Ngā Hua o #tātou
Emerging Trends of Success

WHĀNAU IMPACT

PART 2

He aha te mea nui o te ao?
He tangata! He tangata! He tangata!

#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.
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**Demographics**

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Gender</th>
<th>Age Group</th>
</tr>
</thead>
<tbody>
<tr>
<td>71%</td>
<td>Female</td>
<td>25 - 44 Years</td>
</tr>
<tr>
<td>29%</td>
<td>Male</td>
<td>45 - 64 Years</td>
</tr>
<tr>
<td>45%</td>
<td>Female</td>
<td></td>
</tr>
<tr>
<td>32%</td>
<td>Male</td>
<td></td>
</tr>
<tr>
<td>62%</td>
<td>Māori</td>
<td></td>
</tr>
<tr>
<td>18%</td>
<td>Pasifika</td>
<td></td>
</tr>
<tr>
<td>20%</td>
<td>Others</td>
<td></td>
</tr>
</tbody>
</table>

**Health Conditions**

<table>
<thead>
<tr>
<th>Condition</th>
<th>Self-Reported</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypertension</td>
<td>4%</td>
</tr>
<tr>
<td>CVD/Heart condition</td>
<td>7%</td>
</tr>
<tr>
<td>Type 2 Diabetes</td>
<td>7%</td>
</tr>
<tr>
<td>Asthma</td>
<td>18%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Status</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smokers</td>
<td>18%</td>
</tr>
<tr>
<td>Ex-smokers</td>
<td>16%</td>
</tr>
<tr>
<td>Non-smokers</td>
<td>29%</td>
</tr>
</tbody>
</table>

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**Whānau Assessments**

- **Health Assesments**
  - 150 Follow up 67
- **#tātou Snapshot**
  - 191 Follow up 47
- **Health Literacy**
  - 114 Follow up 26
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Tātou* along with his wife Heather* joined Whānau in May 2016, while developing his plan with his kaiārahi, Noel, he completed an initial Whānau Snapshot, a self assessment tool (scale of 1-5) with a series of questions to identify his health issues and conditions.

He has attended nutrition workshops, completed meal planning, been referenced Green Prescription and supported to join Motivate.

His follow-up Snapshots have changed dramatically in all the above – he most recently answered a 5 or more of 1-5 to monitoring protein at an average of 2.6g (50% less than his initial Snapshot) and he is working with Noel to achieve health goals and access support in the community.

In his most recent health assessment Tātou* had lost weight (25–29.9) and lost weight (18.5–24.9) over the Rangatiratanga, 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 plan, did not know of services and programmes that could support his health and did not feel he had successfully managed a health plan.

He was currently managing his hypertension well with diet, exercise and medication because of the changes and now exercises regularly as well.

My energy levels are way better and I now got a plan and am frequently exercising; there are a total of ten whānau members at home.

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 achieved their goals and are more focused on their health and wellbeing.

One big eye opener was when we went to Rainbow’s End and I didn’t want to go because I didn’t think I could do it.

I believe it is a culture shift but then my doctor referred me to a group and helping each other support each other made the difference. I learned key things on how to change things.

‘I tried to do it on my own but then my doctor referred me to a group and having help and support has really changed my life’.

Three months later she started to respond: “5 (on a scale of 1 to 5), I routinely practise these things in my daily life”.

As part of our Tātou communication strategy, #tātou included Casey* in her weekly text messages and frequent #tātou updates.

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