

PACIFIC HEALTH

SCHOOL OF POPULATION HEALTH

Faculty of Medical & Health Sciences

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| Pepa Whakamārama mā te Kaiwhakauru | Building 5071st Floor, Grafton CampusTāmaki Makaurau, AotearoaWaea 64 9 373 7599 www.fmhs.auckland.ac.nz |
| Taitara rangahau: |  *Te Aromātai i te BBM Motivation: he kaupapa hauora ā-hapori, e kōkiritia ana e Te Moananui-a-Kiwa* |  |
| Wāhi: | Tāmaki Makaurau | Tohutoro a te Komiti Matatika: | 21/STH/122 |
| Kaitirotiro matua: | Fa’asisila Savila | Tau waea whakapā: | 0276358829 |

Kia ora me ngā mihi ki a koe. He pōwhiri tēnei ki a koe kia whakauru mai ki tētahi rangahau hei arotake i te uara me te kounga o te BBM Motivation mō te hauora me te oranga o te iwi. Kei a koe te tikanga mō te whakauru mai, ā, ka āhei koe ki te wehe mai i te rangahau ahakoa te wā me te kore e tuku pūtake. Mēnā kāore koe e whakauru mai, ka wehe mai rānei, kāore he pānga o tēnei ki ō manaaki hauora, tō hononga rānei ki BBM.

Ka āwhina tēnei Puka Mōhiohio i a koe ki te whiriwhiri mēnā me uru mai koe. Mā mātou koe e ārahi mō ēnei mōhiohio me te whakautu i ō pātai. Ehara i te mea me whakatau koe mō te whakauru mai i tēnei rā. Me kōrero koe ki ētahi atu mō te rangahau, pērā i te whānau, ngā hoa, ngā kaiwhakarato hauora rānei.

Mēnā ka whakaae koe ki te whakauru mai, ka tonoa koe ki te waitohu i tētahi Puka Whakaae. Ka whiwhi koe i tētahi tārua o ngā puka e rua. Me mātua pānui koe, me te mārama hoki ki ngā mōhiohio katoa. Ko ngā tāngata anake ka tuku whakaae motuhake mārama ka whakaurua ki te rangahau.

## He aha te kaupapa o te rangahau?

Ko te kaupapa o tēnei rangahau he rapu mārama he pēhea te hira o te BBM Motivation mō te hauora me te oranga o te hunga mā rātou tēnei. Ko ngā mōhiohio mai i tēnei rangahau ka āwhina i a BBM ki te whakapai ake i ngā hanganga me ngā kaupapa a te whakahaere hei whakapai ake i te hauora pūmau mō ana kaimahi me ana mema.

Kua whakaaetia tēnei rangahau e te Komiti Matatika Hauora me te Hauā i te [DAY/MONTH] 2021.

## He aha anō kei roto i tōku whai wāhi ki te rangahau?

Ko ngā mahi o te whakauru ko te whakautu i ētahi pātai mō te kounga o tō ora (oranga), ā, ka inea tō tāroaroa me tō taumaha. Tata ki te 15 meneti te roa mō tēnei. Ka tono whakaaetanga mātou i a koe kia whakamahia ngā mōhiohio kua whakaemi kētia e BBM i te wā i rēhita mai koe. Ka tono anō mātou i a koe kia inea hei te 6, 12, me te 24 marama me te whakautu i aua pātai oranga anō ā te rua tau. Ka noho matatapu ngā mōhiohio katoa. Ka tukuna he koha iti noa ki a koe i te otinga o te rangahau, mōu i whakawātea mai i a koe mō tēnei rangahau.

## He aha pea ngā painga me ngā mōrearea o tēnei rangahau?

Ki ō mātou whakaaro kāore he mōrea o te whakauru mai ki tēnei rangahau. Engari, ka kakare pea ngā kare ā-roto o ētahi tāngata i te whakautu i ngā pātai mō te hauora tinana me te hinengaro, tirohia ***Me whakapā ahau ki a wai mō ētahi mōhiohio anō, mō aku āwangawanga rānei*** kei te whārangi 3 i raro.

Ahakoa ka whakapau kaha ki te tiaki i tō tūmataitinga, tē taea te whakapūmau ka noho matatapu ō mōhiohio. Ahakoa ngā mōhiohio waehere me te kirimuna, e kore e taea te whakaoati kāore koe e tautuhia. He iti noa te mōrea i tēnei wā o te uru atu me te raweke (hei tauira, ka uaua ake mōu ki te whai mahi, te pupuri i te mahi, te inihua hauora rānei) a te tangata i ō mōhiohio engari ka nui haere pea ā tōna wā i te kitenga a te tangata i ngā tikanga hou o te rapa mōhiohio.

Ko ngā painga pea ka puta i te whai wāhi mai ki tēnei rangahau kāore pea e tino hāngai pū mā te āwhina i a BMM kia pai ake ā rātou pūnaha me ā rātou kaupapa mā ngā mema. Ka taea anō e mātou te tuku tētahi whakarāpopototanga o ngā kitenga o te rangahau.

**Ka ahatia aku mōhiohio?**

Ko ngā mōhiohio anake e mōhiotia ai koe (ngā raraunga tuakiri) ko tō ingoa kei tō puka whakaae me ō taipitopito whakapā. Ka whakamahia anake ō raraunga tuakiri mō tēnei rangahau. Ina waitohua e koe te puka whakaae, ka tautapatia he waehere tuakiri (ID) ki a koe. Ka noho wehe ētahi atu mōhiohio rangahau i whakaemihia mōu mai i tō ingoa me ngā taipitopito whakapā, ka whakanohotia ki te taha o tō waehere tuakiri, ā, ka whakaurua ki tētahi pātengi raraunga (ngā raraunga kua waeheretia).

Ka whakaputua ō mōhiohio ki tētahi kōpaki whai kupuhipa ki te whatunga a te whare wānanga, ā, ka taea anake e ngā kaimahi o tēnei rangahau te uru atu. Ka whakarāpopototia ngā raraunga waehere, ā, kāore e whakaaturia ō raraunga whaiaro i roto i ngā pūrongo, ngā pukapuka, ngā kōrerorero rānei mō te rangahau. Ka whakamahia pea ō mōhiohio mō ngā rangahau ā muri ake mō te kaupapa BMM **anake**. Mēnā ka wehe mai koe i te rangahau, ka āhei anō koe ki te tango i ngā mōhiohio i kohia mōu.

Ka rakaina tō puka whakaae me ngā taipitopito whakapā ki tētahi pouraka kōnae i te whare wānanga, ā, ko te kairangahau matua anake ka āhei atu. Ka taea anake te tiro te puka whakaae mēnā me tirotiro te whare wānanga, tētahi komiti matatika, tētahi atu rōpū aroturuki rānei i tika te whakahaere i te rangahau.

## Ko wai kei te utu i te rangahau?

E utua ana tēnei rangahau e te New Zealand Health Research Council.

## He aha ōku motika?

E whai motika ana koe kia tika ngā mōhiohio mō tō hauora me te āhei atu ki ngā mōhiohio ka kohia mō tō whai wāhi atu ki te rangahau. Ka noho matatapu me te kirimuna ō mōhiohio whaiaro; ka whakarāpopototia, kia kore ai e whakaaturia tō tuakiri i roto i ngā pūrongo, ngā pukapuka, ngā kōrerorero rānei mō te rangahau. Mēnā ka wehe mai koe i te rangahau, ka āhei anō koe ki te tango i ngā mōhiohio i kohia mōu.

Mēnā ka whara koe nā te whakauru mai ki tēnei rangahau, ahakoa ko te tikanga karekau, ka āhei koe ki te tono mō ngā paremata mai i a ACC, he rite tonu mēnā i whara koe i te mahi, i te kāinga rānei. Ehara i te mea ka whakaae noatia ō kerēme. Me tuku e koe he kereme ki a ACC, ā, ka pau tētahi wā ki te aromātai. Ki te whakaaetia tō kerēme, ka whiwhi pūtea koe hei āwhina i a koe kia whakamāui ake.

## Ka aha ā muri i te rangahau, mēnā ka huri rānei ōku whakaaro?

Ka whita te whakaputu i ō mōhiohio mō te wā atu ki te 10 tau, ā, i muri i tērā ka whakakorehia. Kei a Tākuta Fa’asisila Savila te kawenga mō te whakaputu me te ūkui i ō mōhiohio i te mutunga o tēnei wa. Ka whakarite anō a Tākuta Savila kia kite koe i ngā otinga o te rangahau; ka wātea mai ēnei i te kotahi tau, rua tau rānei i muri i te tīmatanga o te rangahau.

Mēnā ka whakaae koe ki te whakauru mai ināianei, engari ka huri ō whakaaro ā muri ake, ka taea te wehe mai i te rangahau ahakoa te wā.

## Me whakapā ahau ki a wai mō ētahi mōhiohio anō, mō aku āwangawanga rānei?

Mēnā he pātai āu, he māharahara, he amuamu rānei mō te rangahau ahakoa te wāhanga, ka taea e koe te whakapā atu ki:

 Tākuta Fa’asisila (‘Sila’) Savila TĒRĀ RĀNEI Georgina James

Tau waea: 027 635 8829 W: 0274921218

Īmēra: f.savila@auckland.ac.nz Īmēra: jorja@thebbmprogram.com

Mēnā e hiahia ana koe ki te kōrero ki tētahi tangata kāore i roto i te rangahau, ka taea e koe te whakapā atu ki tētahi kaitaunaki hauora me tētahi kaitaunaki hauā rānei:

Waea: 0800 555 050
Waea whakaahua: 0800 2 SUPPORT (0800 2787 7678)
Īmēra: advocacy@hdc.org.nz

Mō ngā tautoko hauora Māori me whakapā atu ki a:

Tākuta Matire Harwood

Waea:+6499237866

Īmēra: m.harwood@auckland.ac.nz

Mō ngā tautoko hauora mō Te Moananui-a-Kiwa me whakapā atu ki a:

Tākuta Vili Nosa

Waea: +64 9 373 7599

Īmēra: v.nosa@auckland.ac.nz

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**Me tohu hei whakaatu kei te whakaae koe ki ēnei e whai ake:**

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| Kua pānui ahau, i pānuitia mai rānei ki a au i roto i tōku ake reo, ā, kei te mārama ahau ki te Pepa Whakamārama mā te Kaiwhakauru.   |
| He nui te wā kua hōmai ki ahau hei whakaaroaro mehemea ka whai wāhi ahau ki tēnei rangahau. |
| I whai wāhi ahau ki te whakamahi i tētahi rōia, kaitautoko whānau, hoa rānei hei āwhina i ahau ki te tuku pātai, ā, kia mārama hoki ki te rangahau. |
| Kei te pai ki ahau ngā whakautu mai ki ahau e pā ana ki te rangahau, ā, he tārua tāku o tēnei puka whakaaetanga me te pepa mōhiohio. |
| Kei te mārama ahau he tūao (kei ahau te tikanga) taku whai wāhi atu ki tēnei rangahau, ā, kei ahau anō te tikanga ki te wehe mai i te rangahau ahakoa te wā, me te kore whai pānga ki aku manaakitanga hauora, ki tōku hononga rānei ki a BBM. |
| E whakaae ana ahau kia kohia, kia tukatukahia e ngā kaimahi rangahau aku mōhiohio, tae atu ki ngā mōhiohio mō taku hauora ka kohia e BBM. |
| E mātau ana ahau he matatapu taku whai wāhi ki tēnei rangahau, otirā e kore e whakamahia ngā mōhiohio ki roto i ngā pūrongo mō tēnei rangahau e mōhiotia ai ahau, tōku whānau rānei. |
| E mātau ana ahau ki ngā whakaratonga paremata ki te tūpono pā mai he wharanga ki ahau i roto i te rangahau. |
| E mōhio ana ahau me whakapā atu ki a wai mēnā he pātai āku mō te rangahau. |
| Ki te whakatau au ki te wehe i te rangahau, e whakaae ana ahau kia whakamahia tonutia ngā mōhiohio i kohia mōku tae atu ki te wā ka wehe mai ahau i tēnei rangahau, ā, me tukatuka haere tonu. |
| E whakaae ana ahau kia whakamōhiotia atu taku rata, kaiwhakarato onāianei rānei mō taku whakauru ki te rangahau me ngā otinga tino rerekē i whiwhi i roto i te rangahau. |
| E hiahia ana ahau ki te whiwhi i tētahi whakarāpopototanga māmā o ngā otinga mai i te rangahau. |

**Whakapuakanga hei whakauru mai:** E whakaae ana ahau ki te uru atu ki tēnei rangahau.

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| Ingoa: |
| Waitohu: | Rā: |

**Whakapuakanga a te mema o te kapa rangahau:**

Kua whakamāramahia atu ā-waha e au te kaupapa rangahau ki te kaiwhakauru, ā, kua whakautua e au ngā pātai a te kaiwhakauru mō te rangahau.

E whakapono ana ahau kei te mārama te kaiwhakauru ki te rangahau me tana whakaae ki te whakauru mai.

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| Ingoa o te Kairangahau: |
| Waitohu: | Rā: |