



# Survey of the Health Needs of Maori Men in Te Tau Ihu

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# Presentation Overview

- Aims, Objectives and proposed outcomes of study
- Project Methodology
- Overview of study findings
- Recommendations and Outcomes

# Introduction

- Study led by Te Hauora o Ngati Rarua
- Due to raised awareness and the need to provide information
- Undertaken in 2007
- Funded by NMDHB
- Study focused on Te Tau Ihu – providing a regional picture of the issues for Maori men

# Intentions of Research

- Aims

- Undertake a literature review of Maori men's health issues
- Establish a focus group made up of key stakeholders
- Undertake consultation hui
- Develop a questionnaire survey
- Carry out group and individual interviews
- Produce a report to identify the outcomes of the survey and possible recommendations

# Intentions of Research

- Objectives
  - To collect data about health and social issues that impact on the lives of Maori men.
  - The survey information to provide a platform for the development and implementation of initiatives designed for Maori males

# Intentions of Research

- Proposed Outcomes
  - Improve health outcomes for Maori men
  - Establish baseline data regarding Maori male health and social issues in the region
  - Provide a more informed understanding of Maori male health and social issues
  - Increase participation of Maori males in service development
  - Improve choice and coverage
  - Develop targeted services for Maori males based on evidential data

# Methodology

- Kaupapa Maori
  - Research with Maori communities – not on Maori communities
  - Flaxroots – collaboration with whanau, hapu, iwi and Maori communities
  - Multidisciplinary approach to the research
  - By Maori for Maori
  - Research team accountable to the community in which research is being undertaken in

# Methodology

- Literature Review
  - Broad contextual understanding of Maori men's health
  - Very few resources specifically on Maori men's health
- Focus Group
  - Oversight and support of project
- Consultation Hui
  - Four hui held across region
  - Facilitated discussion
  - Engagement of Maori men and whanau
- Questionnaire Survey
  - Tick box – 31 questions
  - Sample selection via existing networks

# Findings

- Health Status
- Health Seeking Behaviour
- Health Risk Behaviours
- Socioeconomic Circumstances

# Health Status

- Life expectancy
  - Maori male – 68 years national, 73 years regional
  - Non-Maori male – 76 years national/regional
- Major causes of death
  - Chronic diseases – CVD, diabetes, cancer, COPD, motor vehicle injury and suicide

# Health Seeking Behaviour

- Visits to GP
  - Less likely to have visited doctor in previous 12 months
  - More likely to have seen more than one doctor
  - Only present in crisis
  - Cost of consultation
  - Social norms – traditional masculinity
  - Not being made to feel welcome or listened to

# Health Risk Behaviours

- Smoking
  - Twice as likely to smoke
- Alcohol
  - Less likely to have consumed alcohol in past year
  - More likely to have hazardous drinking patterns
- Drug use
  - Regular marijuana use significantly more prevalent among Maori adults
- Nutrition and Physical Activity
  - Just as physically active
  - Family and work commitments
  - Diet does not change to meet lifestyle

# Socioeconomic Circumstances

- Wider determinants of health that impact on wellbeing
- Maori in all income categories have worse health
- Variables independent to income operating above the effect of income
- Younger age structure, lower levels of education, a less skilled workforce, lower medium income

# Recommendations

- Regional Wananga
- National Wananga
- Health Promotion
- Campaigns
- Role modelling/mentoring
- New Services
- Further Research

# Recent Developments

- Hauora Tane Service – Nelson Marlborough
- National Tane Ora Conference
- Mana Tane Aotearoa - National Maori Men's Collective
- National Men's Health Campaign

# Hauora Tane Service

## Nelson Marlborough

### ■ Regional Wananga

- Mobilising men in region
- Personal experiences – lifestyle changes
- Organisational development
- Forum for participants to share
- Women included in process

### ■ Health Promotion

- Clearing house for information
- Establishment of forums
- Identification of champions to lead forums across region
- Identification of projects through Maori communities that can be supported

# National Tane Ora Conference

- An opportunity for a network link to occur – local – regional – national
- Inaugural Conference that brought together organisations and individuals to discuss the wellbeing and role of Tane in society – as an extension of Whanau Ora.

# Mana Tane Ora

## National Maori Mens Collective

- An outcome of National Conference
- Meet quarterly to discuss and set direction
- Contracted to MoH
- Currently 300 registered members – membership protocols currently being developed in line with Constitution
- Three phase process
  - Legal entity to accept and attract funding
  - Development of Constitution – which will be out for consultation and presented at next AGM for acceptance and adoption
  - Development of Strategic and Business Plans

# National Men's Health Campaign

- Mana Tane Ora engaged to provide cultural oversight to the program
- First campaign of its kind in Aotearoa
- Developed from Australian model – to address health issues in wider context as they affect men
- Will continue this to be main advisors for future campaigns

# Summary

- Research Study Intentions
- Methodology
- Findings
- Recommendations
- Recent Developments

