kanohi ki te kanohi. I kitea tēnei hei taupā i te angitu.

“Ko te hangarau pea te wāhanga māmā... ko te wāhanga uaua ko te whakangungu pai i ngā tākuta me ngā tapuhi kia puta te angitu.”

Ko tētahi huarahi hei tautoko i te aronga hou me te takahurihuri pūnaha ko te rangahau. Ahakoia ehara tēnei kaupapa i tētahi kaupapa i kōrerorero nuitia i te rārangi hui, i puta mai i ētahi whānau he kōrero kia nui atu te rangahau whānui, rangahau e aro atu ana ki te whānau ‘e hāpai ake ana i te wheako pono hei taunakitanga’. I whakaaro ētahi whānau kia whakahoungia te aronga rangahau o āiane me te kī ko tā te rangahau hei rapu otinga kaua hei rapu raruraru’.



Ko tā Theona kōrero: **tō tētahi tūrora wheako mate pukupuku**

‘I te tekau mā iwa tau ki muri i kī mai taku tākuta ka tukua ahau ki te hōhipera he mate pukupuku pea nōku. He hīkoi nui tēnei engari i puta ora mai mātou. He aupiki, he auheke. Nā te mea i meatia tētahi whakawhitinga mongamonga mōku i ākina ahau e taku hīkoina mate pukupuku kia rapu kōrero mō tōku whakapapa, he tino whakamānawatanga tēnei. I āiane kei te mahi ahau ki ngā tūrora mate pukupuku, ā, he mea tino āwhina tōku wheako pono i aku mahi.

He nui tonu te mahi hei whakapai ake i te mahi o roto o te pūnaha hauora. Me titiro e mātou te rītaha huna – me te kaikiri – he nui te kītea. Me tīmata pēnei ki ā tātou tākuta. Ko rātou ngā kaitiaki o tō tātou pūnaha hauora, ā, ina kore e tika ā rātou mahi, ka nui pea te pāmamae nā te korenga e tuku whakarunga

ake i ngā tāngata e hiahia āwhina ana. He tāngata mīharo ki waho e mahi ana i ngā mahi autai, engari kei konei hoki ngā taupā nunui ki ngā Māori e hiahia ana kia whai wāhi atu ki te pūnaha hauora. Me tokomaha ake ngā wāhine Māori ki ngā tūranga kaitātaki, mōku ake mā reira ka nui te pai.

Ko te whakakaupapatanga o Te Aka Whai Ora kua nui atu te tūmanako o te iwi. E whakaaro ana te iwi koia nei pea te panonina i te kimihi. Me mātua tuku te Māori kia mahia te mahi ki tā mātou e kōingo ai – e whakapono ana ahau ka pai ake tēnei mō ngā tāngata katoa. Tāpiri atu ki tēnei, kia aronui atu ki te mahi pērā i te matawai me te kaupapa Auahi Kore. Ka nui pea te pānga atu o ēnei kaupapa ki tō tātou iwi.’



Theona Ireton (Te Ātihaunui a Pāpārangi, Tūhoe, Ngāti Kahungunu, Ngāti Porou, Ngāti Rangī)



HUANGA 2: NGĀ HUANGA MANA TAURITE MATE PUKUPUKU

Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029

He mana taurite ngā huanga

Kia wheakohia e ngā tāngata o Aotearoa ngā huanga mana taurite mate pukupuku

Ngā tino wāhanga

- He anga Mātauranga Māori mō te tuku ratonga
- Mana taurite mā te hoahoa
- Te whakakore kaikiri me te kaikiri.

Mā tēnei huanga ka aha

Ko te mana taurite te tino kaikōkiri o Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029: Me wheako e ngā tāngata katoa o Aotearoa te maimoa tino pai rawa atu me te tauwhiro tino pai rawa atu, ahakoa nō hea, ahakoa ko wai. Ka ū te mahere kia whakawhanakehia ngā tauira tauwhiro mate pukupuku mō te iwi Māori me te iwi Pasifika hei whakapai ake i ō rātou huanga me ō rātou wheako. Hei tautoko i tēnei huanga me

tokomaha atu i te kanohi Māori me te kanohi Pasifika ki roto ki te ohu mahi hauora mate pukupuku, me te whakawhanake hoki i te haumarua ahurea i te ohu mahi whānui (tirohia wh. 38-41 mō ētahi atu kōrero mō te ohu mahi).

Ka aro atu tēnei huanga ki te:

- Whanaketanga o te anga mātauranga Māori framework mō te tuku i Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029
- Whakatōkia te mana taurite ki roto ki te hoahoa pūnaha, mā tētahi urupare ā-pūnaha engari anō te aronga ki ngā whanonga o ngā tūrora takitahi
- Whakakore i te kaikiri me te whakatoihara, ngā āhuatanga hauora e taea te whakahou, ērā ka kaha pā atu ki te hauora hinengaro, hauora tinana, (Paradies et al., 2015) ka mutu, ko ngā huanga kikino mō te Māori te kai (Harris et al., 2012).

Te reo ā-waha o ngā whānau voice

“Ka hoatu e te pūnaha tētahi mea ki a koe, engari ka hiahia kē koe ki tētahi atu mea.”

“Ko tā te pūnaha Pākehā he aro ki te mate.”

“He aha e kore ai te mātauranga Māori e noho hei pūkete pūkenga whaimana?”



Tō te whānau whakaaro mātau:

Whakauruuru i te mātauranga Māori puta noa i te hikoinga mate pukupuku

Tokomaha ngā whānau i tae atu ki te rārangi hui i kī mai kia whakauruuru mai i te mātauranga Māori ki ngā āhuatanga whānui katoa o te tauwhiro mate pukupuku, mai i te aukatinga, ā, haere atu ki te whakaoranga, ā, ki te pairuri me te tauwhiro tuamatangi. Ka hāngai tēnei ki ngā kitenga o Te Arotake Pūnaha Hauora, Whaikaha Hoki, e tautoko ana i te whakaaro kia whakauruuru i te mātauranga Māori hei wāhanga matua o te pūnaha hauora me te hauātanga (Te Arotake Pūnaha Hauora, Whaikaha Hoki 2020). Auau ana te kōrero a ngā whānau kia tāpirihia he mahi whakangungu mā ngā kaimahi o āiane me āpōpō mehemea ka whakauruuru paitia.

“Kaua e ‘noho tuarua’ te mātauranga Māori ... me whakauruuru ... kaua hei wāhanga noa iho ki te taha.”

Tokomaha ngā whānau i wheako mai ai i te mātauranga Māori i kōrero mō ōna hua, ā, he tino waehanga o te tauwhiro mate pukupuku. I kī mai ētahi atu kāore rātou i te mōhio me pēhea e whai wāhi atu ai ki ngā tini āhuatanga o te mātauranga Māori me tō rātou noho whakamā i te pēnei. Ko te karakia te tino tauira o te mātauranga Māori i tukua ai ki ngā tūrora, me te hiahia kia noho tēnei hei waehanga matua ki roto i te pūnaha mate pukupuku me te pūnaha hauora. I kī mai ētahi whānau i te wā he tūngaio hauora rātou e mahi ana i ngā tūranga atu anō i ngā mea mate pukupuku i te mōhio rātou ki ngā ratonga pērā i te karakia i ngā hōhipera; engari kīhai i tukua ēnei ratonga ki a rātou i te wā kua huri rātou hei tūrora.

“Nō tōku whakataunga māuiui karekau he kōrero mō ngā ratonga tautoko pērā i te karakia. Mōhio ana ahau kei ngā hōhipera ērā ratonga engari kīhai te mātanga i kōrero mai i ērā.”

He whakaaetanga whānui i waenga i ngā Māori mā te Māori te mahi e ārahi e pai ai te whakauruuru mātauranga Māori puta noa i te pūnaha hauora i te mea ‘nō te iwi, nō te hapū me te whānau te mātauranga Māori’. He kaha kōingo i waenga i ngā whānau Māori kia kaua e taipūwhenuatia te mātauranga Māori o roto mai o ngā tauira hauora Pākehā. Tokomaha i kī mai he mea tino nui kia mārama ngā tāngata ehara te mātauranga Māori he mātauranga mō te pūnaha hauora, ehara hoki he mātauranga ka tautohua e te pūnaha hauora. Ko te mea kē, nō te ao Māori te mātauranga Māori, ka mutu, me ahu mai ngā kōrero, ngā whakamahinga me ngā tikanga i te ao Māori.

“Me tautohu, me whakamana, me tautoko hoki te pūnaha i te [mātauranga] Māori, engari kaua hei aratakinā.”

He whakahoki kōrero hoki i puta mō te mātauranga Māori me ngā tūāhuatanga rerekē o tēnā iwi o tēnā hapū, o tēnā whānau me te kōkahu i ēnei rerekētanga ki roto i ngā takahurihuri pūnaha. Kei te hiahia ngā whānau ki te kite i ngā mahere hou, ngā anga anō hoki/rānei e tautohu ana i ngā āhuatanga ā-mātauranga noa i waenga i ngā iwi me ngā rōpū engari me noho ngāwari te whakaaro kia whai wāhi ai ngā rerekētanga ā-rohe.

“He ōrite pū ētahi mea engari [mātau] me mātua whai koha ki ngā tirohanga rerekē o tēnā iwi me tēnā, ki ngā tikanga rerekē me ngā tirohanga ki te ao”



Ko tā Thomas kōrero: **te wheako mate pukupuku o tētahi tūrora**

‘I rongohia tuatahitia ngā tohumate i te tau 2016. I pupuhi mai ngā repe waitinana i tōku kakī. Kua riro kē mai i ahau ngā pukupuku. Nō tōku mahinga ki tētahi rōpū hou, i tukua mai ki ahau tētahi mahere tauwhiro hauora me te inihua ora. Hei wāhanga o tēnā i tīpako pūtautau me te tārewa ake. I whakamātautauhia anō ka kitea he mate pukupuku nōku. I te whakamōhiotanga mai ki ahau ko ahau anake i reira. Kāore i kī mai kia haria mai he kaitautoko, me te aha, i uaua. I tōku maimoatanga, i haere ahau ki Ōtautahi. I noho mātou ki Daffodil Whare; he whare noho e whakahaeretia ana e Te Kāhui Matepukupuku o Aotearoa. He wahine Māori te pou whakahaere. Nui te manaakitanga, he

kuia ka haere mai hei tautoko i ngā tāngata e noho ana i reira. He tino pai te wairua o te whare. I nāianei ka kī atu ahau ki ngā tāngata, ‘Ina rongo koe ki tētahi rerekētanga o tō tinana me te āwangawanga me haere koe kia tirohia’. Ina wawe te whakataunga māuiui ka nui atu te tūpono e puta ora mai ai tātou. Me nui ngā maimoatanga e whai tikanga ana me ngā kanohi parāone ki roto ki te matawai mate pukupuku. Ehara i te mea me tokomaha ake ngā kaimātai mate pukupuku Māori, engari kei te hiahiatia kia tokomaha ake ngā kaitautoko Māori i aua wāhi. Ko ngā tāngata hei ārahi i ētahi atu mā roto i te tukanga, mā te tae atu hoki ki ngā mahi maimoa me te haramai ki ngā hui.’



Thomas Ngaruhe (Waikato and Ngāti Maniapoto)

Tō te whānau whakaaro mātau: He mea nui te rongoā ki te whānau

Te reo ā-waha o ngā whānau

“Me pēhea e kaha tiakina [rongoā] i roto i tētahi pūnaha e rite tonu ana te whakamamae i a mātou?”

“Nō muri kē mai o te whakataunga māuiui te kōrero rongoā, engari ko te rongoā te mea tino aukati, te mea tauwhiro.”

“Mō te rongoā, me pānui atu... kāore te tangata i te mōhio he aha hei āwhina i a rātou.”

I whānui te kōrero mō te rongoā puta noa i te rārangi hui. Tokomaha ngā whānau i whakaaro e hē ana te whakaaro ki te rongoā, ā, kei te whakaitihia e te pūnaha hauora. Ka mutu, kua pareka ki rahaki te rongoā, ā, he iti te pūtea tautoko, iti hoki te whakamahinga o roto o te tauwhiro mate pukupuku. Ko te nuinga o ngā whānau i tae atu ki ngā hui ka kitea te rongoā he mea hei whakahāngai ki te tauwhiro mate pukupuku Pākehā, engari anō tētahi kōwhiringa atu anō. Kei te mōhio rātou he mea hira te maimoatanga pērā i te toha rongoā, te hihinga me te matawai mate pukupuku me te hiahia kia whai wāhi me te tautoko ki te rongoā i mua i ēnei maimoatanga, i te wā

tonu ia me a muri hoki. Ko te rongoā hei taputapu aukati he whakaaro i auau te hāpaingia a ngā whānau.

“Ko te rerekētanga o tōna oranga nō muri mai i te kai rongoā he tino nui. I mate haere tonu engari kāore tonu tōna āhua i whakaatu ai i te māuiuitanga.”

I tēnei wā kei te wātea ētahi o ngā momo rongoā i tēnei wā mā te pūnaha te pūtea tautoko, tae atu ki te mirimiri, te karakia me te whitiwhiti kōrero ahurea (Manatū Hauora). Ko te whakamahi rongoā ki roto ki te pūnaha hauora kei te tautokohia e Te Kāhui Rongoā Trust i whakatūria ai i te tau 2011 hei tiaki, hei poipoi me te whakatairanga ake i te rongoā Māori. Ko ētahi o ngā mātanga rongoā ka tautoko ā-pūtea nei mā ētahi kirimana ki Te Whatu Ora, ki Te Komihana āwhina Hunga Whara anō/rānei. Ka tū tūmataiti ētahi atu o ngā mātanga rongoā me te tautoko op ngā iwi, mā te koha rānei.

I tēnei wā he tokomaha ngā whānau kāore e mōhio ana me pēhea e tiki atu ai i ngā ratonga rongoā, ā, ka whakamā ētahi whānau kia kōrero rongoā ki ā rātou

tākuta. Ko ngā take e pērātia ana ko te whakaaro e kore ngā mātanga e mārara, ā, e porotēhe ana ki te rongoā, ka whakaiti mai, ka whakapakepake rānei i a rātou kia kaua e whakamahia. I mātua pērā mō te rongoā rākau me te mirimiri tēnei, engari mō te tautoko ā-ahurea a ngā kaumātua, a ngā whānau rānei mā tētahi kaimātai hinengaro Māori, tētahi kaimahi pāpori rānei i paku rata atu ngā mātanga.

I taea e ētahi whānau te tautohu atu ki ngā kaiwhakarato o āiane e whakamahi tino pai ana i te rongoā me te tauwhiro tangata tuatahi. Ko ngā Māori e mahi ana i roto i te rāngai mate pukupuku me te rāngai hauora i kī mai me kaha ake te akiaki me te tautoko i ngā mātanga kore Māori kia whakamahi rongoā, kia tukua rānei ā rātou tūrora ki te wāhi atu anō ki te whai rongoā.

“Tautokona ngā tikanga Māori i roto i ngā hōhipera... hiahia tautoko i ngā kaimahi i te wā whakangungu kia mārara rātou.”

Ko te rangatiratanga me te mana whakahaere o te rongoā i tautohua ai e ngā whānau me ngā mātanga rongoā hei tētahi tino take. Rāua tahi i whakanonoi mai kia whai rangatiratanga te Māori ki te rongoā, ahakoa ka tautoko ā-pūtea mai ngā mahi rongoā e te pūnaha e ētahi huarahi rānei.

Tō te whānau whakaaro mātau:

Kāore te pūnaha o āiane i hoahoa ai mā te Māori

Te reo ā-waha o ngā whānau

“He nui te rangirua, te kore mārama, te kore tautoko rānei a ngā tāngata ka waea atu ki a koe.”

“He aha te mahi whaimuri mai? Ka ngaro koe.”

“Kāore rātou e atawhai mai i a mātou [tūroro Māori].”

Ko te hiahia kia takahurihuri i ngā ratonga mate pukupuku i kaha kōrerotia mai e ngā whānau i te rārangi hui, ā, i auau te kōrerotia, i ētahi wā ka tangi. I auau te kōrerotia mai e ngā whānau mō ngā uauatanga i pā atu ai ki tā rātou hīkoinga mate pukupuku. Nā tā rātou kōrero paki me ngā whakaaro mātau ka ōrite tonu te kitea mehemea he pūnaha koretake, he wāhi haumarua kore, ā, i ētahi wā he wāhi kaikiri ka pānga atu ki ngā tūroro me ngā whānau. Nā te matatini o te maimoatanga mate pukupuku ‘i ngaro te tokomaha i roto i te tukanga’.

“Meatia te hīkoi [mate pukupuku] hei ara tōtika. He pai ina paku pikopiko, paku koropiko rānei, engari i tēnei wā tonu nei he nui rawa ngā ara autaki, ā, nui rawa hoki atu ngā mahi rori.”

Heoi anō i taea e ētahi whānau te tautohu i ngā ratonga mate pukupuku tino pai me ngā aronga hou. Tae atu ki ngā kaupapa Māori auahi kore, ētahi kaiwhakarato tauwhiro hauora tuatahi, ngā rōpū kore kāwanatanga, ngā tāngata takitahi e mahi ana hei mātanga tapuhi mate pukupuku, ngā kaiwhakaterere mate pukupuku me ngā kaiwhakaterere o Whānau Ora. I te whānuitanga o te rārangi hui i auau mai te kōrero a ngā whānau mo ngā āhuatanga e whai ake nei i auau mai te hāpai ake i ngā wheako pai me ngā huanga anō/hoki (tirohia whakaahua 11)

Ngā ratonga e tuku ana ki tā te kaupapa Māori e kī ai

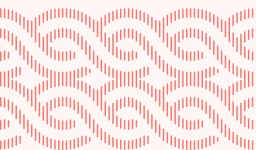
Ngā mātanga e mōhio ana ki ngā matea ahurea o te Māori

Ko te tuku ratonga e tata ana ki te kāinga

Ngā ratonga he tautoko whakaterere

Ngā ratonga e tokomaha ngā kaimahi Māori

Ngā wā ka uru ngā whānau ki ngā whakataunga me te mahi tauwhiro



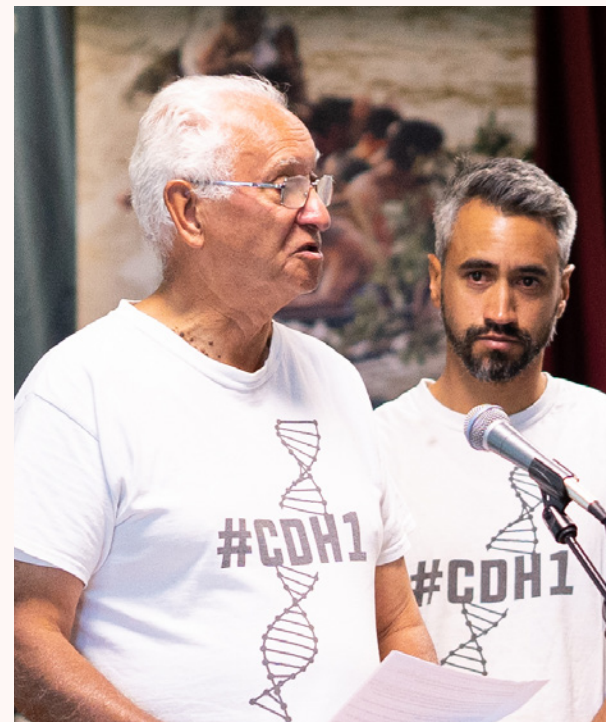
Ko tā Roydon kōrero: ko tō tētahi whānau wheako mate pukupuku

‘Nā Moana tā mātou kōrero paki mate pukupuku i tīmata. Ko ia te mātāmua o mātou tokowaru, ā, e 31 tau tōna pakeke i tōna matenga ki te mate pukupuku puku i te marama o Haratua i te tau 1999. Ko Mere tā māua nei kōtiro pōtiki, i te tau 2015, i pokaina ia hei aukati mate pukupuku nā te tango i tōna puku me ōna ū i te wā e 31 hoki ōna tau. Ko Colleen taku wāhine ātaahua i tīmata tētahi mamae i tōna tuarā. Nō muri mai i te nui o ngā hui tohutohu, ngā rongoā me ētahi atu kōrero ka tautohua hoki ia he mate pukupuku puku. Ko te mea tino pōuriuri, i ētahi atu wāhi o tōna tinana te mate pukupuku. I kī mai ki a māua kia whakatikatika i tō māua nei ao, ā, e ono marama noa iho pea ki a Collen – toru marama mai ka mate ia.

I whakaritea he hui ki te wāhi matawai mate pukupuku o te hōhipera o Te Whanganui-a-Tara. He weriweri taua hui – he weriweri rātou, he wairua mātao tō rātou, he tāngata aroha kore. Ko tō rātou waiaro me tō rātou aroha kore, ‘me

whai tā mātou e kī ai me whai rānei i te huarahi matua’ karekau he ngākau atawhai. Nā tō rātou pērā ka tino takariri ahau, ā, ka rongo mātou i te wairua tūtūā. I whakaurua a Collen ki te Puni Pairuri o Mary Potter mō te pairuri. He tino rawe rātou, e taea ai e te whānau te noho tahi me tō rātou māmā. I whakahokia a Collen ki te kāinga kia mate i te marama o Hakihea i te tau 2014, e whakaawhia ana e mātou ko ā māua tamariki katoa, e 67 noa iho ōna tau.

Kāore i te ngāwari tā mātou hīkoi, kua kitea me whakatika te pūnaha hauora mō te Māori. Kei te hiahia ki tētahi wāhi mō te whānau kia rapu āwhina ina whakaaro ana rātou kua ngaro. Meatia te rongoā hei kōwhiringa. Me whakamana i te wariu o te wairua ki roto i te mahi tauwhiro mō te Māori. Me whakamana te tangata kia kōrero mai rātou e pā ana ki ō rātou tohumate. Me whakarite he ara āwhina, he ara tautoko i te wā o te hīkoinga tauwhiro, kia tū tangata te whānau’.



Royden Wineera (Ngāti Toa)



Tō te whānau whakaaro mātau: Auau te wheako kaikiri o te whānau me te whakahāwea

I kōrero mai ngā whānau i ngā tini kōrero mō ō rātou wheako i te whanonga kaikiri. Pērā i ngā kupu kaikiri, te riri huna me ngā whanonga o ngā kaimahi i ngā tini taumata, mai i ngā kiripaepae haere atu ki ngā mātanga matua. E tinga ana te whakaputa kōrero a ngā whānau mō te kaikiri whaiaro, engari i kōrerotia mai hoki te kaikiri ā-pūnaha.

Te reo ā-waha o ngā whānau

‘E toru aku inoi ki a ia kia tika te whakahua o tōku ingoa – engari tē whakarongo mai me te aha, i hē tonu, i hē tonu, i hē tonu.’

‘Ko ngā kiripaepae pea ngā tangata kino rawa atu – i ētahi wā ka tino weriweri. Ka mutu, ko rātou tonu ngā kaitiaki tomokanga.’

‘Kāore e kōrerotia ana e te tangata, engari ka mōhio mātou katoa – he kaikiri te pūnaha.’

‘He pēhea tātou e whakatika ana i ngā ngaukino ki te Māori e mōhiohia ana?’

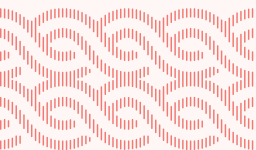
I whakaputa kōrero hoki ngā kaimahi Māori e mahi ana i te mahi tauwhiro mate pukupuku i ō rātou wheako kaikiri, wheako whakatoihara hoki.

“Kua ‘kohetetia’ ētahi tapuhi Māori mō tā rātou kōrero reo Māori. Nā tēnei, kua tangi mai ētahi i te mahi”

Ahako e mārāma ngā whānau ka taea e ngā tūngaio hauora te whai i te whakangungutanga mō Te Tiriti o Waitangi, te kaikiri me te rītaha, ka mōhio te tokomaha e rerekē haere ngā whanonga, me te aha, he nui tonu te whakakorekore. Tokomaha i kōrero mai mō te aronga atu ki te kaikiri takitahi me te kaikiri whakahoahoa engari anō ētahi atu momo kaikiri tē aro atu.

“Ko te korenga e tautoko ā-pūtea i ngā hōtaka [kaupapa Māori], he kaikiri ā-pūnaha tēnei.”

I mea mai ngā Māori e mahi ana i te rāngai mate pukupuku whānui he pito mata pea nō ngā whakahoutanga o ngā kaupapa e heke mai ana pērā i te Whāinga Amorangi me te Ao Mai Te Rā, me te whakatakinga o Te Aka Whai Ora (tirohia wh. 17 me 35).



Tā Karen kōrero: tō tētahi tūrora wheako mate pukupuku

I uaua ake te whakatere i te pūnaha hauora i tā ngā tūpuna whakatere i Te Moana nui-a-Kiwa. I tīmata te hīkoi i te tau 2018. Taka mai te rua tau kātahi rātou ka whāki mai i mahue i a rātou taku whakataunga māuiui. I patapatai tonu ahau engari ko te whakahokinga pātai, karekau he mea hei āwangawanga māku – ahakoa au e māuiui haere ana. I te hekenga iho o te taumaha o tōku tinana me te huringa kōwhai kātahi anō rātou ka whāki mai he raruraru.

Nō tōku tīmatanga maimoatanga ka kino haere noa ngā āhuatanga. He nui ngā kōrero paki ā tātou mō te maimoa kaikiri me ngā mahi maimoa anuanu. Kāore tōku whānau i te hiahia kia waiho ahau i te hōhipera he wāhi haumarua kore, ā, tā te mea he kino ake te noho ki reira i te maimoatanga ia.

Mā te whānau ka whakaora tātou – heoi anō koia hoki tētahi taupā. I hē te mahi a te pūnaha ki a mātou i ia kaupapa, i ia mahi. Ko ngā mea māmā pērā i te toro mai a te whānau ka hurihia hei raru. I tētahi wā i rere mai taku tama ki te kite i ahau. I te kai tahi māua i te rūma pouaka whakaata kātahi ka

whakahau mai ki a ia kia wehe atu, ki te kore, ka karangahia ngā pirihimana. Kātahi nei te mōrihariha!

Ā, i reira hoki ētahi kaimahi e āhua whakaiti ana i a mātou i tō mātou hiahia kia mahia te mahi ki tā mātou i hiahia ai. I waiho ahau e rātou kia tiaki i ahau anō me te kī, “kei te haramai tō whānau hei whakapai i tō moenga?”

Kāore i te hou ēnei wheako. He tino nui whakahara te manarite-kore i waenga i te Māori me te tangata kore Māori – ka mutu, e tipu ake ana ngā reanga teina me te kore mōhio ki ō rātou koroua, kuia.

Nōku te waimarie he reo tōku kia kōrero atu ina hē te haere o ngā mahi. Engari he tokomaha tonu e kore e mōhio me pēhea e kōrero atu ai, he korenga hoki pea nō rātou e hiahia ana kia tahuri te waka.

He nui tonu ngā tūāhua hei ako mā ngā tūngaio hauora. He rā ki tua mō te Māori? Nā te mea he tino nui tonu ngā mea hei takahurihuri.’



Karen Morgan (Kai Tahu, Kai Tarewa, Kati Irakehu)

Kei te mihi kau ake a Te Aho o Te Kahu i a Whaea Karen mō tōna kaha hei koha mai i tēnei kōrero paki i mua i tōna matenga i te tau 2022. Moe mai rā e te whaea i roto i te rangimārie ki tua o te ārai. Nei rā mātau e mokemoke ana mōu.



Tō te whānau whakaaro mātau:

Tokomaha ngā whānau e hiahia ana ki ngā ratonga whakaterere mate pukupuku

I auau te kōrero mai mō te tautoko whakaterere mō ngā tūrora mate pukupuku he otinga pai pea mō ngā tini take nō roto mai i te pūnaha maimoa, tae atu ki te rongo mokemoke, me te korenga e mārāma ki ngā tino mōhiohio. He nui te mihi atu ki ngā ratonga maimoa, ki ngā hōhipera me ngā takiwā hauora e noho nei ngā kaiwhakaterere mate pukupuku Māori hei tautoko i ngā whānau i te pūnaha mate pukupuku matatini. I ngā wāhi e noho ana ngā kaiwhakaterere, ka kī mai, ko rātou ‘te kaihono, te tūmau’ mā ngā whānau.

Ko ngā tāngata i tae atu ki ngā hui i ngā rohe iti i kōrero mai mō te tino pānga mai o tētahi kaiwhakaterere o te kāinga, ‘kei te hiahia mātou ki ētahi atu tāngata pērā i a Pēti’. Heoi anō, kāore tēnei whakaaro e noho anake ana ki tētahi rohe kotahi nei nā te hiranga o ngā kaiwhakaterere mate pukupuku e mōhiotia ana e ngā whānau puta noa i te motu.

“

E hiahia ana ahau kia kitea tētahi momo mahi whakaterere i te tīmatanga rā anō o te whakataunga māuiui, ā, haere ake nei.

”

I kī mai ētahi ratonga hauora kaupapa Māori, kua mahi kē rātou i tēnei mahi, engari kāore i te whakamana, i te tautoko rānei ā-pūtea nei. Waihoki, i kī mai ētahi whānau kāore i te whakaritea ēnei ratonga mā te katoa, nā reira ‘ko te mea ka riro mai kei te āhua tonu o te wāhi e nōhia ana e koe’.

Ahakoia i whakaae katoatia te hiahia ki ngā ratonga whakaterere, he rerekē anō ngā whakaaro mō te taiao me ngā momo tuku. Hei ētahi whānau me noho tūranga ki ngā hōhipera e pai ai te hononga ki ngā ratonga maimoa. Hei ētahi atu me noho ki ngā hāpori me te aronga atu ki te āwhata mate pukupuku katoa. Kua hōhā ētahi Māori e mahi ana i te rāngai mate pukupuku whānui i te arotahinga atu ki ngā tūranga tūhono mate kotahi me tō rātou whakaaro ko ngā kaiwhakaterere hauora te whakamahinga rauemi tino pai rawa atu. I kōrerotia mai anō kua whakaritea kētia tēnei āheinga nō roto mai i a Whānau Ora. I kaha kōrero mai te tokomaha kia nui atu te tautoko mō ngā kaiwhakaterere o Whānau Ora e whakapai ake ai i tō rātou mōhiotanga ki te pūnaha mate pukupuku, ka mutu, mā rātou e huri mai ki te tautoko i ngā whānau. Ahakoia karekau he whakaaro ōrite mō ētahi o ngā tino āhuatanga, i whakaae mai te nuinga mā te whakapai ake i te maimoa mate pukupuku ka nui atu ngā hua hauora Māori.

Tō te whānau whakaaro mātau: Me whai aroha ki ngā whānau

Te reo ā-waha o ngā whānau

“He tangata mātou ehara mātou i te raraunga... me areare taringa mai ngā tūngaio hauora, kaua e kōrero noa iho.”

“I hīkoi noa atu i muri mai i tana whāki mai he mate pukupuku tōku.”

“... i whakatau māuiuitia i tētahi rūma paku – i rongohia e te 18 anō tāngata.”

He nui ngā kōrero paki a ngā whānau me ō rātou wheako hoki mō te tukanga maimoa i reira i rongo ai rātou i te kore tautoko me te aroha kore o te rōpū haumanu. I ētahi wā, i kore e taea e rātou tō rātou mana te pupuri.

Tokomaha ngā whānau i kōrero mai mō ngā wā kāore i whakarongona rātou, kāore e tautoko i ō rātou whakaaro. I puta te hiahia kia āta tauwhiro mai ngā mātanga, kia āta whakaaro hoki ki te āhua o te rirohanga mai o te whakataunga māuiui me te tino mārāma atu ki te pānga o te whakataunga māuiui ki ngā tūroto me ngā whānau.

I puta te hiahia o ngā whānau mō ngā ratonga hauora ‘kia whai aroha ki ngā whānau... ehara i te mea ko ngā tohu haumanu me ngā tohu whakahoahoa te mea nui’. I auau mai te kōrero a ngā whānau mō te wā i whāki mai ai ngā mātanga i tō rātou whakataunga māuiui i runga i te ngākau aroha kore, ā, i mahue kau mai rātou i muri tonu iho, kāore rānei i tatari kia tae mai ētahi atu o te whānau.

“ I kī mai ia he mate pukupuku tōku kātahi ka waiho ahau me taku kotahi mō te 15 meneti. I tumeke ahau. ”





Tō te whānau whakaaro mātau: Meatia te tohungatanga o ngā mōrehu mate pukupuku

Te reo ā-waha o ngā whānau

“Tōia mai ngā wheako pono o ngā tūroto. I reira kē mātou. Mōhio ana mātou he aha te aha.”

“Me kaua e waiho mā ngā āpiha kāwanatanga anake hei hoahoa pūnaha. Me hoahoa tahi me ngā tūroto me ngā whānau.”

“Ko te otinga ko te mahi tahi me ngā mōrehu.”

Tokomaha ngā kaiuru i kōrero mai mō ō rātou pūkenga motuhake i hua mai ai i ō rātou wheako pono, me te pēhea e whakauru ai ki roto ki te mahi arotake pūnaha, hoahoa pūnaha hoki. Kei te hiahia kia kitea ngā tāngata e whai wheako pono ana hei hoahoa tahi i ngā pūnaha me ngā ratonga. Ka hāngai ēnei whakaaro mātau ki ngā whakaaro mō te whakatau tahi me hoahoa tahi (tirohia wh. 33). I puta te whakaaro o ngā whānau kia pai ake te whakamahinga i ō rātou wheako pono, tō rātou mōhiotanga hoki. Arā, te tuari i ā rātou kōrero paki mate pukupuku pai hei wāhanga o tētahi hōtaka aukati; me te waihanga rauemi pērā i ngā puka mōhiotanga me ngā whitiata.

Ētahi atu āhuatanga e taipuru ana i te tauwhiro ā-whānau

I tautohu ngā whānau i te whānuitanga o ngā take e ruarua noa iho ai ngā kaupapa tauwhiro ā-whānau. Ko te korenga e taea ai te whakapono atu ki te pūnaha hauora, ko te korenga hoki e whakatutuki i ō rātou hiahia mā ngā ara matawai oranga—tauira aronga-mate, me te tini mōhiohio.

I ētahi wā kāore ngā whānau e whakapono ki te pūnaha hauora nō te korenga te pūnaha me ngā mātanga e whai aroha ana ki a rātou. I ētahi wā i pērā ai nā te tōtōā mai, i ētahi wā he mea pokerehū noa.

- “Ka kuhu au i te kūaha tē mihi mai i tōku ake reo, kātahi ka hē tō whakahua i tōku ingoa. Ka pēnei anō, ka pēnei anō... nā te pērā ko te kaha o tōku whakapono.”
- “I kī mai ia he mate pukupuku nōku kātahi ka waiho ahau me taku kotahi mō te 15 meneti. I tumeke ahau.”
- “Kāore te Māori e whakapono ki ngā ratonga, ā, he pai te aka kūmara hei kōrerorero.”
- “Ko te hanga whakapono te mea tuatahi – i ētahi wā ko te inu kapu tī me ngā tūrora me ngā whānau”.

Auau te kōrero mai a te whānau mō te hiahia ki te tauwhiro whānui mā ngā tūrora me ngā whānau, engari anō te maimoatanga e aro ana ki te mate mō ngā tūrora anake. I noho takeo rātou ka noho pāmamae i ētahi wā hei tārua ā rātou kōrero paki i ia wā ka tūtaki ki tētahi mātanga hou me te mōhiotia ki ngā ratonga i taea te whiwhi tē mōhiotia i mua.

- “Me whai aroha ngā ratonga hauora ki ngā whānau... ehara ngā tohu haumanu, ngā tohu whakahoahoa i te mea nui.”
- “Nekehia te aronga ki te tūrora, kaua ki te mate.”
- “Āe, he mea uaua te taha tinana – engari anō te taha hinengaro, te taha kare-ā-roto he ngaukino rawa atu.”
- “E kore e mutu te tauwhiro e mutu ai te maimoa.”

Ko te tini mōhiohio tētahi āwangawanga noa. Tae atu ki ngā kupu rangirua i ngā hui tohutohu, te poto o te wā kia mārama ki te mōhiohio, te tautoko kore i tēnei tukanga me te iti o te mōhio ki ngā kōwhiringa tauwhiro hei whiwhi, ki hea hoki e whiwhi ai i aua ratonga.

- “[I te wā whakataunga māuiui], me whai wā mātou ki te whakaaro, ki te mimiti.”
- “He aha te tikanga o ngā māka, ngā taumata? E toru tāima a i pāngia au ki te mate pukupuku, kāore he paku whakamārama ki a au.”
- “I pau te toru marama kātahi anō ka kōrero mai [mō ngā ratonga tautoko ka taea te whiwhi].”
- “Kāore he tangata hei whakamārama mai ki a mātou i tēnei āhua hou.”

Tokomaha nga whānau i kī mai tē kitea, tē rongohia rānei ngā kōrero paki papai mō te mate pukupuku, e tautoko ana i te kaha hononga o te Māori ki te mate pukupuku me te mate. Mā te rongo kōrero mai i ngā mōrehu me te mārama ka taea ngā hīkoī papai, ngā wheako papai hei whakakaha ake i te whakapono o ngā hapori Māori.

- “Ka rongohia te mate pukupuku ka whakaarohia te ‘mate’.”
- “Ka whakaaro te katoa ina uru koe ki te hōhipera me te mate pukupuku ka puta koe i tētahi pouaka.”
- “Me rongo tātou i ngā kōrero a ngā mōrehu – kei te hiahia mō ngā hīkoinga mate pukupuku pai.”
- “Mō te tokomaha he piko noa iho te mate pukupuku, ehara i te ira kati.”



HUANGA 3: TE AUKATI MATE PUKUPUKU

Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029

Kia whakaiti iho te mate pukupuku

Ngā tino wāhanga

- Auahi Kore ā te tau 2025
- Te akiaki me te tautoko i te noho ora
- Te aukati i ngā mate pukupuku e hāngai ana ki te pokenga
- Te whakaiti i te mate pukupuku kiri
- Te whakaiti i te huranga ki ngā paitini mate pukupuku o te wāhi mahi.

Mā tēnei huanga ka aha

Ko te moni haumi hei aukati i te mate pukupuku koia te āhuatanga nui kia whakaiti ai i te taumahatanga o te mate pukupuku i Aotearoa me te whakatutuki hoki i te mana taurite ki ngā huanga. E āhua 30-50% o ngā mate pukupuku katoa ka taea te aukati (Te Aho o Te Kahu, 2021). Ko ngā mate pukupuku noa mō te Māori (ko te pūkahu, te ate, te puku, me te repe taiaki huka) ngā momo ka taea te aukati, ā, he hononga tō ēnei mate pukupuku ki te noho ki ngā hapori rawakore (Te Aho o Te Kahu, 2022).

Ko ngā ngā āhuatanga taiao, tae atu ki ngā mea pāpori, ōhanga, me ngā mea tōrangapū, ā, tōpū mai ana ko te tāmītanga me te kaikiri ka kotahi mai e mau tonu ai te mana taurite-kore mō te Māori, ā, ka tino pā mai ki te huranga ki ngā āhuatanga tūraru o te mate pukupuku. Ko ētahi āhuatanga tūraru:

- ko te kaipaipa (ko te tupeka tētahi āhuatanga matua hei aukati tūraru mate pukupuku, te take o te 80% o ngā mate pukupuku pūkahu me te take hoki mō ngā mate pukupuku atu e iwa (Te Aho o Te Kahu, 2021))
- ko ngā mate urutā (nui atu te huranga a te Māori ki ngā mate urutā pērā i te: *Helicobacter pylori* (*H.pylori*); human papillomavirus (HPV), atekakā B and atekakā C hei akiaki i te mate pukupuku puku, te waha kōpū me te ate (Te Aho o Te Kahu, 2021))
- te kai kino
- te iti o te korikori tinana
- te tinana kaitā
- te huranga ki ngā hihi rā
- te huranga ki ngā paitini mate pukupuku i te wāhi mahi (Te Aho o Te Kahu, 2021).

Te reo ā-waha o ngā whānau

“He pai atu te aukati!”

“He aha e uru ana ki ō tātou tinana... te kai me te wai... te taiao, te kaipaipa, te aha, te aha.”

“Me pēhea e akiaki ai i te tangata ki te kōrero mō te noho ora?”



Tō te whānau whakaaro mātau: Tā te whānau torowhānui te titiro ki te aukatinga

Ko tētahi ariā kaha i puta i te rārangi hui ko te hiahia kia kaha ake te aronga ki ngā mahi aukati hei ara whakapai i te oranga o ngā whānau Māori. Ko te hiranga o te tirohanga ā-whānau whānui ki ngā kaupapa pērā i te kai tōtika me te korikori tinana i hāpaingia e te tokomaha Māori i te rārangi hui. Inā hoki, ko te whakaako i te reanga tamariki rangatahi e heke mai ana i kitea hoki hei mea hiranga.

Ahakoia i whakaaro ētahi mā ngā kura tēnei mahi e hāpai, ka kī mai ētahi atu me noho ko te mātauranga Māori tūturu me te mātauranga o te whānau hei tūāpapa. Ko te mātauranga mō te tiki kai i te moana me te ngahere, me pēhea hoki e whakatipu ake ai i tāu ake kai. Ko te whakatairanga i te kai hauora hei momo rongoā i tautohua, me te hiranga hoki o te tū kakama, o te tū pakari.

He tautokona hoki ēnei ariā e ngā Māori e mahi ana i te rāngai mate pukupuku whānui. I kī mai rātou ko te mahi tahi me ngā tamariki me ngā rangatahi he mahi hei hāpai aukati hei whakatairanga hauora, ā, me whai wāhi mai ngā rangatahi ki ēnei momo kōrero whakatairanga.

I kōrero ngā whānau i ngā tini ritenga hei whakapai ake i ngā kōrero whakatairanga hauora. Ka whakarōpūhia pea ki te wāhanga whānui e toru:

Pēhea

- “Meatia ngā whakaahua me ngā pikitia hei āwhina i a mātou ki te tiki mōhiohio mō ngā wāhi āwhina i a mātou”
- “Āwhinatia mātou ki te kawē kōrero me te kōrerotia i tō tātou ake reo, ā tātou ake kupu, mā ngā ara e pai ana ki a mātou”
- “Meatia ngā kupu e mārāma ana ki te tangata”

Ki hea

- “Meatia a Tik Tok e hōrapa ai te kupu, Pukamata, Tīhau, te mea e puta hou mai ana”
- “Hon atu ki te kapa haka, ki ngā marae me ngā pāpono hapori”

Mā wai

- “Kōrero ki ngā tāngata whai wheako – ka puta ngā tino mōhiohio i ō rātou wheako pono”
- “Meatia ngā kaitātaki hapori, ngā minita, ngā kaumātua, ngā mātua, ngā kaiako”
- “Pānuitanga – whakakitea ngā tino tangata i te pouaka whakaata, e kōrero ana i ā rātou kōrero hei āwhina i ētahi atu”

Whakaahua 13: Ngā whakaaro puaki hei whakapai karere whakatairanga hauora

Tō te whānau whakaaro mātau:

Whakanuia ngā kaupapa Māori whakatairanga aukati whakatairanga hauora

Te reo ā-waha o ngā whānau

“[He aha hei whakatutuki?] – Mā ngā whānau, ngā iwi te mahi e mahi... hoatu rauemi ki ngā tāngata e mahi ana i tēnei mahi.”

“Meatia ngā kaitātaki hapori, ngā minita, ngā kaumātua, ngā mātua, ngā kaiako...”

“Kei roto i ngā whānau, i ngā hapū me ngā iwi he mātauranga... kei te mātauranga tūturu ngā kōrero mō te kai tōtika me te noho ora.”

Ko tētahi āwangawanga noa i puta ai i te rārangi hui me ngā hui whaimuri i te taha o ngā Māori e mahi ana i te rāngai mate pukupuku whānui he āwangawanga ki ngā mahi whakatairanga hauora ā-motu o āiane, kāore e whaitake ana ki te Māori. He tokomaha ngā whānau i whakaaro rā me kaha ake te mahi tahi huri noa i ngā hōtaka whakatairanga hauora, ā, he whai wāhi hoki hei mahi tahi me ngā hapori Māori me ngā kaiwhakarato.

Tokomaha ngā kaiuru i whakapuaki mai i tō rātou hiahia kia whakauru i ngā uara Māori me ngā whakapono Māori ki ngā mahi whakatairanga hauora. Ko ngā tūmahi kaupapa Māori e kōkiritia ana e te hapori, e aratakina ana e te Māori i kitea he mea tino panoni mō te Māori. Ko ētahi tauira i puta mai i ngā kaiuru: ko ngā mahi whakatairanga hauora i Matatini; ko te whakatairanga ‘Smear your Mea’ i aratakina ai e te hapori kapa haka; ko te whakawhānui i te whakataetae Ngā Manu Kōrero e taea ai e ngā rangatahi te oranga me ngā ariā aukati te tūhura.

Tokomaha ngā whānau Māori i kōrero mai mō ngā kaitātaki Māori, ngā tauira me ngā kaiwhakaweawe e tuari ana i ō rātou mōhiotanga me ngā wheako. I kitea ēnei hei mea tino whakatairanga hauora me tētahi ara hei whakanui i te mōhiotanga, hei tautoko i ngā āhua noho hauora. I kī mai hoki ngā whānau he taonga te rongo atu ki ngā kōrero paki mai i ngā hapū, ngā iwi, ngā kaumātua, ngā kuia me ngā kaimahi Māori.

He hiahia i puta mai i ētahi hui ki ngā whakatairanga hauora me ngā mahi e hāngai ana ki ngā pūnaha mātauranga Māori me ngā whakapono, me te āwangawanga kua pareā ki rahaki e te pūtaiao Pākehā ngā pūnaha hauora Māori, tērā kua tiaki i ngā whānau mō e hia kē nei ngā whakatipuranga. Tata ki te katoa i whakaae mai ko te ngā rauemi e whakatairanga ana

i te hauora me tāpiri atu te reo Māori, me Māori hoki ngā whakaahua, me whakamana, me hāngai hoki ki ngā pūkenga. Ko te mea tino nui, kia hoahoaina ēnei rauemi e te Māori e whai wheako pono ana, e ngā kaimahi hoki e mahi ana i te rāngai mate pukupuku.

Tokomaha ngā whānau i whakapono mai ko te mātauranga Māori me ngā tikanga tūturu e whaitake tonu ana i tētahi horopaki hou. I kī mai ngā kaiuru tokomaha i hiahia kia whai wāhi mai ki ngā pūnaha hauora mātauranga Māori. Mā ēnei pūnaha e taea ai e te Māori te whakarato i ōna ake mahi aukati me ngā kōwhiringa ki tā te kaupapa Māori e kī ai, hei tino wāhanga o te whakatairanga hauora. Ko ngā tauira i whakaputaina:

- kia marama ki te maramataka Māori (ngā pō marama) e mōhio ai mō āhea e whakatō kai ai me te hauhake
- kia hoki atu ki ngā tikanga tūturu mō te kai hei momo rongoā
- whakahoungia te mātauranga hauora o ngā kuia me ngā koroua
- meatia te reo Māori me ngā whakaahua Māori, whakapono Māori hei ara tuku mātauranga, tuku mōhiohio
- meatia ‘ngā tauira hei whakatairanga... te ‘noho ora torowhānui’.



Tō te whānau whakaaro mātau: He mahi nui tonu mō te kaipaipa

I te wā o ngā hui i mihia ētahi whakatairanga hauora... ‘i mahia paitia ki ngā wāhi auahi kore...’ engari tokomaha ngā whānau i kī mai he mahi nui tonu hei mahi. Ko te aukati i ngā tamariki ki te tupeka mā ngā waka auahi kore me te rāhui i te hoko i ngā mea tupeka i kōrerotia ai he mahi tino nui. I tautokona tēnei mahi e ngā kaimahi e mahi ana i te rāngai mate pukupuku whānui – te wāhi e tautohua mai ana ko te whakahaere tupeka te aronga matua mō te aukati mate pukupuku mō te Māori.

I te ētahi o ngā hui i tū ētahi kōrerorero mō ngā mate pukupuku i takea mai i te tupeka me te kōrero mō ngā kaipaipa i tautohua ai ki te mate pukupuku me tō rātou rongo ki te whakamā, whakapae ā-whaiaro. Ahakoa ētahi o rātou i tautohu mai i te haepapa ā-whaiaro, ko te āhei o ngā tūngaio hauora ki te whakarato mai i tētahi tauwhiro whakawā-kore, tētahi tauwhiro whai aroha i kitea atu hei āhua tino awe.

“He mea nui te manaakitanga. I whakaaro ahau nōku te hē katoa hei kaipaipa – i kī mai te tākuta, ehara”

Tō te whānau whakaaro mātau: He tino hiranga te aukati i ngā mate urutā

I te wā o ngā hui whaimuri ki ngā Māori e mahi ana i te rāngai mate pukupuku whānui i arotahi atu ki te aukati i ngā mate urutā, inā hoki te HPV (hāngai ana ki ngā mate pukupuku waha kōpū, te korokoro me te kumu) me te atekakā (hāngai ana ki ngā mate pukupuku ate).

I kōrerorero mai mō te hiranga o te ngā rongoā āraimate HPV ki te hunga rangatahi hei tino rautaki aukati, me te hiahia kia tirohia te tawhitawhi ki ngā rongoā āraimate mō te HPV me te atekakā hoki. Ko ngā tino mahi hei whakapai ake i ngā tatauranga rongoā āraimate:

- ko te kaitātakitanga whānau me te kaitātakitanga iwi i ngā hāpori
- ko te whakapai i te kōunga o te mōhiotia me te kōunga o te tiritiri mōhiotia mō ngā painga o te rongoā āraimate
- Ko te whakakotahi i ngā whakatairanga matawai tinana, whakatairanga rongoā āraimate
- Kia kaha ake te aro atu ki ngā painga o te rongoā āraimate HPV mō ngā taitamatāne.

Tō te whānau whakaaro mātau: Me rapu ētahi mātauranga mō ngā paitini wāhi mahi

E hono ana te huranga ki ngā paitini wāhi mahi, tae atu ki hononga o te huranga ki a Tama-nui-te-rā ki ngā momo mate pukupuku pērā i te mate pukupuku mongamonga, ngā mate pukupuku pūkahukahu, o te kiri me te pongāihu. He 1.4 tāima ake te kōrero mai mō te huranga o te Māori ki ngā paitini wāhi mahi i o ngā mea kore Māori (Te Aho o Te Kahu, 2021). Ahakoa kāore i te tino kōrerotia i ngā hui, i kōrero mai ētahi whānau Māori i ngā wheako mō te mahi i ngā taiao mōrearea, tae atu ki ngā mira kani rākau ki reira e huranga ana ngā tāne Māori ki ngā taumata teitei o ngā paru paitini. I whakapuaki mai i te āwangawanga mō te korenga o te mahi arowhai hauora o ia wā, o ia wā i ngā tāne e mahi ana i ēnei ahumahi. I kōrerotia hoki i te kinotia o te whenua me ngā ara wai e tūtata ana ki ēnei wāhi mahi me te pānga atu pea o ngā para taiao.

“... tokomaha o mātou i mahi rā i ngā taiao mōrearea, ngā wāhi whai tēpoko, whai aha, whai aha... he mea tino āwangawanga mā mātou.”



HUANGA 4: TE WHAKAORANGA I TE MATE PUKUPUKU, TAUWHIRO TAUTOKO ME TE TAUWHIRO TUAMATANGI

Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029

He hiki ake i te oranga

Kia pai ake te whakaoranga mate pukupuku, te tauwhiro tautoko me te tauwhiro tuamatangi mō ngā tāngata o Aotearoa

Ngā tino wāhanga

- Kia piki te kitenga wawe o ngā mate pukupuku
- Kia tino-kounga te matawai taupori
- Kia pai te whakatau māuiui me ngā huanga maimoa
- Kia tautoko i ngā mōhiohio mā ngā tāngata e noho ana me te mate pukupuku
- Kia kounga te oranga mā te pairuri me te tauwhiro tuamatangi.

Mā tēnei huanga ka aha

E whirinaki ana ngā momo mate pukupuku ki te kitenga wawe i te mate, ki tētahi pūnaha tauwhiro mate pukupuku e tino tūhonohono ana, ā, kia nui hoki ngā mōhiohio, e aro atu ana kia whakapai ake mā ētahi mahi hāngai, ētahi mahi mauritau me ētahi mahi tika. E aro atu ana tēnei huanga ki ngā tini ratonga nō roto mai i te kitenga wawe, te whakataunga māuiui, te tauwhiro me te maimoa.

Tae atu ki ngā wāhanga pērā i te:

- hāngai o te whiwhi ratonga tauwhiro tuatahi
- tautoko kia whai wāhi atu ki te maimoatanga mate pukupuku katoa, tae atu ki te pairuri me te tauwhiro tuamatangi.

Ka kī mai Te Mahere mō te Mate Pukupuku o Aotearoa 2019-2029 me neke ā-ahurea ngā āhuatanga hei tuku i ngā ratonga hauora, inā hoki mā te iwi Māori, te iwi Pasifika me ērā atu taupori.

Te reo ā-waha o ngā whānau

“E hiahia ana mātou ki te mātauranga me te aroā mā ngā whānau mō ngā tohu me ngā tohumate, me te pēhea e tautoko atu ai, ā, kia kore ō mātou āwangawanga e whakangongotia. Me whakaako ō mātou whānau mō te pēhea e tono atu ai i te tauwhiro e tūmanakohia ana”

“He mea nui kia whakaakona ō tātou ake iwi... whakaakona ngā mokopuna kia whakapai ake rātou i a rātou anō, ā, kia ako hoki.”

“He tini mōhiohio ki waho, engari anō te aroā, auare ake.”



Tō te whānau whakaaro mātau: Me whakapai ake i te kitenga wawetanga

Tokomaha ngā whānau i tae atu ki te rārangi hui i te marama i ētahi wā e taea ai te mate pukupuku te mau wawe. Heoi anō, i whakaarohia ko tēnei māramatanga ka tāmoa ki te hononga ahurea kaha o te Māori mō te mate pukupuku me te mate, nā te mana taurite-kore i te ira mate pukupuku.

“Ka rongohia mate pukupuku e koe ka whakaaro koe ki te ‘mate’.”

“I tōku whānau ko te tikanga o te mate pukupuku he whakarite tangihanga.”

“He mea whakawhiti reanga te mate pukupuku. I te ao Māori, ko te whakapapa te atua. Kua ngaro he tangata i ia whānau i te mate pukupuku.”

Tokomaha ngā whānau i ki mai nā te hahani me te horokukū ki te kōrero mō te mate pukupuku, inā hoki i waenga i ngā reanga kaumātua ka tōmuri te haerenga atu ki te tākuta. I kī mai tētahi mema o tētahi whānau ka 10 tau tana tatari kia haere atu ki te tākuta, i te mea e whakamā ana ia ki te kī atu ‘he toto kei ōku hamuti’. I kī mai ko te reo ka whakamahia e ngā mātanga he mea hiranga hei āwhina mai kia tūwhitia te whakamā.

Heoi anō, i kōrero hoki ētahi whānau mō ngā mahi papai hei whakapiki aroā ki ngā tohu mate pukupuku me ngā tohumate. Ahakoa ka mōhio ētahi whānau ki ētahi tohumate (arā, te maremare toto he tohu pea mō te mate pukupuku pūkahu, ko tētahi pukupuku he tohu pea

mō te mate pukupuku ū, ko te koretake o te rere o te mimi he tohu pea mō te mate pukupuku repe tātea), i whakaaro te tokomaha me nui atu te mahi hei whakapai mōhiotanga ki ngā tohu me ngā tohumate o te mate pukupuku i waenga i te takitahi, te whānau, te hapū me te iwi. Tokomaha ngā whānau i kī mai he angitu ake ngā kaupapa ā-marae, ā-hapori kia uru mai te whānau katoa ki ngā kaupapa mā te takitahi. I whakaaro rātou mā ēnei kōwhiringa ka tū māia ngā whānau kia rapu tohutohu mai i ā rātou kaiwhakarato ko te kitenga wawetanga te hua.

“Ko ngā wānanga me ngā hui ki ngā marae he ara mauritau hei whakawhiti whakaaro, ā, koia hoki tā te Māori e hiahia ana.”

Kei te hiahia ngā whānau kia nui atu te tautoko me ngā rauemi mō ngā kaupapa Māori hei whakapiki i te aroā ki ngā tohu me ngā tohumate o te mate pukupuku ki ngā whānau, ngā hapū me ngā iwi. I whakaaro te tokomaha ko te whakawhanaketanga o ngā rauemi mōhiotia mate pukupuku e māmā ana te pānui, e whakamahi ana i ngā tini huarahi me noho hei kaupapa matua. Me hāngai ngā mōhiotia ki tā te whānau e rata ai (arā, te waiata, te kapa haka, ngā rauemi mōhiotia). I kōrero ai ētahi mō te papai o te whakatairanga Protect our Whakapapa i waihangatia ai mō te KOWHEORI-19.



Tō te whānau whakaaro mātau:

He tini taupā o te tauwhiro tuatahitanga ki te whānau

I te wā o te hui i auau mai te kōrerotia mai i ngā āwangawanga mō te āhei ki te whai wāhi atu me te uru atu ki te tauwhiro tuatahitanga. E toru ngā ariā mō ngā taupā: te korenga e taea te tauwhiro tuatahitanga te whai wāhi atu; he wero kia whakaritea he whanaungatanga pono ki ngā kaimahi tauwhiro; ngā whakapono o roto hei aukati i te tuku pātai a ētahi whānau mō ngā tohutohu (tirohia wh. 14 mō ngā taipitopito).

Tokomaha ngā whānau e hiahia ana kia whakaritea te tauwhiro tuatahitanga ‘ki tā te iwi/whānau e titiro ai’, tae atu ki te ‘tukanga whakaawhi’ hei tauwhiro. I kī mai ētahi he mea hira kia whai wāhi atu ki ētahi tauwhiro ki te kāinga, ‘ki waho atu rānei i te tari o te tākuta’.

Ko te whakamahinga o ngā tākuta kairiwhi i kōrerotia, inā hoki i te tuawhenua. He rerekē ngā whakahokinga kōrero: I kitea mai e ētahi whānau i hikitia e ngā kairiwhi tākuta ‘ngā whakataunga uaua’; i kī kē mai ētahi atu i haramai ētahi kairiwhi tākuta me ō rātou hinengaro tuwhera, ā, me te hiahia o rātou kia kaha tūhura, kia tautokona ngā whakamātau anō.

I puta mai i ētahi whānau i te rārangi hui he āwangawanga mō te korenga e ōrite ana te mana i waenga i ngā tākuta me ā rātou tūrora, inā hoki ngā kuia rātou ko ngā

kaumātua e kore ai i uiui atu i tō rātou tākuta, kāore i kaha te kimihiā i tētahi whakaaro tuarua, kāore rānei i taea ai e rātou te kī atu kāore e mārāma ana ki ngā kōrero i kōrerotia ki a rātou.

“Me kite e koe tōku pāpā i te aroaro o te tākuta... ānō nei kua memenge, i te nuinga o te wā he tangata kōrero hāngai ia.”

I kōrero hoki i puta i ngā whānau mō te hiranga o te kiripaepae me te āhuetanga o te pānga mai o tētahi pāhekoheko huakore ki tō rātou wheako o te tauwhiro tuatahitanga. I ētahi wā i whakahekekatia atu ētahi whānau kia kore ai e whai wāhi atu ki ngā ratonga ahakoa he mea utu kore (arā, te matawai) ina noho nama ana rātou ki te whare haumanu. Tokomaha ngā whānau i kī mai i ētahi wā ka whakaputa kōrero nga kiripaepae, he kōrero e whakamā ai ngā tūrora, inā hoki e noho nama ana rātou. Ka rongohia hoki ēnei tū kōrero e ētahi atu tūrora e noho ana i te taiwhanga tatari.

“Me noho tētahi kanohi āhuru, kanohi whakahoahoa hei pōhiri i ngā tangata e uru mai ana ki te whare tauwhiro tuatahi”

“Ka kuhu au i te kūaha tē mihi mai i tōku ake reo, kātahi ka hē tō whakahua i tōku ingoa. Ka pēnei anō, ka pēnei anō... nā te pērā te kaha o tōku whakapono.”

Matapouri ana, he tokomaha ngā whānau i kōrero mai mō ō rātou āwangawanga hauora me te korenga e kaha whakarongohia, me te whakaaro, nā konei i takaroa ai te tautohu i ō rātou mate pukupuku. He pūmahara e rere ana ko ngā kaiwhakarato tauwhiro tuatahi he kaikiri i ētahi wā, he mea rītaha hoki/rānei, e whakakore ana, e aro kore ana rānei ki ngā tohu, ki ngā tohumate rānei, e whakapae noa iho ana rānei nā ngā momo mate kē. Tokomaha ngā kaiuru i wheako ai i te kaikiri i ēnei wāhi urunga tuatahi o te pūnaha hauora me te hiahia kia titiro tuatahitia tēnei āhuetanga i mua i tētahi atu.

“Mamae ana tō rātou [whānau] mō ngā wiki, marama, tau... ka kī mai te tākuta ka tīni i ō rongoā, ka hoatu he rongoā patu mamae.”

“Me whakarongo mai ki a mātou; kei te hiahia au kia rongohia.”

Ko te nui o ngā ariā i tautohua mai e ngā whānau i te wā o te rārangi hui i tāruatia e ngā Māori e mahi ana i te rāngai mate pukupuku whānui. Ko tētahi āwangawanga ko te tokoiti o ngā tākuta Māori, ahakoa kua pau ngā tini tau hei whakanui atu i tēnei tokoiti. He kōrero i puta kia whakaarohia ētahi atu taurira tauwhiro, kia neke atu i te taurira whare haumanu 8 ki te 5 karaka i te mea kāore i te tika te mahi ki te Māori. Tae atu hoki ki te hiahia ‘kia noho ngā kaiwhakarato Hauora Māori ki ngā hāpori tē hiahia kē kia haere tawhiti te whānau kia riro mai ngā ratonga hauora Māori’. I puta i ngā Māori e mahi ana i te rāngai mate pukupuku whānui te whakaaro kia utu kore te tauwhiro tuatahitanga mā te Māori me te tautoko i tētahi ara tōtika ki ngā mātanga tauwhiro.

I kī mai ngā whānau he mea pai te whakawhanaungatanga hei patu i te nuinga o ēnei āhuetanga. I hoatu ētahi taurira ngāwari, pērā i tētahi tākuta i kōrerorero tahi me tētahi tūrora mō te kina i mua i te kōrero mō te take o tāna toro mai; te whare tauwhiro tuatahi i hoatu ai he kapu-tī ki ngā tūrora hei whakatau i a rātou. I whakaae mai hoki ngā whānau he mea āwhina ina noho mai tētahi hoa hei kaitautoko i ngā hui.

He nui ngā taupā pūnaha hei whakaiti i tō te whānau tiki tauwhiro tuatahitanga



Kāore te whānau e whai wāhi ana ki te tauwhiro tuatahi

- Te utu hei kite i tētahi tākuta
- He uaua te whakarite hui, inā hoki mai i te wā o te KOWHEORI-19
- Tē taea e ngā tākuta te whiwhi tūrora hou
- Kāore e taea te kōrero ki ngā tākuta i ngā haora mahi
- Tawhiti rawa hei haere, inā koa ki te tuawhenua
- Uaua te whiwhi whakaaro tuarua

He wero ki ngā whānau te whakapono atu ki ngā mātanga tauwhiro tuatahi

- Nō te nui rawa o ngā kairiwhi tē āhei ki te whakawhaunga me ngā tākuta
- He whakamā hei kōrero mō ngā wāhanga tinana
- Kāore ngā āwangawanga e whakaarohia
- Poto rawa ngā hui hei whakawhanaunga
- Kaimahi kaikiri, rītaha rānei

Te pānga mai o te whakapono me ngā wheako o te whānau

- “Kāore ahau i te hiahia mōhio”
- Te whakatipunga kia kaua e haere ki te tākuta
- “Kei te pai noa iho”
- Whakamā rawa hei ui atu

Whakaahua 14: Ngā taupā pūnaha hei whakaiti i te tiki atu



Ko tā Jo kōrero: **te wheako mate pukupuku o tētahi tūrora**

‘I hē te whakataunga māuiui i tōku tau 40. I haere atu au ki te tākuta me tētahi mamae tārūrū, ā, nā te korenga o tāku tākuta whānau e wātea, i kitea ahau e tētahi wahine, tētahi kairangahau tauira, nāna ahau i tuku atu kia matawaihia. I te tirohanga i ngā whakaahua matawai, i huri ia hei whakarite whakamātau toto engari i te hiahia kupu whakaae a tōna pou tākuta, he Pākehā, he kaumātua. I uru mai ia ki te rūma, ā, kotahi meneti noa iho ka wehe atu me te whakatau ko te ira i kitea he tohu paipai, ehara i tētahi mea kino rawa, maumahara ana ahau ki te tiro māku a te wahine. Nāna i whakarite matawai atu anō mō te 6 marama kia noho ‘mārie ōna whakaaro’. Ka pau te ono marama i hoki atu, anana, kua pāngia kētia au ki te mate pukupuku raho. I tere pokaina au kia unuhia te mate pukupuku. Waimarie au i pai te hāparapara, ā, he mate pukupuku kore ahau i āiane.

I āiane he kaitautoko ahau mā ētahi whānau e hīkoi haere ana i te pūnaha mate pukupuku. Rite tonu taku kōrero ki a rātou – kia rite mai mō tētahi wheako kino, he mea pōuri

tēnei. Engari kei te hiahia ahau kia rite mai rātou, ahakoa kāore te pūnaha e hoahoa ai mā rātou, ka mahi tonu mā rātou ki te tū kaha rātou me te korenga e aro atu ki tō te pūnaha kaikiri. Kei te hiahia hoki ahau kia noho tonu rātou i te pūnaha, kia riro mai i te tauwhiroanga e tika ana mā rātou.

He aha hei waihanga panoniga e hiahiatia ana? Me whakarite tētahi tirohanga ā-kāwanatanga whānui hei takahurihuri i te pūnaha hauora. Inā koa, me neke atu tātou i te tauwhiro hauora tūmatanui e whai atu ana i te tauira ‘wā’ pūtea pakihi mai i tētahi tūru whakawhiti kōrero. Nā konei ka kōkiritia ngā whanonga mātao. Me maumahara e tātou ko ngā tūrora he tangata, he whānau ō rātou me tētahi kōrero nehe me tētahi kōrero paki. Ehara mātou i tētahi nama noa iho, i tētahi tau raraunga. Kua whakaaroaro nui ahau ki taku whakataunga māuiui. Whakapono ana ahau mehemea he Pākehā au, kua wawe kē te whakataunga māuiui. Mōku ake, i tere whakapaea e te tākuta tāna whakatau nā ētahi āhuatanga whānui – tae atu ki te mea he Māori ahau.’



Jo Stafford (Ngāti Maniapoto, Ngāti Rārua)

Tō te whānau whakaaro mātau: Me noho ko te tūrora hei pūtahi ki te mahi matawai

Te reo ā-waha o ngā whānau

“Kei te hiahia mātou kia matawai ā-rōpūtia... me āwhina mātou i a mātou anō”

“Me tuku he pahi ki ngā hāpori o te tuawhenua- me ngā tāone iti hei matawai.”

“He pai ina whakaakona te mātauranga me te matawai ki ngā marae.”

“I ahau tētahi kaiwhakahaere mai i a Breastscreen. He tino taonga ia hei āwhina i ahau ki te whakatere i taku hīkoi i te pūnaha hauora.”

I tautohua e ngā whānau ngā tini taupā ki te uru atu ki ngā ratonga matawai. Tae atu ki te utu (hei haere, te puta i te mahi, he kaitiaki tamariki, he aha, he aha), he iti te whakapono ki ngā ratonga matawai, te iti o ngā ratonga matawai kaupapa Māori, tokoiti ngā kaimahi Māori nō roto mai i te ratonga, he iti te mātauranga hauora, me

te whakaaro ehara te matawai i tētahi mahi matua. E whakapono ana ngā whānau mā te Māori ngā ratonga matawai e whakahaere, e whakawhanake, e tuku hoki. Ko te kaupapa Smear Your Mea i mihia i ngā wā maha hei kaupapa Māori e rata ake ai te Māori.

I puta hoki e ngā whānau te whakaaro kia torowhānui ngā whakatairanga matawai kaupapa Māori kia kaua e aro anake ki tētahi momo pukupuku kotahi. Kia whakaurua kētia ētahi atu kaupapa hauora, hei tauira, te matawai mō te mate manawa, mate huka rānei. I kī mai ētahi whānau mā te hāpori te mahi matawai e kōkiri tae rā anō ki ngā tāngata o te kāinga hei tauira ki te whakatairanga i ngā matawai.

Kei te hiahia ngā Māori e mahi ana i te rāngai mate pukupuku whānui kia nui atu te tautoko mō ngā matawai takitaki mate pukupuku e hoahoaina ana, e tukua ana hoki e te Māori. Tokomaha hoki i kī mai i whakangongotia ō rātou reo ā-waha i ngā kōrerorero mō te panoni paearu mā te iwi Māori me te iwi Pasifika kia whai wāhi atu ki te matawai utu kore mō te mate pukupuku kōpiro. Kei te hiahia rātou ki te tautoko i te whakamātautau ā-whaiaro HPV, mō te aukati mate pukupuku waha kōpū, e kitea ana he ara ngāwari, he ara haratau, he iti te kōkuhu, he ara whakamana hoki mō ngā wāhine Māori.





Ko tā Ngaroimata kōrero: ko tō tētahi tūrora wheako mō te mate pukupuku

‘Kua noho nei te mate pukupuku ki tōku whānau mō e hia kē nei ngā reanga. I mate tamariki tōku kuia, ā, i mate tōku pāpā i te mate pukupuku i tōna tau 48. I whakatau māuiuitia taku teina he mate pukupuku ū tōna i te tau 2019.

‘He hiranga taua hītori, i kitea ana ko taku hīkoi mate pukupuku mā te hīko o tōku whānau. I kaha tōku piri atu ki ngā hōtaka matawai i te wā e taiohi ana ahau i te mea i mōhio au he mate pukupuku tō ētahi o tōku whānau. I tā rātou tūhura ki tōku mate pukupuku ka ngaukino ahau, engari ka whakamoemiti hoki. Koia rā te tikanga o te matawai, kia kitea te mate pukupuku i mua i tōna horapa. I tōku whakataunga māuiui i tangi au wiki atu, wiki atu. Nōku te waimarie he nui te tautoko i ahau. I ahau tētahi kaiwhakahaere mai i a Breastscreen nā te Poari hauora ā-rohe o Waitematā. He tino

taonga ia hei āwhina i ahau ki te whakatere i taku hīkoi i te pūnaha hauora. Nāna ahau i āwhina kia whakamārama mai he aha te aha ā-kaupapa Māori nei, ā, he mea nui ki a māua ko taku tāne. Nō tōku whakatau māuiuitanga, i kite au he pai te kōrero ki ētahi atu e noho tahi ana me te mate pukupuku. I mōhio haere ahau ki ngā tini wāhine kaha e hīkoi tahi ana i te hīkoi.

Kei te mōhio ahau kāore te katoa e tūhonohono, e wheako rānei i tētahi wheako pēnei i tōku. Koia rā te take e mahi ana ahau hei kaitautoko. Kei te ngana ahau ki te tautoko i ērā e okeoke ana kia kitea te ara tika i te pūnaha. Ko taku tohutohu nui rawa ka hoatu ki ngā wāhine i āiane ki matawaihia. Kei te mōhio he pai atu ki ētahi kia kore e mōhio ina raru ana rānei. Engari e mōhio ana koe? He puiaki tō oranga kia pērā te whai i taua petipeti.’



Ngaroimata Reid
(Ngātiwai, Te Rarawa, Ngāti Kahungunu, Rangitāne)

Tō te whānau whakaaro mātau: Kāore he take kia ngaukino te whakataunga māuiui

Te reo ā-waha o ngā whānau

“Whakamanahia ngā tākuta kia tōtika te whakamātautau tinana... whakatere ake ngā ara.”

“Te whakarite hui.... kaua e whakaritea he hui 8.30 i te ata mā te tūroho noho tuawhenua!”

“Me whakawhanaunga ngā ratonga hauora ki ngā whānau... ehara i te mea ko ngā tohu haumanu me ngā tohu whakahoahoa te mea nui.”

I auau mai te tuari kōrero paki a ngā whānau mō te maha o ngā haerenga, i ētahi wā mō e hia kē nei ngā tau me aua tohumate anō i mua i te whakaritenga a tō rātou kaiwhakarato hauora tuatahi i tētahi whakamātautau kohura. E tōpū ana me te korenga e whai wāhi atu ki te tauwhiro tuatahitanga, tokomaha ngā whānau i kite ai koia nei te take ka tōmuri te whakataunga māuiui.

Kua āwangawanga hoki ngā kaiuru mō te ātete ki ngā whakamātautau kohura a te tauwhiro tuatahi, tauwhiro

tuarua hoki/rānei. He rerekē nga tāke e pēnei ana, mai i ngā mātanga e aro kore ana, e rītaha ana rānei, he iti nō ngā rauemi, me te whakaaro kāore ngā Māori e noho tuatahi ana ki te rārangi whakamātautau kohura. I noho takeo ngā Māori e mahi ana i te rāngai mate pukupuku whānui i te iti o te tautoko i ngā kaupapa e turaki taupā ana i ngā whakamātautau kohura, pērā i te tuku tōtika i te tangata mai te tauwhiro tuatahitanga ki ngā whakamātautau kohura.

I kōrero mai hoki ngā whānau mō te rongo ki te korenga nō rātou e noho haumarua ana, ki te korenga hoki/rānei e tautokona ana i ngā wā tino hira o te tukanga whakataunga māuiui. Tokomaha i noho mokemoke me te tūngaio hauora i te wā i whakamōhio mai he mate pukupuku tō rātou, ā, nō muri kē mai te hiahia kia taea ai e te whānau, e tētahi kaitautoko rānei te noho tahi me rātou. I kōrero mai ētahi whānau mō ngā tūngaio hauora me tā rātou wehenga atu i muri tonu iho o te whakataunga māuiui, i ētahi wā i te noho tumeke rātou i taua wā tonu.

“Kotahi noa iho o aku teina e whakaetia kia haere ki tōku taha... He uaua rawa te kōwhiri, nā reira i haere me taku kotahi. E pōuri ana ahau i āiane.”



Tō te whānau whakaaro mātau: Kāore i rongohia te tōkeke o te maimoatanga

Te reo ā-waha o ngā whanau

“Kāore koe e paku mōhio kei hea koe i te rārangi tangata [mō te maimoatanga].”

“He aha i kore ai ngā mātanga e haere? Kaua e tukuna ko ngā tāngata māuiui hei haere i ngā wā katoa.”

“I taea e au rātou te tautoko i tōku mōhio noa iho ki te pūnaha, ā, kāore i paku rata mai ngā tākuta me ngā tapuhi – i kīia mai e rātou ko ahau ‘te kai a te ahi nō Te Whanganui-a-Tara.’”

I kī mai ngā kaiuru kia whakamārama mai i ngā kōwhiringa katoa mō te maimoatanga e wātea ana, kia taea ai e rātou te whakatau tika mō ō rātou whānau. Tae atu hoki ki ngā kōwhiringa maimoa e nui pea te utu. Me kaua ngā mātanga e whakapae noa e kore e taea e ngā

whānau ngā kōwhiringa maimoatanga te whakautu tae atu ki ērā mea e whai pūtea tūmataiti ana. E pōuri ana hoki ngā whānau i te korenga o ētahi atu rongoā mate pukupuku e whai pūtea tūmatanui ana me te hiahia kia whai wāhi te Māori ki te whakaraupapa i ngā rongoā hei tautoko ā-pūtea.

I mea mai anō ngā whānau i te hiranga o te whakawhanaungatanga ki te hanga whanaungatanga pono. Ko te hanga i tētahi whanaungatanga pono ki ngā tāngata e whakarato ana i ngā ratonga maimoatanga mate pukupuku me tika ngā pūkenga whakawhiti kōrero, me mārama hoki, ā, me kōrero i runga i te ngākau pai, kia ngāwari hoki, inā hoki ka tae mai te wā hei whakarite hui mō ngā tūro e noho tuawhenua ana. Ko te wāteatanga mai a ngā kaitautoko hei kanohi kitea tētahi mea mātuatua hoki.

“Kāore rātou e mōhio he pēhea te mahi ki a mātou [tūro e noho tuawhenua]. Kāore rātou e paku mōhio.”

Ahakoa e hiahia ana te nuinga o ngā kaiuru kia tata mai te maimoatanga ki te kāinga ka mārama rātou me haere i ētahi wā kia whiwhi i te maimoatanga pai rawa atu.

Engari kia pēnei, me kaha te tautoko mai i ngā whānau kia taea ai e rātou te haere tawhiti atu, mehemea e tika ana. Ko ngā āhuatanga e pā ana ki te haere mō te maimoatanga mate pukupuku ka āta matapakina i te wh. 76.

Ina taea ana, ka pai ki ngā whānau te maimoatanga e tukua ana e te Māori. I kōrerotia ngā rongoā mate pukupuku ka kāinga i te kāinga, me te whakaaro kia tukua te haumanu matū i waho atu i ngā hōhipera. Heoi anō, kei te hiahia ngā whānau kia mōhio ko te haumanu matū ā-kāinga, ā-hapori rānei he mea haumarua, he mea mauritau hoki pērā i tō te hōhipera.

Ko tētahi tino āhuatanga i tautohua ai ko te haepapa kore, mō ngā wheako maimoa me ngā huanga. I kitea e ngā Māori e mahi ana i te rāngai mate pukupuku whānui ko ngā paearu mahi ka aro atu ki te tuku ratonga me ngā huanga, e iti iho te aronga ki te mana taurite me te kounga o te maimoa ka whiwhi mai ngā whānau. Ka hiahia hoki ngā Māori e mahi ana i te rāngai mate pukupuku whānui kia whakaurua te mana taurite me te maimoa ā-whānau ki ngā tūmahi whakapai, mō te hoahoa, te tuku me te arotake. I whakaaro rātou me noho te kaitātakitanga Māori me ngā pūkenga haumanu, pūkenga kiritaki, pūkenga ahurea i tētahi wāhanga o tēnei tukanga.

Tō te whānau whakaaro mātau:

Kia whakaataria e ngā tauira tautoko tauwhiro tā te Māori titiro

Te reo ā-waha o ngā whanau

“Nekehia te aronga ki te tūroro kaua ki te mate.”

“Āe, he uaua te taha tinana – engari anō te taha hinengaro me ngā kare ā-roto i tino pāmamae rawa atu”

“I ētahi wā kua haere koe ki tētahi hui kātahi ka whakakorehia – ahakoa kua tata kē atu koe.”

“Ka aha ina taea e tātou te kī mai ko wai hei tonoa mā tātou i te hāpori, ā, kātahi ka tukua ā tātou mōhiotio ki a rātou?”

Ko tētahi o ngā tino ariā i kōrero nuitia ai i ngā hui ko te hiranga o ngā tauira hauora torowhānui. I kī mai ētahi whānau koia te oranga, i kōrero mai ētahi atu mō te hauora me Te Whare Tapa Whā, ā, ētahi atu i kī mai he tauwhiro tautoko. Ahakoa i ētahi wā he rerekē ngā tapanga, ko ngā tino āhuatanga i kōrero nuitia:

- ko te tautoko i ngā matea wairua, matea hinengaro, matea kare ā-roto hauora hoki o ngā tūroro
- ko te āhei kia whakakotahi mai i ngā maimoatanga tāpiri, ngā mea tūturu ki ngā maimoatanga haumanu mate pukupuku
- ko te tautoko ā-pūtea, me te tautoko ā-whakarite, inā koa, mō ngā haerenga me te noho
- Ko te tautoko mō ngā tūroro me ngā whānau.

Ko te pārongo whakairoiro kei te whakaahua 15 o te whārangi e whai ake nei e whakaatu ana i ētahi tauira e kōrero noatia ai e ngā whānau me te pēhea e tūhonohono ai.



Te hiranga o te tauriterite: Te Whare Tapa Whā

Taha hinengaro

Te oranga hinengaro, te oranga kare ā-roto

Ka mōhio ngā whānau ko te mate pukupuku ka tino pā mai ki te hauora hinengaro me te hauora kare ā-roto o ngā tūroro rātou tahi ko ngā whānau. Me tautoko i a rātou me te oranga hinengaro puta noa i tā rātou hīkoi mate pukupuku.

- “Ehara te mate o te tangata te mea nui, ko te mahi pai kē ki a rātou.”
- “I hea taku mahere oranga?”
- “Me urupare atu ki ngā hiahia hauora o ngā whānau – ā, ka rerekē ngā hiahia o ia tangata o te whānau.”

Taha whānau

Oranga pāpori

I kōrero mai ngā whānau mō te pūkengatanga o tērā wheako pono, me te hiahia o ngā mōrehu mate pukupuku ki te tautoko i ētahi atu me ā rātou hīkoi. Ko ngā tūhono ā-whānau, ā-hapori hoki tētahi tino āhuatanga i tēnei wā.

- “Whakaritea he hononga ki a mātou – he tino nui te whanaungatanga.”
- “He mātuatua te whai kaitautoko, hei tautoko, hei titiro me te ako.”
- “Tōia mai ngā wheako pono o ngā tūroro. Kua tae kē atu mātou ki reira, mōhio ana mātou he aha te aha.”

Taha wairua

Oranga wairua

Ko te wairua he huatau Māori e āhukahuka ana ki te iho wairua o tētahi tangata me tō rātou mauri. I mea mai anō ngā kaiuru mō te pānga mai o te mate pukupuku ki te wairua o ngā tūroro rātou ko ngā whānau me te hiranga o te whakapono me te hāhi ki te tokomaha.

- “Mā te taki karakia i ia ata ka waihangia taiao e tatū mai ai te wairua.”
- “E mau tūturu ana te whakapono i tō tātou whakapapa.”
- “I kī mai ngā tohunga kia whakapono atu au ki ngā mātanga, kia noho hāneanea ahau.”

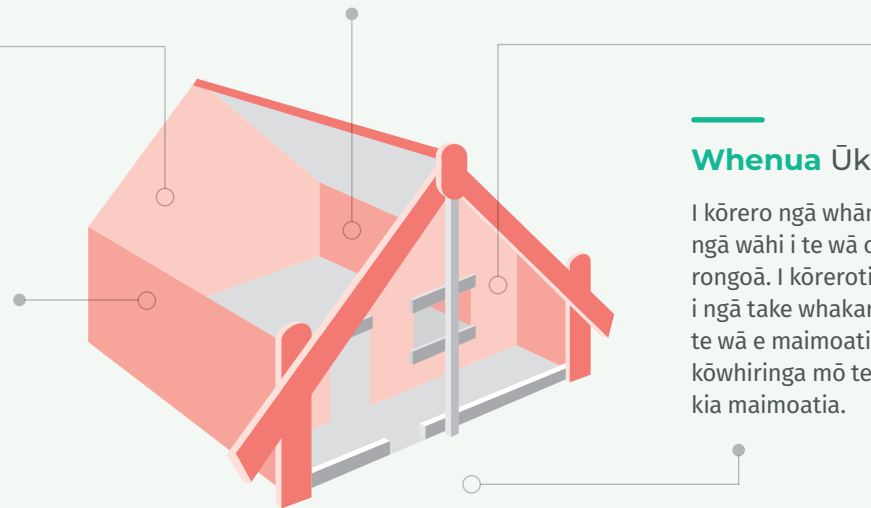
Taha tinana Oranga tinana

I mōhio ngā whānau kia tautokona tō rātou oranga tinana i te wā o te maimoatanga mate pukupuku. Ko te kai taioraora, te kori mähū, te rongoā, te whakaataahua me te ngoi makawe i homai ai hei tauira mātuatua.

- “I te ngarotanga o ō tātou makawe, he mea nui. He tapu ō tātou makawe. Ānō nei kua ngaro tōku mana.”
- “Ko te kai tō tātou rongoā”

Whenua Ūkaipō

I kōrero ngā whānau mō te hiranga o te taiao me te hono ki ngā wāhi i te wā o te maimoa mate pukupuku, inā koa ko te rongoā. I kōrerotia hoki e rātou mō te hiranga o te whakahaere i ngā take whakarite: te whai pūtea me te whakahaere pūtea i te wā e maimoatia ana; te whakarite tiaki tamariki; me te rapu kōwhiringa mō te haere me te noho i te wā me haere tawhiti kia maimoatia.



Whakaahua 15: Te hiranga o te tauriterite: Te Whare Tapa Whā

Ko ngā whānau i whiwhi ratonga mai i ngā tūngaio hauora pērā i ngā rata mate hinengaro, ngā kaimātai hinengaro, me ngā tauwhiro i whakaputa whakaaro mō ō rātou wheako huapai me ō rātou wheako huakore. I pai atu ki ngā whānau ngā ratonga e aro atu ana ki te whānau, e noho ngāwari mō te whakarite hui kōrero, ā, e wātea mai ana ngā kōwhiringa ā-kaupapa Māori. I ngā wāhi kāore e wātea i te tautoko mō te hauora hinengaro, i puta te whakaaro mō te hauora ā-waea hei ara pea kia tūhono atu ki ngā tūngaio hauora hinengaro tae atu ki ngā kaimahi hauora hinengaro Māori.

I kōrero mai ngā whānau mō ngā tini huarahi hei tautoko i tō rātou oranga tinana, tae atu ki te kai taioara, te kori mātū, me ngā mahi tautoko maimoa tinana pērā i te mirimiri. I auau te kōrero mai a ngā kaiuru mō te hiahia kia whakauru i ngā mahi whakamahu tūturu Māori pērā atu i rongoā hei wāhanga o tā rātou maimoatanga mate pukupuku me te tauwhiro (tirohia wh. 41, 49, me 51 mō ētahi atu kōrerorero mō te mātauranga Māori me te rongoā). Pērā i ētahi momo maimoa ka marama ētahi whānau mā te whakamahu tūturu ka whakamāmā i ngā tohumate, engari me āta whakaaro kia kore e tukituki kino ngā tikanga tūturu Māori ki ngā maimoatanga mate pukupuku Pākehā.

I kōrero mai ngā whānau e pā ana ki te oranga pāpori me ōna āhuatanga e rua: ko te hiranga o te whakawhanaungatanga; me te hiranga o te tūhonohono

ki ngā tāngata whai wheako pono hei ako. Ka kitea e ngā whānau ko te whakawhanaungatanga he tino āhuatanga i ngā taumata katoa, mai i te pāhekoheko a ngā tūroro me ngā mātanga, haere atu ki te tūhonohono ki ngā tāngata i roto i ō rātou ake hapori, ngā tāngata whai aroha, me ngā tāngata ka tautoko i ā rātou hīkoi mate pukupuku. I auau hoki te akiaki a ngā whānau i ngā kaituhi kaupapa here me ngā kaihoahoa ratonga kia whakamahia ngā wheako pono o ngā tūroro mate pukupuku me ngā whānau hei whakapai ake i te tūroro ratonga.

*“Tōia mai ngā wheako pono o ngā tūroro.
Kua tae kē atu mātou ki reira, mōhio ana
mātou he aha te aha.”*

I mōhio ngā whānau ki ngā pānga mai o te mate pukupuku ki te wairua o te tangata me tōna whānau. Ko te oranga wairua he mea nui ki te whānau ahakoa he tini tirohanga mō tōna āhua. Tokomaha ngā whānau i kōrero mai mō te pānga mai o te taipūwhenua ki te tirohanga o te tangata ki te wairua, ka mutu, ka hanumi te tirohanga tūturu me ngā hāhi Pākehā. I whakaaro ētahi atu ko te wairuatanga he tūhononga ki te whenua, ki te ngahere, ki te moana; me te wehi ki a Ranginui rātou ko Papatūānuku me ā rāua tamariki.

Ko te Kaupapa Rongoā Tarutaru (Te Kaupapa) i whakamanahia ai i te 1 o Paengawhāwhā 2020 i te tīmatanga o te Ture Misuse of Drugs (Rongoā Tarutaru) 2019. Ko te whāinga o Te Kaupapa kia whakapai ake i te tīkina atu o ngā hua kōunga o te rongoā tarutaru mō ngā tūroro (Ministry of Health).

He tini tirohanga i waenga i te Māori mō te kai i te rongoā tarutaru i roto i te tauwhiro mate pukupuku. Kei te tino whakahē ētahi whānau i te whakamahia, ā, kei te tautoko ētahi atu whānau hei ara mauritau mō te whakahaere i te mamae me te anipā mō ngā tūroro mate pukupuku.

I puta mai i ngā whānau ō rātou āwangawanga mō te nui o te utu me te iti o te whai wāhi ki te rongoā tarutaru, inā koa i te wā o te tauwhiro tuamatangi. I kī mai rātou nā konei ka haere pea ngā whānau ki te māketē mangu tīkina atu ai. I te whakaaro ētahi whānau ko ērā kua pāngia ki te mate pukupuku tuamatangi me whai wāhi ki ngā momo hua o te rongoā tarutaru.

He āwangawanga hoki ki te hahani o te kai rongoā tarutaru, nā konei pea e kore te whānau e whāki mai kei te kaingia. Kei te hiahia ngā whānau ki ētahi mōhiohio me tētahi whakamārama mō ngā kōwhiringa hei kai rongoā tarutaru, inā koa, i te whakamahere pairuri me te whakamahere tauwhiro tuamatangi, kia kore e rongohia e ērā tāngata e kōwhiri ai kia kaingia ana te whakaparahako a te pūnaha.

Tō te whānau whakaaro mātau: Nā te mate pukupuku ngā taupā ā-pūtea ki te whānau

Te reo ā-waha o ngā whānau

“Ia wā i haere ahau kia tīpako pūtautau, he rā mahi ka pau. Tāpiri atu, he rā atu anō ka pau hei tiroiro i ngā hua o te tīpako pūtautau.”

“He hui āku i te 10 karaka me te 2 karaka, ka mutu, i noho tētahi o Te Kāhui i tōku taha mō te rangi katoa. I noho tino wehi ahau.”

“Kāore tētahi i kī mai ka taea he hararei mōkete.”

Nā te matatini o ngā maimoatanga mate pukupuku he tokomaha ngā whānau i kī mai i ētahi wā ka uaua ki a rātou te whakahaere i ngā āhuatanga o ia rā, o ia rā o tā rātou hīkoi mate pukupuku. Inā koa hoki ko te whai mahi, te whakahaere pūtea, te whakarite haerenga me te noho mō ngā maimoatanga e tawhiti ana i te kāinga. Tokomaha ngā whānau i kore mōhio e taea ai e rātou he hararei mōkete te whakarite, ā, ko ētahi atu kāore anō kia meatia ngā moni oranga a te kāwanatanga, ērā atu whiwhinga hoki me te kore mōhio ki ngā ara hei tiki atu. I kōrero mai ngā whānau mō te wā roa ka ngaro rātou i te mahi hei tautoko i ngā tūroto i te wā o te maimoatanga, ā, ka kī mai ngā tūroto nā te pēnei ka noho hara rātou.

I auau te kōrero mai a ngā whānau mō ngā haerenga me te noho hei tino taupā, inā koa, mō ngā tāngata e noho tuawhenua ana

“Tokomaha ngā tāngata e pau haora ana hei haere kia tae atu ki tētahi hui, kāore he waka, kāore rānei he tautoko mai i te whānau.”

Ahako he momo tautoko e wātea ana mā te Kaupapa Tautoko Haere ā-Motu (NTA) (Manatū Hauora, 2019b), nā Te Hiranga Tangata me ngā rōpū mate pukupuku i waho atu o te kāwanatanga i kitea e ētahi whānau he uaua te whiwhi i ētahi o ēnei kōwhiringa. I kī mai ko NTA te pūtake o te hōhā mō ngā whānau rāua tahi ko te Māori e mahi ana i te rāngai mate pukupuku whānui. I tuari mai ngā whānau i ngā kōrero paki mō te mārōrō, te kaikiri me te rītaha o tā te NTA hōtaka e tukuna mai o āiane, ko ngā āwangawanga mō te paearu matara iti hei tiki pūtea, te āhua o te kiripaepae me te kakī mārō o ngā kōwhiringa hei whakarite noho pērā i te whakamahi koha hei whakautu noho.

Tā te mea ko te tūāpapa o te NTAS he tauira whakahoki moni, i mea mai ētahi Māori e mahi ana i te rāngai mate pukupuku whānui ko te NTA ‘he mea mūhore a NTA i a ia anō... me whakautu e koe te haerenga i mua i te haerenga. Ka pēhea ina kore āu moni?’ Kua hōhā ngā Māori e mahi ana i te rāngai mate pukupuku whānui i te korenga o ngā tohutohu o tētahi arotakenga o te tau 2018 e whakatinanatia.

Tō te whānau whakaaro mātau: E whakaaro ana ngā whānau ka warewaretia rātou e mutu ai te maimoatanga

Te reo ā-waha o ngā whānau

“He mea nui kia mōhiotia, mutu ana te maimoa kāore ngā raruraru e mutu.”

“Nā tēnei [mate pukupuku] i whakarerekē i ahau me tōku hiahia kia āwhina ahau hei whakatika i tērā.”

“Ehara ahau i te tangata o mua o te maimoatanga, engari anō te tūmanako me pērā tonu au.”

I rite tonu te whakaaro o ngā whānau ko te wāhanga whaimuri i te tauwhiro mate pukupuku me whakapai ake, i te mea ‘e kore te hiahia tauwhiro e mutu ai kia mutu te maimoatanga’. Tokomaha ngā whānau i ki mai nā te mate pukupuku rātou i whakarerekē hei tangata,

engari i whakaaro rātou kāore tēnei āhuatanga i arohia atu e ngā ratonga maimoa mate pukupuku. I kōrero mai ētahi whānau mō te hekenga ohore o te hui tahi me ngā tūngaio hauora i mutu ai ngā maimoatanga mate pukupuku, me te kī mai ‘kua tangohia taua kupenga haumarū’. I kōrero mai ētahi atu mō te koiora ‘i mua i te mate pukupuku’ me te koiora ‘a muri i te mate pukupuku’. I kī mai ētahi hei mōrehu kua whakamoemiti rātou hei whai wāhi tuarua mai anō ki te oranga, engari ko te ngaukino o te wheako mate pukupuku ka piri tonu ki a rātou me te korenga o rātou e mōhio me pēhea e whakatau ai i te taha tinana, taha whakahoahoa me ngā kare ā-roto.

Ko tētahi atu take i uaua te kōrerotia ko te hiahia ki ētahi atu kōrero paki a ngā whānau e puta ora mai i te mate pukupuku. I hiahia ētahi kaiuru kia mōhio ngā tāngata mō rātou, ‘ehara te mate pukupuku i te irakati, he piko kē... he rā ki tua’. I whakaae whānuitia kia rongohia e ngā whānau ētahi atu kōrero paki mō ngā hīkoi mate pukupuku, hei whakakore i ngā whakaaro whakakoronga ko te mate pukupuku he ara matenga i ngā wā katoa.





Ko tā Hēnare kōrero: Ko tō tētahi tūrora wheako mate pukupuku

‘I ahau tētahi pakihiwi mamae e kāore e mimiti. Kātahi au ka rongo i tētahi pukupuku iti, i waiho mō tētahi wā poto kātahi anō au ka whakaaro kia haere kia tirohia. I haere atu ahau ki taku tākuta, nāna tētahi pūtautau i tango. Ā, ka mutu, he mate pukupuku kiri. I ohorere ahau i tē whakataunga māuiui. Hei Māori i pōhēhē ahau e kore e taea te mate pukupuku kiri te pā mai. I meatia te hāparapara kia tapahia te pukupuku. I kōrero pono taku tākuta ki ahau me te kī mai tēnā pea ka hoki mai. He pai ki ahau taua pononga.

I pai tōku wheako o te pūnaha hauora i a au e tautohua ana, Mōku ake ko te pai o taku whanaungatanga ki taku tākuta – i mōhio te whānau o taku wahine ki a ia. He tangata tino ngāwari, he rawe. I taua wa i āhua matakū ahau i te mea kua pāngia kētia tōku whānau

ki te mate pukupuku, kāore e mutu pai. Heoi anō, i pai te mahi a te pūnaha. I auau mai te whakapā mai me te whakamōhio mai i ia tapuwae. Ko taku noho ki tētahi tāone iti pea he mea āwhina – mōhio te katoa ki te katoa.

Ko taku tūmanako mō ēnei hui kia wawe te whakataunga māuiui o ngā Māori. Mā te wawe o te whakatau e pai ake ai a muri. E tino tūmanako ana ahau kia āwhina tētahi i tētahi kia piki ake te mōhiotanga ki te mate pukupuku, kia tuarohia ā tātou kōrero paki me te tautoko tētahi i tētahi. Mōhio ana au he mea whakamataku ina whakaarohia te mate pukupuku. Engari ko te mātātoa te ara pai ake hei kōkiri whakamua. I ētahi wā ka rongo tonu ahau i tētahi toī i tōku pokohiwi, he mea hei whakamahara kia kōrero tonutia te mate pukupuku.’



Henare Kani
(Rangitāne, Ngāti Kahungunu, Tūwharetoa)

Tō te whānau whakaaro mātau: Kia nui atu te kōrero mō te pairuri me te tauwhiro tuamatangi

Te reo ā-waha o ngā whānau

“He wāhi tapu tō te pairuri, ka mutu, me āta whakarite he tukanga torowhānui.”

“He hārakiraki te tauwhiro. Kei ētahi o ngā puni pairuri he kaitakawaenga Māori hei tautoko i ngā tāngata, heoi anō ko ētahi atu karekau – me noho ki ngā wāhi katoa.”

“Pēhea kia noho ngā kaimahi ki ngā wāhi pairuri? Ko te āhua nei kāore e arohia atu ana ki tēnei wāhanga hauora, ka tukua kētia ngā whānau ki te pūnaha Pākehā i tō rātou taunga mai ki te pairuri.”

I kī mai ngā whānau ko te kupu pairuri he kupu tauhou, he mea whakarangirua, me te whakaaro o ētahi ko te pairuri he mate tonu. I puta mai i ētahi atu te whakaaro

kia whakamahia he kupu hou, hei tauira, ‘mauri mate’. I tēnei wā, kei te whakamahia te kupu Mauri Mate e Te Kahu Pairuri o Aotearoa hei Anga Pairuri Māori. Heoi anō, i te mea nō te tikanga o te kupu ‘mate’ ka puta he āwangawanga ka rangirua pea te tangata ki te pairuri me te tauwhiro tuamatangi.

I rongohia ngā kōrero paki pai me ngā kōrero paki kino mai i ngā whānau mō te āhua o te pūnaha, he hārakiraki, he korenga nōna e tautoko i ngā kōwhiringa kaupapa Māori. I homai e ngā whānau ētahi tauira o ngā mahi tauwhiro mō te whānau pērā i te korenga e tae mai ngā tauwhiro ki te kāinga, te korenga o te hāora, te korenga o ngā mātanga e urupare mai (inā koa, i ngā mutunga wiki) me te korenga o ngā kōwhiringa rongoā.

Ko te tauwhiro tuamatangi i roto i te hinengaro o te tokomaha o ngā kaiuru, inā hoki te tāpaetanga pōti o nā tata nei mō ngā kōwhiringa tauwhiro tuamatangi. I rerekē te whakaaro o tēnā, i ō tēnā, o tēnā whānau i ō tēnā whānau mō te mate. I te ao Māori, he tapu te mate. Ko te mate me te tuamatangi he kaupapa uaua hei hāpai ki ngā whānau inā koa, mehemea i kino te wheako nā te hē o te tauwhiro tangi ki tētahi makau i te wā manawa kiore.

I māharahara ngā whānau ki ngā hiraunga o te ratonga āwhina mate mō ngā whānau, inā koa, mō ērā tāngata e hīkoi ana i te hīkoi mate pukupuku me tā rātou noho paraheahea, e wheako ana i te kōtonga, i te mate hinengaro rānei, ā, i te rirohanga mai o tētahi pairuri koretake, tētahi tauwhiro tuamatangi koretake rānei. Nā te rarahi o te ratonga tautoko mate, i puta i ngā whānau he māharahara mō te iti o te kōrerorero whaitake me te Māori i te wā o te tāpaetanga pōti, o te whakarite ture me ngā mōhihio a te ratonga.

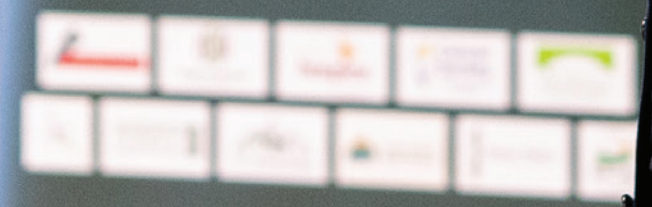
Ko ngā kaitautoko Māori i whai wāhi mai ki te tāpaetanga pōti i noho māharahara nā te korenga o ō rātou kōrero i rongohia me te kaha tere o te whakahaere o te kaupapa. I kaha ō rātou whakaaro tohe me te kī mai kāore e tika ana mā ngā mātanga ngā whakatau e kōrero me te korenga e aro atu ki te mātauranga Māori. Ahakoa he take tūmataiti mō te tautoko mate, me whakamana i te whānau me te whakauru hoki ki te tukanga.



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4

He kupu whakakapi

Closing remarks

I ahu mai tēnei pūrongo i ngā wawata o Te Aho o Te Kahu kia mārama ki ngā wheako pono o ngā whānau e pāngia ana ki te mate pukupuku me te whakarite i ngā whanaungatanga whaitake ki ngā Māori e mahi ana i te rāngai mate pukupuku whānui puta noa i Aotearoa. Nā tēnei rārangi hui i whai wāhi mai te Pokapū hou ki te hui tahi me te neke atu i te 2,500 kaitautoko mate pukupuku Māori. Hui katoa, nā ō rātou reo ā-waha kua whakamārama ake anō i ngā mātātaki me ngā taupā ki te Māori e uru ana ki ngā ratonga tauwhiro mate pukupuku me ō rātou wawata kia takahurihuri.

Ahakoia i puta mai te mamae o ngā whānau i ētahi wā, i tuari noa mai rātou i ō rātou whakaaro, whakaaro mātau, ō rātou wheako me ngā wawata. He taonga ēnei whakaaro mātau hei āwhina i a mātou ki te takahurihuri me te whakatikatika i ngā mea mana taurite-kore o te mate pukupuku. He nui te mihi o ngā kaimahi Māori staff nō Te Aho o Te Kahu mō tā rātou whai wāhi mai ki te mahi tahi i ngā mahi whaitake, te kōrero tahi hoki me ō tātou hāpori. Nā te rārangi hui ka motuhake te whai wāhi o ētahi kaimahi o Te Aho o Te Kahu ki te ako tōtika mai i

ngā whānau e pā ana ki ā rātou take me ā rātou wero. Mā ēnei akoranga ka pai ake ā rātou mahi o āiane, ā, haere ake nei.

Ehara i te mea he mahi tepenga kore tēnei mahi. Ahakoia ka whakaatu mai tēnei pūrongo i ngā reo ā-waha o ngā Māori tokomaha, o ngā tūrore me ngā whānau, kāore e taea te whakaatu mai i te katoa. Nā te iti o te pūtea i pērā te maha o ngā hui i whakatū, me te āhua o te KOWHEORI-19 hei aukati i te taenga mai a ētahi o ngā whānau me te tuku whakaaro. I hāngai te tautoko o ngā kaiwhakarato o te hāpori me ngā kaiwhakarato hauora i tēnei kaupapa ki te pānga mai o te KOWHEORI-19 me te pānuitanga mai o ngā tino panonina o te pūnaha. Mō ētahi kaiwhakarato ko tā rātou āhehi ki te tautoko i raru i tā rātou huringa ki te whakarite i ngā rautaki rongoā āraimate mō te KOWHEORI-19 kia noho haumarua ai, noho hauora ai ngā whānau.

Atu i tā tēnei pūrongo whakapuakina i ngā tini wāhi hei takahurihuri i ngā ratonga mate pukupuku, ka mutu, ko te ngākau nui o te pūnaha whānui mai i ngā tāngata kei

ngā tino tūrangā hei whakarite whakataunga te mea tino nui hei whakatinana, hei aweawe hoki i ngā panonina e tika ana kia whakaiti haere i ngā mana taurite-kore mate pukupuku Māori. Kia pēnei, kua tino pānga kē mai ngā reo ā-waha o ngā whānau ki te mahi a Te Aho o Te Kahu, me ō rātou whakaaro mātau e kōkiri ana i ngā panonina huri noa i ngā tino wāhi o taua mahi. He āhua nui hoki ngā wāhanga e hāngai tōtika ana ngā whakaaro mātau o ngā whānau i tuarihia mai i tēnei pūrongo ki te wawata me ngā whāinga mātāmua i tautohua ai i *Te Pae Tata*.

Ko te wero kua whakaritea mā Te Aho o Te Kahu anō kia whaitake tā mātou kōrero tahi me ngā whānau e whai wheako pono ana, nā konei ka whakaatanga mai ki ā mātou mahi ngā hiahia me ngā wawata o ngā whānau. Me mātua poipoi ō mātou whanaungatanga ki te iwi Māori me ngā kaitautoko ā-hāpori huri noa i te motu. He mea tino mātuatua ēnei whanaungatanga, inā hoki i a mātou e neke whakamua ana ki tētahi ao hauora hou, kei mua tonu o te aroaro o te tuku ratonga mate pukupuku ko te whakaiti iho i te mate pukupuku mana taurite-kore me te whakapiki ake i te mahi tahi me te Māori.

Inā anō te mihi kau ake ki ngā whānau tokomaha nāna nei tēnei kaupapa i tautoko. Ka kawea mai ō koutou reo ā-waha i tō mātou taha i a mātou e tuari ana i tēnei pūrongo ki ngā rōpū puta noa i te rāngai hauora, ā, ka huri hoki mātou ki te kōkiri i ngā panoninga e iti haere ai ngā mate pukupuku, e piki ake ai te oranga tonutanga, ā, kia mana taurite ai hoki ngā huanga mate pukupuku.

Kia maumahara: Kua whakaputaina e Te Aho o Te Kahu ngā tuhinga e toru mō te rārangi hui:

1. *Rongohia Te Reo, Whatua He Oranga* (tēnei pūrongo)
2. *Te Tikanga* e whakarāpopoto ana i tā mātou tirohanga kaupapa Māori ki te rārangi hui
3. *He Urupare* he tautohu i ētahi mahi a Te Aho o Te Kahu me ētahi atu pokapū hauora hei urupare atu, hei hāngai rānei, ki ngā whakaaro mātau o ngā whānau.

Ka taea te tiki atu ēnei tuhinga i tō mātou pae ipurangi, **teaho.govt.nz**.





A decorative horizontal band at the top of the page featuring a repeating pattern of stylized, concentric, wavy lines in a light green color against a dark grey background.

5

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6

Kuputaka Glossary

Kuputaka

akuaku	hygiene	kōtonga	depression, misery, distress	mate pukupuku kōpiro	bowel cancer
anga	framework	mamae tārūrū	excruciating pain, intense pain	mate pukupuku mongamonga	leukaemia
ate kakā	hepatitis	mana taurite	equity	mate pukupuku repe tātea	prostate cancer
āwhata	continuum	mana taurite-kore	inequity	mōhiohio	information
hārakiraki	inconsistent	manarite-kore	inequality, disparity	pae pāpāho pāpori	social media
hauora haumi	allied health	mātai māuiui	pathology	pairuri	palliative care
haumanu hihiora	radiology	mātai pāpori	psychosocial	paitini	carcinogen
haumanu korikori	physiotherapy	mātanga	clinician, expert	pānui ā-tuihono	online advertising
haumanu matū	chemotherapy	mātātoa	proactive	para	contaminate
kai taioraora	nourishing food	matawai takitaki	pilot screening	paraheahea	vulnerable
kaimātai hinengaro	psychologist	matawai	screening	pārongo whakairoiro	infographic
kori mähū	gentle exercise				

poapoa	stigma
pokenga	infection
pukupuku	tumour
puni pairuri	hospice
raraunga	data
rata mate hinengaro	psychiatrist
reanga	generation
repe taiaki huka	pancreas
repe ure	prostate gland
rītaha huna	unconscious bias
rongoā āraimate	vaccination
rongoā patu mamae	pain killer

rongoā tarutaru	medicinal cannabis
taipūwhenua	colonisation
takahurihuri	undergo change
tāmoe	overpower
tāpaetanga pōti	referendum
taupā	barrier, obstruction
taupānga ā-waea	phone app
tautohu	diagnose, identify, highlight
tauwhiro tuamatangi	end-of-life care
tauwhiro tuatahi	primary care
tauwhiro	community worker
tēpoko	asbestos

tīpako pūtautau	biopsy
toī	tingle, irritation
tūraru	risk
waha kōpū	cervix
waitinana	lymph
whakaaro mātau	insight
whakamahu	to heal
whakamātautau kohura	diagnostic test
whakaoranga	rehabilitation
whakataunga māuiui	diagnose
wheako pono	lived experience



Aho nuku Aho rangi
Hei mataaho tuanuku
Hei mataaho tuarangi
Hei aho rā rikiriki
Hei aho o te wao
Kia hoki ki te pū
Kia hoki ki te rito
Kia hoki ki te whānau
Whakaemi, whakamana, whakaora i te tangata
Turuturu whakamaua kia tina
Tina!
Haumi e. Hui e. Tāiki e!





TE AHO
O TE KAHU
CANCER
CONTROL
AGENCY