

TU KOT AHI
MĀORI ASTHMA
TRUST &
RESEARCH



FIRST MĀORI ASTHMA SOCIETY IN NEW ZEALAND

Tu Kotahi Māori Asthma Trust was formed in 1995 as a result of feedback from whānau and Māori providers in the Wellington rohe. The membership consisted of the Māori asthma providers and marae in the Wellington region. It became the first Māori Asthma Society in New Zealand.

In 1997, Tu Kotahi was contracted by the Asthma Foundation of New Zealand to provide regional asthma coordination and training services for Māori in the wider Wellington rohe.

In 1999, Tu Kotahi was contracted by the Hutt Valley District Health Board to provide asthma education and advocacy services to whānau in the wider Wellington rohe. Tu Kotahi was contracted by Piki Te Ora ki Te Awakairangi Primary Health Organisation to deliver asthma education and advocacy services to Māori affected by asthma.



ASTHMA FOUNDATION NATIONAL CONFERENCE

STEPPING UP FOR MĀORI

The Asthma Foundation Māori Engagement Strategy

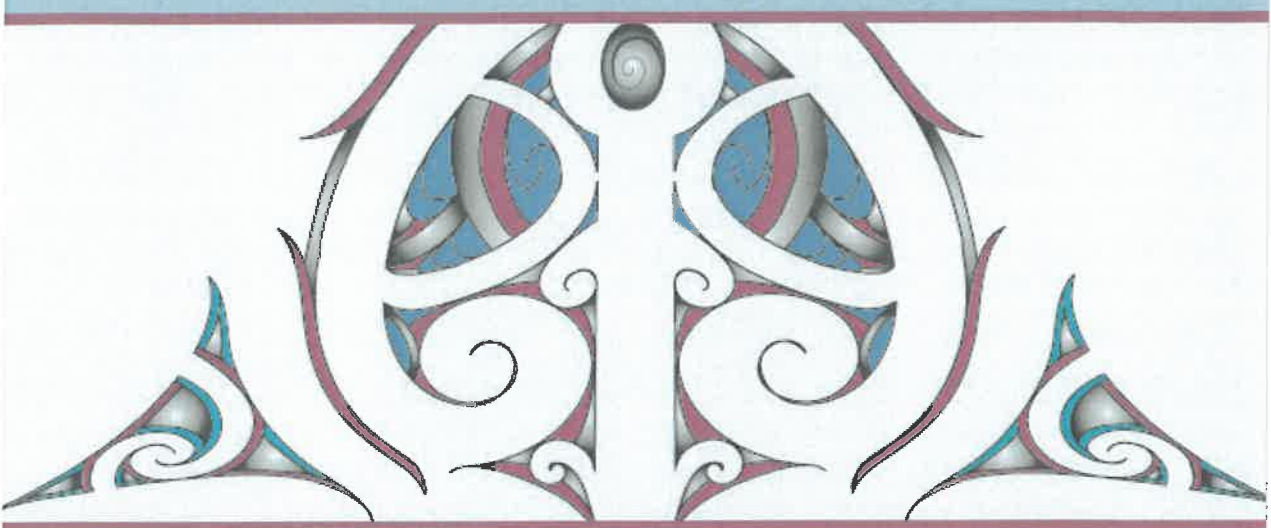
Dr Tristram Ingham
Strategic Advisor Māori



Ms Cheryl Davies
Board Member



the asthma foundation
Better respiratory health for New Zealanders



IMPROVING MĀORI HEALTH AND CREATING SUSTAINABLE COMMUNITIES

Ko Ngāti Raukawa, Ngāti WehiWehi, Ngāti
Mutunga o te Wharekauri oku iwi.



TU KOTAHI MANAGER
AND SENIOR MĀORI
RESEARCHER
CHERYL DAVIES

For over 25 years, Cheryl has led the Tu Kotahi Māori Asthma and Research Trust, New Zealand's first Māori asthma society, and has collaborated with the University of Otago on key research projects focused on Māori health.

One notable project is He Tipu Manahau, a sustainable eco-housing initiative in partnership with Wainuiomata Marae, Kāinga Ora, and He Kāinga Oranga. This development aims to provide warm, healthy homes powered by a smart renewable energy microgrid for the local whānau. Cheryl's work is dedicated to improving Māori health and creating sustainable communities.



TU KOTAHI DEVELOPS STRONG RELATIONSHIPS WITH DEDICATED RESEARCHERS

Over the years, Tu Kotahi has developed strong, meaningful relationships with dedicated researchers who have mentored them in the field of research. These partnerships have grown beyond the typical researcher-Māori provider relationship.

For example, over 20 years ago, at Kōkiri Marae, **Professor Julian Crane trained Māori to become asthma educators within their communities.** This initiative followed a Māori Asthma Review led by Professor Eru Pomare in the early 1990s, which recommended the creation of **“by Māori, for Māori”** services, ultimately leading to the establishment of Tu Kotahi, the first Māori Asthma Society.



PROFESSOR
JULIAN CRANE



PROFESSOR
ERU POMARE



FIRST MĀORI ASTHMA NURSE FOR TU KOTAHĪ MĀORI ASTHMA TRUST

Anne Webster has dedicated 20 years to supporting tamariki and their whānau as an asthma and respiratory nurse with Tu Kotahi Māori Asthma Trust in Lower Hutt. Known for her compassion and commitment, she is celebrated by colleagues for going above and beyond in her care.

Originally from Gisborne, Ms. Webster worked tirelessly to help children manage their asthma. One rewarding moment was when a young boy, initially embarrassed to play basketball due to his asthma, was able to return to the game after adjusting his treatment plan.

For Ms. Webster, the greatest reward is seeing tamariki thrive, and later, helping them as parents manage their own children's asthma. Her dedication was honoured at the 2024 Respiratory Achievers' Awards, where she received the Respiratory Educator Award.



REGISTERED NURSE
ANNE WEBSTER



TU KOTAHĪ COLLABORATES WITH THE UNIVERSITY OF OTAGO

One of Tu Kotahi's earliest research collaborations was in 2001 with Professor Philippa Howden-Chapman and the University of Otago, focusing on housing, insulation, and heating. This study marked the beginning of **Tu Kotahi's journey in researching inadequate housing**, an issue predominantly affecting Māori, Pacific, and low-income whānau.

Initially, Tu Kotahi's role was to recruit Māori participants for various studies, which was challenging due to the community's distrust of research. However, Tu Kotahi soon realized the importance of ensuring whānau safety throughout the research process and became more actively involved in all stages of the research.



PROFESSOR
PHILIPPA HOWDEN-CHAPMAN



TU KOTAHI RESEARCH INADEQUATE
HOUSING: ADDRESSING IMPACTS ON
MĀORI, PACIFIC, AND
LOW-INCOME WHĀNAU





PUKAPUKA HAUORA: AN INDIGENOUS APPROACH TO MĀORI HEALTH IN ASTHMA

Asthma rates among Māori, particularly in children, are among the highest globally. This study used a Kaupapa Māori approach to examine the challenges Māori families face in managing asthma, engaging 32 families in interviews, questionnaires, and a Photovoice exercise over a year. With a 100% retention rate, attributed to respectful and culturally appropriate methods, **the research highlights the importance of indigenous approaches in addressing asthma disparities** and informing effective interventions for Māori children.



MĀORI RESEARCHER
BERNADETTE JONES



WINNERS 2014: THE PRIME MINISTERS SCIENCE PRIZE

The 28-member team, including the Tu Kotahi Māori Asthma Trust's Cheryl Davies, conducted over 15 years of **research involving thousands of New Zealanders, driving policy change.**

The \$500,000 prize has been presented to the He Kainga Oranga, Housing and Health Research Programme, led by Professor Philippa Howden-Chapman from the University of Otago.

Large-scale trials with 10,000 participants highlighted significant health benefits from initiatives like modern insulation, effective heating, and safer homes, especially for children, seniors, and those with chronic conditions.



THE 28-MEMBER TEAM,
INCLUDING CHERYL DAVIES



SYMBIOTIC: INTEGRATED PREVENTION OF INFECTIOUS DISEASES AND LONG- TERM CONDITIONS



Cheryl Davies co-lead project one.

- Leading consultation and co-lead development of a syndemic/whanau ora framework.
- Contributing to interpretation of study findings and developments of recommendations for practice and policy
- Advertising and mentoring emerging Māori researchers.



PUBLIC HEALTH & URBAN
REGENERATION PLANNING DAY



TAMARIKI MANAWA NGAWARI CHILDREN BREATHING EASY

The Tamariki Manawa Ngawari project develops asthma and respiratory resources for Kohanga Reo in Wellington.

- Consulting with Kaiako (teachers) to understand current asthma practices and tailor resources to their needs.
- Engaging with parents of asthmatic children to create an updated resource on asthma and respiratory conditions.



TAMARIKI MANAWA NGAWARI CHILDREN BREATHING EASY

- 832 tamariki were enrolled with the 29 Kohanga Reo in the Hutt Valley, Upper Hutt, Wellington and Porirua region
- In total 185 tamariki and pepi were identified with asthma or respiratory conditions
- A number of Kaiako spoke of the high number of hospitalisations for their tamariki and pepi
- The majority of kohangareo were located in high Deprivation areas in the wider Wellington rohe



TE HAU TAPU O TAWHIRIMĀTEA



THE #BREATHE EASY COMPETITION

THE KEY MESSAGES

KNOWING ASTHMA TRIGGERS
Smoking, Exercise, Dust, Cold/Flu, Perfumes etc.

KNOWING ASTHMA SIGNS AND SYMPTOMS
Tight chest, cough, wheeze

TAKING YOUR PREVENTER MEDICINE EVERYDAY IS GOOD FOR YOUR ASTHMA

ASTHMA SHOULDN'T STOP YOU FROM EXERCISING

1 in 5 children in Aotearoa have asthma

The Breathe Easy Competition wants YOU to come up with a creative way to show one of the above key messages

It can be a drawing, book, video, audio, poem, song, etc. It's up to you to bring fun, fun, fun!

AGES 12yr - 18yr

PRIZES

CLOSES 5PM 22nd OCT 2015

Upload your message to the www.facebook.com/breatheeasykiwi page to be in with

For any enquiries call 022 5390225

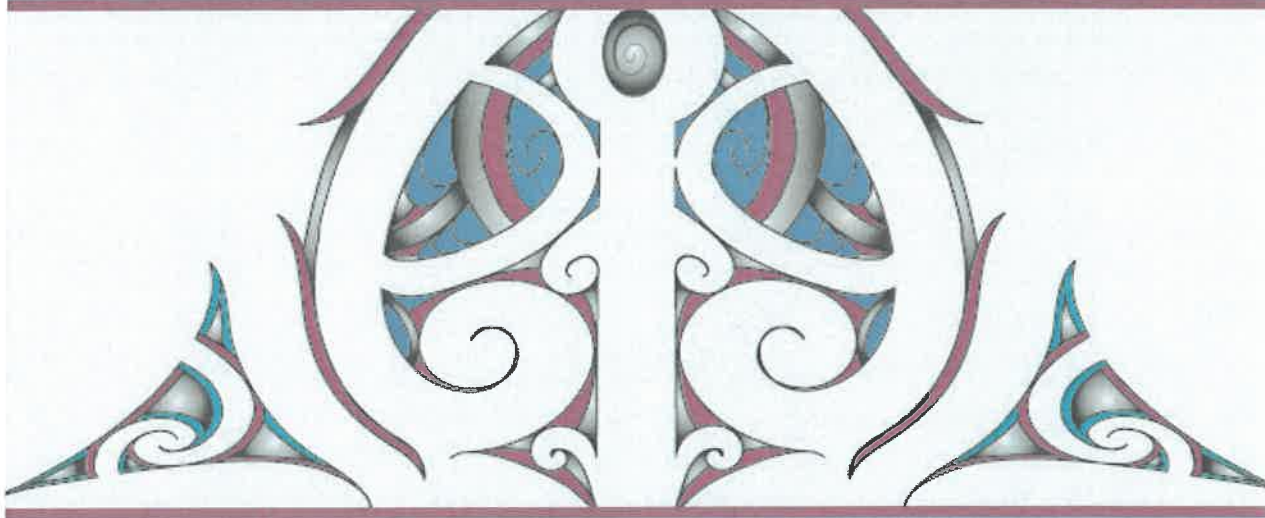


TU KOTAHI RECEIVE THE MATARIKI SUPREME AWARD 2019

AN EXCEPTIONAL COMMUNITY HEALTH WORKER AND AN ORGANISATION
TRANSFORMING THE LIVES OF THOSE WITH RESPIRATORY CONDITIONS



TE OMAGA HOSPICE MĀORI LIAISON AND WAINUIOMATA MARAE MANAGER LINDA OLSEN
STANDS WITH TU KOTAHI MAORI ASTHMA AND RESEARCH TRUST MANAGER CHERYL DAVIES



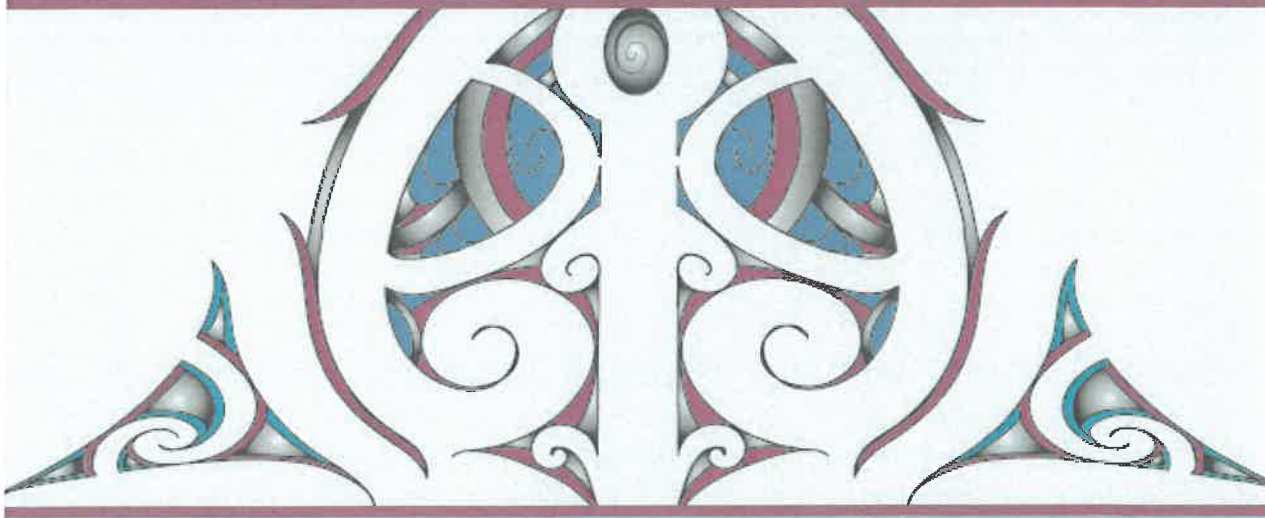
SUPPORTING WHĀNAU DURING COVID-19 PANDEMIC IN AOTEAROA NEW ZEALAND: A SYSTEMS THINKING CASE STUDY



“ There’s a difference
between a food bank
and **koha kai**.

Koha kai is
something that is
given
unconditionally.”

TERESEA OLSEN





Supporting whānau during COVID-19 pandemic in Aotearoa New Zealand: a systems thinking case study

Stephen Munnings¹, Cheryl Bevan², Melissa Sutherland³, Michael Baker⁴, Amanda Leung⁵, and Lisa Whelan⁶

Abstract The rapid rise in COVID-19 cases in Aotearoa New Zealand has been linked to a 'lockdown' strategy. However, the impact of the pandemic on the most vulnerable has been significant. This study explored the experience of a collection of community-based organisations in Aotearoa New Zealand that have been providing support to whānau during the pandemic. The study used a systems thinking approach to explore the experience of these organisations and the impact of the pandemic on their operations. The study identified several key challenges, including the impact of the pandemic on the supply chain, the impact of the pandemic on the workforce, and the impact of the pandemic on the community. The study also identified several key opportunities, including the impact of the pandemic on the community, the impact of the pandemic on the workforce, and the impact of the pandemic on the supply chain. The study concludes that a systems thinking approach is needed to address the challenges of the pandemic and to support whānau during the pandemic.

Keywords: COVID-19, Aotearoa New Zealand, systems thinking, community-based organisations, whānau, pandemic, support, supply chain, workforce, community.

BMC

A quantitative analysis of 'Whānau Ora' in the Waikato region for the community planning and wellbeing of COVID-19 pandemic



TIHEI RANGATAHI PROGRAMME -
IMPROVING HAUORA, ORANGA SERVICES
FOR RANGATAHI MAORI



TIAKI - COMMUNITY WELL-BEING
FOR WHANAU WITH LIVED
EXPERIENCE OF INCARCERATION



PRESERVE AOTEAROA DELIRIUM PREVENTION STUDY 2022

This study brings together Te Omanga Hospice's palliative care expertise and Kokiri Marae's experience working with Māori communities. Over the past two decades, Kokiri Marae has focused on Māori cancer care research, building capacity and knowledge.

We've created **a safe space for whānau to address delirium, a condition many have struggled with but felt unsure how to support.** In collaboration with Te Omanga Hospice, we developed simple, practical resources—such as daily delirium checklists—with easy tips like offering fluids, ensuring sleep, and encouraging conversation.

Our approach follows Kaupapa Māori methods, with Māori interviewers, karakia, and time for whakawhānau to connect with participants. Our partnership with PRESERVE Aotearoa has further strengthened our cultural and research networks.



TUANUI - A MANA-ENHANCING APPROACH TO HEALTHY HOMES

The Tuanui: Wainuiomata Healthy Homes for All initiative, launched in 2021, aims to improve housing for whānau in the area's cold, damp homes. The programme provides home repairs for low-income homeowners, followed by insulation and heating retrofits. **The home-repair team, led by local tradespeople,** focuses on essential repairs like weatherboards and roofs, enabling further retrofitting.

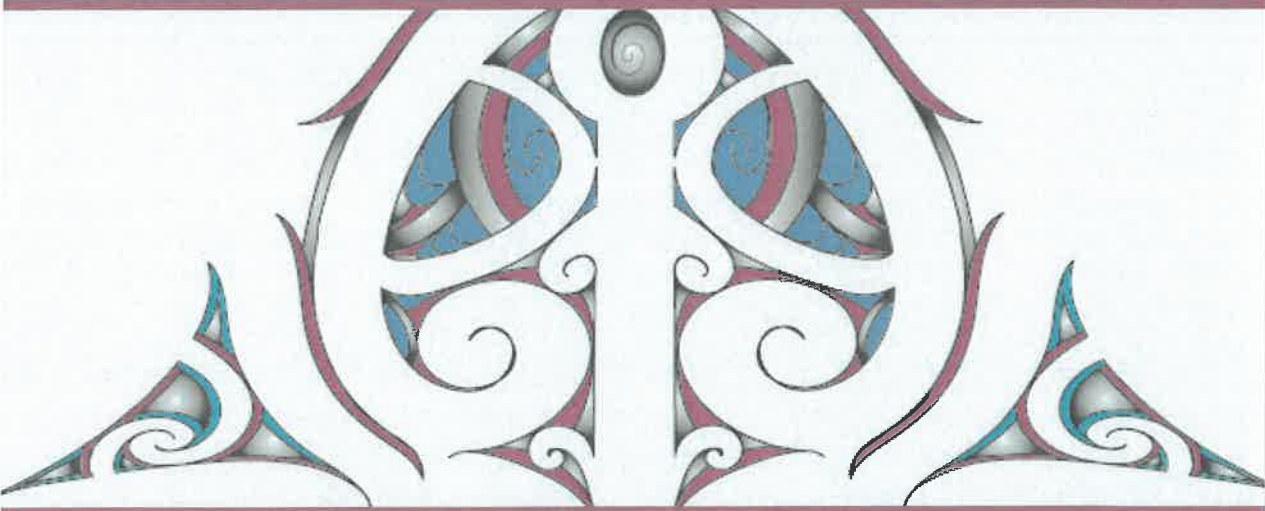
Tuanui partners with organisations like EECA's Warmer Kiwi Homes and Well Homes to offer additional support, including legal and budgeting services through Whānau Ora. Wainuiomata, with high rates of respiratory illnesses, has many homes in need of repair. **Whānau who have participated report significant improvements.**

Supported by the Todd Foundation, Tuanui works to ensure all Wainuiomata whānau can live in warm, healthy homes.



TUANUI CHAIRMAN ROGER
BLAKELEY AND TE PUNI KOKIRI
JOAN ADAMS





TUANUI BOARD



TUANUI HOME REPAIRS TEAM



HOUSING AND HEALTH FOR WHĀNAU MĀORI



The NEW ZEALAND CENTRE for

Sustainable Cities

Te pokapū rōnaki tāone-nui

Housing and health for whānau Māori
Amber Logan, Cheryl Davies,
Guy Penny



HIKO E-BIKE RESEARCH

The HIKO E-bike project is **supporting 25 whanau living in the Wainuiomata community to have access to an e-bike**. The HIKO project is being trialled over a 6 month period (December 2022 - June 2023).

The trial is led by the partnership of NZ social enterprise Big Street Bikers, Kōkiri Marae, Healthy Families Hutt Valley and Otago University. The project stems from a research project undertaken by Kōkiri Marae and Otago University to understand attitudes to cycling amongst Māori and Pasifika women in Wainuiomata.



HIKO E-BIKE PARTICIPANTS
DIANA VA'A, JANICE ALDRIDGE
AND RENEE DAVIES



HIKO E-BIKE RESEARCH



WAINUIOMATA MARAE - PAPA KAINGA PROJECT



**Empowering local communities in
Aotearoa/New Zealand**

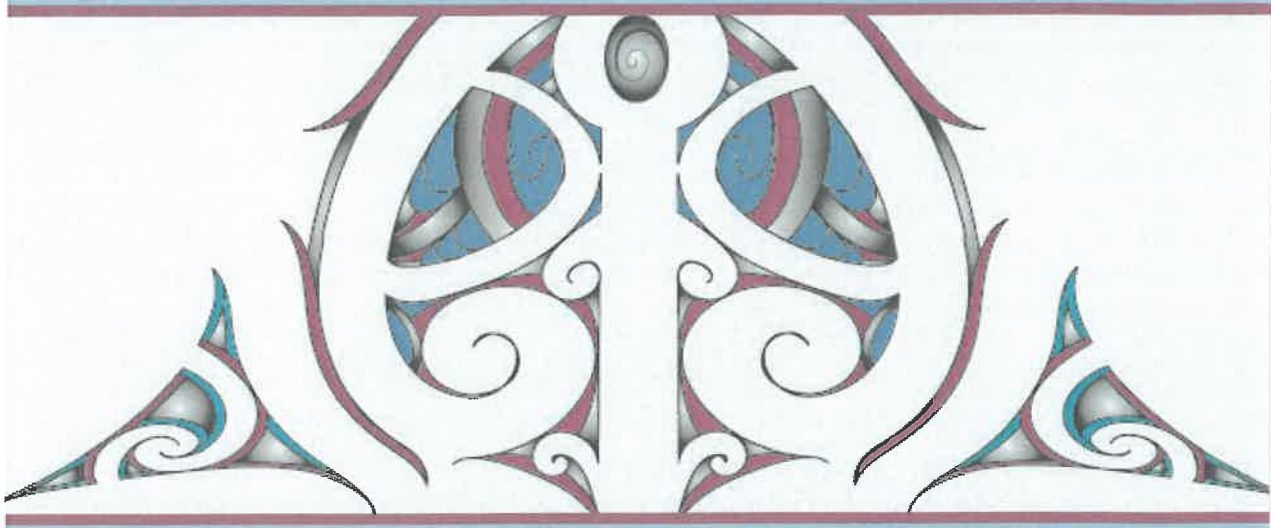
Cheryl Davies & Guy Penny
 Tū Kotahi Māori Asthma Trust Research Group
 Wainuiomata Marae Trust
 He Kainga Oranga/Housing and Health Research Programme

New Zealand Centre for Sustainable Cities
 University of Otago, Wellington





LEGO PROJECT PARTNER HUI -
ALICE SPRINGS 2024



PUKU ORA - H/PYLORI

The Puku Ora Pilot Study is a Kaupapa Māori, whānau-centred initiative focused on **preventing stomach cancer and promoting early detection of bowel cancer** through education, screening, and support. The study aims to improve health outcomes for Māori communities.

Participants were tested for H/Pylori infection and bowel health issues. Those who tested positive for H/Pylori were offered antibiotic treatment to reduce the risk of ulcers and cancer. Those with a positive FIT test were referred for a colonoscopy to address potential bowel concerns. This research also seeks to enhance understanding of digestive health in Māori communities and contribute to better health practices for whānau.



DR. STEPHEN INNS,
SENIOR LECTURER



TU KOTAHI MĀORI ASTHMA TRUST KAIMAHI



RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK001	2004	Housing and Heating Study	OTAGO	C.D	Completed	2007
TK002	2007	Pukapuka Hauora - Māori parents experience of managing a child with Asthma	OTAGO	C.D	Completed	2010
TK003	2009	Māori and Cancer	MASSEY	C.D	Completed	2011
TK004	2009	SMART Therapy Study	MRINZ	C.D	Completed	2011
TK005	2009	Oranga Waha: Oral Health Research Priorities for Māori	OTAGO	C.D	Completed	2011

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK006	2009	WHEZ: Warm homes for Elder New Zealanders	OTAGO	C.D	Completed	2012
TK007	2010	Whiti Te Ra: Bronchiolitis Disparities among Māori and Pacific Children	OTAGO	C.D	Completed	2013
TK008	2011	Whiti Te Rā: The contribution of housing conditions to bronchiolitis Disparities	OTAGO	C.D	Completed	2014
TK009	2012	He Kainga Oranga, Housing Pgm. HRC.	OTAGO	C.D	Completed	2015
TK010	2014	Asthma Health Literacy and Māori	OTAGO	C.D	Completed	2015

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK011	2014	He Kaitiaki Oranga/Community Housing and Health Intervention Research Programme	OTAGO	C.D	Completed	2017
TK012	2014	C3: Multimorbidity: The most common chronic condition of all	OTAGO	C.D	Completed	2017
TK013	2014	He Kura: Asthma Support for Māori Tamariki at School	OTAGO	C.D	Completed	2017
TK014	2015	The Nest Study: A primary prevention study	OTAGO	C.D	Completed	2018
TK015	2017	BetaMe: An Innovative management of diabetes with a comprehensive digital health programme: a randomised controlled trial	OTAGO	C.D	Completed	2020

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK016	2018	Te Mauri programme - Cancer Support Programme for Māori whānau	MASSEY	L.E	In progress	2024
TK017	2018	Eviction and its consequences: representative, discourse and reality.	OTAGO	C.D	Completed	
TK018	2018	Co-creating a digital self-help intervention for people with persistent pain	OTAGO	C.D	Completed	
TK019	2020	Symbiotic: Integrated prevention of infectious diseases and long-term Conditions	OTAGO/UOO	Michael Baker	In progress	2024
TK020	2020	The Covid-19 Pandemic in Aotearoa NZ: Impact, Inequalities and improving our response	OTAGO	C.D	Completed	

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK021	2020	Connecting Kai	VUW	Kahurangi Dey	Completed	
TK022	2020	Tihei Rangatahi Programme - improving hauora/oranga services for Rangatahi Māori	MASSEY	C.D	Completed	
TK023	2022	Kotahitanga Project	OTAGO	Jean Hay-Smith	Not going ahead	
TK024	2022	Mediterranean Diet Study	OTAGO	Jeremy Krebs	Completed	2024
TK025	2022	Combined H/Pylori Screening	OTAGO	Stephen Inns	In progress	2025

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK026	2022	Māori and Disability care	CCDHB	Bernadette Jones	Not going ahead	
TK027	2022	PH & UD Study	OTAGO	Philippa Howden- Chapman	In progress	2025
TK028	2022	2-Wheeled Bike Project	OTAGO	Caroline Shaw	Completed	
TK029	2022	COVID follow-up study	KOKIRI	C.D	Completed	
TK030	2022	Whakamaua Study		Lis Ellison- Loschmann	In progress	2025

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK031	2022	TIAKI	OTAGO	Paula King	In progress	2025
TK032	2022	Te Mauri study		Lis Ellison- Loschmann	Completed	2024
TK033	2022	Delirium Study	TOH		Completed	
TK034	2022	Co-Search		Mat Waiton	Completed	
TK035	2022	Supporting Salina Lupati with her Study		C.D	In progress	2025

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK036	2022	Supporting Michelle Mako with her PhD		C.D	Completed	
TK037	2022	Kokiri's Diabetes service evaluation	KOKIRI	C.D	Completed	2024
TK038	2022	Pain Management study	OTAGO	Hemakumar Devan	In progress	2025
TK039	2022	Te Pae Tawhiti	TU KOTAHI	C.D	Completed	
TK040	2022	C3: Whakatomuri, Whakamua	TU KOTAHI	T.J, N.P		2028

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK041	2023	E Tipu Rea Rangatahi	OTAGO	C.D	Completed	2023
TK042	2023	Lego Foundation Funded Research - Children e Play	OTAGO	C.D, B.T, H.T	In progress	Jul-05
TK043	2023	H/Pylori Screening Study	OTAGO	C.D, T.J	In progress	2026
TK044	2024	Nutrition (Whaia Te Oranga Tinana)	OTAGO	C.D	In progress	2025
TK045	2025	Star and Epilepsy	ERU POMARE	C.D, J.S	Starts in Jan 2025	2026

RESEARCH TIMELINE

CODE	YEAR	TITLE	SPONSOR	AUTHOR(S)	STATUS	YEAR COMPLETED
TK046	2025	Ngā Kanohi Kitea Community Advancement Grant - (Training Grant)	TU KOTAHI	C.D, BTT, T.J, N.P, C, V	Yet to Start	2027
TK047	2025	Health Research Delivery - Research Career Development grant	TU KOTAHI	BTT, C.D	Yet to Start	2025
TK048	2025	Health Delivery – Research Project Grant	OTAGO	Maria Stubber, Jo Hilder, C.D, BTT, Rachel Tester, Jeremy Krebs	Yet to Start	2025