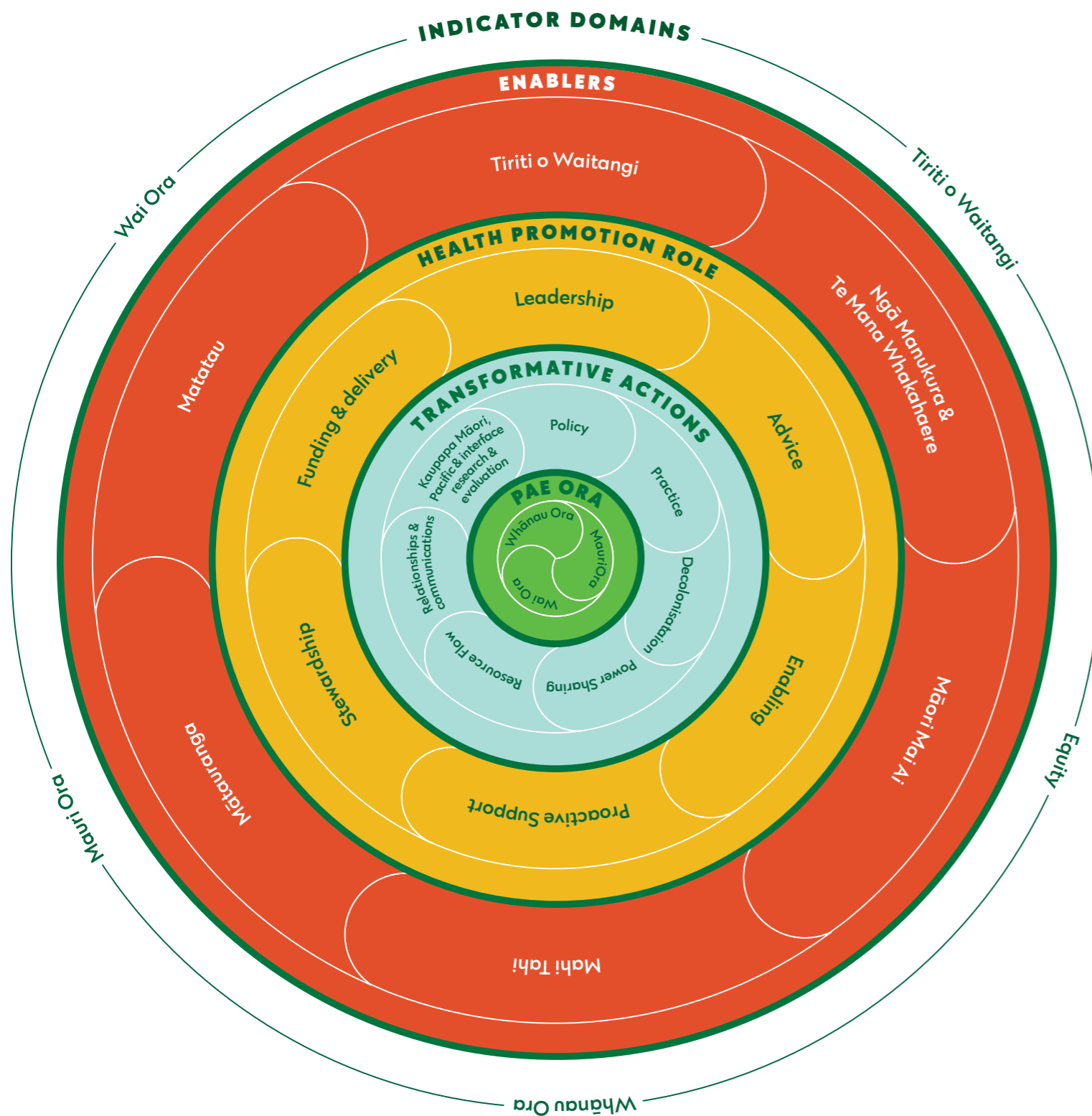


# TAKOHA

A Health Promotion Framework for Aotearoa



**Takoha is a tool to understand if, and how, we are making a difference to the health and wellbeing of Māori and all New Zealanders.**

Anyone in health promotion can use Takoha to help align their work to the articles of Te Tiriti o Waitangi, and to equity and community-centred approaches, in order to achieve Pae Ora – healthy futures for Māori and all New Zealanders.

Takoha is grounded in Aotearoa New Zealand health promotion thinking, and positions health promotion as part of a collective effort to transform the Health and Disability Sector.

## Takoha draws on:

### Māori health promotion models

*Kia Uruurumai a Hauora*

Enabling Māori to increase control over the determinants of health, strengthen their identity as Māori and thereby improve their health and position in society<sup>1</sup>

*Te Pae Mahutonga*

Ngā Manukura and Te Mana Whakahaere, community leadership and self-determination, are identified as prerequisites of Māori health promotion<sup>2</sup>

### Pacific approaches to health promotion

Which identify the need for greater control by Pacific peoples of their own futures and their desire to lead Pacific health promotion action<sup>3</sup>

### Ottawa Charter-based Western models of health promotion

Which seek to enable people to increase control over the determinants of health<sup>4</sup>

Takoha has 3 key components: **Enablers**, **Health Promotion Role**, and **Transformative Actions**. These are all part of the collective effort toward achieving **Pae Ora**. Takoha also outlines how the health promotion contribution to Pae Ora can be measured across five broad **Indicator Domains**; Tiriti o Waitangi, equity, whānau ora, mauri ora and wai ora. These indicator domains provide a structure for monitoring and measuring collective success.

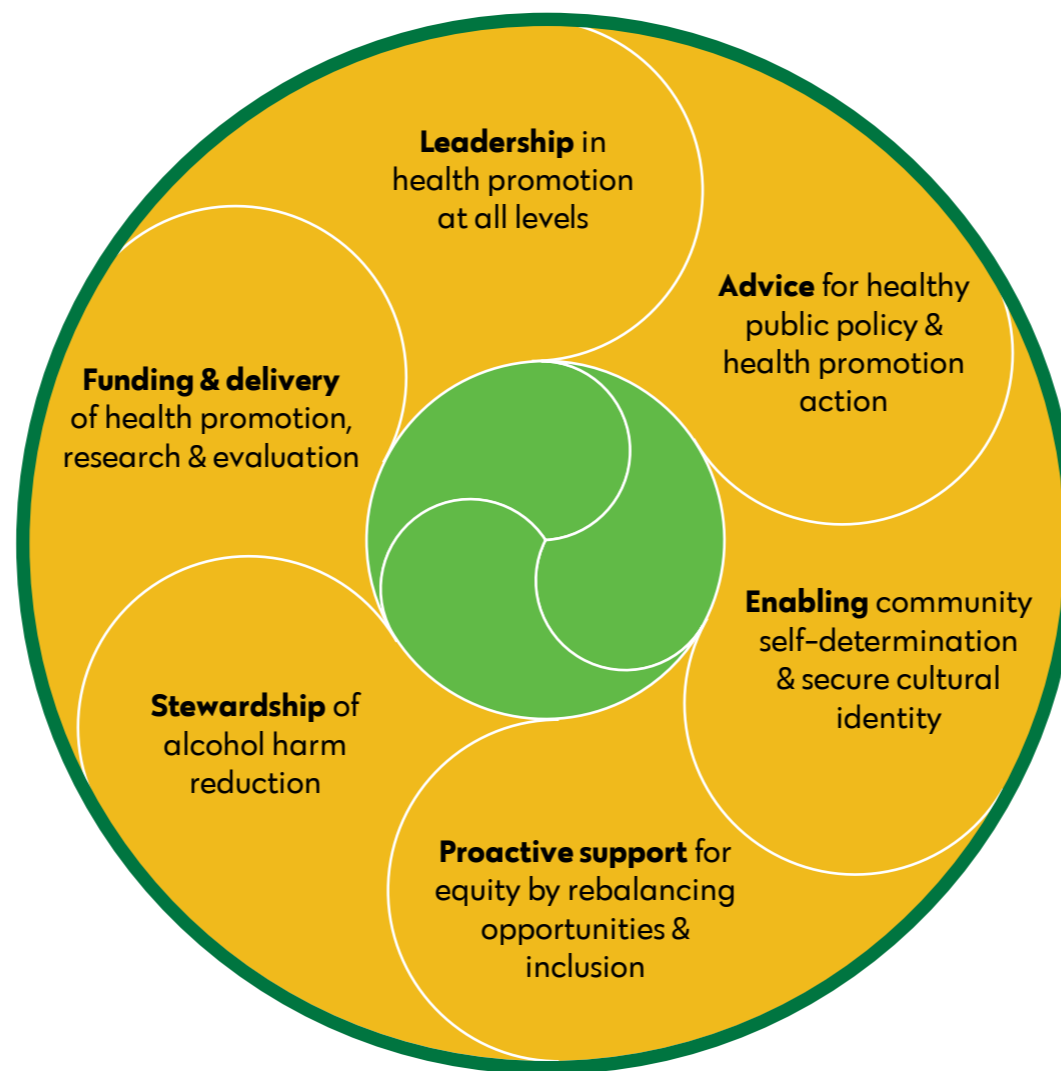
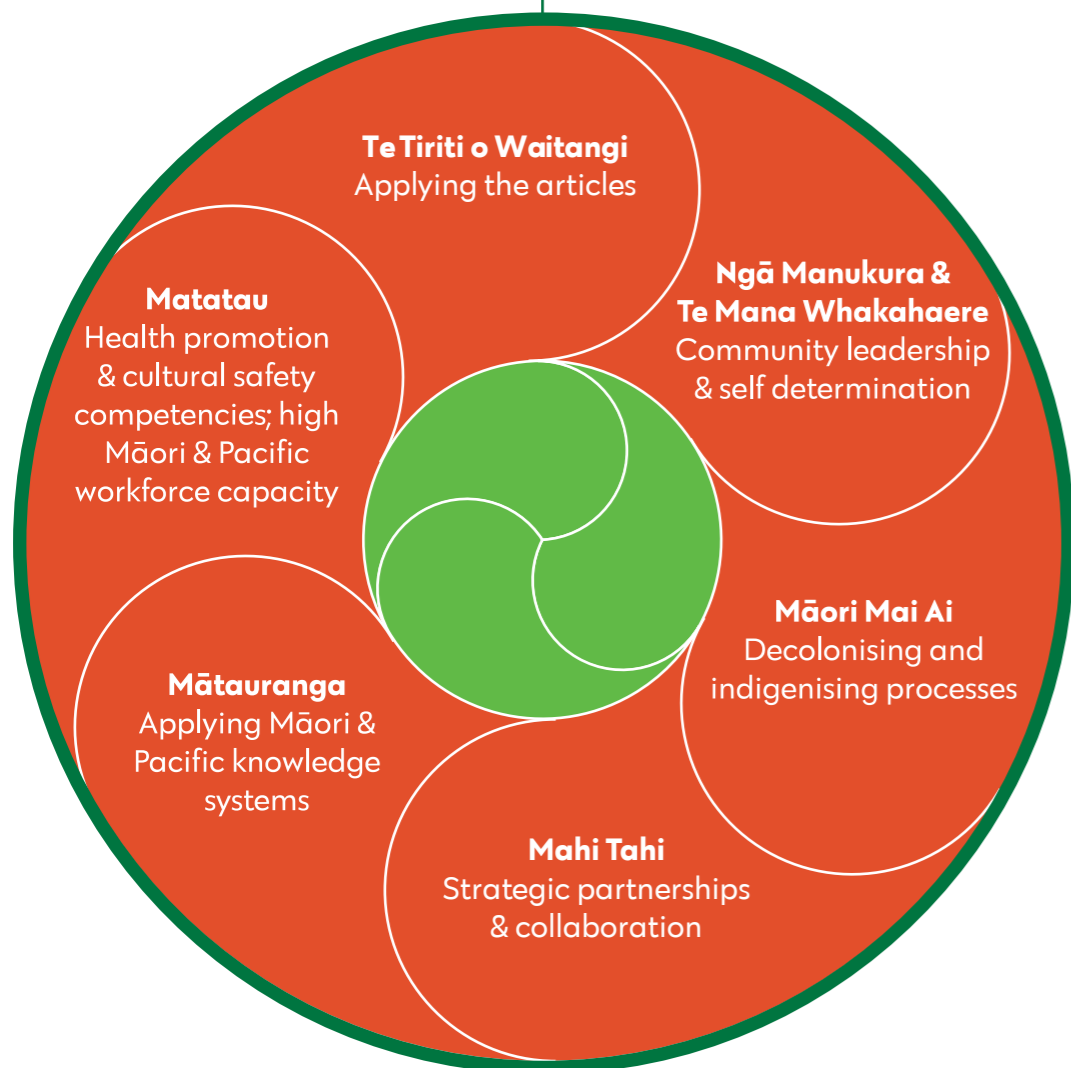
**Takoha** means, the gifting of a gift, donation or contribution. The word koha is more commonly used. A takoha is recognising the giver as gifting their greatest contribution to a cause. It is gifted with the best of intentions and through whatever means available; skills, time, food or money. The word carries a sense of collective action where everyone has something valuable to add in order to achieve, or acknowledge, a valued kaupapa.

**Takoha** – A Health Promotion Framework for Aotearoa is a gift to the health system.

1. Ratima, M. (2001). Kia ururu mai a hauora: Being healthy, being Māori: Conceptualising Māori health promotion. (Unpublished doctoral thesis). University of Otago.  
2. Durie, M. (1999). Te pae mahutonga: A model for Māori health promotion. Health Promotion Forum of New Zealand Newsletter, 49, 2–5. Tu'itahi, S., & Lima, I. (2015). Pacific health promotion. In L. Signal & M. Ratima (Eds.), Promoting health in Aotearoa New Zealand (pp. 64–81). Otago University Press.

3. Tu'itahi, S., & Lima, I. (2015). Pacific health promotion. In L. Signal & M. Ratima (Eds.), Promoting health in Aotearoa New Zealand (pp. 64–81). Otago University Press.  
4. World Health Organization, Health & Welfare Canada, & Canadian Public Health Association. (1986). Ottawa Charter for Health Promotion. Ottawa: World Health Organization, Health and Welfare Canada, Canadian Public Health Association.

**Enablers** are the things and actions that make something possible



**Health Promotion Role** are the functions of those working in health promotion



**Pae Ora** is a holistic concept of healthy futures that includes 3 interconnected elements

**Transformative actions** are the things we can do to make the biggest improvements across the health and disability system

