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translation of this cover

# 3

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, 2022

### 91465M Te arotake i ētahi tauira mō te whakatairanga hauora

Ngā whiwhinga: E rima

#### TE PUKAPUKA RAUEMI

Kōrerotia tēnei pukapuka hei whakaoti i te tūmahi mō Hauora 91465M.

Tirohia kia kitea ai 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 HEI TE MUTUNGA O TE WHAKAMĀTAUTAU.**

## **TE RAUEMI A: Ngā tauira e toru mō te whakatairanga hauora**

### **Te Tauira Panoni Whanonga**

He ara kauparetanga tēnei, e aronui ana ki ngā whanonga āhua noho ka pā ki te hauora. Ko tana whāinga, ko te whakapakepake i te tangata takitahi kia whakaū ia i ngā whanonga āhua noho e hauora ana, kia whakamahi i ngā ratonga hauora kaupare, kia pīkau hoki ia i te haepapa mō tōna anō hauora.

### **Te Tauira Whakamana Whaiaro**

Ko tā tēnei ara he whai ki te whakawhanake i te kaha o te tangata takitahi ki te tiaki i tōna anō āhua hauora, ki te taumata teitei katoa ka taea, i tōna ake taiao. E aronui ana tēnei ara ki te whakarei i tō te tangata takitahi tuakiri whaiaro me tana kiritau, ki te whanaketanga anō hoki o ngā 'pūkenga noho i te ao'.

### **Te Tauira Mahinga Tōpū**

He ara hauropi pāpori tēnei e aro ana ki te tūhonotanga ka hua ake i waenga i te tangata takitahi me te taiao.

Hei tūāpapa mōna ko te whakaaro he mea whakatau te hauora nā ngā āhuratanga i tua atu o ērā e taea ana e te tangata takitahi te āta whakahaere, i te nuinga o te wā.

E whai wāhi ana ki tēnei tauira te whakamanatanga o te hapori, te tōngakingaki hoki ki te whakapakari i ngā hanganga pāpori ka kaha whakaawe i te hauora o te tangata.

Te mātāpuna (he mea whakahāngai): *Models of Health Promotion*, The Curriculum in Action Series mā te Tāhuhu o te Mātauranga, i kitea rā i te ipurangi, i <http://health.tki.org.nz/Key-collections/Curriculum-in-action/Making-Meaning/Socio-ecological-perspective/Defining-health-promotion/Models-of-health-promotion>

## **RESOURCE A: Three models for health promotion**

### **Behavioural change model**

This is a preventative approach, which 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. This 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.

It is based on the view that health is determined by factors that operate largely outside of the control of individuals.

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.

Source (adapted): *Models of Health Promotion*, The Curriculum in Action Series for the Ministry of Education, found online at <http://health.tki.org.nz/Key-collections/Curriculum-in-action/Making-Meaning/Socio-ecological-perspective/Defining-health-promotion/Models-of-health-promotion>

## TE RAUEMI B: Te raru o te toromitanga i Aotearoa: he whakaahua whāiti

E kaingākau ana ngā tāngata i Aotearoa ki te wai. I ia tau, e 3 miriona tāngata ka tae ki ngā moana, 1.5 miriona ka haere mā runga poti, koni atu ana i te 1.1 miriona ka kauhoe, ka mutu, koni atu ana i te 630 000 ka haere ki te hī ika. Waihoki, koni atu ana i te 20 miriona ngā toronga ki ngā puna kaukau tūmatanui.

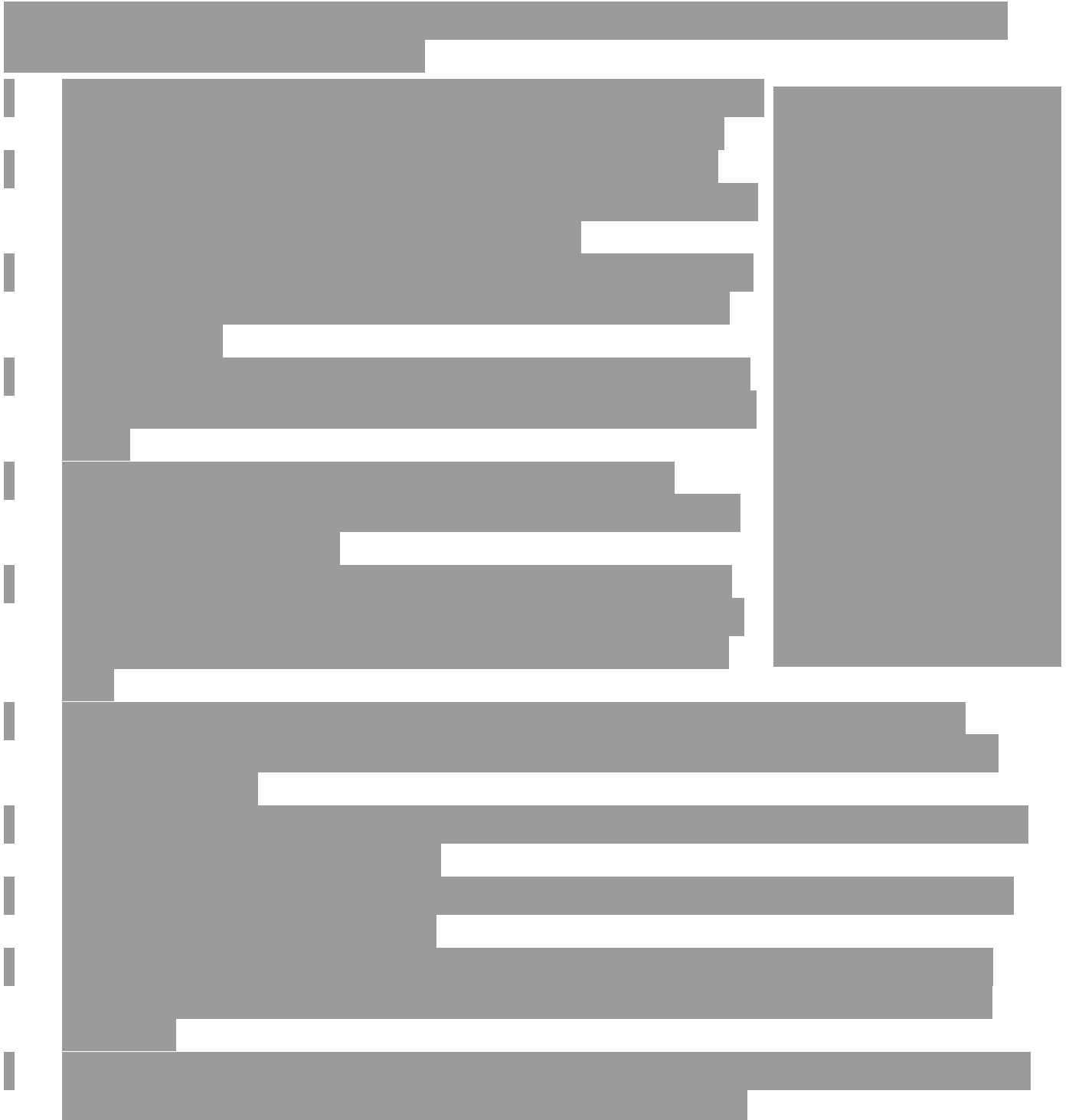
Ko te toharite, ko te 103 tāngata ka toromi ki ngā wai o Aotearoa i ia tau, engari tae atu ki te 80 o aua toromitanga, i hua ai i ngā mahi wai runaruna, i te kōpeka rānei o te kuhu ki te wai, i tōna tikanga kua kauparehia.




**RESOURCE B: New Zealand's drowning problem: a snapshot**

New Zealanders love the water. Each year, 3 million people visit beaches, 1.5 million go boating, over 1.1 million participate in swimming, and more than 630 000 go fishing. There are also over 20 million visits to public swimming pools.

On average, 103 people die by drowning in New Zealand waters each year, but up to 80 of these deaths, which are due to recreational water activity or accidental entry into water, are preventable.





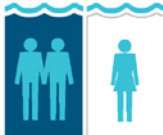

## TE RAUEMI C: Te Rā mō te Kaupare Toromitanga ā-Ao

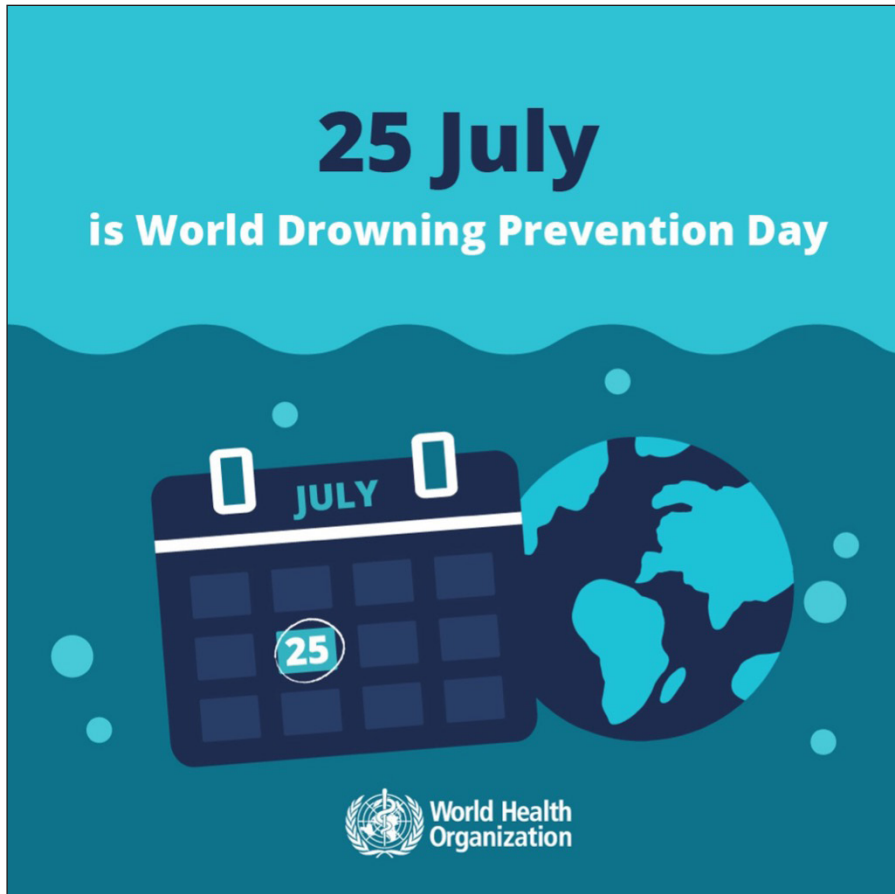
World Health Organization

## TE KAUPARE TOROMITANGA I TE AO

### NGĀ MEKA MATUA



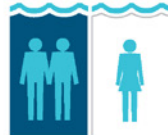

<p><b>E 236,000</b> <b>NEKE ATU ANA</b> <b>RĀNEI</b> ngā tāngata ka mate <b>I IA TAU</b></p> 	<p><b>KONI ATU ANA</b> <b>I TE HAURUA</b> o ngā toromitanga katoa <b>KO TE HUNGA</b> <b>TAMARIKI IHO I</b> <b>TE 30 TAU</b></p> 	<p><b>KUA</b> <b>HUARUATIA TE</b> <b>TŪPONOTANGA</b> <b>KA TOROMI</b> <b>TE TĀNE</b> tēnā i te wahine</p> 	<p>Ko te toromitanga tētahi o <b>NGĀ PŪTAKE</b> <b>MATUA TEKAU</b> <b>O TE MATENGA</b> o te hunga kei waenga i te 1-24 tau te pakeke</p> 
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## RESOURCE C: World Drowning Prevention Day



**GLOBAL DROWNING PREVENTION**

### KEY FACTS

<p><b>AT LEAST 236,000</b> people die <b>EVERY YEAR</b></p> 	<p><b>OVER HALF</b> of all drowning deaths are among those aged <b>UNDER 30 YEARS</b></p> 	<p><b>MALES ARE TWICE AS LIKELY</b> to drown as females</p> 	<p>Drowning is one of the <b>10 LEADING CAUSES OF DEATH</b> for people aged 1-24 years</p> 
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Source: <https://www.who.int/campaigns/world-drowning-prevention-day/2021>

## TE RAUEMI D: Ngā tuhinga taunaki

### Te Tūtohunga i Bangkok mō te Whakatairanga Hauora

Ka whai atu te Tūtohunga i Bangkok i te Tūtohunga i Ottawa hei ārahi i ngā mahi whakatairanga hauora i te ao whānui. E rima ōna mātāpono matua:

- Ko te taunaki i ngā kaupapa hauora, i runga tonu i te mana tangata me te kotahitanga.
- Ko te tuku pūtea ki ngā kaupapa here toitū, ki ngā mahi me ngā hanganga hei aro ki ngā take whakatau ā-hauora.
- Ko te whakatupu i te kaha ki te whakawhanake i ngā kaupapa here, i te kaiārahitanga, i ngā mahi whakatairanga hauora, i te tuku ihotanga o te mātauranga me te rangahau, me te māramatanga hauora.
- Ko te whakarite me te whakature kia ōrite ai ngā kōwhiringa mō te oranga o ngā tāngata katoa.
- Ko te mahi tahi me te hono atu ki ngā whakahaere tūmatanui, ki ngā whakahaere tūmataiti, me ngā whakahaere ehara nā te kāwanatanga, tae atu hoki ki te pāpori whānui hei whakarite i ngā mahi toitū.

### Te Tiriti o Waitangi me te Whakatairanga Hauora

Kua tautuhia 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 hauora, ko:

#### Te Mahi Tahi

Ka hāngai ki ngā hononga auroa i waenga i te Karauna (i te Kāwanatanga, i ana pokapū rānei) me ngāi Māori.

#### Te Whai Wāhi

Ka miramiratia te whai wāhitanga atu o te Māori ki ngā āhuatanga katoa o te pāpori i Aotearoa. Mō te wāhi ki te whakatairanga hauora, kei roto i tēnei ko te whai wāhitanga atu o te Māori e whai pānga ana ki te whakamahere, ki te whakahaere, me te aroturukitanga o ngā hōtaka.

#### Te Whakamarumaruru

E tautohua ana i konei, me kōkiri te Karauna i ngā mahi whakatairanga hauora me te whanaketanga o ngā rautaki kaupare - hei tauira, ko te tuku i ētahi anō rauemi e tōkeke ai tō te Māori hauora pērā i tō te tauwiwi.

Ngā mātāpuna:

World Health Organization, *The Ottawa Charter for Health Promotion*, (1986).

Bangkok Charter for Health Promotion in a Globalized World, *Prevention and Control*, (2005).

Waa, A., Holibar, F., Spinola, C., & University of Auckland, *Programme evaluation: An introductory guide for health promotion*, Auckland: Alcohol & Public Health Research Unit. University of Auckland, (1998).



## RESOURCE D: Supporting documents

### The Bangkok Charter for Health Promotion

The Bangkok Charter builds upon the Ottawa Charter to guide health promotion in a globalised world. It is based on five main principles:

- Advocating for health, based on human rights and solidarity.
- Investing in sustainable policies, actions, and infrastructure to address the determinants of health.
- Building capacity for policy development, leadership, health-promotion practice, knowledge transfer and research, and health literacy.
- Regulating and legislating to enable equal opportunities for the well-being of all people.
- Partnering and building alliances with public, private, and 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

Refers to ongoing relationships between the Crown (the government, or its agencies) and Māori.

#### Participation

Emphasises Māori involvement in all aspects of society within Aotearoa New Zealand. Within health promotion, this includes involvement of Māori stakeholders in the planning, delivery, and monitoring of programmes.

#### 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.

#### Sources:

World Health Organization, *The Ottawa Charter for Health Promotion*, (1986).

Bangkok Charter for Health Promotion in a Globalized World, *Prevention and Control*, (2005).

Waa, A., Holibar, F., Spinola, C., & University of Auckland, *Programme evaluation: An introductory guide for health promotion*, Auckland: Alcohol & Public Health Research Unit. University of Auckland, (1998).





*English translation of the wording on the front cover*

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## Level 3 Health 2022

### 91465M Evaluate models for health promotion

Credits: Five

## RESOURCE BOOKLET

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

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.**