

**NGATI
POROU
HAUORA**

Progress Report 2018

**Thank you to the whanau who provided the beautiful images
in this document to help bring our vision to life & Cole Kahaki
for the art on the front cover.**

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Ngati Porou Hauora
is a subsidiary of
Te Runanganui o
Ngati Porou

Kia Ora! Ngati Porou Hauora is the only Iwi-owned hospital & health service provider in the world. Operating on the East Cape of New Zealand, we are driving development to improve rural and indigenous health and wellbeing here and connecting with inspiring indigenous-led developments around the world.



OUR STORY

The East Coast is paradise, a raw, precious and isolated part of New Zealand where Maori traditions and pure rural living have been preserved. A bountiful environment of beauty and spiritual richness, this coast is the first place in the world touched by the sun's rays and shined upon by the Maori New Year stars (Matariki).

Those that are born on the Coast are of the Coast. Te Puia Springs Hospital (Te Whare Hauora o Ngati Porou) sits at the heart of the Coast. Built in 1903 with gifted use of land and support from Te Whanau a Iritekura, (the local sub-tribe), it was extended to care for returning soldiers suffering from tuberculosis, and later a maternity annex was added in Waipiro Bay.

Over the last 110 years, the community has weathered devastating impacts of colonisation, adverse political and policy settings, losses through two World Wars and the Vietnam war, cyclones, loss and degradation of vital infrastructure, a reducing and stagnating economy, the centralisation of industries and educational institutions away from rural areas, and significant urban drift. These factors combined, have resulted in depopulation, low incomes, few employment choices and the region suffering the highest level of premature mortality in New Zealand. A lack of population growth and government support threatened the viability of Ngati Porou Hauora. However, reclaiming ownership of the Hauora has allowed a dedicated and resilient team to create unique and innovative models of community-based care. Some of these are outlined in this document.

With smart management approaches and consistent support from our parent entity, Te Runanganui o Ngati Porou, our team have secured the short-term future. Today, Ngati Porou Hauora is still the sole primary health care provider for a challenging geographic area that stretches across 200km of coastline. Being the biggest employer on the Coast, Ngati Porou Hauora also plays a critical role in the area's economy, injecting an additional \$5.5 million of GDP through the employment of local people and funding contracts.

In the face of adversity, the power and pride within was never lost. The desire to care for each other, to love and to laugh, and to see our communities thriving again will secure a healthy future and drive a holistic approach to health & well being to create positive change within one generation.



Photo above: Te Puia Springs Hospital looks over the water. Photographed in 1950

Photo below: Iritekura Marae, Waipiro Bay



MESSAGE FROM THE CHAIRPERSON

Tena koutou,

Every person in NZ is enrolled in one of 36 Primary Health Organisations around the country. Ngati Porou Hauora is one of the smallest and most unique.

As a PHO and health provider, NPH has had a tough few years with major financial pressures and a lot of work required to ensure that the services met national performance expectations. I am proud of the commitment of all Hauora personnel whose collective efforts over that prolonged period contributed to a remarkable turn-around, and we are now in a position to think positively and creatively about the future.

Throughout this difficult journey, we've never lost sight of why we are here. We want to turn the health story of our people on its head. Currently, our people die earlier than any other population group in the country and suffer more through co-morbidity en route to that early death. Let's flip that completely up-side-down.

We want to transform our rohe into one of the world's blue zones.

What's a blue zone? There are only a handful of blue zones in the world. They are very small areas where people live longer and live 'happier' than anywhere else on the planet. That's our destination and we have a name for it:

Te Pae Kahurangi.

Confidence consists of positive expectations for favourable outcomes*. I have confidence that we (Ngati Porou) will, one day, reveal our own blue zone to the rest of the world.

Teepa Wawatai,
Ngati Porou Hauora Chairperson



BLUE ZONE LESSONS



Physical activity
Find ways to move more
and make physical activity
an integral part of your day.



Life purpose
Wake up with a purpose
each day and add up to
seven years to your life.



Stress reduction
Find a strategy that helps you
relieve stress
and commit to it.



Moderate calorie intake
Eat mindfully
and stop eating
when 80 percent full.



Plant-based diet
Put more fruit
and vegetables
on your plate.



Moderate alcohol intake
If you have a healthy
relationship with alcohol,
enjoy a glass of wine
with friends each day.



Spirituality or religion
Belonging to a faith-based
community and regularly
attending services adds up
to 14 years to your life.



Family life
Spend time with your family
and add up to six years
to your life.



Social groups
Surround yourself with people
who support positive
behaviors and
who support you.

TE PAE KAHURANGI



OUR CEO

Rose has been CEO since August 2013. During this time, she has seen Ngati Porou Hauora transform from an organisation in deficit and with performance issues, to a viable organisation that is meeting national expectations and is on a journey to transform health for Ngati Porou whanau.

Supported by a management team of strong Ngati Porou wahine, this turnaround has been achieved through lean, innovative management approaches that remain focused on the big picture. Brave decisions have been made to prioritise clinical performance improvement and reconnect with communities.

Rose's strategy for the next phase is to continue to focus on the end goal: whanau living longer and better than the last generation, one step at a time. She is passionate about the link between whanau health and the health of our whenua, and would like to see the organisation work towards improving sustainable energy use, clean water, self-grown clean kai and better use of natural resources.

Strengthening the connection between staff, whanau, communities and Iwi leaders is also a key focus. Rose believes that this is what will ultimately lead to people taking charge of their own health. Whanau will be empowered to access their own information and transform their own outcomes through better nutrition, exercise, social and physical environments and choosing to eliminate smoking, drugs and alcohol. Our strength as a collective is what will realise Te Pae Kahurangi.

CEO BIO

Rose Kahaki of Ngati Porou/Ngapuhi descent. She trained as a nurse in Gisborne and worked on the East Coast, and in the UK. Upon returning to NZ, Rose completed a PGDip Health Management, and went on to manage national contracts with the Ministry of Health. She held the position of Maori Strategic Development Manager in Planning and Funding for Capital and Coast District Health Board, where she advanced Maori specific strategies, development and planning as penned in CCDHB Maori Health Strategies.



CLINICAL EXCELLENCE

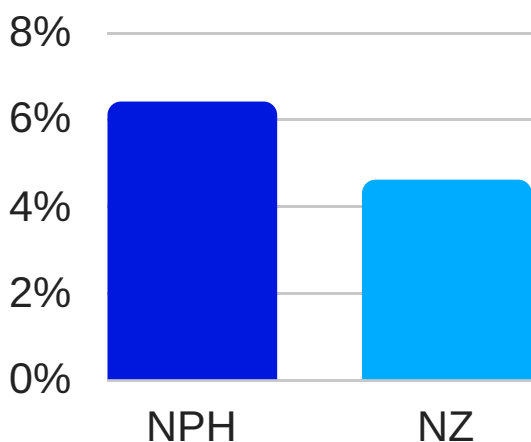
98%

2 YEAR OLD
IMMUNISATION
COVERAGE

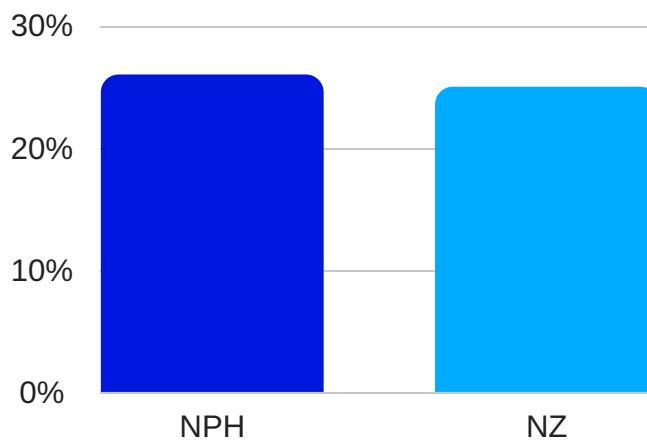
96.2%

CARDIOVASCULAR DISEASE
RISK ASSESSMENT
SCREENING

OUR CONTROL OF DIABETES IS JUST ABOVE
NATIONAL AVERAGE DESPITE HAVING HIGHER
PREVALENCE



Population with Diabetes (%)



Control of Diabetes
(HbA1C under 64%)

WE HAVE PASSED ALL AUDITS WITH FLYING COLOURS:



DAA
Hospital Audit



Baby Friendly
Hospital Audit



HBSS
Audit



Cornerstone
Accreditation
(including all clinics)

RESEARCH



Ngati Porou Hauora was one of the first health providers in New Zealand to develop its own research policy and procedures. These guidelines are now used as examples nationally. We have a strong relationship with Otago University and NPH has been an active partner with local and international academic institutions on topics including genomic research, health literacy, gout, new approaches to diabetes prevention, community decision making and other areas of Maori health.

In 2018 Ngati Porou Hauora will officially open a research centre in partnership with one of New Zealand's national centres of research excellence: The Maurice Wilkins Centre. The jointly managed health research centre will be based at Te Puia Springs Hospital.



PEPI ORA



Vodafone
New Zealand
Foundation

In partnership with The Vodafone New Zealand Foundation, and with support from Dev Academy, we are in the process of developing Pepi Ora. Pepi Ora is an incentive-based programme for young families that takes the 'Gold Card' idea, but instead rewards parents for the important contribution they make to NZ society, and improves it by including a points collection and rewards programme.

This project is the first of its kind and has the potential to be scaled locally, nationally and internationally. Scaling the programme will be dependent on the success of this pilot and the level of interest from key stakeholders including the Ministry of Health, NGOs such as Plunket, Maori health service providers and local businesses contributing to the rewards programme. Once trialled and refined into an attractive, functional app; this programme has great potential.



HURINGAPAI

The Huringa Pai programme was initially led by NPH's Dr Willem Jordaan and the Puhi Kaiti Team, starting in February 2016. The program focuses on whanau who are pre-diabetic to stop the progression toward full-blown diabetes. Huringa Pai encourages whanau to move, get more active with and for our whanau, and focus on better eating. We are pleased to report that whanau involved have taken over ownership of this initiative and the movement is growing rapidly.

WAHAKURA

In response to high rates of SUDI (sudden unexplained infant deaths occurring while sleeping) in Māori children, the Nukutere Weavers' Collective in Gisborne developed the wahakura in 2006, the country's first Māori safe-sleeping device. Research has since endorsed this cultural device to keep baby safe (Baddock, Tipene-Leach et al, 2017).

NPH is using Wahakura workshops as an effective way to engage expectant mums and pass on a range of antenatal messages. This approach has been very successful and staff have been able to use the time together to talk about safe sleeping, promote breastfeeding and also develop health plans with each whanau.



FACILITY DEVELOPMENT

Our next mission is to convert Te Puia Hospital into a state-of-the-art, whanau-centric, green hospital and home for traditional Maori healing.

We will be starting this redevelopment by upgrading the facilities for our Pakeke: We hope to offer 10 small-scale, modern but homely rooms for our Pakeke to be able to stay on the Coast in their senior years.

TEPUIASPRINGS HOSPITAL REDEVELOPMENT



PAKEKE FACILITY

Ageing well and with aroha on the Coast. Services offered within the space will include:

- Rehabilitation and 'slow stream' post-operative care (for community-based pakeke and those at Te Puia)
- Palliative care
- Residential and respite care
- Healing environment and Maori healing systems



GREEN HOSPITAL & HEALTH SERVICE

Develop green spaces - community gardens, and outdoor leisure and learning space.

Increase utilisation of natural renewable resources. (e.g.: geothermal, solar, water)



CENTRE FOR EXCELLENCE & INNOVATION

We are well on our way having established the Research Centre. Next steps:

- Student accommodation and study facilities
- Create a hub for local innovation, micro-business development and remote working

HOA PUMAU STEADFAST FRIENDS

Join us.

Help create an international flagship of rural and indigenous health and wellbeing. Help create Te Pae Kahurangi.

Hoa Pumau is a network made up of volunteers from across Aotearoa and abroad who support Te Pae Kahurangi through fundraising, outreach, and advocacy initiatives. Members are key to overcoming the challenge of implementing a big vision from a small place.

WHAT IT MEANS TO BE A MEMBER OF HOA PUMAU:

You are dedicated to Ngati Porou Hauora's mission of achieving Te Pae Kahurangi - progress measured by each generation living longer than the last
You play an active role in a community of philanthropists, investors, and influencers who comprise the Kahurangi Network

You are committed to supporting the organisation in any of the following ways:

- Making a regular financial contribution to your capacity;
- Raising funds on behalf of Ngati Porou Hauora;
- Sharing your networks;
- Providing pro-bono skills, advice and expertise
- Hosting and attending events to introduce new supporters;
- Attending and/or helping to promote Ngati Porou Hauora events;
- Attending and participating in Hoa Pumao meetings;
- Lending your name to Ngati Porou Hauora for public listings and campaigns.

Talk to us today to learn more.

NPH BOARD



TEEPA WAWATAI (Chairperson) is a self-employed business and management consultant and director who has worked in the private sector, government sector and voluntary sector at a senior level across multiple industries. He is Ngati Porou and his family roots are based primarily in the Waiapu Valley encompassing the communities of Tikitiki, Ruatoria and surrounding areas. He has been involved in Ngati Porou development for over twenty years, holding directorships in various tribal commercial entities and is a former CEO of Te Runanganui o Ngati Porou, the organisation that represents the collective interests of the Ngati Porou iwi(tribe). Teepa is married to Anne and they have four adult children and two grandchildren.



HUTI PUKETAPU-WATSON (Deputy Chairperson) is Ngati Porou, and has extensive experience in working with Indigenous communities in both New Zealand and Australia. Huti has specialised in community development in health since 1997. She has worked with a range of primary providers of health-related services to Indigenous communities in policy development, program development and health service organisation management and planning. Huti is also heavily involved in Maori regional economic development and is Chair of the Ngati Porou Miere Board. Qualifications and Memberships include Masters Degree in Public Health, Charles Darwin University Alumni, and member of the Public Health Association Australia and New Zealand.



KYLEE POTAE gained her BCom degree at Otago University before joining BDO Gisborne in 2006 as an Auditor. She was appointed manager of the Maori Business Unit in 2008, and later joined the Partnership in 2012. Her strong interpersonal skills, and her belief in dealing kanohi ki te kanohi have given Kylee a strong presence in the Māori business sector. Kylee's diverse client base has given her a wide range of experience to be able to address a number of technical and governance issues currently facing Māori organisations. Kylee is a member of the Institute of Chartered Accountants (NZ) and the Accounting Collaboration Partners to Nga Kaitatau O Aotearoa (Maori Accountants Network).



LOIS J MCCARTHY-ROBINSON has vast experience in health governance and advisory appointments. She was a Ministerial appointment to Tairāwhiti District Health Board, serving nine years, and now sits on two advisory committees. She was Deputy Chairperson of the national organisation Healthcare Aotearoa; and in 2010 was appointed by the Minister of Whānau Ora, the honourable Tariana Turia to the Tairāwhiti Whānau Ora Regional Group as Chairperson. In her Tokomaru Bay community Lois is a Trustee of Pakirikiri Marae, Tuatini Ahu Whenua Trust, Mangahauini Inc Blocks committee of management and on the board of Marotiri Farms. Lois is Chairperson of Te Ara Tika Trust (Tairāwhiti Gambling Services) and a trustee of the Gisborne, East Coast Cancer Society and representative to the Central Districts Cancer Society Audit and Finance Sub-committee.



DR JULIA CARR is a Public Health Physician and has worked as a GP for over 20 years. Dr Carr has researched contracting for rural health services, primary health care implementation and evaluation, disparities in health outcomes for Māori, prison health, hard to reach populations and contributed to 'Hauora IV'. She worked as Advisor to the Associate Minister of Health and in the office of Hon Tariana Turia as Senior Private Secretary, Whānau Ora. She was a Trustee for the J.R McKenzie Trust. As Senior Portfolio Manager Primary Care at C&CDHB, she had responsibility for over \$40M of funding and contracts, business planning, project oversight and evaluation. Dr Carr is Senior Lecturer in Primary Health Care at Griffith University, Queensland, and continues to work as a GP locum in New Zealand and Australia.



Contact us today:

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**"E TU KI TE KEI O TE
WAKA, KIA PAKIA KOE
E NGA NGARU O TE
WA"**

**"STAND AT THE STERN
OF THE CANOE AND
FEEL THE SPRAY OF
THE FUTURE BITING
AT YOUR FACE"**

**-DR APIRANA
MAHUIKA**