



Te Pūtahitanga

Māu te ara, kia ora ai te whānau.

"Your pathways empower whānau to thrive"

Baseline Evaluation Report for Navigator Tinana

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Social Change
& Innovation

Baseline Evaluation Report for Navigator Tinana | February 2020
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Whakarāpopototanga

Executive summary

Navigator Tinana is a strategy to implement the Moving the Māori Nation Framework, a Te Puni Kōkiri initiative to promote Whānau Ora through whakapakari tinana. The strategy supports individuals, whānau and community organisations to improve the wellbeing of whānau Māori. A focus on improving Te Taha Tinana, the physical wellbeing of participants is the central activity that engages whānau with Navigator Tinana. However, analysis indicates the Navigator Tinana have not only had an impact on physical health. Rather, it is evident the changes reported by whānau reflect the four walls of Te Whare Tapa Whā (Durie, 1994). There are several factors that distinguish Navigator Tinana services from mainstream health and fitness providers, these reside within their efforts to strengthen the remaining three walls of Te Whare Tapa Whā - Te Taha Wairua (spiritual), Te Taha Hinengaro (mental and emotional) and Te Taha Whānau (family and social).

Interview data has identified nine key outcomes for the whānau who engaged with a Navigator Tinana. They are:

Te Taha Hinengaro

- 1** Increased confidence and self-belief.
- 2** Increased capability - Whānau have learnt new skills which has increased their capability to be active and enjoy physical activity.
- 3** Whānau have increased their confidence to participate in physical activity and cultural activities.

Te Taha Wairua

- 4** Cultural connection - Whānau are reporting increased cultural connection through te reo Māori, mātauranga Māori and attending the marae.

Te Taha Tinana

- 5** Healthier lifestyles - Whānau report they are living healthier lifestyles, food and nutrition has improved, whānau are leading more balanced lives.
- 6** Improved health and fitness - Whānau report their physical fitness has improved and they are more active.

Te Taha Whānau

- 7** Gaining a whānau of support - Whānau have the support of those around them, they are prepared to step outside their comfort zone, try new things and make new positive social connections that enrich their lives.
- 8** Strengthened whānau relationships - Whānau have strengthened their relationships through participating in Navigator Tinana activities.
- 9** Ka hao te rangatahi - Rangatahi have had increased opportunities, grown their capability and made new social connections.

Together these outcomes contribute to a holistic view of health and wellbeing consistent with a Māori worldview. Whānau report changes in relationships and hinengaro (mental health and wellbeing) as significant outcomes. While physical changes, such as losing weight and looking better, were noted as important and provided a feeling of achievement, the changes in relationships, mental health and wellbeing were noted as the most important to whānau.

Whānau are reporting increased hope, optimism, resilience and efficacy or confidence. These spiritual and psychological traits are features of what is referred to as psychological capital. In addition, Navigator Tinana emphasised interdependence and cultural connection as key components of their approach. These features are central to success, they identify the Navigator Tinana approach as distinctly Māori, and distinguish Navigator

Tinana from mainstream health and fitness initiatives.

The holistic approach taken by the Navigator Tinana is consistent with, and complementary to the Whānau Ora Pou. There is evidence that whānau are achieving the outcomes (pou), and the objectives set by Te Puni Kōkiri, through the relationships and activity alongside a Navigator Tinana. Analysis of the data indicates there are several factors that contribute to the success of Navigator Tinana initiatives, including a commitment to eliminating barriers to access, increased social connection, culturally centred activity, embedded in community, low cost or no cost programmes, safe and inclusive environments and highly skilled Navigator Tinana. Three opportunities for improvement were identified by both the whānau and the Navigator Tinana. These are sustainability, networking and increasing cultural capability.



Whakapapa

Background

Navigator Tinana is a strategy to implement the Moving the Māori Nation Framework, Te Puni Kōkiri initiative to promote Whānau Ora through whakapakari tinana. The strategy supports individuals, whānau and community organisations to improve the wellbeing of whānau Māori.

The objectives of the framework are:

- Rangatiratanga: to promote self-sufficiency through the development of knowledge, such as mātauranga Māori and cultural frameworks, and skills such as developing hauora plans, running exercise training sessions and healthy kai workshops.
- Whanaungatanga: promoting activities that encourage whānau participation, to demonstrate community cooperation through 'joined up' approaches and a coming together through 'whakapakari tinana'.
- Oranga: to promote wellbeing, healthy nutrition and eating habits, and healthy activities.
- Utilising traditional Māori games or activities such as Kī-o-Rahi, Poi, Mau Rākau, Mamau, Mekemeke and Makamaka whether in traditional or contemporary urban settings.
- Cultural events that are focussed on whakapakari tinana and hauora.
- Community and social team sports.
- Testing innovative service delivery models that encourage physical activity.
- Providing information to whānau about healthy lifestyles and nutrition.

(Te Puni Kōkiri, 2016)

The Whānau Ora Navigator model has been identified by the Productivity Commission (2015) as a key example of an integrated whānau-centred approach supporting seamless access to health and social services. Reports from whānau and providers, as well as research, shows that when whānau work with Navigators they experience significant benefits including improved outcomes across education, employment and income (Gifford and Boulton, 2014). Te Pūtahitanga o Te Waipounamu currently has 12 Tinana Navigators (9.5 FTEs). Rather than being employed through service providers, Navigator Tinana are employed by 11 initiatives across Te Waipounamu. While their missions are similar, each initiative enacts their mission in a manner that is unique to their own context.

Descriptions of the 11 initiatives in which Navigator Tinana undertake their work are as follows:

Bros for Change

The purpose of Bros for Change is to give young people who have been labelled as difficult and challenging a second chance to create real change through real talk with real people. Bros for Change was established to create self-esteem, self-awareness, self-respect, self-management and role models for the next generations. Participants range from young people in intermediate school right through to more serious youth offenders.

The Tīmatanga Hou leadership programme supports 40 rangatahi in their transformation, with a focus on changing everyday behaviours such as; swearing, negative comments/thinking, positive outlook, aggression, coping strategies, crime, respect/tikanga and role models/associates.

Through 'Moving the Māori Nation' they will increase health and wellbeing of whānau through the medium of physical and cultural activity including; whanaungatanga, tikanga, mau rākau, haka, waiata, mahinga kai, korikori tinana, kaitiakitanga, goal setting, life skills, rangatiratanga, manaakitanga, community engagement, Māori performing arts, whānau inclusion, marae stay, pathway plans and graduation.

Crossover Coach

Crossover Coach is a multi-faceted whānau business specialising in healthy lifestyles, sports and nutrition. The initiative is characterised by a coach who has passion to work with elite athletes who see their vision in achieving their goals. The coach is a successful owner and operator of community basketball in the Selwyn and Taumutu area.

Crossover Coach has already gained success delivering 'hoops classes' across Ōtautahi involving up to 38 teams. A component of building the drills skills of basketball coaching for the tamariki and rangatahi is offered as a taster to enable individual coaching. They have now included Midnight Basketball, which is a social inclusion programme, aimed to keep at-risk youth off the streets at night between the hours of 8pm to midnight by using basketball to engage youth and provide a sporting experience with a seven week-long basketball tournament. Midnight basketball appears to attract students and encourages them to persevere with their study, NCEA Levels 1 – 3.

Korotangi (NZ) Limited

The Taonga Tākaro initiative is working to promote cultural and physical wellbeing for rangatahi, and to encourage the development of succession planning for Taonga Tākaro. The goal is for all schools to incorporate Kī-o-Rahi and Te Ariki as part of the school curriculum, so it becomes popular amongst rangatahi and eventually becomes as strong as touch rugby in the South Island. Korotangi (NZ) Ltd envisage a Te Waipounamu secondary and primary school Kī-o-Rahi competition.

Korotangi want to create a hub and environment that is safe and supportive where community and youth groups can come and learn these kēmu as part of a holiday programme, or support the work of the teacher aides in schools, wanting to take their basic knowledge of the tākaro and learn the pūrākau, basic karakia, mihi, waiata etc.

Hale Compound Conditioning

In September 2017 Manu and Koren Hale opened their own HCC HQ (gym). This had been a vision for a very long time and through this space they now provide the types of services they have been wanting to deliver at their own discretion. They offer group training, weight training, PT one-on-one training, youth fitness programmes, host sports clubs, run health and wellbeing workshops and anything else that can benefit the wider community.

They operate a fully mobile gym service throughout Christchurch as well as co-ordinating health, wellbeing and nutrition workshops with other health professionals who are passionate about helping people.

Yoga in Schools Ltd

Yoga in Schools Ltd, founded by Letesha Hallett, created an initiative called Yoga Warriors which has achieved strong exposure throughout Christchurch, providing a socially and culturally inclusive yoga programme. There are three phases to the Yoga Warriors growth; supporting whānau locally, breaking down barriers and achieving national and international spread. Yoga in Schools will leverage access to whānau through technology to target national and international markets and will help whānau to create firm foundations for a healthy lifestyle.

They will create a technology plan to establish a Mindfulness Platform pilot through rangatahi, their whānau and their kura, where they can engage 24-hours a day, seven-days a week, 365-days a year.

The platform launch will involve other yoga teachers, kaiako and whānau who are willing to contribute to its development and testing.

Kia Kaha Chemist

Kia Kaha Chemist is led by a Māori pharmacist on a journey to understand the local knowledge gaps in pharmaceutical issues and encouraging whānau Māori to increase their engagement with the healthcare system. By teaching whānau about their medicines, they are more likely to use them consistently and therefore more likely to stay well.

The goal is to support whānau in becoming self-sufficient; take an active role in their own health outcomes and day-to-day management of their medicines or health conditions. A future aspiration is to make transformational change; a vision to promote healthier lifestyles in a bid to get whānau off medicines that are harmful.

Grace Training NZ RCG Group(2010)

RCG Group (2010) Ltd trading as Grace Training NZ was established to provide an accessible, inclusive and positive environment that fosters manaakitanga and whanaungatanga for whānau of all ages and abilities. The initiative is focussed around mentoring a holistic approach to hauora, oranga wairua, oranga tinana, oranga whānau and kotahitanga.

Grace Training NZ is building on the success of previous years, to have generational impact by creating opportunities for whānau to access, participate and enjoy intergenerational whānau activities that encourage healthy living.

Whānau physical activity planning will be led by whānau for whānau. Professional advice will be available to assist in nutritional needs with their core programme and discipline.

Kutt Functional Fitness

The Kutt Functional Fitness kaupapa is a Māori influenced fitness experience for members of the local community who may not feel empowered enough to join a mainstream gym. The goal is to create motivated, nurturing and confident whānau who are healthy, strong and fit. Hauora is the ultimate goal, but they also aim to create social bonding capital within community to forge a truly resilient and uplifting community within the eastern suburbs of Christchurch.

The initiative is designed to help whānau improve and fight mental health problems in an efficient manner. Functional Fitness reduces the overall levels of stress helping with new levels of mindfulness. At the same time, it can improve the overall cognitive function of the memory. It also encourages breathing techniques and calming the wairua when in an agitated state.

Omaka Marae

Omaka Marae has developed a safe environment for whānau who were previously not participating or exposed to exercise to be able to engage in physical activities. Omaka Marae share the benefits of health and exercise from a te ao Māori context through whanaungatanga and manaakitanga. The success of Whare Hākinakina – Toa Fit, a boxing training session with a whānau vibe will continue to be delivered and new kaupapa Māori health and exercise initiatives will be introduced.

The Navigator Tinana strengthens whānau champions guided by their professional development plans. They have developed a rangatahi rōpū in preparation to promote Hapori Hākinakina – Toa Fit in schools, kura and community organisations across Te Taihū o Te Waka a Māui for future planning.

A new component of the Navigator Tinana role involves the delivery of two Māori wellbeing wānanga. A comprehensive programme to describe the components of the wellbeing wānanga will be developed.

Arowhenua Whānau Services

The purpose of Arowhenua Whānau Services is to provide a wide range of integrated services to all Māori and non-Māori living within the Arowhenua rohe. The Tinana Navigator's ultimate focus and mission through the initiative Marae Ora is to adopt a strong whānau transformation in sustainable healthy lifestyles, through increasing nutritional knowledge, cultural activities, and Māori traditional tikanga by adding a contemporary physical recreation component. Marae Ora is an extension programme from the previous Navigator Tinana project, building participation and encouraging succession planning.

The aim is for all whānau to incorporate Tai Chi and Marae Ora in hui and wānanga for icebreakers, with the programmes being delivered confidently so it becomes popular amongst whānau, hapū and iwi of Arowhenua.

Arowhenua Whānau Services want to create a team where community and youth groups can come together and learn this Marae Ora as part of Whānau Ora wellbeing. They are keen to learn basic knowledge on health and safety practices, first aid, basic karakia mihi and Māori commands.

He Waka Kōtuia

Waewae Kai Pakiaka is an initiative that develops pathways to independence that is open to rangatahi aged four-19 years. The initiative promotes the development of whānau capability through learning new skills in confidence, coordination, Māori movement, te reo and tikanga Māori.

The initiative's primary focus is hauora – te taha tinana, physical wellbeing. All key messages are around healthy lifestyles, healthy kai, being active and fostering a positive sense of identity as Māori.

Waihōpai Rūnaka

Waihōpai Rūnaka Inc is one of the 18 Papatipu rūnaka of the Ngāi Tahu iwi. Their initiative Marae Ora Styles looks at building the capacity of whānau by increasing their health and wellbeing through the medium of physical and cultural activity, which is the foundation of this enterprise. The intent of different hui and the contemporary approach of whakapakari tinana, is to bring together whānau and encourage the development of collaborative and innovative ways to increase whānau participation in physical and cultural activities thereby developing wellbeing and marae ora.

Awarua Whānau Services

The primary focus of the initiative Kaiarāhi Tinana is hauora – te taha tinana, physical wellbeing. All key messages are around healthy lifestyles, healthy kai, being active and fostering a positive sense of identity as Māori. The initiative will promote the development of whānau capability through learning new skills in exercise, kai intake, confidence, coordination, Māori movement, te reo and tikanga Māori.

Rangatahi will benefit from the mentoring and positive role models as a whānau. In particular, Māori performing arts will increase the opportunities for rangatahi to participate in te ao Māori. This enhances whānau capability through te reo me ōna tikanga and the kaupapa of tuakana/teina, manaakitanga, mana takata and aroha will be demonstrated.

Putanga mō nga Whānau

Outcomes for whānau

Data from the initiatives was captured for this evaluation over a three-month period from August 1 to October 31, 2019.

Outcomes

During this time:

169

Whānau engaged with a Navigator Tinana

1020

Individuals were engaged with the activities

52

Activities were held

92

Whānau plans were completed

157

Whānau accessed support through an app

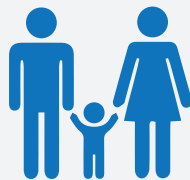
Types of activities

There is a wide variety of activity occurring across the entities. The activities reflect the nature of the initiatives and their interests.



Physical Training

- Kickboxing classes
- The Kutt group fitness PowerKutt
- Hitt fitness training
- Eke Pahikara spin classes
- Kaukau training sessions
- Community Mobile Movement (Hornby and Hoon Hay)
- Group training
- Weight training



Tamariki

- Reading together
- Learning days early childhood
- Mokopuna Korikori Tinana



Schools and Kura

- Te Wharekura o Arowhenua
- Mindfulness movement inside schools
- 44 Kī-o-Rahi modules in schools in Canterbury



Online and Application

- Weekly online coaching via Zoom x 14
- Virtuagym online app Launch
- HCC Fit2Go online training and meal plans



Cultural movement

- Mau Rākau
- Mau Patu
- Kapahaka
- Korikori tinana
- Cultural session with Miru McLean
- Patu/rākau making



Te reo Māori

- Te manawataki o te reo whānau days x 2
- Yoga reo cards
- Karakia, pepeha
- Waiata
- Haka



Tournaments

- Social netball tournament
- Ara Matariki kī-o-rahi tournament
- Te wiki o te reo Māori Kī-o-Rahi celebration

Other

- Kōrero on health, wellbeing and medicines
- Wānanga mahinga kai
- In-house challenge
- Hinengaro session with Mind Coach
- Hīkoi in ngahere

Qualitative findings

Each of these four dimensions of hauora influences and supports the others



Te Whare Tapa Whā (Durie, 1994).

Analysis of interview data has identified nine key outcomes for the whānau who have participated in Navigator Tinana programmes. Whānau and navigator voice is utilised to provide examples of how each outcome is realised in practice:

Te Taha Hinengaro

- 1** Increased confidence and self-belief.
- 2** Increased capability - Whānau have learnt new skills which has increased their capability to be active and enjoy physical activity.
- 3** Whānau have increased their confidence to participate in physical activity and cultural activities.

Te Taha Wairua

- 4** Cultural connection - Whānau are reporting increased cultural connection through te reo Māori, mātauranga Māori and attending the marae.

Te Taha Tinana

- 5** Healthier lifestyles - Whānau report they are living healthier lifestyles, food and nutrition has improved, whānau are leading more balanced lives.
- 6** Improved health and fitness - Whānau report their physical fitness has improved and they are more active.

Te Taha Whānau

- 7** Gaining a whānau of support - Whānau have the support of those around them, they are prepared to step outside their comfort zone, try new things and make new positive social connections that enrich their lives.
- 8** Strengthened whānau relationships - Whānau have strengthened their relationships through participating in Navigator Tinana activities.
- 9** Ka hao te rangatahi - Rangatahi have had increased opportunities, have grown their capability and made new social connections.

"The durability of Te Whare Tapa Whā, its simplicity and application in health policy, provides a foundation from which to understand culturally appropriate care for Māori in health." (Durie et al., 2001)



The durability of Te Whare Tapa Whā, its simplicity and application in health policy, provides a foundation from which to understand culturally appropriate care for Māori in health. It is acknowledged that Māori are not a homogeneous group and are diverse with no single or typical Māori identity (Durie et al., 2001). Te Whare Tapa Whā consists of taha wairua (spiritual), taha hinengaro (mental and emotional), taha tinana (physical) and taha whānau (family) walls, identifying all aspects of wellbeing. All four are necessary for wellbeing, each taha (side) is intertwined with the other. If any one of these components is lacking this will negatively impact on a person's health (Durie & Kingi, 1997).

The following section describes the outcomes that were evident in both the documents reviewed and the interviews with whānau and Navigator Tinana. The outcomes are all necessary components of Te Whare Tapa Whā.

Healthier lifestyles

Whānau report they are living healthier lifestyles, food and nutrition has improved, whānau are leading more balanced lives. *"...but I tell you what, we eat a tonne of vegetables now, and they've all noticed that we're a bit more motivated, you know. My daughter used to have bad mood swings and that's sort of calmed her down and I owe it to (Navigator) for having that input because a lot of it is our diet you know."* (Whānau)

"I think for me in my life this is the first time where I've actually created a healthy relationship with kai, healthy relationship with exercise and a good balance." (Whānau)

Improved physical health and fitness

Whānau report their physical fitness has improved and they are more active.

"When I first started, I couldn't even do one burpee, now I can do 20 without stopping."

"Weightlifting, like so many things that I literally thought I'd never be able to do, I can do, and some of them I can do really easily now. And I'm amazed." (Whānau)

"Being fit gives you better quality of life and it's not about being an A grade competitor in a sport, it's just about having the physical ability to do whatever it is that you might want to do at the time." (Navigator)

Increased capability

Whānau have learnt new skills which has increased their capability to be active and enjoy physical activity.

"For me it was learning, I didn't know the fundamentals of swimming. I didn't know how and when you breathe, I didn't know the goggles, the cap big enough to fit my head and all that. But it was a real good learning experience and like I said, my first lesson I couldn't do 25-metres and I'm up to about 500 metres now." (Whānau)

"Ultimately Whānau Ora means our whānau know where to go, know how to do this within their own capacity, not ours." (Navigator)

"But there's skills not just on the basketball court but in life." (Navigator)

Whanaungatanga – Gaining a whānau of support

Whānau have the support of those around them, they are prepared step outside their comfort zone, try new things and make new positive social connections that enrich their lives.

"It wasn't oh am I doing this right, am I doing this right? there is no wrong. It's just aroha at its best, if you get it wrong you get it wrong, oh well fix it in time. But your acceptance is great, and that's where urban Māori have missed out hugely, because we've become disconnected. So, we make our own roots." (Whānau)

"So, it's awesome and these people they create, oh to use heaps of flash words you know, social bonding capital. This idea that they create friendships outside of what we're doing as well. We've got people who met through us - some of them are now in a relationship. We've got people who met through us that now they're best mates, they go hang out on the weekends or their kids hang out. So, you know it's all of those little things." (Navigator)

Increased confidence and self-belief

Whānau have increased their confidence to participate in physical activity and cultural activities. *"...it's not just about the scales either, that's just a measure, but it's about actually having the confidence and feeling like well, yeah, I can do it." (Whānau)*

"The kapa haka itself is just the vehicle towards building strength and identity and knowledge and confidence into our rangatahi." (Navigator)

Cultural reconnection

Whānau are reporting increased cultural connection through te reo Māori, mātauranga Māori and attending the marae.

Te reo Māori revitalisation

"He's embarking on a te reo mission at the moment as well. That's the reason he came to us because he just wanted to be around more te reo speakers." (Navigator)

"I have seen personally, as a Kaiwhakahaere, my language is changing. We have our own kupu, we have our own waiata and so that confidence then gives people a lot of other confidence that I guess they would know more than I do." (Navigator)

Mātauranga Māori

"We've done traditional Māori games outside, we've worked with our kids and then other times they've come, we do kēmu, just full on kēmu, and the tamariki love it, they love it." (Navigator)

"Another mum said that we owe her a broom because her son cut the broom down and is practising mau rākau outside." (Navigator)

"There's a whakapapa link there in terms of rongo mamau which is the traditional Māori wrestling, yeah, and so we want to be able to really explore that." (Navigator)

Marae revitalisation

"It's really great to have a model of a reinvigorated marae ... our decision was that we wanted to make sure this is as relevant for our babies as it has been for everybody else." (Navigator)

"We use that as an opportunity to bring our tamariki tauira to the marae and engage through the programmes." (Navigator)

"Build up for competition means we can hone all those skills, but it's not for the competition. It's actually so they can be stronger as young Māori on their marae doing their cultural practices." (Navigator)

Strengthened whānau relationships

Whānau have strengthened their relationships through participating in Navigator Tinana activities.

"We've got a dad who is out the gate, just doing amazing stuff. Nobody thought he was going to be the key to changing his whānau because he was just so not interested. But as he's gone through, he went, actually, 'I'm the leader in my family and this is what we're going to do, and our babies deserve this.'" (Navigator)

"I definitely think it's a more, it's a better lifestyle, not only for me but for our whānau." (Whānau)

Ka hao te rangatahi – Youth development

Rangatahi have had increased opportunities, have increased their capability and made new social connections.

"For the rangatahi we have seen a couple of kids who have been on correspondence and they're not really doing it at the place they're supposed to. But they'll come, this is after the programme, they'll come and sit down with the programme we're doing and do the work they need to do - because they're with us." (Navigator)

"Telling them to wake up at six o'clock in the morning and come to my court is actually a huge ask for a lot of our rangatahi and they do it. It starts them off in the right way to be able to take on a life and give them the discipline so they can do whatever they want to do, as long as they have that drive." (Navigator)

"If you're 18 and you're still at school you don't pay. Well just for us I mean, there are a few kids in our neighbourhood who are just like you know, better off here, and hanging out with these people who have become good role models rather than roaming the streets. We've got a handful, maybe five or six kids under 18 who come through and I reckon that's a success for me, just seeing kids wanting to be active." (Navigator)

"We think that might engage with close to 5,000 rangatahi in the year...." (Navigator)

Together these outcomes all contribute to the holistic view of health. It was evident from the data that changes in whānau relationships, and hinengaro (mental health and wellbeing) were a significant outcome that was reported consistently by whānau. While physical changes, such as losing weight and looking better, were noted as important and provided a feeling of achievement, the changes in relationships, mental health and wellbeing were noted as the most consistent areas of improvement. We have described these in detail in the next section.



Ngā Kitenga

Findings

A focus on improving Te Taha Tinana, the physical wellbeing of participants is the central activity that engages whānau with Navigator Tinana. However, analysis of the interview data indicates the Navigator Tinana has not only had an impact on physical health, it is evident the changes reported by whānau reflect the four walls of Te Whare Tapa Whā. There are several factors that distinguish Navigator Tinana services from mainstream health and fitness providers, these reside within the other aspects of Te Whare Tapa Whā, including whānau relationships, hinengaro and wairua. These factors are the remaining walls of Te Whare Tapa Whā – Te Taha Wairua (Spiritual), Te Taha Hinengaro (Mental and emotional) and Te Taha Whānau (Family and social).

The data demonstrates whānau are reporting increased hope, optimism, resilience and efficacy or confidence. These spiritual and psychological traits are features of what is referred to as psychological capital.

Positive psychological capital as an individual's positive psychological state of development is characterised by:

- 1** Hope - persevering toward goals and, when necessary, redirecting paths to goals in order to succeed;
- 2** Efficacy - having confidence to take on and put in the necessary effort to succeed at challenging tasks;
- 3** Resilience - when faced with challenges and adversity, sustaining and bouncing back and even beyond to achieve success; and

- 4** Optimism - making a positive attribution about succeeding now and in the future. (Youssef-Morgan, Siewert & Luthans, 2018)

These aspects of psychological capital make up the acronym HERO. Psychological capital has applications in domains such as education, sports, public service, health and wellbeing. While this a Western model which has emerged from the Western science of positive psychology, it provides a construct from which to unpack the shifts and changes within Taha Wairua and Taha Hinengaro. There is significant evidence in the data collected from whānau, that the support from Navigator Tinana raises psychological capital.

In addition, we found Navigator Tinana emphasised Interdependence and Cultural Connection as key components of their approach. These features identify the Navigator Tinana approach as distinctly Māori, they distinguish Navigator Tinana from mainstream health and fitness initiatives and are central to their success.

This section unpacks six key features of Navigator Tinana represented by the acronym HEROIC – hope, efficacy, resilience, optimism, interdependence and cultural connection that serve to strengthen the walls of Whare Tapa Whā for whānau.

Hope *persevering toward goals and, when necessary, redirecting paths to goals in order to succeed;*

Efficacy *having confidence to take on and put in the necessary effort to succeed at challenging tasks;*

Resilience *when faced with challenges and adversity, sustaining and bouncing back and even beyond to achieve success; and*

Optimism *making a positive attribution about succeeding now and in the future.*

(Youssef-Morgan, Siewert & Luthans, 2018)

Interdependence *creating a culture of care with and between whānau*

Cultural connection *commencing or continuing reconnection to te ao Māori*

Whakamahere

Hope

Te tōia, te haumatia.

"Nothing can be achieved without a plan, workforce and way of doing things."

Hope and optimism are both personality traits which have been linked to physiological and psychological wellbeing (Du, Bernardo, & Yeung, 2015). Hope is viewed as a cognitive process that enables whānau to be successful as they:

Develop goal focussed determination.

Plan the steps (pathways) they need to take to achieve their goals.

Enjoy positive emotions as they see their goals can be achieved.

The development of individualised goals is an integral part of many Navigator Tinana programmes. Unlike mainstream health and fitness, goals are broader than physical goals alone and reflect a holistic Māori view of whānau health. Navigator Tinana leverage off two components that have been found to be successful in developing hope:

Goal setting and perceived ability (pathway thoughts)

The concept of hope is strongly based on the belief that individuals want to achieve goals. Generally, approach-oriented goals (moving towards something) are emphasised over avoidance-oriented (moving away from something) goals. Goals are specific, measurable, attainable, relevant and time-based as well as clearly communicated.

Navigators support whānau by breaking down complex, difficult goals into bite-size portions. Celebrating small milestones is a key motivation for whānau. They become more confident they can reach the goals and this in turn enhances motivation and commitment.

"I've thoroughly enjoyed this year - looking forward to 2020 and setting some new goals with my whānau." (Whānau)

Motivation (agency thoughts)

With support, whānau decide for themselves what they would like to achieve through the Navigator Tinana programmes, so their goal is validated as their own. It is recognised that whānau will have an increased sense of motivation when they are working towards a goal, they "own".

"It just feels like you have to be an aunty and a nana and a kaiako and a trainer and a coach all in one. That's what Nav Tinana to me is, it's about navigating a way, a plan, in a way it sounds cliché, but a way forward for whatever the whānau needs." (Navigator)

It is vitally important to Navigators that whānau enjoy the process, experience success and feel supported and happy about what they are doing. Research has found that happiness often precedes success (Achor, 2011; Boehm & Lyubomirsky, 2008). Happy people are less likely to be unemployed, are more satisfied with their jobs, and are more likely to be supported by others.

Happiness does not cure illness, but it does protect against becoming ill. The effect of happiness on longevity in healthy populations is remarkably strong. The size of the effect is comparable to that of smoking or not (Veenhoven, 2007). The ability of Navigator Tinana to provide supportive environments that allow whānau to experience and celebrate success while engaging in activities that make them happy should not be underestimated.

"...and that's probably what motivates me - just to see people smiling." (Navigator)

It is evident that when whānau own their goals, can see a pathway to success and are happily engaged in activities they enjoy, their sense of self-efficacy (self-belief) is enhanced.

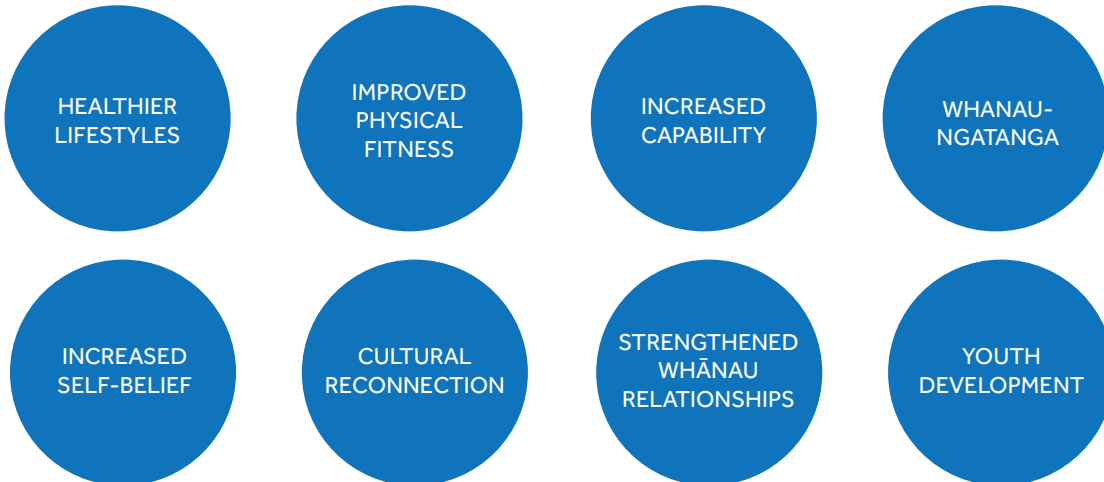
WHĀNAU ENGAGE WITH NAV TINANA



NAVIGATOR TINANA WORK ALONGSIDE WHĀNAU TO DEVELOP



OUTCOMES FOR WHĀNAU



Kia māia

Efficacy

Mauria te pono

“Believe in yourself.”

Bandura (1997) defined self-efficacy as “people’s beliefs about their capabilities to produce effects”. Whether we have the confidence to take on and put in the necessary effort to succeed at challenging tasks determines how we feel, think and motivate ourselves. The belief that whānau can produce the desired effect is a major incentive for them to act. The higher our efficacy expectancy, the harder we will work to achieve our goals, leading to a higher probability of success.

Two key ingredients to self-efficacy have been identified:

1. Outcome expectancy (what needs to be done)

2. Efficacy expectancy (our own capability to do what needs to be done)

Bandura (1994) found that the level of self-efficacy is affected by the following processes:

Cognitive (our thoughts shape our reality)

Motivational (expected outcomes based on our beliefs, shape our motivation)

Affective (our perception of our self-efficacy regulates avoidance behaviour)

Selection (we only expose ourselves to situations we believe we can master)

Analysis of the data indicates that in order to strengthen efficacy, Navigators:

Focus on past success (mastery experiences)

Highlighting past success increases levels of self-efficacy. Through whanaungatanga, Navigators learn about the whānau they support. Their relationships enable them to uncover and highlight previous success stories, situations where whānau have been successful in the past. By outlining the factors, traits, and strengths which contributed to success, Navigators identify mastery experiences which may contribute to higher levels of self-efficacy.

Provide exposure to positive models of success

Seeing people in similar situations overcoming obstacles increases the belief that kaupapa whānau, too, can be successful. Navigator Tinana initiatives provide models of success at two levels. Firstly, the Navigators through their āhua and example provide a model to the whānau they engage with. They establish the tikanga for their kaupapa and, through their words and actions, model how things will be done. Importantly, kaupapa whānau also serve as role models to others. This is important as models need to be perceived as similar to oneself in order to feel a strong sense of confidence in one’s capabilities (Ohlin, 2019). Whānau with low self-belief are likely to perceive other people to have a greater skills repertoire than themselves. Navigators gently challenge these thought patterns, model success and provide opportunities for whānau to inspire each other.

“The other motivating thing was my daughters. You know to show them that I can do this. Because we have a bad case in our family -

Reframe negative experiences

run you down when you're doing well, and it's a Māori trait that we tend not to inspire them but put them down. But now we've changed that whole kaupapa in our house. Like my daughters see me doing what I'm doing, they said, 'Oh well okay Dad's doing something.' Now they're going to the gym with their mum." (Whānau)

Create situations that allow whānau to experience success

While persuasion can be a great source of confidence, it can be difficult for whānau to overcome self-doubts. Navigators, in addition to verbal persuasion, carefully structure situations for whānau in ways that bring success and avoid placing them in situations prematurely where they are likely to fail. Rather, Navigators provide supportive environments that enable whānau to be challenged and experience success.

"...oh, she's somehow pulled me into doing something that pushed my boundaries and pushed me out of my comfort zone." (Whānau)

How we interpret our physical and emotional reaction in situations of stress and tension affects how we judge fatigue and our vulnerability to stress (Ohlin, 2019). Dweck (2006) contends that how we perceive obstacles has an impact on how we deal with them. Many whānau have overcome significant challenges in their lives. At times this has an impact on how whānau experience fatigue, resistance, challenge and fear. The trusting relationship Navigators forge with kaupapa whānau allows them to understand what whānau are going through, and how they interpret and experience challenging experiences. Navigators help whānau to reframe their experiences so they can see their ability to overcome challenges as a strength they can leverage off as they continue on their path to transform their tinana, whānau, wairua and hinengaro.

"But you get the mental challenges as well so we're dealing with addiction here, mental health, depression, anxiety and you'd be quite surprised that most people who come in here they're introverts, they're introverted people, so they end up opening up which is really good. We encourage them to talk, especially our men. Encourage them to talk, encourage them to write in the journal and just be open about what's happening." (Navigator)



Aumangea

Resilience

Me he manawā tītī, me tōhona hiringa

“With the famed strength and perseverance of the tītī.”

Resilience is the capacity to bounce back from adversity and grow stronger from overcoming negative events (Luthans, 2002; Reivich & Shatté, 2002). Everyone experiences hardship and rejection in life. Resilience is about learning to fail, adapting and moving forward. Research has identified that there are three capacities that contribute to resilience, facing reality, searching for meaning and improvising (Cout, 2002).

It is evident Navigators support whānau to develop these three capacities that contribute to resilience.

Face reality

The high levels of trust developed between Navigator Tinana and whānau enable Navigator Tinana to support whānau to reflect honestly on their current state and commit to a long-term course of action. In situations of despair and hopelessness, the best way to cope is to face and accept reality rather than relying on thinking positively. If we expect things to get better soon, we may lose the energy and hope when the situation does not change quickly enough. Therefore, in difficult situations, facing and accepting reality may create a better basis to endure hardship.

“You’re in crisis right now and we’re going to put those wrap-around supports in. If we don’t have them in-house, we will refer you to where you need to go. We’ll walk alongside you if you need to go to OT or to MSD, WINZ wherever you need to go - ACC. We’ll walk alongside you. Once you’re out of that crisis we’re back to

the kaupapa which is about your dreams. We want to hear your dreams and we’re going to work on that plan to get you there. So, there is a constant dialogue which actually requires a relationship.” (Navigator)

Search for meaning

Navigators support whānau to identify what is important to them, whether it be social, whānau based, cultural reconnection, te reo Māori, physical health outcomes or the myriad of other outcomes achieved by whānau through their engagement with Navigator Tinana.

Having a purpose in life is one of Seligman’s five pillars in the PERMA model of happiness (Slavin, Schindler, Chibnall, Fendell, & Shoss, 2012). Recurring themes in the whānau interviews indicated Navigator Tinana supported whānau to prioritise their needs and set challenging but achievable goals.

“If this man thinks I can do it, then you know, who am I to not. Because I need only one person to think that I can do it and that’s enough for me. It’s enough for me, to not only get me to start it, but to try and achieve that.” (Whānau)

Improvise

Analysis of the interview data demonstrated that the Navigator Tinana are role models for whānau, particularly their ability to improvise and adapt depending on the situation. The ability to deal with a situation with whatever we have at hand is a strong predictor of our ability to bounce back from adversity (Ohlin, 2019). It is not so much the tools we are given, but the ability to improvise and find new ways to reach a goal.

“Because you have three incredible people in this space doing what they do and doing it in a developmental way. So, every moment that something’s different or shifts or changes or isn’t quite right or that we challenge, they actually have to change their game. That’s most probably the strength of those three.” (Whānau)

It is evident that Navigators often brainstorm with whānau different ideas they could utilise to solve a problem. This could be

done formally, but is often informal, over kai, often together with other whānau, as they help each other to problem solve.

“If we notice that you’re feeling a bit low or anything like that, ‘Oh do you want to stick around for a cup of tea?’ Or, you know, quite often people will stick around for dinner you know - if it’s a Friday night.” (Navigator)



Ngākau Rorotu

Optimism

Hurihia to aroaro ki te rā, tukuna to ātārangi kia taka i muri i a koe.

“Turn your face to the sun and the shadows fall behind you.”

Navigators support whānau to make active change in their lives, increasing the likelihood they will be optimistic and believe they can be successful. Cherry (2019) identifies a number of benefits to becoming a more optimistic person. She states that optimistic people have:

Better health outcomes

One study found that people who were more optimistic at age 25 were much healthier between the ages of 45 and 60 than their more pessimistic counterparts.

Longer lifespan

Optimistic people tend to live longer than pessimists.

Lower stress levels

Optimists not only experience less stress, but they also cope with it better. They tend to be more resilient and recover from setbacks more quickly, rather than becoming overwhelmed and discouraged by negative events, they focus on making positive changes that will improve their lives.

Higher motivation

Becoming more optimistic helps to maintain motivation when pursuing goals. When trying to lose weight, for example, pessimists might give up because they may believe diets never work. Optimists are more likely to focus on positive changes they can make that will help them reach their goals.

Better mental health

Optimists report higher levels of wellbeing than pessimists.

Optimism and persistence on the part of the Navigator Tinana and the person in the following interview excerpt demonstrates how they were able to achieve a significant weight loss that has improved this person's life. The interview data demonstrated that this flowed on to the whole whānau becoming more active and eating a more balanced diet:

“He actually came around to our house and he spent probably like two hours with me figuring out the kai that I like, what I don't eat, things that I would never, ever eat. And then he, I don't know how long it would have taken him, but he wrote me an eating plan and then every three or four weeks after that I got a new eating plan. Until I lived it, I lost 25 kilos.”
(Whānau)

Tauphipuhi

Interdependence

He waka kōtua kāore e tukutukua, ngā mimirā.

“The canoe that is interlaced will never be broken..”

Whanaungatanga is integral to Navigator Tinana initiatives as they develop a culture of care with and between the whānau who participate in their programmes. Pere (1979, 1988) observed that whanaungatanga that is, the mutual responsibilities and relationships individuals have with their kin group, provide the individual with a sense of identity.

In contrast with many mainstream approaches which focus on developing independence, Navigator Tinana foster interdependence. Hatton & McIntosh (2017) contend that interdependence occurs at two levels as landscape, culture and health are all linked. Firstly, interdependency exists between humans (manaaki tāngata – caring for the people) and secondly, between humans and the ecosystem (manaaki whenua – caring for the land) (Harmsworth, 2014 in Hatton & McIntosh, 2017).

In human relationships, whānau may refer to biological family (whakapapa whānau) and/or other key support people (kaupapa whānau) who are stakeholders in the participant's health and wellbeing (Pitama, Huria & Lacey, 2014). Navigator Tinana seek to strengthen the connections for the whānau they support. Foremost among the concepts that conceptualise Māori identity are strong associations with whānau (family) hapū (extended family) and iwi (tribe), which are seen as central to Māori identity (Houkamau & Sibley, 2010). In marae-based settings activities are designed to strengthen, rūnanga, hapū and iwi connections, and localised mātauranga. By their very nature such activities widen the participant's knowledge of their whakapapa whānau and enable them to develop deeper relationships.

Urban initiatives often cater for ngā maata waka whānau who may live a considerable distance from their tūrangawaewae. Navigator Tinana work to create interconnected relationships with and between whānau who form a kaupapa whānau to support and strengthen the efforts of each individual and the group as a whole.

“The non-judgement helps but the sense of belonging is the biggest thing of all.” (Whānau)

The relationship between participants and the whenua is also of significant importance in several initiatives.

“Then we can do all these things in the ngahere and all this relationships stuff, with dads and sons, or brothers, uncles or grandad, whoever it is, and then show them a whole lot of stuff, provide a safe platform to kōrero and then send them home, and they have a couple more tools in the kete.” (Navigator)

“This Nav Tinana has allowed us space and time to reflect, teach people to reflect, to get back to nature, to get back to the whenua, to get back into the hills, to take time to reflect more.” (Navigator)

This includes environmental sustainability and the importance of mahinga kai, as this Navigator explains:

“For me it's the connection with our environment, our language, our culture and environment are interconnected and interwoven and we can't do one without the other. For many of our town kids they haven't had those opportunities to go and be connected in a Māori way with their environment and understand they are as much a part of the environment as the tuna is. And yeah, I think that interconnection with themselves and their land is important in our identity as Māori.”

Te ao Māori

Cultural connection

He kākano ahau i ruia mai i Rangiātea

"I am a seed which was sewn in the heavens of Rangiātea."

Māori cultural heterogeneity is recognised by Durie (1994) who identified three Māori sub-groups. Durie argued that one group is 'culturally' Māori in that it understands Māori whakapapa (genealogy) and is familiar with te reo Māori (Māori language) and tikanga Māori (Māori customs). A second group is 'bicultural' and identify as Māori but also operate effectively among Pākehā. A third group of Māori he describes as 'marginalised' and not able to relate to Māori or Pākehā effectively. Houkamau and Sibley (2010) note an increasing focus on reversing the effects of Māori assimilation and colonisation by encouraging Māori to 'heal' their cultural identities through immersion in their own culture or 'Māoritanga'. A strong sense of a Māori cultural identity has been associated with improved wellbeing and reduced serious depressive symptoms in rangatahi (Williams, Clarke & Lewycka, 2018).

Te ao Māori is apparent in Navigator Tinana initiatives in several ways. In some initiatives te ao Māori is the vehicle that motivates whānau to participate in activities to enhance their Taha Tinana. In others the physical activity is the motivating factor that provides a vehicle for reconnection to te ao Māori, strengthening Te Taha Wairua, Te Taha Whānau and Te Taha Hinengaro. Although each initiative is unique, te ao Māori is a common thread across the 12 initiatives.

It is evident that Navigator Tinana initiatives provide non-judgemental support for whānau to commence or continue reconnection to te ao Māori in a manner and at a pace that suits them. There is no one model for how this is

accomplished. Each initiative is shaped by its context, location and the needs and interests of whānau, a localised solution.

For many whānau this emphasis on developing confidence, cultural reconnection and accessing mātauranga Māori is vital to the success of the Navigator Tinana.

"It is good and for people like me. I'm not fluent in te reo. I think it's been a space where I feel comfortable to ask questions and learn more, without being whakamā. Because you know it's such a weird thing to be Māori and not be able to speak Māori, and some places where you are, people you know - shame you. Maybe not always intentionally but I always do feel really bad... It has been a really safe space for that as well, which is cool." (Whānau)

"He said, 'My children are like me, white. My wife's Māori but I'm the white person. I can sit here and listen, and they've just picked it up and are blossoming. I can't believe it; I can't believe that I've waited this long to get in here.' And so it opened the door for him to feel comfortable for his children who look like Pākehā children but they are Māori, to actually start acknowledging some of that and he felt confident enough to bring them here and feel, actually, yeah I might be Pākehā but my children are Māori, and they deserve to know this." (Navigator)

"I think I've learned acceptance and actually it's non-judgemental, so much of the Māori that I perceived, and saw was non-positive. Whereas I see this is a much more positive way. The non-judgement helps, but the sense of belonging is the biggest thing of all. So, you don't have to be anybody or anything, but you belong. The whole hauora health - when you put it all together it is holistic, it isn't one dimensional whereas in the Pākehā world everything is only dealt with one on one dimensional things. So, when you put it

all together that's what makes hauora health and all of the whole Māori perspective is in the front." (Whānau)

The six components of HEROIC together form a construct which is maximised when all six areas are strong and supported. The HEROIC approach employed by Navigator Tinana initiatives has led to a number of positive outcomes for whānau consistent with the Whānau Ora Outcome Pou and Te Puni Kōkiri Navigator Tinana Framework. They are discussed in the following section.



Whānau Ora outcomes

The holistic approach taken by the Navigator Tinana is consistent with, and complementary to, the Whānau Ora Pou. The seven outcomes of Whānau Ora are:

Pou Tahī – Whānau in Te Waipounamu are self-managing

Pou Rua – Whānau in Te Waipounamu are living healthy lifestyles

Pou Toru – Whānau in Te Waipounamu are participating fully in society

Pou Whā – Whānau in Te Waipounamu are participating in te ao Māori

Pou Rima – Whānau in Te Waipounamu are Economically secure and involved in wealth creation

Pou Ono – Whānau in Te Waipounamu are cohesive, resilient and nurturing

Pou Whitu – Whānau in Te Waipounamu are responsible stewards of their living and natural environment

There is evidence that whānau are achieving the outcomes (pou) through the relationships and activity alongside a Navigator Tinana. As demonstrated in the previous section whānau consistently report outcomes evidencing shifts in whānau self-management, healthy lifestyles, participating in te ao Māori and increased whānau resilience. The four pou that are consistently met across all initiatives are:

1. Pou Tahī – Whānau in Te Waipounamu are self-managing
2. Pou Rua – Whānau in Te Waipounamu are living healthy lifestyles
4. Pou Whā – Whānau in Te Waipounamu are participating in te ao Māori
6. Pou Ono – Whānau in Te Waipounamu are cohesive, resilient and nurturing

Whānau Ora Pou



Navigator Tinana and the initiatives in which they reside all demonstrate the following aspects in their approach:

- Whānau are engaged, at the centre and leading activity.
- The approach is underpinned by Kaupapa Māori, Māori-led, not mainstream government sector led.
- The approach is strengths-based and aspirational.
- The engagement is with whānau, focussed on relationships and social connection.
- A cross-generational approach - whānau including pakeke, rangatahi and kaumātua are engaged in the activity.
- There is a focus building whānau resilience, addressing intergenerational trauma and realising intergenerational wellbeing.
- Capability is built and resides within the whānau, including the importance of nutrition, living a healthy lifestyle as a whānau and being physically active.
- Whānau are empowered to find their own solutions to the challenges they see and experience.
- The approach is a pathway rather than a destination, enabling lifelong continuous improvement for whānau.

These attributes are commonly identified as features of 'Whānau Ora' (Te Puni Kōkiri, 2015).

Te Puni Kōkiri

Navigator Tinana Framework

Navigator Tinana is a strategy to implement the Moving the Māori Nation Framework, Te Puni Kōkiri initiative to promote Whānau Ora through whakapakari tinana.

The table briefly outlines how the objectives of the framework are being met in Te Waipounamu.

There is evidence that the activities and outcomes reported by whānau are aligned with the objectives set by Te Puni Kōkiri. The decision to invest in whānau commissioned initiatives by placing the Navigator Tinana within these contexts ensures the Navigators are part of providing a localised solution for whānau, that is whānau centred.

There are several enabling factors that contribute to the success of Navigator Tinana initiatives. They are discussed in the following section.

Objectives	Evidence
Rangatiratanga	
<p>To promote self-sufficiency through the development of knowledge such as mātauranga Māori and cultural frameworks, and skills such as developing hauora plans, running exercise training sessions and healthy kai workshops.</p>	<p>92 whānau health plans within a three-month period. Variation of 525 physical activities across the initiatives in a three-month period. Whānau report increased confidence, efficacy, optimism, hope and resilience.</p>
Whanaungatanga	
<p>Promoting activities that encourage whānau participation, to demonstrate community cooperation through 'joined up' approaches and a coming together through 'whakapakari tinana'</p>	<p>Group fitness training. Community mobile movement. Whānau weight training. Whānau report positive social connections through group training.</p>
Oranga	
<p>To promote wellbeing, healthy nutrition and eating habits, and healthy activities.</p>	<p>Wānanga, healthy living kōrero. Whānau reporting following nutrition plans, losing weight and increasing physical fitness.</p>
Māori games	
<p>Utilising traditional Māori games or activities such as Ki-o-Rahi, Poi, Mau Rākau, Mamau, Mekemeke and Makamaka whether in traditional or contemporary urban settings.</p>	<p>Ki-o-Rahi in kura and schools in Canterbury. Ki-o-Rahi tournament. Mau Rākau, Mau Patu, korikori tinana. Whānau report participation in traditional games.</p>
Cultural events	
<p>Cultural events that are focussed on whakapakari tinana and hauora.</p>	<p>Te manawataki o te reo whānau days x 2. Whānau report increased cultural identity and connection, feeling able to.</p>
Community	
<p>Community and social team sports.</p>	<p>Three sports tournaments in three-months Whānau report joining sports teams and participating in tournaments</p>
Testing innovative	
<p>Testing innovative service delivery models that encourage physical activity.</p> <p>Providing information to whānau about healthy lifestyles and nutrition.</p>	<p>Weekly online coaching via Zoom x 14. Virtuagym online app launch. HCC Fit2Go online training and meal plans. Schools-based initiatives Ki-o-Rahi, yoga and mindfulness movement. 154 whānau report using apps.</p>

Ngā mea angitū

Factors that contribute to success

Analysis of the data indicates there are several factors that contribute to success including:

A commitment to eliminating barriers to access

Navigators know their community and the barriers that may have inhibited access to health and fitness, or cultural activities in the past. They make definite steps to identifying and removing barriers.

"And live in crisis so you can't expect people to join a gym or to do, you know some clients well they don't have cars or they don't have a warrant for their car so you know, I'll go to their whare or I'll go pick them up and take them. It's just trying to overcome or eliminate any of those things that just, things that we take for granted, yes." (Navigator)

"...the thing about this programme is that it's based here at the marae and not just that, it's taken away a whole load of barriers. There is no cost, huge we just have to pay for the bus to get our kids there." (Whānau)

"When you're in a gym you think oh, people are looking at you and judging you and that kind of thing where here, there's just no judgement." (Navigator)

Increased social connection

The increased social connection experienced by participating whānau, and the interaction they have with positive role models is an enabler of success for the Navigator Tinana. There is substantial evidence that indicates people lacking social connections are likely to suffer poorer health and premature mortality (Holt-Lunstead, Smith, Baker, Harris & Stephenson, 2015). The activity reported in the Navigator

Tinana monitoring is generally always social mediated, occurring with other whānau.

"Yes, because for some of our people, you know I can think of two of Marae Fit participants they live for that Marae Fit they just get up you know. It's the only time they have with other people." (Navigator)

"I'm in this place where I wanted to be - where I've got this whānau around me and I get to go to different hui and stuff that I wouldn't have been able to go to, because I never would have met these people. So, I'm grateful for that. It's hard, you know, how do you get into a community when you don't really know about it?" (Whānau)

Culturally centred activity

The cultural activities identified in the data indicate this is enabling for whānau and contributes to whānau success. It is a well-established premise that although wellbeing depends on many factors, for indigenous peoples, cultural identity is a critical prerequisite (Durie, 1999, 2008). Culturally centred activities are central to the development of Te Whare Tapa Whā.

"When we do our exercise instruction, when we're doing our cool down, we mihi to everybody in Māori, so that's the way that we implement and add our culture into this environment." (Navigator)

"It's a Māori kaupapa so you know we have tikanga Māori, Māori games as well and we use Māori music and te reo Māori." (Navigator)

Embedded in community

Navigator Tinana are embedded in their communities. This enables them to develop

long-term trusting relationships with the whānau they serve, generate localised solutions and leverage off local opportunities.

"We're in the heart of the east." (Navigator)

"It's about the relationships, really it's about people. It's personal for many people to deal with either their weight or their fitness or their health - not everyone's prepared to talk to you about it unless they trust you." (Navigator)

"A spinoff of what he does when he's working with kura is that us teachers get to learn as well and then we go away and we take that back to our friends and whānau too - it's not even just at kura." (Whānau)

Low cost or no cost programmes

The data indicates there is considerable effort on the part of the Navigator Tinana to ensure that cost is not a barrier to participation.

"Yes, and I think a lot of our whānau do live in crisis and they live week to week, and you know losing weight or getting some exercise is way down the list when I've got to think about feeding my whānau." (Navigator)

"And you know there was again just removing the barriers, there was no cost. There's not many things in life but there was no cost for the whānau, and there's not much in life that's free these days." (Navigator)

Safe and inclusive environments

Whānau and Navigator Tinana often talked about the importance of creating safe and inclusive environments free from judgement. It was evident that whānau had suffered negative past experiences, and they found the culturally and emotionally safe environments provided by Navigator Tinana enabling.

"You're creating a platform where they can be Māori and it's safe." (Navigator)

"My tāne is not Māori and he just loved the feeling, when he walked in, he said he felt like he was at home and that you know nobody was judging him. And so, we've pretty much turned up two-years ago and we literally haven't left." (Whānau)

"I think the supportive environment is important. Like an environment where it's okay to be Māori. And where you know your PT is Māori, it's under a Māori programme, you know I think for a lot of our people that was important for them rather than going to say Les Mills or that kind of gym." (Navigator)

Highly skilled Navigator Tinana

Navigator Tinana possess a variety of cultural, coaching, people and industry specific skills that enable them to be successful in their roles. Their commitment to whānau is clear throughout the data, often going above and beyond what might be expected in mainstream health and fitness industry roles. Whānau often spoke about the navigators and their impact on their lives.

"They just go above and beyond, they're just honestly some of the greatest people I've ever met in my life and they, I guess when you actually are, it's not hard for people to be drawn to you, it's not hard for people to buy into your kaupapa because it's real, yeah." (Whānau)

"I think he's a really good facilitator, I think he's done a great job and he's really passionate and yep, really approachable." (Whānau)

Ngā whai wāhitanga hei whakapai ake

Opportunities for improvement

There are three opportunities for improvement that were identified by both the whānau and the Navigator Tinana. These are sustainability, networking and increasing cultural capability.

Support sustainability

As low cost, high access initiatives it is likely that Navigator Tinana programmes will require ongoing financial support. It is clear they make an important and valuable contribution to the wellbeing of whānau. It is equally clear that mainstream, user-pays business models are not appropriate for several entities, as this approach risks limiting the access of whānau who need the support most.

There is an opportunity to support Navigator Tinana initiatives to connect with other funders as they move to the end of the establishment funding provided by Te Pūtahitanga o Te Waipounamu.

“Access to other forms of funding to be able to continue to be sustainable because at the moment, my model isn’t sustainable.”
(Navigator)

The health and wellbeing gains reported by the whānau working alongside Navigator Tinana are likely to result in less reliance on primary and secondary health care. A change in the model of funding to support preventative whānau centre models of care would ensure that Navigator Tinana activities continue in the localised community setting.

Increased networking

Although not all were able to attend, Navigator Tinana appreciated the opportunity to meet, learn and network provided by the Aoraki

Summit. Previous evaluations have identified that learning from others involved across the Te Pūtahitanga o Te Waipounamu Whānau Ora system is beneficial and builds capability (Savage et al., 2017).

“We were able to share kōrero I guess, pros and cons you know, and they were able to share tips as well, that kind of helped them get through.”
(Navigator)

It is evident significant knowledge resides within each initiative. One example is the desire of several initiatives to develop online platforms and applications while others have already been through this process. Providing opportunities to share knowledge and experiences across the network of initiatives would be valuable, and to consider ways in which these opportunities could be achieved collaboratively.

Increasing cultural capabilities

Several Navigator Tinana described their desire to increase their own cultural capabilities so they could, in turn, support whānau on their own journeys. The data indicated that several of the Navigator Tinana and the initiatives in which they reside, hold significant cultural knowledge. There is an opportunity to build capability by utilising the cultural strengths of some initiatives to support others.

“I’d love some more, I’d love assistance with tikanga Māori and more kaupapa Māori things within what I could do to be more of a Māori business, Māori focussed business, Māori structured business.” (Navigator)

Appendix 1

Methodology

The design of this research is qualitative, relying on Navigator and whānau voice to describe the Navigator Tinana approach, the impact and process to achieve the goals set by whānau. The purpose of the research was to build on the wider Navigator research to continue developing the understanding of the role of the Navigators and the impact they are having for whānau, and the unique role of the Navigator Tinana.

The evaluation questions were designed to build knowledge and in turn support Navigator Tinana development. The methodology is consistent with the values and principles of the Whānau Ora Navigators - manaakitanga, whanaungatanga and rangatiratanga. In keeping with these values, the research seeks to privilege Navigator and whānau voice and experience.

In keeping with a baseline evaluation, the purpose is to describe the:

- Unique nature of the intervention
- Impact of the intervention (Navigator Tinana)
- Outcomes for whānau
- Enablers of success and opportunities for improvement

Research questions

This first baseline evaluation was driven by four research questions:

What differentiates the Navigator Tinana approach?

What is the impact for whānau working with a Navigator Tinana?

How do Navigator Tinana support whānau to bring about health transformations?

What are the barriers and enablers to success?

Kaupapa Māori approach

This qualitative case study utilised Kaupapa Māori theory (Smith, 1997) and has taken a strengths-based approach. The evaluation sought to investigate positive outcomes for whānau who engaged with a Navigator Tinana. The researchers have followed guiding principles for working respectfully with indigenous peoples nationally and internationally. These have been articulated by Kennedy & Wehipeihana (2006, p. 1-2) as:

- Self-determination - including the right to make decisions about all aspects of their lives. Clear benefits to those being researched.
- Acknowledgement and awareness - refers to respect and due recognition and appreciation for indigenous culture, values, customs, beliefs and rights, including an acceptance of a worldview that may not be consistent with Western ideologies. The researchers have Māori whakapapa and bring their experience working with whānau in community-based research.
- Cultural integrity - relates to the validity of indigenous knowledge and ways of being; the protection of cultural knowledge from misuse and misappropriation, and; its preservation for future generations. The researchers have demonstrated cultural integrity working within the Māori community alongside organisations, iwi, hapū and whānau.

- Capacity building - enabling indigenous peoples to participate actively in the research, with the aim to ultimately drive their own research. Ihi Research is committed to building capability in all aspects of their research by working collaboratively and sharing knowledge.

Trust is a very important part of stakeholder engagement and ensuring sustainable relationships. Ethical responsibilities are taken very seriously and ensure that our reserachers relationships in the community and with iwi, hapū and whānau are a priority. Ihi Research works to an engagement framework that ensures we have agreed values and principles.

These are:

- Manaakitanga - acting in a caring and supporting way to each other
- Whanaungatanga - respecting the bonds of Māoritanga and 'kinship'
- Rangatiratanga - supporting and respecting each other's authority, intelligence and mana
- Paeheretanga - creating and nurturing the linkages between each other for a common purpose

The evaluation process was developed through whanaungatanga (relationships) and ensuring that strong, positive relationships underpinned all interactions with whānau. It was important to build connections with the Navigator Tinana

community.

Whanaungatanga ensured we captured, created, nurtured, grew and protected the mātauranga shared during this project, not for our own benefit or gain, but for the benefit of whānau and the Navigator Tinana. It was important that we engaged with whānau in ways that were mana-enhancing, respectful of each individual and the collective mauri and whakapapa.

Data gathering

Eleven Navigators and seven whānau were interviewed to describe the partnership and relationships between the Navigator and whānau that create a foundation for transformation.

The purpose of these interviews was to collect data that would contribute to a better understanding of the Navigator Tinana role and the impact for whānau. The interview schedule was constructed with the Navigator Tinana Coordinator. Figure 1 below outlines the process.

Data was analysed in a variety of ways. Firstly there was a review of documentation which was collated across the Navigator Tinana initiatives to understand the purpose and mission of each initiative.

The Navigator Tinana and whānau interviews were analysed as a case to demonstrate how change was achieved, the nuance of the approach and the importance of



the relationships. The data was analysed to investigate outcomes for whānau, to understand the unique culturally centred nature of the approach and describe the enablers and opportunities for improvement.

Ethics

All participants provided informed consent. An information booklet was prepared alongside consent forms. Navigator Tinana and whānau were informed of their rights both verbally and in writing. For instance, they were aware they did not have to answer questions and could withdraw from the evaluation at any stage up until the final data analysis. Navigator Tinana and whānau were offered the option of having their transcript returned to them for checking. Steps were taken to ensure none of the participants can be identified in the report.

Limitations

All research has limitations. It is important to note this is a baseline evaluation that sought to describe the intervention and develop a theory of change for further evaluations. The sample size for this research is small, 11 of the 12 Navigator Tinana in Te Waipounamu and seven whānau who regularly participate in the activities were interviewed. There is an opportunity to understand the impact of the outcomes that have been identified in this initial evaluation with a larger sample size.

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