

See back cover for an English  
translation of this cover

3

91465MR



Mana Tohu Mātauranga o Aotearoa  
New Zealand Qualifications Authority

## Te Hauora, Kaupae 3, 2023

91465MR Te arotake i ētahi taurira mō te whakatairanga  
hauora

Ngā whiwhinga: E rima

TE PUKAPUKA RAUEMI

Kōrerotia tēnei pukapuka hei whakaoti i ngā wāhanga KATOA o te tūmahi mō Te Hauora 91465M.

Tirohia kia kitea ai e tika ana te raupapatanga o ngā whārangi 2–7 kei roto i tēnei pukapuka, ka mutu,  
kāore tētahi o aua whārangi i te takoto kau.

E ĀHEI ANA TŌ PUPURI I TĒNEI PUKAPUKA HEI TE MUTUNGA O TE WHAKAMĀTAUTAU.

## **TE RAUEMI A: Amohia Te Waiora – He kōkirikiri e mea ana, ‘E kaha ake ana tātou i te korenga o te waipiro’**

E whai ana a Te Whatu Ora Health New Zealand ki te whakaiti i ngā mate ka hua i te waipiro, ki te whakahihiko hoki i ngā tāngata o Aotearoa kia whaihua ake ngā whakatau e pā ana ki te inu waipiro.

Ko tā rātou kōkirikiri i tēnei wā, ko Amohia Te Waiora – E kaha ake ana tātou i te korenga o te waipiro, tētahi wāhanga o tētahi rautaki whānui e whai ana ki te whakaiti i ngā mate ka hua i te waipiro i Aotearoa.

### **Ko te kōkirikiri o Amohia Te Waiora**

Ko te whakaiti i ngā mate ka hua i te waipiro tētahi kokenga whakahirahira ki te whanaketanga o tētahi porihanga hauora tautika i Aotearoa. Ko te whakapiki tūoho mō te pānga o te waipiro ki ngā rāngai katoa, huri noa hoki i ngā hāpori, tētahi tīmatanga tāpua i tēnei ara o te whakawhanaketanga.

[Redacted text block]

[Redacted text block]

[Redacted text block]

Ko tā Te Whatu Ora Health New Zealand whāinga mō te anamata, ko te tautoko i ngā hāpori e tohe kē ana i te wāhi ki te waipiro i ō rātou ao, i ō rātou ahurea, i ō rātou anamata hoki. Ko Amohia Te Waiora tētahi kaupapa e kotahi ai te karanga kia huri te tai, hei pupuri, hei whakatairanga, hei whakatū hoki mā ngā hāpori, hei whakaiti i ngā mate.

### **Ngā rautaki o te kōkirikiri, o Amohia Te Waiora**

- Ngā kōrero i te ipurangi me ngā rauemi, tae atu ki ngā rauemi pāhekoheko i te reo Māori me te reo Ingarihi.
- [Redacted text block]
- [Redacted text block]
- [Redacted text block]
- [Redacted text block]
- [Redacted text block]
- [Redacted text block]
- [Redacted text block]
- [Redacted text block]
- He tautoko mā ngā tāngata i te pae tukutuku, i ngā kōkirikiri pae pāpori hoki e tuku ana i ngā kōrero mō ngā mahi e huri ai te tai, hei āwhina ki te whakarite mahere, mō te whai whakaaro ki te whakaiti iho i te inu, mō te whakamāmā rānei i te inu waipiro.

## **RESOURCE A: Amohia Te Waiora – We’re stronger without alcohol campaign**

Te Whatu Ora Health New Zealand aims to reduce alcohol-related harm and to inspire New Zealanders to make better decisions about drinking alcohol.

Their current campaign, Amohia Te Waiora – We’re stronger without alcohol, is part of an over-arching strategy to minimise alcohol-related harm within New Zealand.

### **The Amohia Te Waiora campaign**

Reducing alcohol-related harm is an important step towards growing a health equitable society in Aotearoa. Raising awareness of the impact that alcohol has on all sectors and across communities is an important place to start in this journey towards change.

[Redacted text block]

[Redacted text block]

[Redacted text block]

Te Whatu Ora Health New Zealand’s aim for the future is to support communities who are already challenging the role of alcohol in their lives, culture, and future. Amohia Te Waiora offers a unifying call for change that can be owned, championed, and raised by communities to reduce harm.

### **Amohia Te Waiora campaign strategies**

- Online information and resources including interactive tools in te reo Māori and English.
- [Redacted text]
- [Redacted text]
- [Redacted text]
- [Redacted text]
- [Redacted text]
- [Redacted text]
- [Redacted text]
- [Redacted text]
- Support for individuals provided on website and social media campaigns providing information on how to make a change, help to make a plan, thinking about cutting back, or easing up on alcohol.

## TE RAUEMI B: E toru ngā tauira mō te whakatairanga hauora

### Te tauira o te panoni whanonga

He ara aukati tēnei, e aro ana ki ngā whanonga kātū noho ka pā ki te hauora. Ka whai tēnei tauira ki te whakawhere i te tangata ki te whai i ngā whanonga kātū noho e hauora ana, ki te whakamahi i ngā ratonga hauora hei aukati mate, ki te noho haepapa hoki mō tōna ake hauora.

---

### Te tauira o te whakamana i te tangata

Ka whai tēnei tauira ki te whakawhanake i te kaha o te tangata ki te whakahaere i tōna ake hauora, ki te taumata ka taea i tōna ake ao. E aro ana tēnei tauira ki te whakanui i tō te tangata mōhio ki tōna anō tuakiri, ki tōna kiritau hoki, ka aro hoki ki te whanaketanga o ngā 'pūkenga noho ora'.

---

### Te tauira o te mahi ā-tira

He tauira pāpori-hauropi tēnei e aro ana ki ngā tūhonotanga ki waenga i te tangata me te taiao.

Ka kitea i tēnei tauira ngā whakaaro o te whakamana i te hāpori me te manawanui ki te whakapai ake i ngā hanganga porihanga e kaha nei te awenga ki te āhua o te hauora o ngā tāngata.

Te mātāpuna (he mea whakahāngai): *Models of Health Promotion*, The Curriculum in Action Series for the Ministry of Education, ka kitea 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 B: 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 preventative 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 socio-ecological 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.

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 C: Ngā tuhinga tautoko

### Te Tūtohunga o Bangkok mō te Whakatairanga Hauora

Ka whakawhānui te Tūtohunga o Bangkok mō te Whakatairanga Hauora i te Tūtohunga o Ottawa, hei ārahi i te whakatairanga hauora i tētahi ao kua tūhonohia. E hāngai ana ki ngā mātāpono matua e rima:

- Te kōkiri mō te hauora, i runga i te mana tangata me te kotahitanga.
- [Redacted]
- [Redacted]
- [Redacted]
- Te mahitahi, te whakarite haumi hoki i ngā whakahaere e tūmatanui ana, e tūmataiti ana, e tūhake ana hoki me te porihanga whānui ki te waihanga i ngā mahi toitū.

---

### Te Tiriti o Waitangi me te whakatairanga hauora

Kua tautohua Te Tiriti o Waitangi hei tuhinga tūāpapa mō Aotearoa, hei tuhinga matua hoki mō te whakatairanga hauora i tēnei whenua. Ko ngā mātāpono nō Te Tiriti me ngā ritenga e hāngai pū ana ki te hauora, ko te:

#### Te mahitahi

E hāngai ana tēnei ki ngā hononga moroki ki waenga i te Karauna (ko te kāwanatanga, ko ōna umanga rānei) me ngāi Māori.

#### Te whai wāhitanga

[Redacted]

#### Te whakamaru hohe

E mārāma ana ki te haepapa o te Karauna ki te noho hohe i te whakatairanga o te hauora me te whakawhanaketanga o ngā rautaki aukati - hei tauira, me tuku rauemi atu anō e rongo ai a ngāi Māori i ngā hua o te hauora e tautika ana ki ō tauwi.

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 C: Supporting documents

### The Bangkok Charter for Health Promotion

The Bangkok Charter for Health Promotion 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.
- [REDACTED]
- [REDACTED]
- [REDACTED]
- 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

[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.

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*

**91465MR**

## **Level 3 Health 2023**

### **91465MR Evaluate models for health promotion**

Credits: Five

## **RESOURCE BOOKLET**

Refer to this booklet to answer ALL parts of the question for Health 91465M.

Check that this booklet has pages 2–7 in the correct order and that none of these pages is blank.

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