



HAPŪ HAUORA

NGĀ KETE MĀTAURANGA

www.hapuhauora.health.nz

Hapū Hauora is a unique health resource hub available at www.hapuhauora.health.nz that has been specifically developed for hapū and whānau to improve Māori health. Hapū Hauora provides hapū with baskets of knowledge, 'Ngā Kete Mātauranga', around three health areas; oranga kai (healthy food), auahi kore (smokefree), te karonga i ngā momo mate (avoiding infections). In the near future there will be two additional health areas developed to help whānau whakakore waipiro (reduce alcohol intake) and korikori tinana (be more physically active). Within these kete you'll find resources, tips, and step by step advice for ways to improve your health and the health of your hapū - using the marae to set the example and lead the way for our tamariki!



ORANGA KAI



AUAAHI KORE



TE KARONGA I
NGA MOMO
MATE



WHO IS HAPŪ HAUORA FOR?

Hapū Hauora has been developed specifically for whānau and hapū. Input and contributions from hapū, Māori health staff, and a reference group consisting of active hapū and marae members who work in the health sector, have helped to make this hub comprehensive and relevant. Hapū Hauora was also developed with support from health experts, including Medical Officers of Health, and content sourced from credible community organisations and local health providers.



NĀ TOU ROUROU, NĀ TŌKU ROUROU, KA ORA AI TE IWI

With your basket and my basket the people will survive. Hapū Hauora will provide a place for you, your whānau and hapū to see what other awesome healthy initiatives are happening around the community and also a place to share your own successful initiatives with others.

Email hapu.hauora@bopdhb.govt.nz to share your hapū successes!



Hapū Hauora's pānui, the 'Kumara Vine', will showcase practical examples of oranga kai (nutrition), auahi kore (smokefree) and te karonga i nga momo mate (avoiding infections) in action. It will provide updates, handy tips, innovative ideas, research, and information about upcoming workshops, so you can help make the healthy choice the easy choice at your marae and at kainga. Email hapu.hauora@bopdhb.govt.nz to subscribe.



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