

# The determinants of health for Māori mothers and adults with chronic diseases

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## Summary

### Rationale for Research

Eliminating health inequities for Māori is a key aim of the Waikato DHB (WDHB) Strategy. In order to achieve equity, health providers need to work in partnership with Māori to develop a responsive health system that delivers not only high-quality health care, but also addresses the wider determinants of health. Current research at WDHB (HRC Harti Hauora project) has shown that we can substantially change the system and make the hospital experience much better for patients and whānau. The provision of comprehensive wellbeing screening identifies health related issues that are important to Māori and currently may not be addressed. This study allows the DHB to provide targeted support to where it is most needed by looking at two important stages of life – the antenatal and immediate post-natal period (hapū māmā) and the adult age group when chronic disease becomes an important influence on life expectancy.

### Aims

This project aims to identify health and wellbeing needs for these two groups and to codesign a whānau (family) inclusive, holistic approach to meet those needs.

### Method

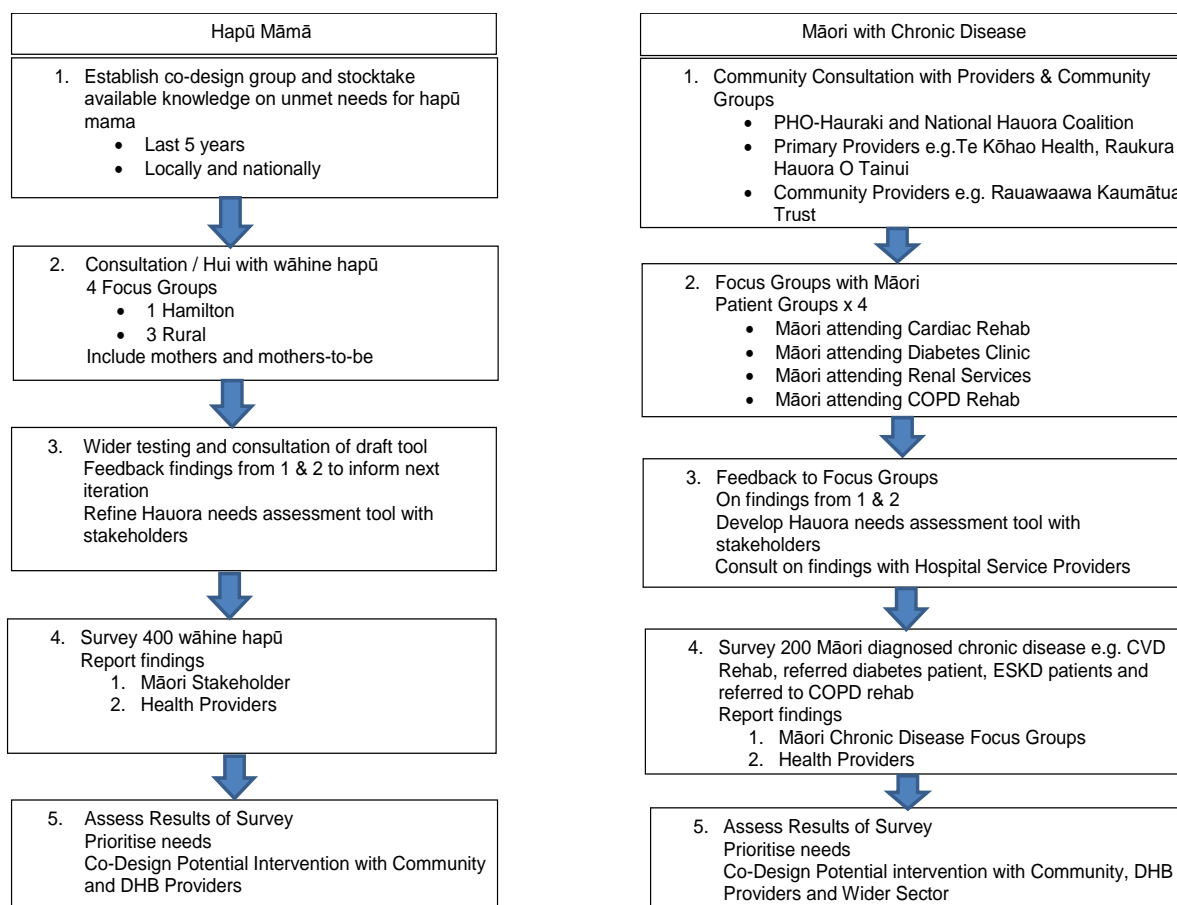
The study will use a kaupapa Māori co-design process, following the He Pikinga Waiora Framework. We will partner with a range of stakeholders to develop a hauora (wellbeing) tool and programme to assess and meet the needs for hapū māmā, and for Māori with chronic disease, covering four conditions: cardiovascular disease, diabetes, COPD, & renal disease.

There are four key objectives of the research for each of the two targeted groups:

1. Identify the needs of the targeted group regarding their health, access to health services, and access to the socioeconomic determinants of health through community and whānau/patient consultation (focus groups & wānanga)



2. Develop a hauora screening tool for health services staff to identify those in each target group who may benefit from both a health and/or social service intervention and mechanisms for identified needs to be met
3. Pilot the newly developed hauora screening tool with both targeted groups and determine the frequency of relevant health needs
4. Assess pilot results and co-design strategies and interventions to meet the identified needs for one/both targeted groups



## Research Impact

The likelihood for findings from this research to be translated into Māori health gains is high with impact at many levels including Waikato DHB management, staff, community agencies and for patients, whānau, hapū and iwi. Through the Harti tamariki project, we have shown that we can change hospital systems and improve experiences for patients and whānau. There is a growing sense of urgency within Waikato DHB on the need to dramatically increase efforts to achieve equity for the 85,000 Māori living within the region. We believe this research will provide immediate benefit for Māori in the Waikato as well as providing a powerful framework for the Ministry of Health, and other DHBs and agencies in addressing health equity. It will also provide a platform for future research to measure the impact of our approach on maternal, and ante and postnatal care.