

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

Aotea Centre, Auckland

May 6 2019

Dr Matire Harwood

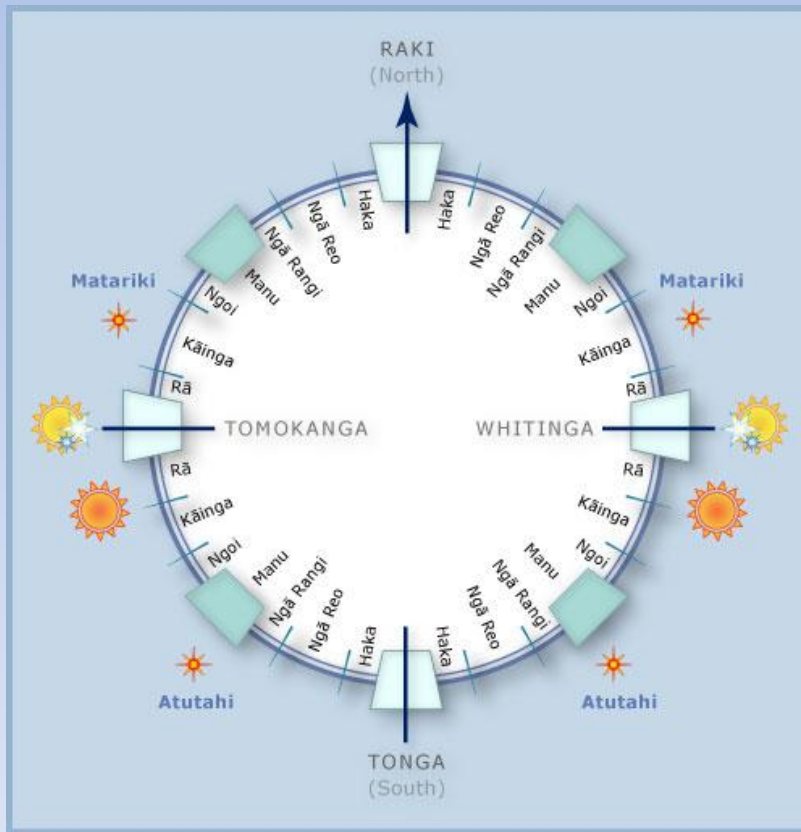
Ngāpuhi

MBChB, PhD



The Star Compass

To help us navigate today

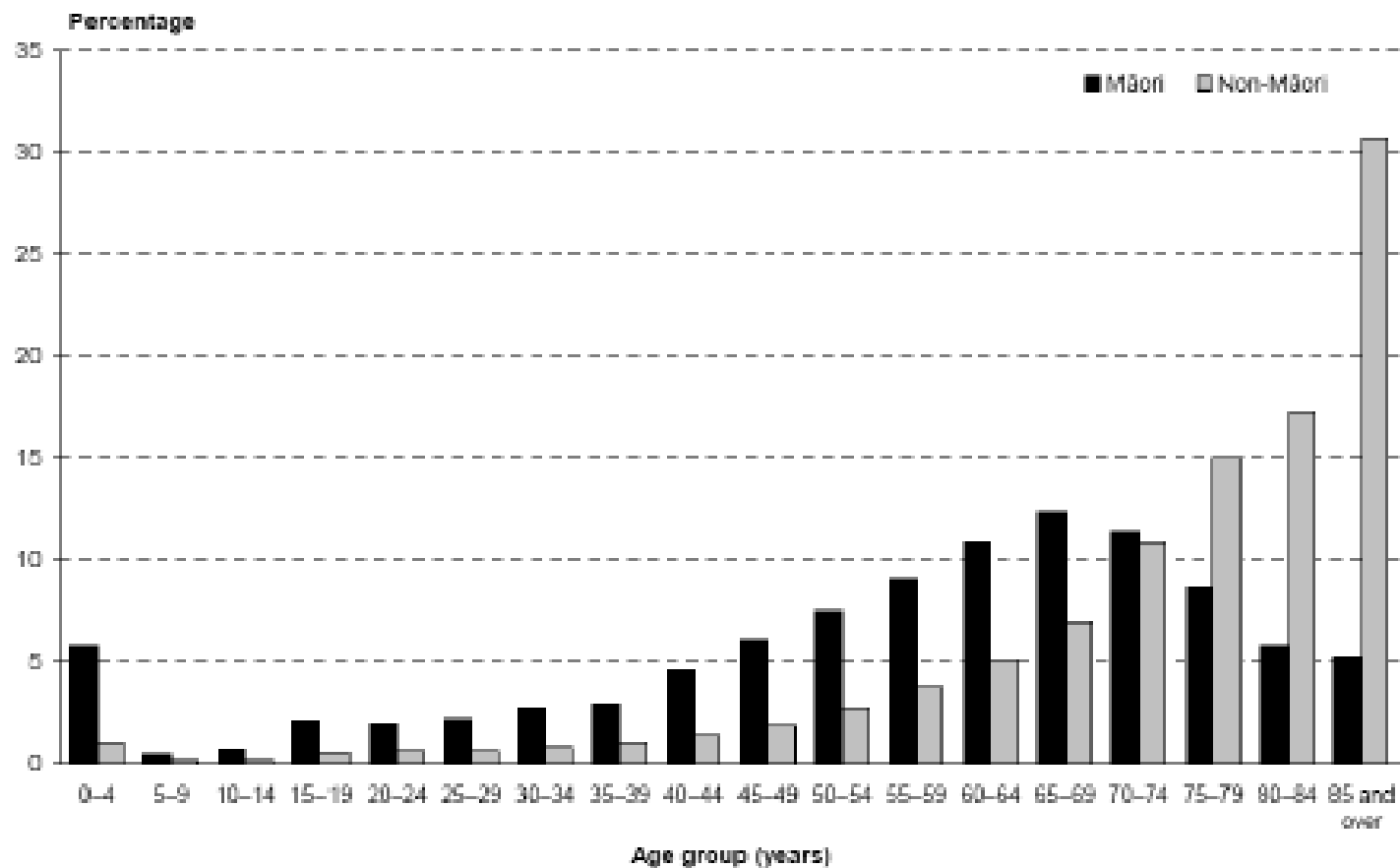


House	Translated	Theme
Rā	The sun	Motivation
Kāinga	Home	Learning
Ngoi	Indicates land	Pathways
Manu	Flying	Excellence
Ngā Rangi	Heavens	Being role models
Ngā reo	The voices	Leadership
Haka	The challenge	Self reflection

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

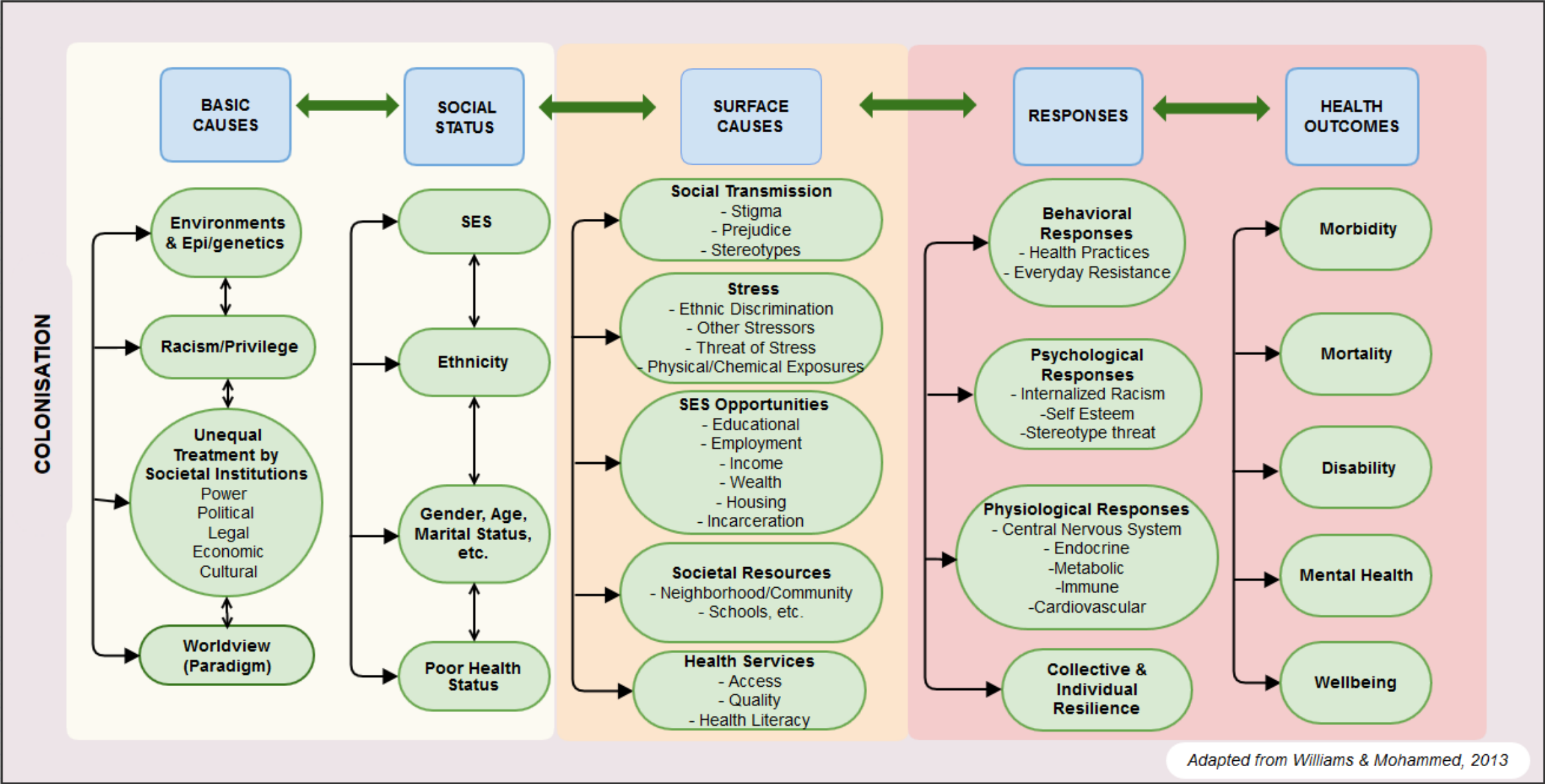
Systematic inequalities

- In health outcomes
- In exposure to the determinants of health
- In health system responsiveness

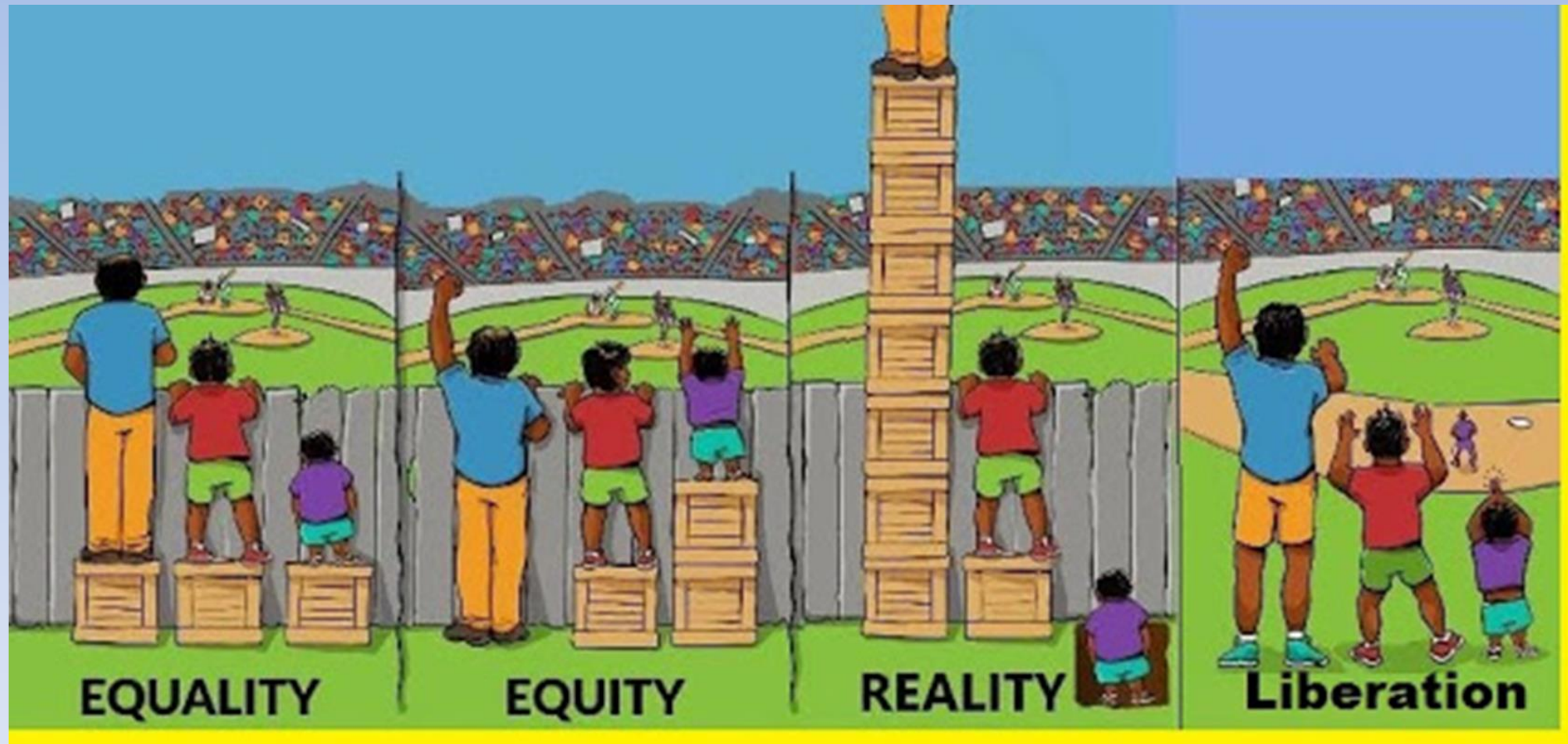
Ethnic inequalities in health can be reduced, eliminated and prevented



Explaining Ethnic Determinants of Health TMWM - TKHM Modified Williams Model



2. Kainga - Equity



Wh



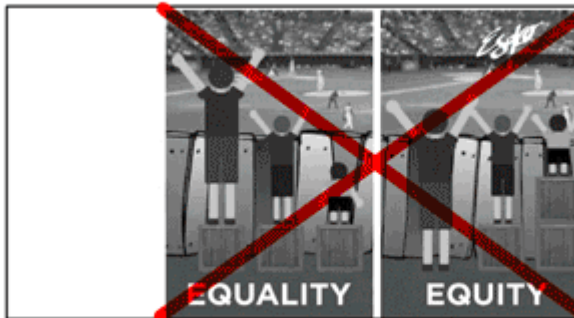
"Everyone needs to help maintain this home we call equity, because it only works when everyone does their share. Don't make me name names."



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



understanding."



Equity isn't about watching baseball."



"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 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."



"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. Ngoi – 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!

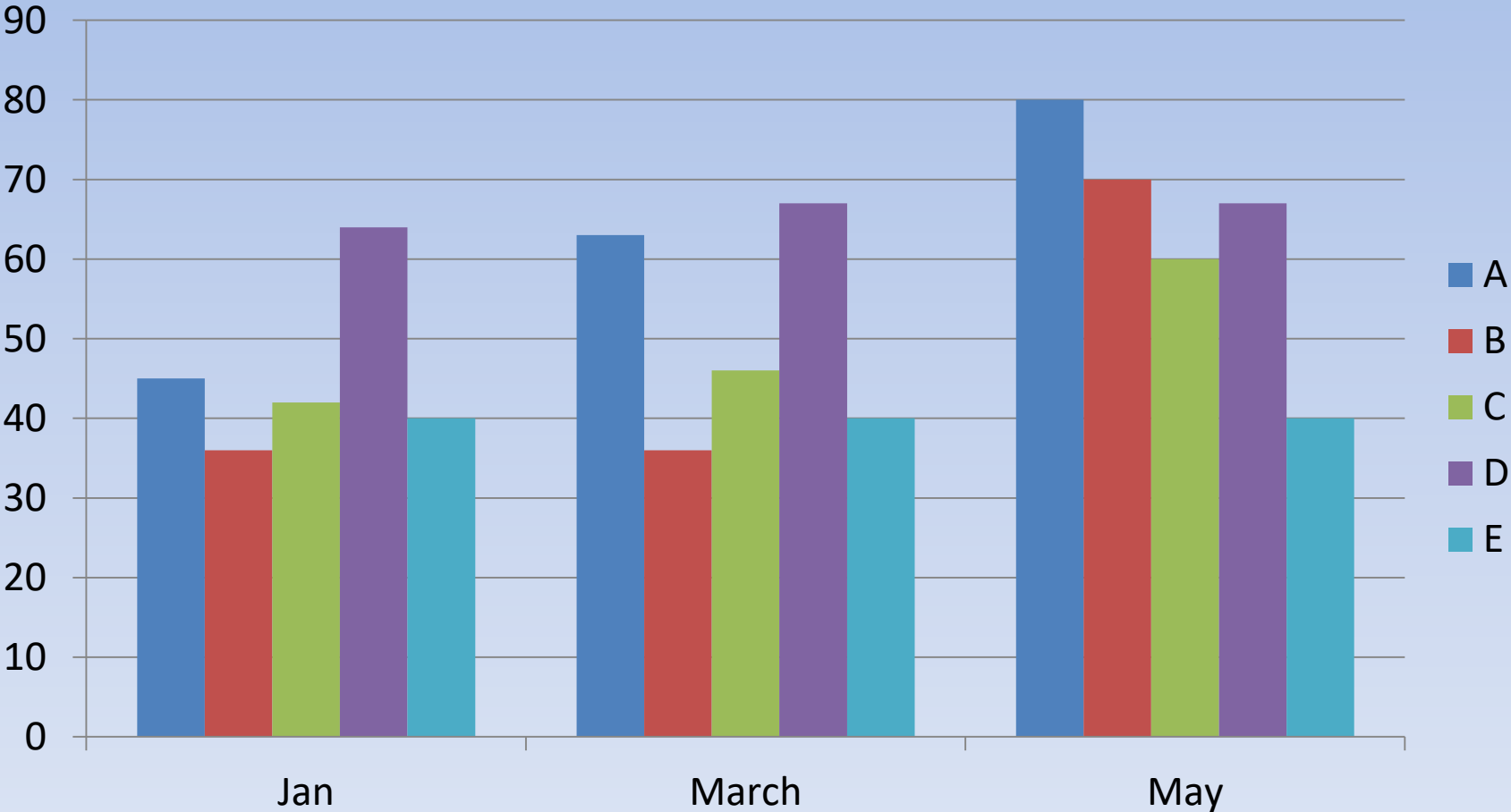
- For Smoking B+C in primary care, CMDHB ranked 20th of 20 DHBs
- CMDHB Board and Leadership endorsed a ‘Smokefree Strategy’
- Clinical Champions appointed

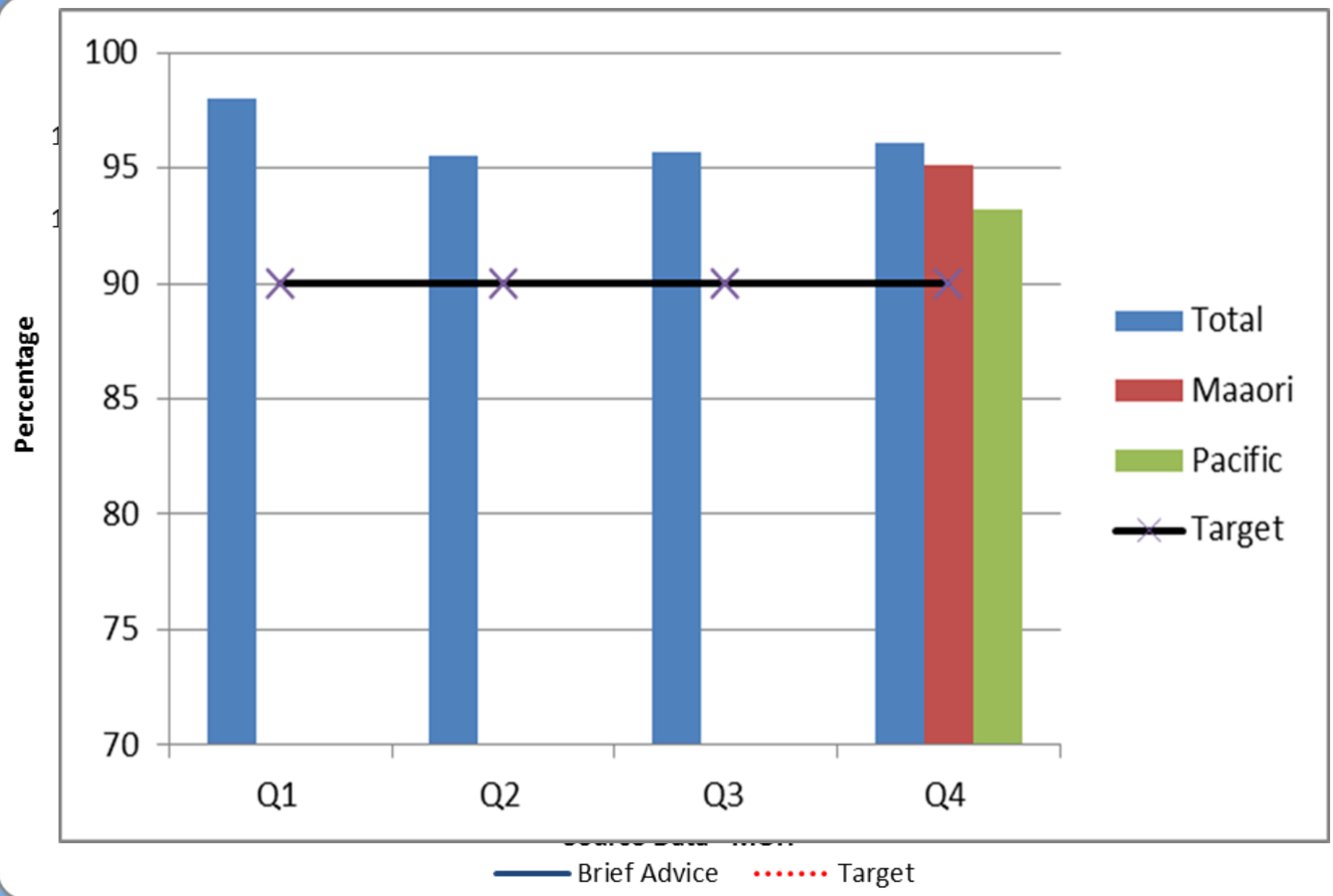
DHB Level	Rate	Rank
Auckland	31.9%	17
Bay of Plenty	41.8%	6
Canterbury	24.8%	19
Capital and Coast	53.7%	2
Counties Manukau	19.6%	20
Hawkes Bay	47.3%	3
Hutt Valley	32.0%	16
Lakes	40.7%	7
MidCentral	33.4%	13
Nelson Marlborough	42.4%	5
Northland	30.1%	18
South Canterbury	35.4%	12
Southern	32.3%	15
Tairāwhiti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

What we did

1. Collective responsibility
2. Call Centre
3. Quality Improvement Hui

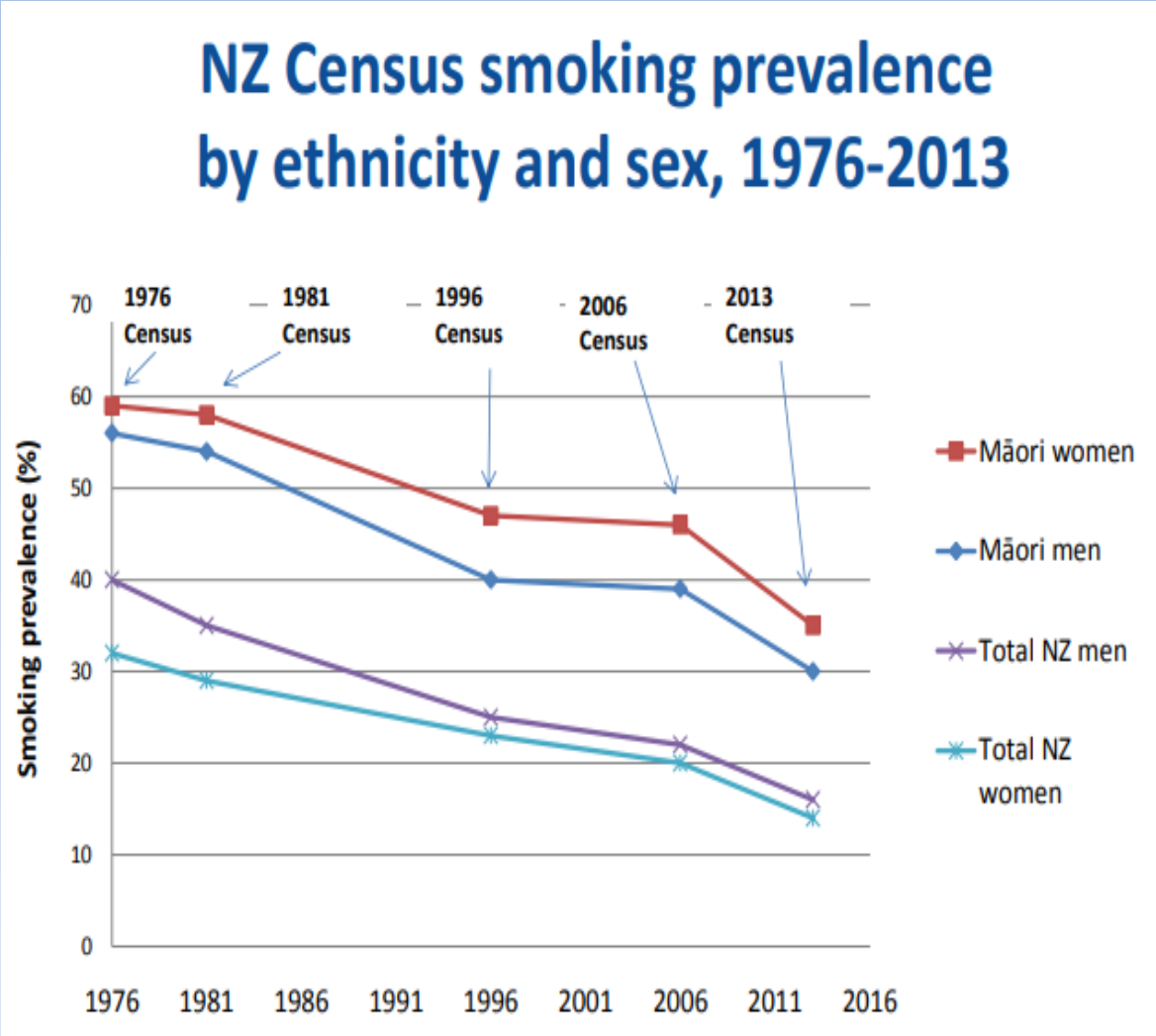
NHT – Brief Advice and Cessation Support in Primary Care





— Brief Advice Target

Māori Leadership in Smoking Cessation



The right to be partners – Treaty right

4. Manu – When we're flying

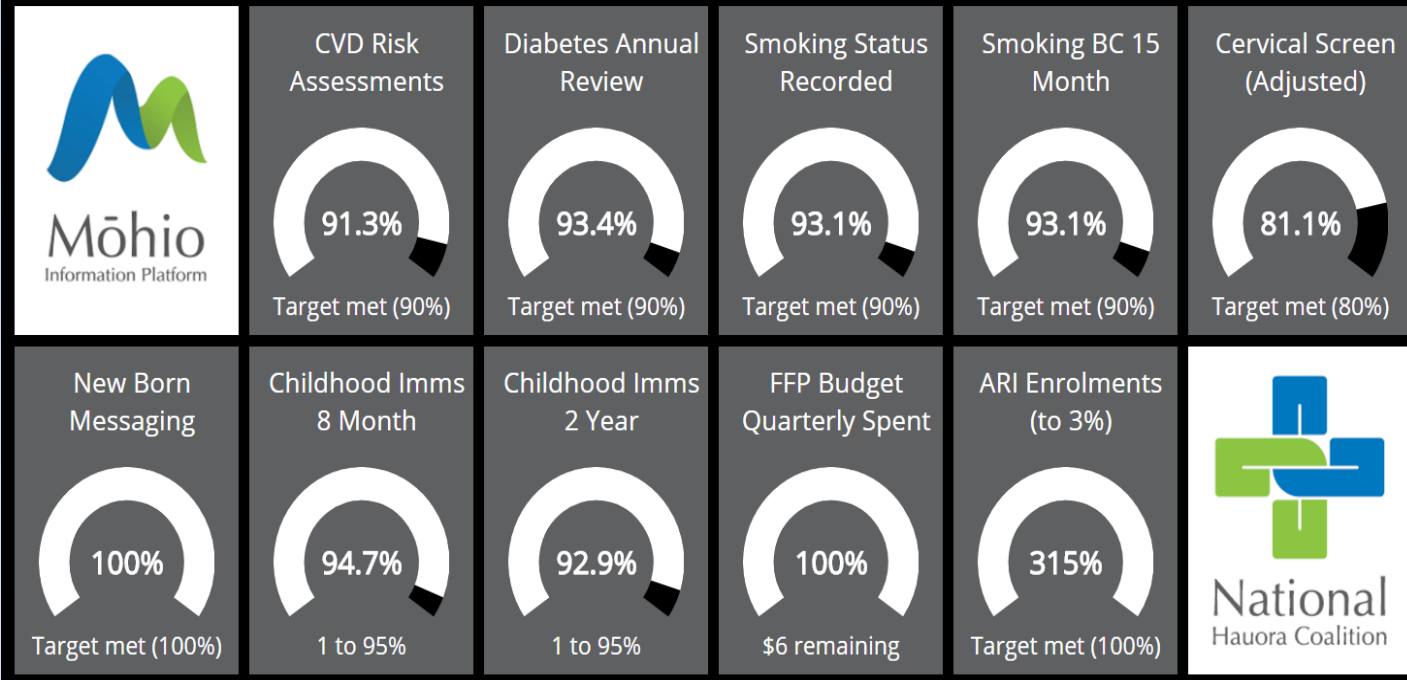


Fridays....



Papakura Marae Health Clinic

National Health Targets 30 June 2017 Papakura Marae Health Centre



- 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

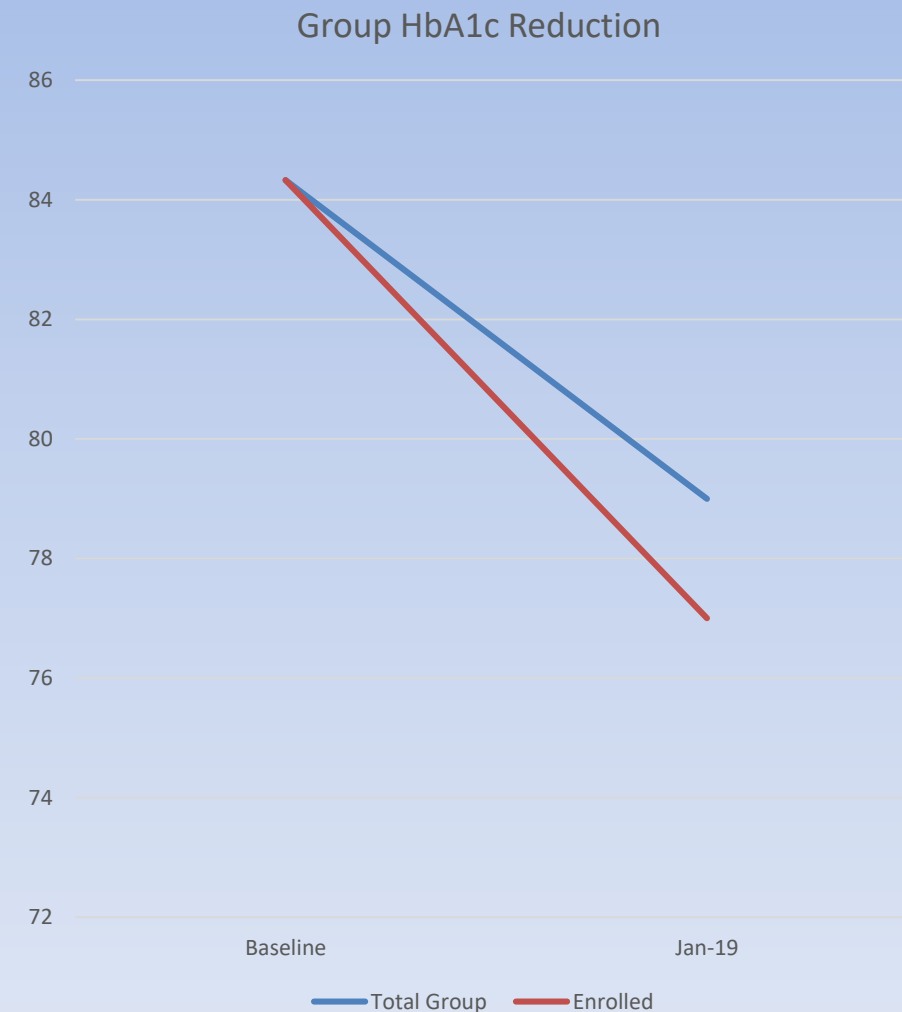
Aim

to improve diabetes outcomes and reduce disparities in incidence, hospitalisation and mortality rates by transforming primary health care

Results (at Jan 2019)

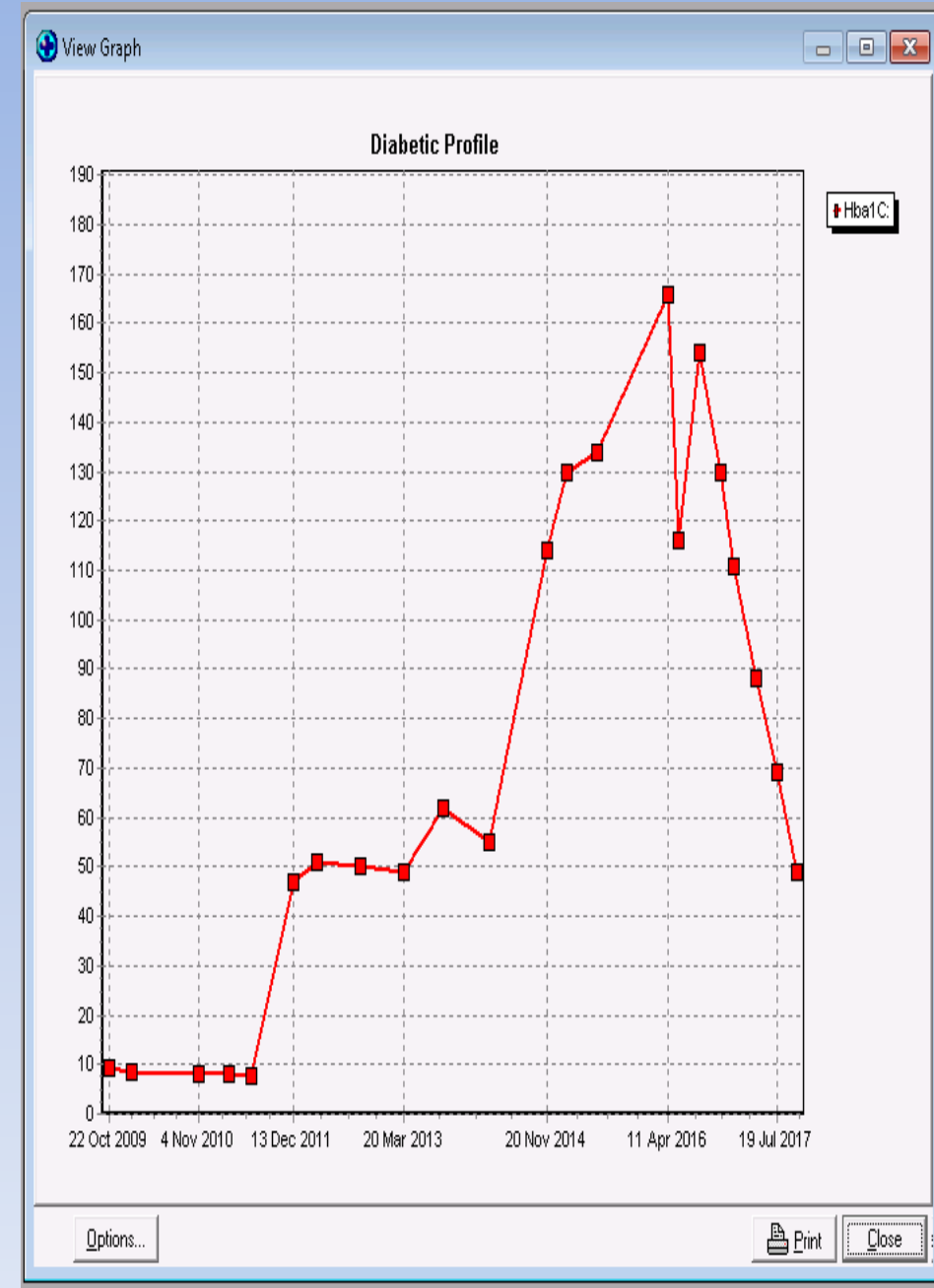


	Mana Tū Baseline	Mana Tū Total Group Jan 2019	Mana Tū Enrolled Jan 2019
Total number	200	200	167
Age range (years)	20-83	20-83	24 -83
Female: Male (n)	109:91	109:91	95:72
Māori:Pacific:Ot her (n)	94:99:7	94:99:7	82:79:6
HbA1c (mmol/mol) average range	84.33 65-196	79 n/a	77 37-127
Change in HbA1c (mmol/mol)	-	- 5.33	-7.33

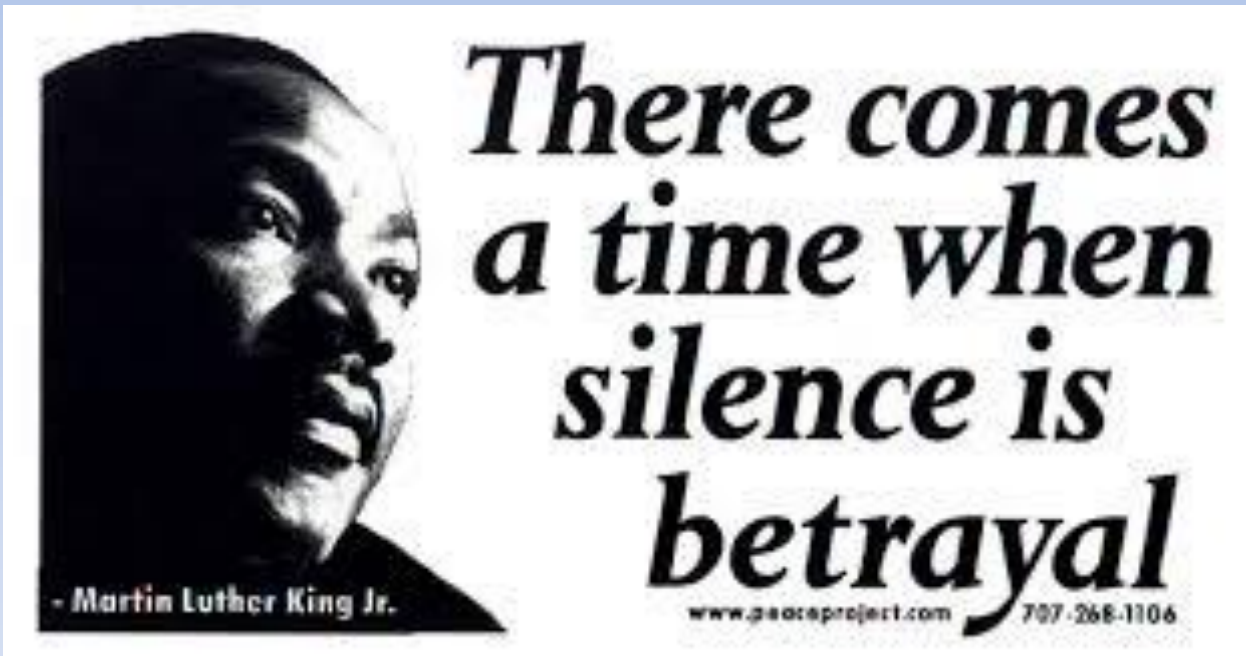


Ruia's experience

Before	Goals and Interventions	After
<ul style="list-style-type: none"> • Frequent admission (5 in 2016) for CHF • Uncontrolled diabetes • Non engaged • HbA1c 166 • Weight 174kgs • Cholesterol = 8.2 • Triglycerides = 10.9 • Chol/Hdl = 8 • Egfr = 24 • “No hope” 	<ul style="list-style-type: none"> • To be a role model for her whānau • To be in control of her own health • Recycled cycle • Garden • Healthcare service engaged with me and my life 	<ul style="list-style-type: none"> • HbA1c now 49 • Weight now 148kgs • Cholesterol now 3.4 • Triglycerides now 1.8 • Chol/Hdl 4.0 • Egfr 44 <p>I'm in charge!</p>



The right to be
part of the
solution



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

Sally A. Baddock, David Tipene-Leach, Sheila M. Williams, Angeline Tangiora, Raymond Jones, Ella Iosua, Emily C. Macleod, Barry J. Taylor. Wahakura Versus Bassinet for Safe Infant Sleep: A Randomized Trial. Pediatrics 2017



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!