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91465MR



NEW ZEALAND QUALIFICATIONS AUTHORITY
MANA TOHU MĀTAURANGA O AOTEAROA

QUALIFY FOR THE FUTURE WORLD
KIA NOHO TAKATŪ KI TŌ ĀMUA AO!

Hauora, Kaupae 3, 2017

91465MR Te arotake i ētahi tauira mō te whakatairanga hauora

2.00 i te ahiahi o te Rāhina, te 13 o Whiringa-ā-rangi, 2017
Ngā whiwhinga: E rima

TE PUKAPUKA RAUEMI

Tirohia tēnei pukapuka hei whakatutuki i ngā tūmahi mō te whakamātautau Hauora 91465M.

Tirohia mēnā e tika ana te raupapatanga o ngā whārangi 2–9 kei roto i tēnei pukapuka, ka mutu, kāore tētahi o aua whārangi i te takoto kau.

E ĀHEI ANA TŌ PUPURI KI TĒNEI PUKAPUKA Ā TE MUTUNGA O TE WHAKAMĀTAUTAU.

Te Rauemi A: Te Kaupapa o “5+ I Ia Rā”



Ko 5+ I Ia Rā tētahi kaupapa whakatairanga hauora e whakatenatena nei i ngā tāngata katoa o Aotearoa kia kai i ngā tohanga hua rākau me te hua whenua karakara e mata ana e rima, kia neke atu rānei, i ia rā kia whai orange ai, otirā, kia whai ngao ai.

E hāngai ana tēnei ki ngā whakahau a te Manatū Hauora me te Rūnanga Hauora o te Ao.

He kōrero mō 5+ I Ia Rā

He mea hoahoa te kaupapa whakatairanga hauora o 5+ I Ia Rā hei painga mō te iwi whānui, ka mutu, e tino hāngai ana ki ngā tamariki o Aotearoa.

Ka tukuna hoki ētahi pānui whakaahua, ā, ka āhei hoki te toro atu ki tētahi pae tukutuku e mau nei ētahi tohutaka me ētahi pūrongo e pā ana ki te kai i ngā kai hauora.

Resource A: “5+ A Day” Campaign

5+ A Day is a health promotion initiative that encourages all Kiwis to eat five or more servings of colourful, fresh fruit and vegetables every day, for health and vitality.

[REDACTED]

This is in line with the Ministry of Health and the World Health Organisation (WHO) recommendations.

About 5+ A Day

The 5+ A Day health promotion initiative was designed for the benefit of the general public, and specifically for New Zealand children. [REDACTED]

[REDACTED]

Posters are also provided, and a website with recipes and articles about healthy eating can be accessed.

Te Rauemi B: Te Kaupapa o “Whānau Ora”

Ko Whānau Ora Aotearoa tētahi kaupapa whakatairanga hauora arowhānui kua whakaritea i ngā wāhi tekau puta i te motu hei whakakotahi i ngā kaiārahi ā-hapori kia ngātahi ai te karawhiu mō te oranga te take. [REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED] Ka mahi tahi tētahi ohu mahi whai pūkenga ārai ki ngā kaiārahi ā-rohe ki te whakaū i ngā panonitanga hauora.

He aha ngā hua o Whānau Ora Aotearoa ki a tātou?

Ko te kaha haere o te pānga mai o ngā mate mauroa ka taea te ārai pēnei i te mate huka, i te mate manawa, i ētahi momo mate pukupuku anō hoki, e whakararu nei i te kounga o tā tātou noho ora. [REDACTED]

[REDACTED]

[REDACTED]

[REDACTED] Ko Whānau Ora Aotearoa tētahi taura arowhānui ki te hapori ka panoni i ngā pūnaha e whakaawe nei i te hauora me te oranga o te takitahi, o ngā whānau, o ngā hapori hoki - arā, ko ngā pūnaha pēnei i ngā wāhi mahi, i te pūnaha mātauranga me ngā wāhi hapori.

Ko wai mā ka whai wāhi atu ki a Whānau Ora Aotearoa?

He mea hoahoa, he mea whakahaere hoki te kaupapa o Whānau Ora Aotearoa i ngā wāhi tekau puta i te motu.

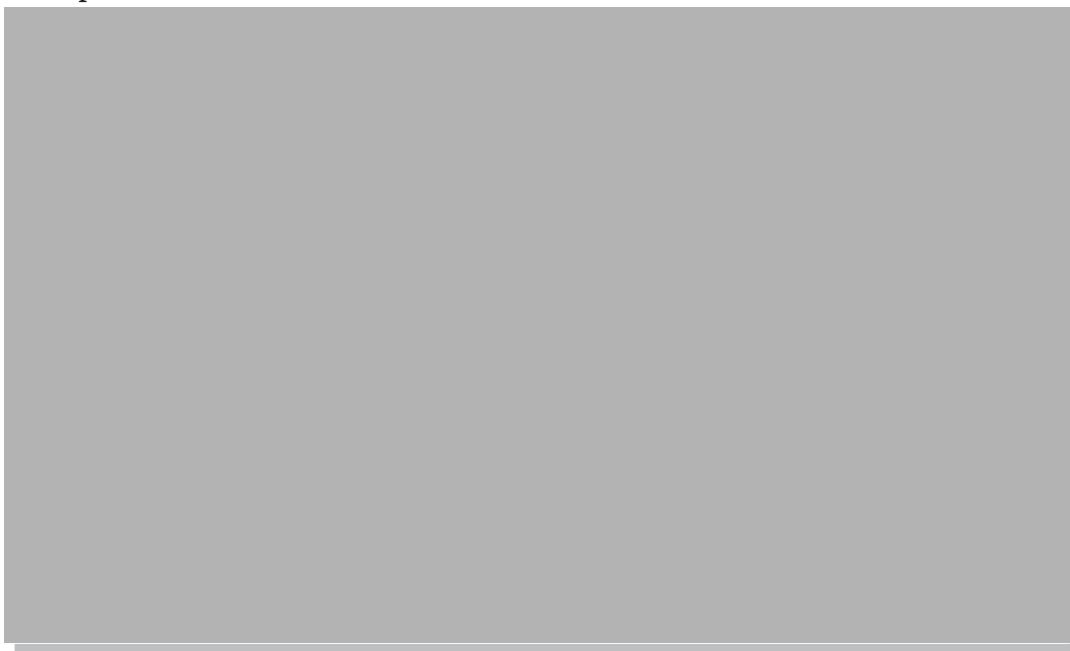
[REDACTED]

[REDACTED]

[REDACTED]

[REDACTED]. Ka whakaritea hoki tētahi ohu mahi whai pūkenga ki ngā mahi ārai i ia wāhi hei ārahi i ngā mahi, otirā, e hua ai te momo hautūtanga ka kōkiri i ngā panonitanga e tika ana hei hāpai ake i te hauora.

He hoahoa ā-hapori mō Whānau Ora Aotearoa



Resource B: “Healthy Families” Campaign

Healthy Families New Zealand is a large-scale, health promotion initiative set up in ten locations nationwide to bring community leadership together in a united effort for better health. [REDACTED]

[REDACTED]

[REDACTED]

[REDACTED] A skilled prevention workforce will work with local leaders to create healthy change.

Why do we need Healthy Families New Zealand?

The rising tide of preventable chronic diseases like diabetes, cardiovascular disease, and some cancers, threatens our quality of life. [REDACTED]

[REDACTED]

[REDACTED] Healthy Families New Zealand is a whole community approach that makes changes to the systems that influence the health and well-being of individuals, families, and communities – systems like workplaces, the education system, and community spaces.

Who is involved in Healthy Families New Zealand?

Healthy Families New Zealand is being designed and implemented in 10 locations across the country. [REDACTED]

[REDACTED]

[REDACTED] A skilled

prevention team is also being established in each site to coordinate action and enable leadership that will drive the necessary changes to support good health.

A Healthy Families New Zealand Community Diagram



Te Rauemi C: Ngā Tauira Whakatairanga Hauora E Toru

Te Tauira Panoni Whanonga

He huarahi ārai te tauira panoni whanonga, ā, e arotahi ana ki ngā whanonga nohoao ka pā ki te hauora. Ko tāna e whai nei ko te whakawai i ngā tāngata kia whai i ngā whanonga nohoao hauora, kia toro atu ki ngā ratonga hauora ārai mate, otirā, kia kuhu i a rātou anō mō te wāhi ki ō rātou hauora.

Te Tauira Whakamana Whaiaro

Ko tā tēnei huarahi e whai nei ko te whakawhanake i tō te tangata takitahi āheinga ki te tiaki i tōna anō hauora, i tōna anō taiao. Ka arotahi te tauira ki te hāpaitanga ake o tō te tangata tuakiri whaiaro me tōna kiritau, otirā, ki te whakawhanaketanga o ngā 'pūkenga toiora'.

Te Tauira Mahinga Tōpū

He huarahi rauropi pāpori tēnei ka aro atu ki te whātuitanga i waenga i te tangata takitahi me te taiao.

Ka whakaata tēnei tauira i ngā tūāhua o te whakamana i te hapori me te ngākau titikaha ki te whakapakari i ngā anga pāpori e kaha whakaawe nei i te hauora o te tangata.

He Mihi

He mea whakahāngai ētahi wāhanga o ngā mātāpuna e whai ake nei, hei whakamahinga i tēnei whakamātautau (i tīkina i te 11 o Haratua, i te tau 2017).

Te Rauemi A: <http://www.5aday.co.nz/5plus-a-day/about-5plus-a-day.aspx> (text) and <http://www.5aday.co.nz/kids-zone/5plus-a-day-around-the-world.aspx> (te waitohu).

Te Rauemi B: <http://www.health.govt.nz/our-work/preventative-health-wellness/healthy-families-nz> (te tuhinga me te hoahoa) me <http://www.healthyfamilies.govt.nz/#home-2> (te waitohu).

Te Rauemi C: *Making Meaning: Making a Difference*, The Curriculum in Action Series for the Ministry of Education (Te Whanganui a Tara: Learning Media, 2004), he mea kite i <http://health.tki.org.nz/Key-collections/Curriculum-in-action/Making-Meaning>.

Te Rauemi D: The Bangkok Charter for Health Promotion from The World Health Organisation (2005), he mea kite i http://www.who.int/healthpromotion/conferences/6gchp/bangkok_charter/en/index.html; Te Tiriti o Waitangi / The Treaty of Waitangi and Health Promotion from A. Waa, F. Holibar, C. Spinola, 'Programme Evaluation: An Introductory Guide for Health Promotion' (Auckland: University of Auckland Alcohol and Public Health Research Unit / Whariki Runanga Wananga hauora Mete Paekaka, 1998), he mea kite i <http://www.hauora.co.nz/resources/ToWandHP.pdf>, me Health Promotion Forum of New Zealand – Runanga Whakapiki ake i te Hauora o Aotearoa, 'TUHA – NZ: A Treaty Understanding of Hauora in Aotearoa – New Zealand' (2002), he mea kite i <http://www.hauora.co.nz/assets/files/Maori/Tuhanzpdf.pdf>.

Resource C: Three Models for Health Promotion

Behavioural Change Model

The behavioural change model is a preventive approach, and focuses on lifestyle behaviours that impact on health. It seeks to persuade individuals to adopt healthy lifestyle behaviours, to use preventive health services, and to take responsibility for their own health.

Self-empowerment Model

This approach seeks to develop the individual's ability to control their own health status as far as possible within their own environment. The model focuses on enhancing an individual's sense of personal identity and self-worth, and on the development of 'life skills'.

Collective Action Model

This is a socioecological approach that takes account of the interrelationship that occurs between the individual and the environment.

This model encompasses ideas of community empowerment and commitment to improve the societal structures that have such a powerful influence on people's health status.

Acknowledgements

Material from the following sources has been adapted for use in this examination (accessed 11 May 2017).

Resource A: <http://www.5aday.co.nz/5plus-a-day/about-5plus-a-day.aspx> (text) and <http://www.5aday.co.nz/kids-zone/5plus-a-day-around-the-world.aspx> (logo).

Resource B: <http://www.health.govt.nz/our-work/preventative-health-wellness/healthy-families-nz> (text and diagram) and <http://www.healthyfamilies.govt.nz/#home-2> (logo).

Resource C: *Making Meaning: Making a Difference*, The Curriculum in Action Series for the Ministry of Education (Wellington: Learning Media, 2004), found on <http://health.tki.org.nz/Key-collections/Curriculum-in-action/Making-Meaning>.

Resource D: The Bangkok Charter for Health Promotion from The World Health Organisation (2005), found on http://www.who.int/healthpromotion/conferences/6gchp/bangkok_charter/en/index.html; Te Tiriti o Waitangi / The Treaty of Waitangi and Health Promotion from A. Waa, F. Holibar, C. Spinola, 'Programme Evaluation: An Introductory Guide for Health Promotion' (Auckland: University of Auckland Alcohol and Public Health Research Unit / Whariki Runanga Wananga hauora Mete Paekaka, 1998), found on <http://www.hauora.co.nz/resources/ToWandHP.pdf>, and from Health Promotion Forum of New Zealand – Runanga Whakapiki ake i te Hauora o Aotearoa, 'TUHA – NZ: A Treaty Understanding of Hauora in Aotearoa – New Zealand' (2002), found on <http://www.hauora.co.nz/assets/files/Maori/Tuhanzpdf.pdf>.

Te Rauemi D: Ngā Tuhinga Taunaki

Te Tūtohunga mō Bangkok mō te Whakatairanga Hauora

Ka whai atu tā te Rūnanga Hauora o te Ao (WHO) Tūtohunga mō Bangkok o te tau 2005 i tana Tūtohunga mō Ottawa nō ngā tau ki muri hei ārahi i ngā mahi whakatairanga hauora i te ao whānui. E rima ōna mātāpono matua:

1. ko te taunaki i ngā kaupapa hauora, i runga tonu i te mana tangata me te kotahitanga

[Redacted text block]

5. ko te mahi tahi me te hono atu ki ngā whakahaere tūmatanui, ki ngā whakahaere tūmataiti, me ngā whakahaere ehara i te whakahaere kāwanatanga, tae atu hoki ki te pāpori whānui hei whakarite i ngā mahi toitū.

Te Tiriti o Waitangi me te Whakatairanga Hauora

Kua tāutungia Te Tiriti o Waitangi hei tuhinga whakapū mō Aotearoa, otirā, hei wāhanga matua mō ngā mahi whakatairanga hauora i tēnei whenua.

Ko ngā mātāpono me ngā whakaritenga o Te Tiriti e hāngai pū ana ki te oranga, ko:

Te Mahi Tahi

[Redacted text block]

Te Whakamarumaruru

E tūtohu ana me kōkiri te Karauna i ngā mahi whakatairanga hauora me te whanaketanga o ngā rautaki āraitanga - hei tauira, ko te whakarato i ētahi anō rauemi e tōkeke ai tā te Māori noho hauora pērā i tā te Pākehā.

Resource D: Supporting Documents

The Bangkok Charter for Health Promotion

The World Health Organisation's (WHO) 2005 Bangkok Charter builds upon its earlier Ottawa Charter to guide health promotion in a globalised world. It is based upon five main principles:

1. advocating for health, based on human rights and solidarity
 - [Redacted]
 - [Redacted]
 - [Redacted]
5. partnering and building alliances with public, private, non-governmental organisations, and civil society to create sustainable actions.

Te Tiriti o Waitangi / The Treaty of Waitangi and Health Promotion

The Treaty of Waitangi has been identified as the founding document of Aotearoa / New Zealand, and as a key to health promotion in this country.

Treaty principles and provisions that are of particular relevance to health include:

Partnership

[Redacted]

[Redacted]

[Redacted]

Active protection

Recognises that the Crown needs to be proactive in health promotion and the development of preventative strategies – for example, providing additional resources so that Māori are able to enjoy equitable health status with non-Māori.

English translation of the wording on the front cover

Level 3 Health, 2017

91465 Evaluate models for health promotion

2.00 p.m. Monday 13 November 2017
Credits: Five

RESOURCE BOOKLET

Refer to this booklet to answer the questions for Health 91465.

Check that this booklet has pages 2–9 in the correct order and that none of these pages is blank.

YOU MAY KEEP THIS BOOKLET AT THE END OF THE EXAMINATION.