

Kōrero ā – Whānau

Tamati* along with his wife Heather* joined #tātou in May 2016. While developing his plan with his kaiārahi, Noel, he completed an initial #tātou Snapshot, a self assessment tool (scale of 1 to 5) with a series of questions over the Rangitiratanga, Mātauranga, Tikanga, Oranga, and Ohanga domains.

His answers indicated that he did not have experience in creating a health plan, did not know of services and programmes that could support his health and did not feel he had successfully managed a health challenge. Noel connected Tamati* to the relevant services and resources within Whānau Centre and the Community.

He has attended Kai Nutrition workshops, completed meal planning, been referred to Green Prescription and supported to join WestWave.

His follow up Snapshots have changed dramatically in all the above – he most recently answered a “5 (on a scale of 1 to 5), I routinely practise or use this in my daily life” to being able to achieve health goals and access support in the community.

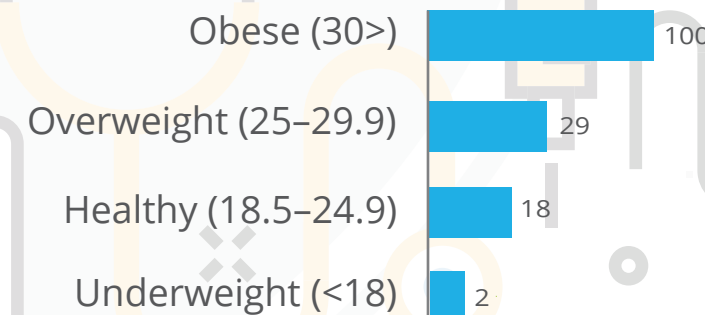
In his most recent health assessment Tamati* had lost a significant amount of weight (5.6kg) over 10 weeks. He also reduced his blood pressure from 151/75 to 125/69, a significant drop that reflects that he is currently managing his hypertension well with diet, exercise and adherence to his medication.

*names changed to protect privacy

Weight and BMI

of 149 whānau

Initial BMI Classification of Whānau

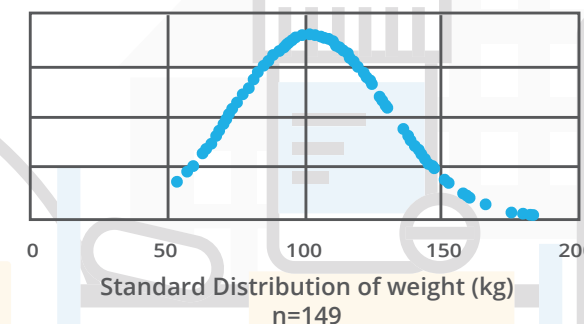


Obesity affects
2 out of 3
of our whānau

1 out of 5
whānau are **overweight**

1 out of 10
whānau have a **healthy BMI**

Initial Whānau Weight Distribution



#tātou Snapshot

Trends emerging in follow up of 47 whānau out of 191

11%
– Improved –
management
of
health issues
and conditions

3% Increase in
confidence
to achieve health goals
10% Improved
access
to different services
to support their goals

11%
– increase –
knowledge
– of different –
programmes to
support
health goals

Casey* while enrolled with #tātou in June 2016 was not yet ready to engage with her kaiārahi, Pep. As part of our #tātou communication strategy, Pep included Casey* in her weekly text messages and frequent #tātou updates. Three months later she started to respond:

“I tried to do it on my own but then my doctor referred me to a group and having the two supports was what made the difference, it was key to me making changes. One big eye opener was when we went to Rainbows End and I didn't want to go on any rides because I didn't think I could fit.

In November I was connected up to increase exercise, this was my first time ‘exercising’ since September 2015 when I injured myself. After attending regularly, I set my whānau goals. Everybody in the house has now got a plan and is frequently exercising; there are a total of ten whānau members at home.

My sister has recently joined the Big Boys Big Girls Club and my brother and my mum have joined the gym at WestWave. I look forward to the future and what that looks like. My energy levels are way better and focusing more at work. Also setting goals together as a whānau. My spouse is diabetic but is not on medication because of the changes and now exercises regularly as well.”

*names changed to protect privacy

Waist Circumference Change

Follow up of 68 whānau out of 139

56%
whānau show
decrease
in
waist
circumference

Approx.
↓ 2%
decrease
in waistline

Overall
121.6 cm
waist measurement
loss

Nutrition & Exercise

A sample of 30 whānau showed change

↑ 36% increase
in the average
number of days
consuming 5+ fruits and veg.
Increase from 3.9 to 5.3 days a week

↑ 83% increase
in the average
exercise
hours per week
Increase from 2.87 to 5.2 hours per week

Whānau Milestones

247
whānau have
identified
a
health plan

64%
of whānau
demonstrated
progress
against their plan

151
– whānau –
achieved
their desired
outcome



Emerging Trends

Weight

Follow up of 64 whānau out of 149

48%
– whānau –
lost weight

— Total —
47.3 kgs
weight loss

Trends for our Whānau affected by weight issues

Follow up of 55 whānau out of 149

2 out of 5
of the
obese and overweight
whānau show
change in weight and BMI

54%
whānau show
decrease in
BMI and weight

He aha te mea nui o te ao?

He tāngata! He tāngata! He tāngata!

What is the most important thing in the world?

It is the people! It is the people! It is the people!



#tātou is a place based Collective Impact initiative at the Whānau Centre, West Auckland with the vision – all whānau in West Auckland are healthy.

Three years ago, five organisations within Whānau Centre came together to work collectively for a cause. #tātou emerged as the vehicle for Whānau Centre change with the whānau and the workforce; #tātou

meaning ourselves, our whānau and our community – navigating the way to a healthy lifestyle.

Embedding a Whānau Ora approach, kaiārahi (navigators) work with the priority whānau to assist them to develop their own individual plans and goals for their journey towards improved health and wellbeing. Drawing on the combined Whānau Centre services and resources, kaiārahi then connect whānau to the supports required to action their plan. Moving into the second year since commencement of engagement with whānau, #tātou presents a snapshot of the journey with its whānau up to 1st July 2017.

Vision

All whānau in West Auckland are healthy.

Mission

Improve health outcomes for whānau in West Auckland.

Values

Kōkiritia i roto i te kotahitanga (Progressively Act in Unity).

Objectives

1. To support whānau improve their health and well-being with focus on obesity.
2. To improve collaboration and health literacy in the Whānau Centre.



A Publication on behalf of Ngā Pou o Te Whare o Waipareira

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Ngā Hua o #tātou

Emerging Trends of Success

WHĀNAU IMPACT

PART 2

#tātou
ourselves • our whānau • our community
Navigating your way to a healthy lifestyle

Demographics

71%
Female

29%
Male

45%
25 – 44 Years

32%
45 – 64 Years

62%
Māori

18%
Pasifika

20%
Others

Health Conditions Self-Reported

4%
Hypertension

7%
CVD/Heart
condition

7%
Type 2 Diabetes

18%
Asthma

18% **16%** **29%**
Smokers Ex-smokers Non-smokers

Whānau Assessments

Health Assessments

150
Follow up 67

#tātou Snapshot

191
Follow up 47

Health Literacy

114
Follow up 26

264
Whānau

