

World Guru on Obesity visits NPH for 2 days to view Ngati & Healthy Project in Action

Professor James spent 2 days away from his hectic agenda which includes advising world governments on their policy and approaches to obesity and other diseases states such as cardiovascular diabetes and nutrition.

NPH were fortunate to have had the opportunity to have Professor James sit with and discuss the issues surrounding Ngati & Healthy. The challenges he put on the floor were various and they will certainly be investigated in the coming months.

Professor spent his first afternoon at the Army Hall in Gisborne where the Ngati & Healthy team did a presentation on their community intervention project. A specific comment from Professor James was; "I have been all around the globe talking with Governments and health organisations. They all have the theoretical and academic solutions. This is the first time I have actually seen those thoughts and ideas in action. The community and Ngati & Healthy have a solution that the world should look to for some of the answers for those long unanswered questions of how to do the interventions from a population health approach".



Professor James and his wife with Ngati & Healthy Team Members.

Look for further articles on Professor James visit in the next issue of Nga Kohinga.

Look also for the article of the recent presentation from Ngati & Healthy to the MoH and SPARC and feed back and comment from both the community and the sponsors of this project.

Rongoa Wananga Te Aowera Marae

On the 25th of November 2005 Te Aowera Marae hosted a four day Rongoa Wananga. Nga Kaiwhakahaere for the wananga were from Taranaki and are Rongoa practitioners who have established their own traditional healing clinics and businesses. Manu Magrath, Maata Wharehoka, Mihi Henry and Nau Mai Edwards have also just completed their Diploma in Rakau Rongoa through Te Wananga-o-Raukawa and they were ably joined by another of their work colleagues Karen Smith.

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After the poroporoake in front of Te Poho o Te Aowera.

The purpose of the wananga was to maintain the impetus for whanau to add to their knowledge of rakau rongoa as a means of re-establishing traditional Maori health. This



Nau Mai Edwards (left) and Mihi Henry (right) from Puna Aio presenting on the preparation of rongoa oils and ointments.

wananga was the latest in a number of programmes that the counseling service has run.

This weekend was a particularly busy one for the coast resulting in an intimate number of whanau attending. This number enabled a very deep level of work to be achieved. Activities for the wananga included learning basic mirimiri and oil preparation, rongoa properties and preparation, and te oho wairua. We were also fortunate to be shown te huna massage and colour therapy. The whanau worked hard to complete a korowai "Te Korowai Aroha" which was presented to Manu at the poroporoake.
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