Across the life-course: a Kaupapa Māori and Equity Practitioner’s view

Aotea Centre, Auckland
May 6 2019

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Ngāpuhi
MBChB, PhD
The Star Compass

To help us navigate today
<table>
<thead>
<tr>
<th>House</th>
<th>Translated</th>
<th>Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rā</td>
<td>The sun</td>
<td>Motivation</td>
</tr>
<tr>
<td>Kāinga</td>
<td>Home</td>
<td>Learning</td>
</tr>
<tr>
<td>Ngoi</td>
<td>Indicates land</td>
<td>Pathways</td>
</tr>
<tr>
<td>Manu</td>
<td>Flying</td>
<td>Excellence</td>
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<tr>
<td>Ngā Rangi</td>
<td>Heavens</td>
<td>Being role models</td>
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<tr>
<td>Ngā reo</td>
<td>The voices</td>
<td>Leadership</td>
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<tr>
<td>Haka</td>
<td>The challenge</td>
<td>Self reflection</td>
</tr>
</tbody>
</table>
1. Rā - your motivation
Age distribution of deaths by ethnicity

Source: Robson B, Harris R. Hauora: Māori Standards of Health IV, 2007
Māori and equity

Systematic inequalities
• In health outcomes
• In exposure to the determinants of health
• In health system responsiveness

Ethnic inequalities in health can be reduced, eliminated and prevented

Assoc Prof Bridget Robson, Eru Pomare
Explaining Ethnic Determinants of Health
TMWM - TKHM Modified Williams Model

- BASIC CAUSES
  - Environments & Epigenetics
  - Racism/Privilege
- SOCIAL STATUS
  - SES
  - Ethnicity
  - Gender, Age, Marital Status, etc.
- SURFACE CAUSES
  - Social Transmission
    - Stigma
    - Prejudice
    - Stereotypes
  - Stress
    - Ethnic Discrimination
    - Other Stressors
    - Threat of Stress
    - Physical/Chemical Exposures
  - SES Opportunities
    - Educational
    - Employment
    - Income
    - Wealth
    - Housing
    - Incarceration
  - Societal Resources
    - Neighborhood/Community
    - Schools, etc.
- RESPONSES
  - Behavioral Responses
    - Health Practices
    - Everyday Resistance
  - Psychological Responses
    - Internalized Racism
    - Self Esteem
    - Stereotype threat
  - Physiological Responses
    - Central Nervous System
      - Endocrine
      - Metabolic
      - Immune
      - Cardiovascular
- HEALTH OUTCOMES
  - Morbidity
  - Mortality
  - Disability
  - Mental Health
  - Wellbeing

Adapted from Williams & Mohammed, 2013
2. Kainga - Equity
"Everyone needs to help maintain this home we call equity, because it only works when everyone does their share. Don't make me name names."

"Equity requires on-going work, but it's a home we will pass on to future generations."

"Equity is a home. Not like a physical house...but rather a home. Cause that's more metaphorical to a sense of belonging and stuff, yeah? Yeah."

"We have to build towards equity. It takes both people using their privileges and others using their experiences."

"Now, some of y'all got more privilege than others and that's ok. But just remember, when you ain't using your privilege as a tool, you are using it as a weapon."

"Think of privilege as a tool, and experience as material. Privilege, like tools, can be used to build something or to destroy. Your experiences can be rubble or building materials."

"Equity, like a home, is a human right. Lifting barriers, restoring rights, and protecting those most vulnerable is just maintenance."
The right to equity in health outcomes, access to health determinants and quality care
3. Ngor – Evidence

• Evidence that you are heading in the right direction

• What is Grounding....

• Can also be Uplifting
An example

• Counties Manukau DHB serves a unique population of 245,350 people

• Majority are Māori, Pacific people and people living in areas of deprivation

• In 2012, 62,000 of people living in CM were smoking tobacco

• One third were Māori; one third Pacifica
Issues – We stink!

• For Smoking B+C in primary care, CMDHB ranked 20th of 20 DHBs

<table>
<thead>
<tr>
<th>DHB Level</th>
<th>Rate</th>
<th>Rank</th>
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</thead>
<tbody>
<tr>
<td>Auckland</td>
<td>31.9%</td>
<td>17</td>
</tr>
<tr>
<td>Bay of Plenty</td>
<td>41.8%</td>
<td>6</td>
</tr>
<tr>
<td>Canterbury</td>
<td>24.8%</td>
<td>19</td>
</tr>
<tr>
<td>Capital and Coast</td>
<td>53.7%</td>
<td>2</td>
</tr>
<tr>
<td>Counties Manukau</td>
<td>19.6%</td>
<td>20</td>
</tr>
<tr>
<td>Hawkes Bay</td>
<td>47.3%</td>
<td>3</td>
</tr>
<tr>
<td>Hutt Valley</td>
<td>32.0%</td>
<td>16</td>
</tr>
<tr>
<td>Lakes</td>
<td>40.7%</td>
<td>7</td>
</tr>
<tr>
<td>MidCentral</td>
<td>33.4%</td>
<td>13</td>
</tr>
<tr>
<td>Nelson Marlborough</td>
<td>42.4%</td>
<td>5</td>
</tr>
<tr>
<td>Northland</td>
<td>30.1%</td>
<td>18</td>
</tr>
<tr>
<td>South Canterbury</td>
<td>35.4%</td>
<td>12</td>
</tr>
<tr>
<td>Southern</td>
<td>32.3%</td>
<td>15</td>
</tr>
<tr>
<td>Tairawhiti</td>
<td>37.6%</td>
<td>9</td>
</tr>
<tr>
<td>Taranaki</td>
<td>45.2%</td>
<td>4</td>
</tr>
<tr>
<td>Waikato</td>
<td>37.1%</td>
<td>10</td>
</tr>
<tr>
<td>Wairarapa</td>
<td>55.8%</td>
<td>1</td>
</tr>
<tr>
<td>Waitemata</td>
<td>33.4%</td>
<td>14</td>
</tr>
<tr>
<td>West Coast</td>
<td>38.8%</td>
<td>8</td>
</tr>
<tr>
<td>Whanganui</td>
<td>36.9%</td>
<td>11</td>
</tr>
<tr>
<td>National</td>
<td>34.4%</td>
<td></td>
</tr>
</tbody>
</table>

• CMDHB Board and Leadership endorsed a ‘Smokefree Strategy’

• Clinical Champions appointed
What we did

1. Collective responsibility

2. Call Centre

3. Quality Improvement Hui
NHT – Brief Advice and Cessation Support in Primary Care
Māori Leadership in Smoking Cessation

NZ Census smoking prevalence by ethnicity and sex, 1976-2013
The right to be partners – Treaty right
4. Manu – When we’re flying
Fridays....
Papakura Marae Health Clinic

- 3600+ enrolled
- 95+% “high need”
Mana Tū: a whanau ora approach

- Māori and Pacific people have significantly higher rates of type 2 diabetes and its complications
- Ethnic disparities are increasing with time

NHC, a Māori-led Primary Health Organisation, developed Mana Tū

Aim

to improve diabetes outcomes and reduce disparities in incidence, hospitalisation and mortality rates by transforming primary health care
# Results (at Jan 2019)

<table>
<thead>
<tr>
<th></th>
<th>Mana Tū Baseline</th>
<th>Mana Tū Total Group Jan 2019</th>
<th>Mana Tū Enrolled Jan 2019</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total number</strong></td>
<td>200</td>
<td>200</td>
<td>167</td>
</tr>
<tr>
<td><strong>Age range (years)</strong></td>
<td>20-83</td>
<td>20-83</td>
<td>24-83</td>
</tr>
<tr>
<td><strong>Female: Male (n)</strong></td>
<td>109:91</td>
<td>109:91</td>
<td>95:72</td>
</tr>
<tr>
<td><strong>HbA1c (mmol/mol)</strong></td>
<td>84.33</td>
<td>79</td>
<td>77</td>
</tr>
<tr>
<td><strong>average range</strong></td>
<td>65-196</td>
<td>n/a</td>
<td>37-127</td>
</tr>
<tr>
<td><strong>Change in HbA1c (mmol/mol)</strong></td>
<td>-</td>
<td>-5.33</td>
<td>-7.33</td>
</tr>
</tbody>
</table>
Ruia’s experience

<table>
<thead>
<tr>
<th>Before</th>
<th>Goals and Interventions</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Frequent admission (5 in 2016) for CHF</td>
<td>• To be a role model for her whānau</td>
<td>• HbA1c now <strong>49</strong></td>
</tr>
<tr>
<td>• Uncontrolled diabetes</td>
<td>• To be in control of her own health</td>
<td>• Weight now <strong>148kgs</strong></td>
</tr>
<tr>
<td>• Non engaged</td>
<td>• Recycled cycle</td>
<td>• Cholesterol now <strong>3.4</strong></td>
</tr>
<tr>
<td>• HbA1c <strong>166</strong></td>
<td>• Garden</td>
<td>• Triglycerides now <strong>1.8</strong></td>
</tr>
<tr>
<td>• Weight <strong>174kgs</strong></td>
<td>• Healthcare service engaged with me and my life</td>
<td>• Chol/Hdl <strong>4.0</strong></td>
</tr>
<tr>
<td>• Cholesterol = <strong>8.2</strong></td>
<td></td>
<td>• Egfr <strong>44</strong></td>
</tr>
<tr>
<td>• Triglycerides = <strong>10.9</strong></td>
<td></td>
<td>I’m in charge!</td>
</tr>
<tr>
<td>• Chol/Hdl = <strong>8</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Egfr = <strong>24</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• “No hope”</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
The right to be part of the solution

There comes a time when silence is betrayal

- Martin Luther King Jr.
5. Ngā Rangi –

The stars

Creating an environment for people to shine
Māori, and a Māori responsive, health workforce

• Recruitment and retention
• Māori/Indigenous health curriculum
• Future leaders

The right to be doctors and receive care from an excellent health workforce
6. Ngā reo – the voices

• To keep us going

• People who
  – Provide a sense of direction
  – Inspire
  – Are innovative, push the boundaries
  – Are known for their hard work and persistence
  – Communicate from the inside out
Wahakura a fantastic example

- Safe
- Other benefits – breastfeeding, weaving
- ‘Space’ interventions associated with reduction in SUDI rates in Aotearoa

Māori-led, partnered or advised

• Accurate data
• Safe analysis

“The right to be counted and the right to give our lives meaning”
7. Haka – the challenge

- Be a Player
- Be the Coach
- Be the Manager
- Be the Ref
- Be a Fan
- KNOW YOUR ROLE
Mana-enhancing critique

– Be honest, critical appraisal *(self reflection)*
– Get help when you need it *(MDTs)*
– Aim for excellence *(audits)* – ‘keep up the standards’
– The culture of the system *(cultural safety)*
Finally……

• Point of navigating is to get somewhere better

• Future areas
  – Papatuanuku and Ranginui
  – Genes?
  – Technology?
  – Aroha
1. (verb) (-a,-tia) to stretch forward, extend oneself, extend.

*Ka tautoro ōna manga, ka rite tōna ātaahua (PT Hohepa 14:6).* / His/her branches shall spread, and his/her beauty shall be
Kia ora!