

Māori Health Review™



Making Education Easy

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Enhancing Māori food security using traditional kai

Authors: McKerchar C et al.

Summary: This paper explores the role of Māori in enhancing Māori food security through revitalising traditional kai (food) gathering places and practices. The researchers undertook a narrative literature review of peer-reviewed and grey literature, which revealed a range of activities that are available for improving food security for Māori through the revitalising of traditional kai. Māori are now significant players in New Zealand's fishing industry, and are developing their horticultural resources. Gardening initiatives have also grown considerably in Māori communities. Enabling factors include: the return of traditional kai resources by the Crown, and successful pursuit by Māori of the legal rights to develop them; development of Māori models of governance; government policy around Māori economic development and healthy eating; and Māori leadership on the issue. Remaining barriers to revitalising traditional kai include: tensions between Government and Māori goals and models of resource management; economic pressures resulting in severely depleted fishing stocks; and pollution of marine and freshwater fish.

Comment: A great review of the literature regarding the cultural, political, historical, economical and health-related relationships between Māori and traditional kai.

Reference: *Glob Health Promot.* 2015;22(3):15-24

[Abstract](#)

Independent commentary by Dr Matire Harwood

Dr Matire Harwood (Ngapuhi) has worked in Hauora Māori, primary health and rehabilitation settings as clinician and researcher since graduating from Auckland Medical School in 1994. She also holds positions on a number of boards, committees and advisory groups including the Health Research Council. Matire lives in Auckland with her whānau including partner Haunui and two young children Te Rangiura and Waimarie.

Research Review publications are intended for New Zealand health professionals.

Disclaimer: This publication is not intended as a replacement for regular medical education but to assist in the process. The reviews are a summarised interpretation of the published study and reflect the opinion of the writer rather than those of the research group or scientific journal. It is suggested readers review the full trial data before forming a final conclusion on its merits.

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First Kaitiaki Kaitiaki
The first Kaitiaki Kaitiaki (the Māori name for the New Zealand Government) was established in 2014. This was the first time that a Māori person had been appointed to the position. The Kaitiaki Kaitiaki is a Māori institution that represents the Māori people of New Zealand. It is a Māori institution that represents the Māori people of New Zealand. It is a Māori institution that represents the Māori people of New Zealand.

GreenTea
GreenTea is a Māori health product that is made from the leaves of the green tea plant. It is a Māori health product that is made from the leaves of the green tea plant. It is a Māori health product that is made from the leaves of the green tea plant.

Variation in gut care in Aotearoa New Zealand: a national analysis of quality markers
The aim of this study was to examine the variation in gut care in Aotearoa New Zealand. The study found that there was significant variation in gut care across different regions of the country. This variation was found to be related to socioeconomic factors and ethnicity. The study also found that there was a need for more resources to be allocated to gut care in certain areas of the country.

TATAU KAHUKURA: MĀORI HEALTH CHART BOOK 2015 (3RD EDITION)

The Ministry of Health released *Tatau Kahukura: Māori Health Chart Book 2015 (3rd Edition)* on 9th October. The chart book provides a snapshot of Māori health in the early 2010s. This chart book, like previous editions, presents key indicators relating to the socioeconomic determinants of health, risk and protective factors for health, health status, health service use and the health system. The most recent data available for each indicator was used. The indicators align to those used in more general annual monitoring at a national level.

The chart book shows that Māori have higher rates than non-Māori for many health conditions and chronic diseases, including cancer, diabetes, cardiovascular disease and asthma. Māori also experience higher disability rates.

The Ministry intends to continue to update this profile of Māori health regularly (every three to five years).



Hard copies of the chart book can be ordered from the Ministry website www.health.govt.nz.

The publication is also available to download with the full suite of data tables.

For more information, please go to <http://www.maorihealth.govt.nz>