



Health Promotion Forum of New Zealand
Runanga Whakapiki Ake i te Hauora o Aotearoa



IUHPE

INTERNATIONAL UNION FOR HEALTH PROMOTION AND EDUCATION

Towards a new paradigm of unity in diversity Building resilience as one human family



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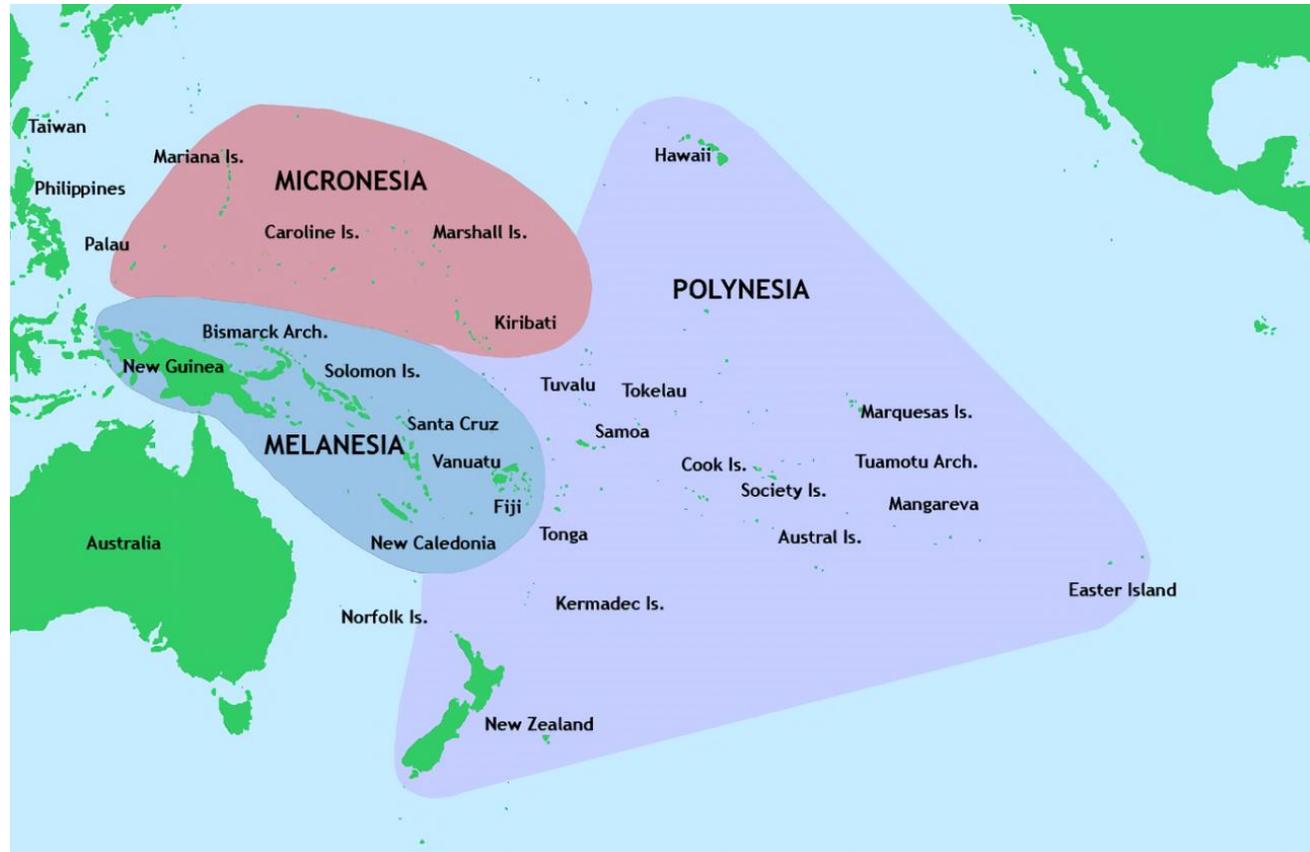
An overview with two major points

1. Discuss building resilience at community level; suggest three models from the Pacific region for you to look at;
2. Discuss resilience as global community from a scientific and indigenous planetary health perspective
 - Suggest that we are a one planetary human family and community, inter-dependent, and we are one with Mother Nature
 - Elevate our consciousness to planetary level, towards a new paradigm, if we are to survive and for development to be sustainable



In the mid-most part of the Pacific, Tonga was overwhelmed by a triple disasters of volcanic eruptions, tsunami and pandemic

Resilience in the Pacific: Trying to survive with Nature, and to address colonisation



- Moana or Pacific Oceanic region has 20-plus small island nations, and New Zealand and Australia
- Two major forces -Nature and Globalisation(neo-colonisation) – are blurred due to human constructs and actions
- Challenging to build community resilience because we are autonomous parts of the global community
- Local and global, down stream and upstream approaches are needed

Resilience in the Pacific: trying to survive and thrive with Nature, and to address colonisation

Trying to live with Nature despite the crises

- Dominant political-economic systems means natural resources, especially in small island nations, are being exhausted beyond the capacity of Mother Nature
- Resort to indigenous knowledge to complement non-traditional methods to sustain human and environmental wellbeing



Indigenous health models at family and community level

Family as building block of community health

- Most important unit
- Carrier of culture
- First house of learning, of health and wellbeing, of material and spiritual prosperity
- Community is a cluster of families
- Built on past wisdom, enhanced by present, inspired by hope for better future
- Potentials for scaling up, and replication across cultures

Some health models from Aotearoa New Zealand

- Te Whare Tapa Wha (House with four sides)
- Whanau Ora (Family holistic wellbeing)
- Fonua Ola – healthy people, health environment/planet
- Built on reality that humanity is one with Mother Nature
- Strengths-based; empower family to address current challenges – whether Nature or colonisation – future-focused, family to decide its own pathway
- Holistic health and wellbeing – material and spiritual

Moana and Aotearoa Indigenous knowledge

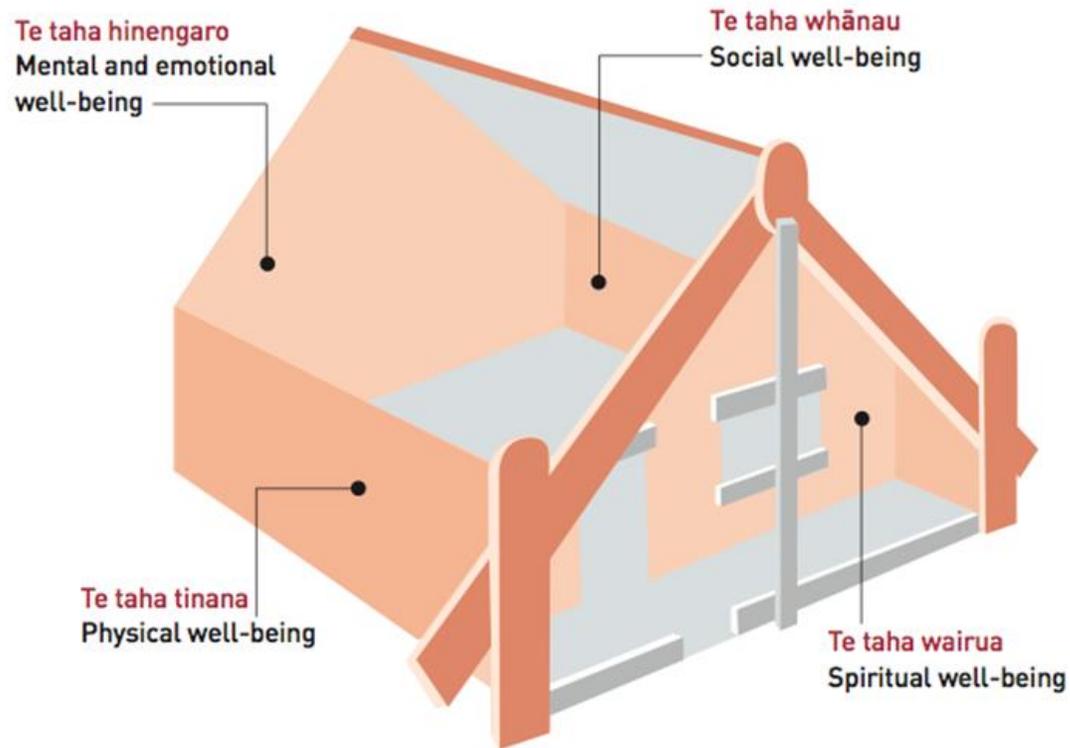
Whanau Ora Framework

Diagram 2. Whānau Ora Principles



Te Whare Tapa Wha Model

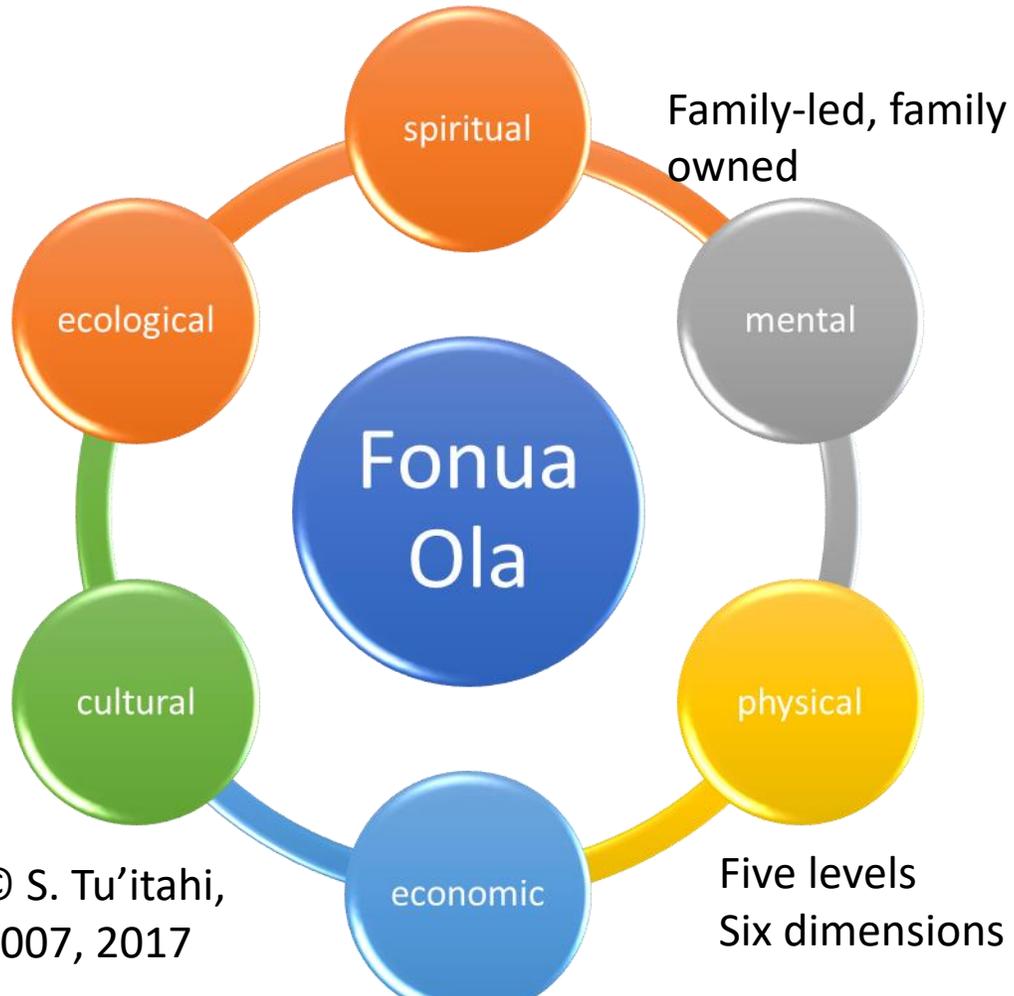
Each of these four dimensions of hauora influences and supports the others.



Mason Durie (1994) Te Whare Tapa Whā concept of hauora

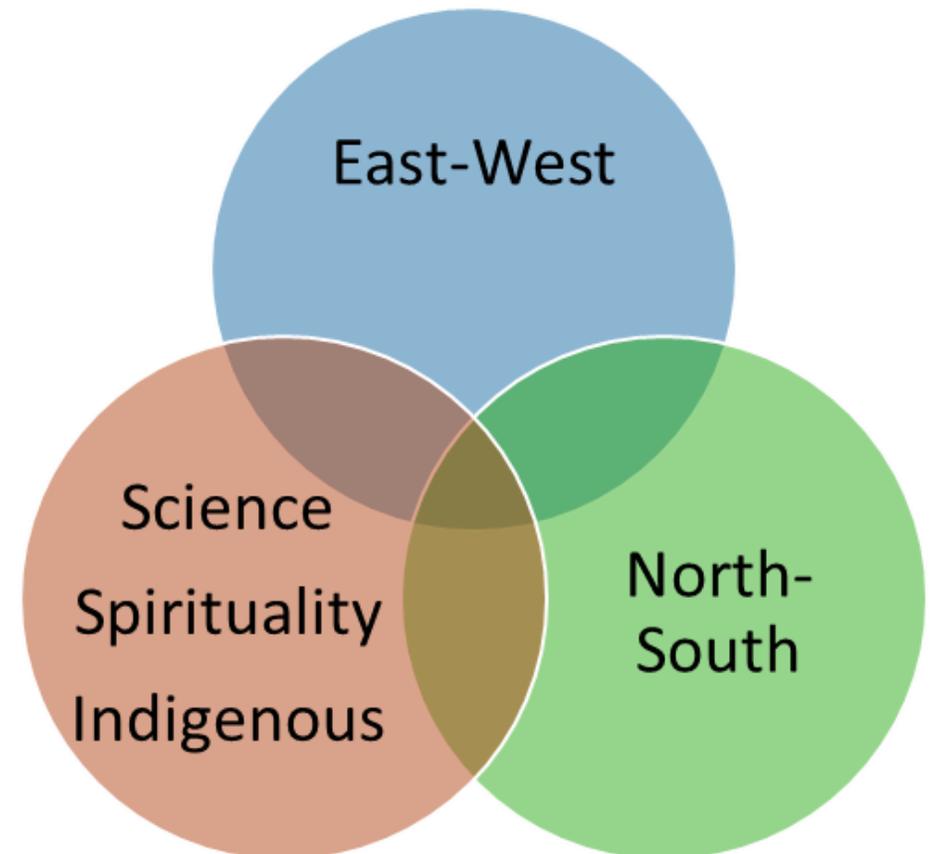
Aotearoa New Zealand health models

Fonua Ola: Health People, Healthy Planet

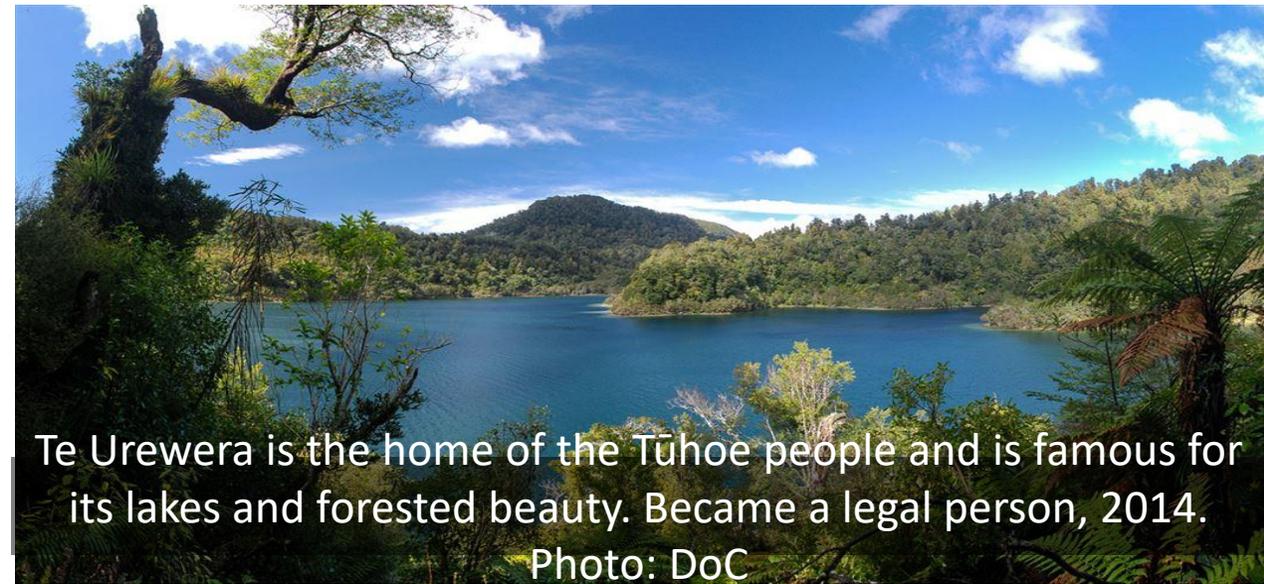


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Diverse knowledge systems can contribute our collective pool of knowledge



Whenua/Fonua:
Mother Nature's
well-being and
rights are
increasingly
recognised in
Aotearoa
New Zealand



Te Urewera is the home of the Tūhoe people and is famous for its lakes and forested beauty. Became a legal person, 2014.
Photo: DoC



Whanganui River, a legal person, 2017

Photo: TNZ

But we must work from both downstream and upstream

From the local



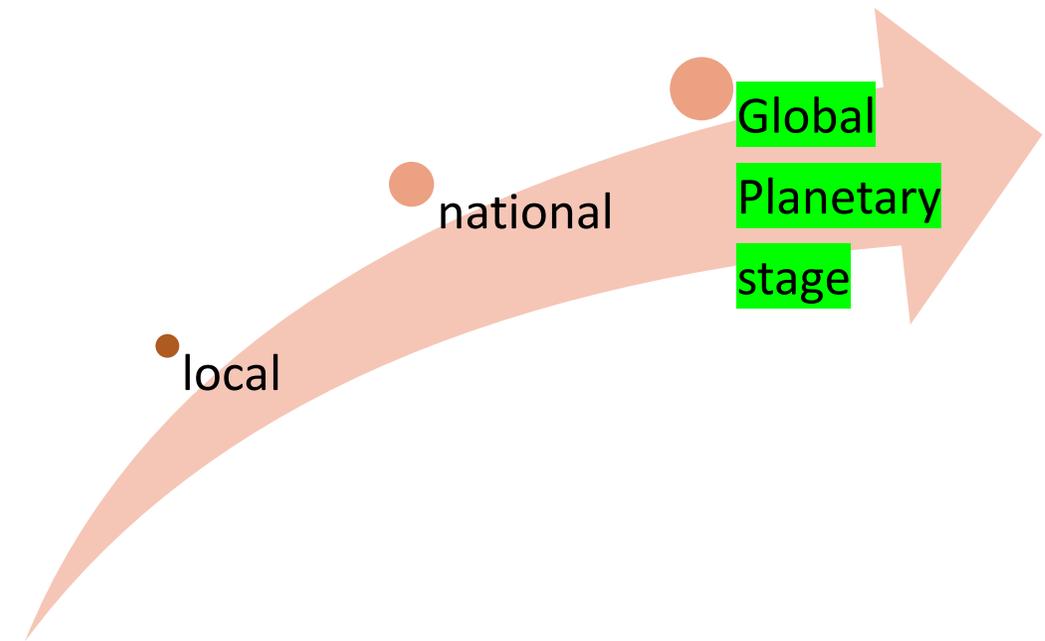
To the global



“World faces complex and interrelated crises...”

- Build wellbeing communities, center Indigenous knowledge and leadership – *WHO Geneva Charter for Wellbeing, 2021*
- Our planet is broken...look to Indigenous knowledge and leadership...
- Making **peace with nature** is the defining task of the 21st century...In overcoming the **pandemic**, we can also **avert** climate cataclysm and restore our planet...
- This is an epic **policy** test. But ultimately this is a **moral test**.

(UN S-G Antonio Guterres, 2020)



From the local to the global: Our collective social evolution as humanity

Our house is burning. We must work together or die together. The parts must collaborate for the wellbeing of the whole

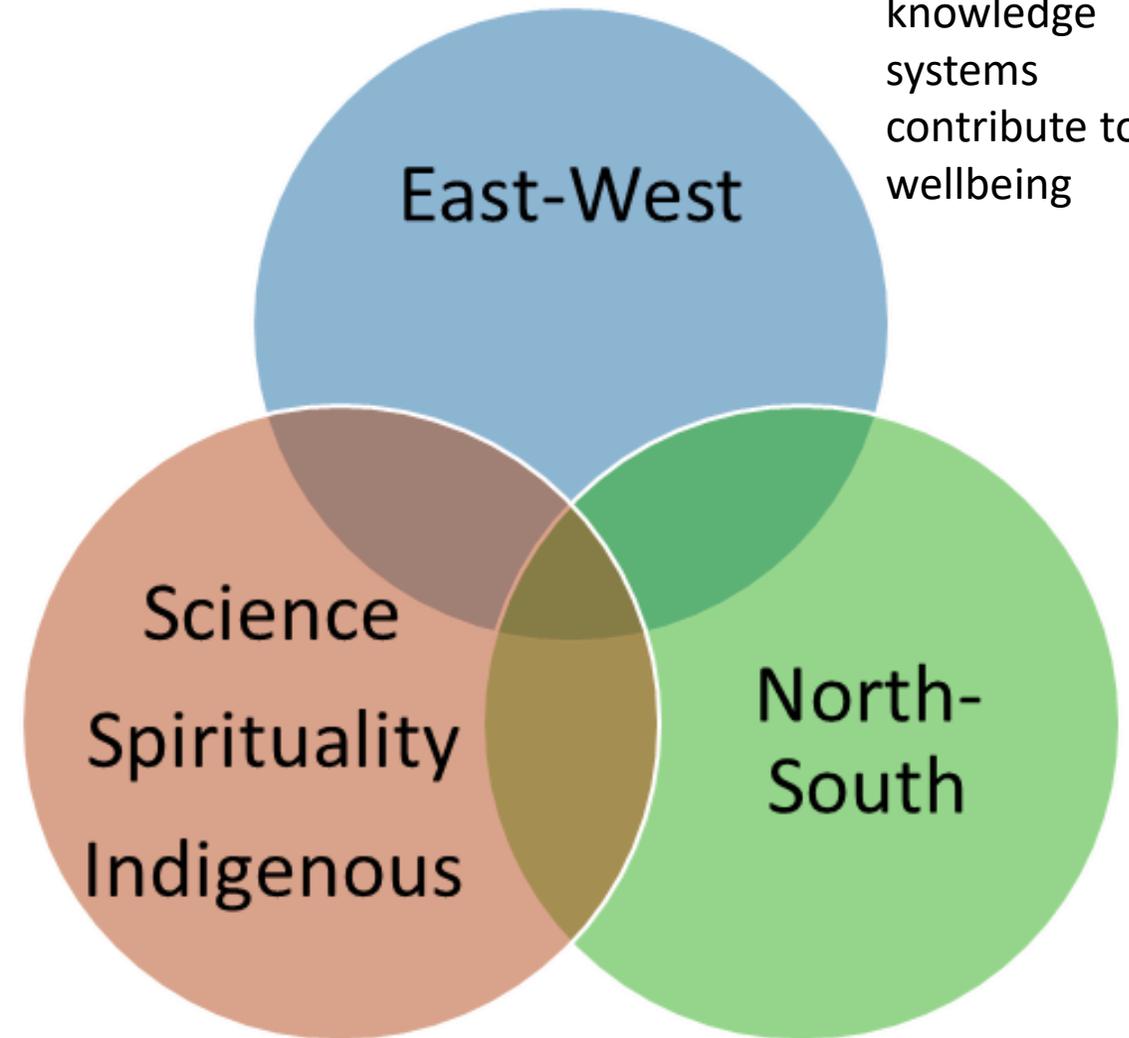
Rise above the level where the problems are being created

- No new outcomes from same old actions, only problems
- Elevate consciousness from village and nation to planetary level
- The planet is the collective whole entity. States are the autonomous parts.
- Human organs and systems collaborate for the wellbeing of the human being



Expand our horizon

- Expand our understanding of wellbeing to include environmental and spiritual dimensions
- Include other knowledge systems and solutions
- Our global challenges are human constructs. Therefore, we can de-construct and re-construct them



Diverse knowledge systems contribute to our wellbeing

Re-set and apply new values and principles

- Based on scientific, spiritual and indigenous knowledge
- Reciprocity
- Unity in diversity
- Love and Kindness
- Justice
- Collaboration and solidarity
- No single state can solve the converging global challenges humanity is facing. We must work together



We have only one planet and it's broken...

Toward a new paradigm: one world, one people, one health

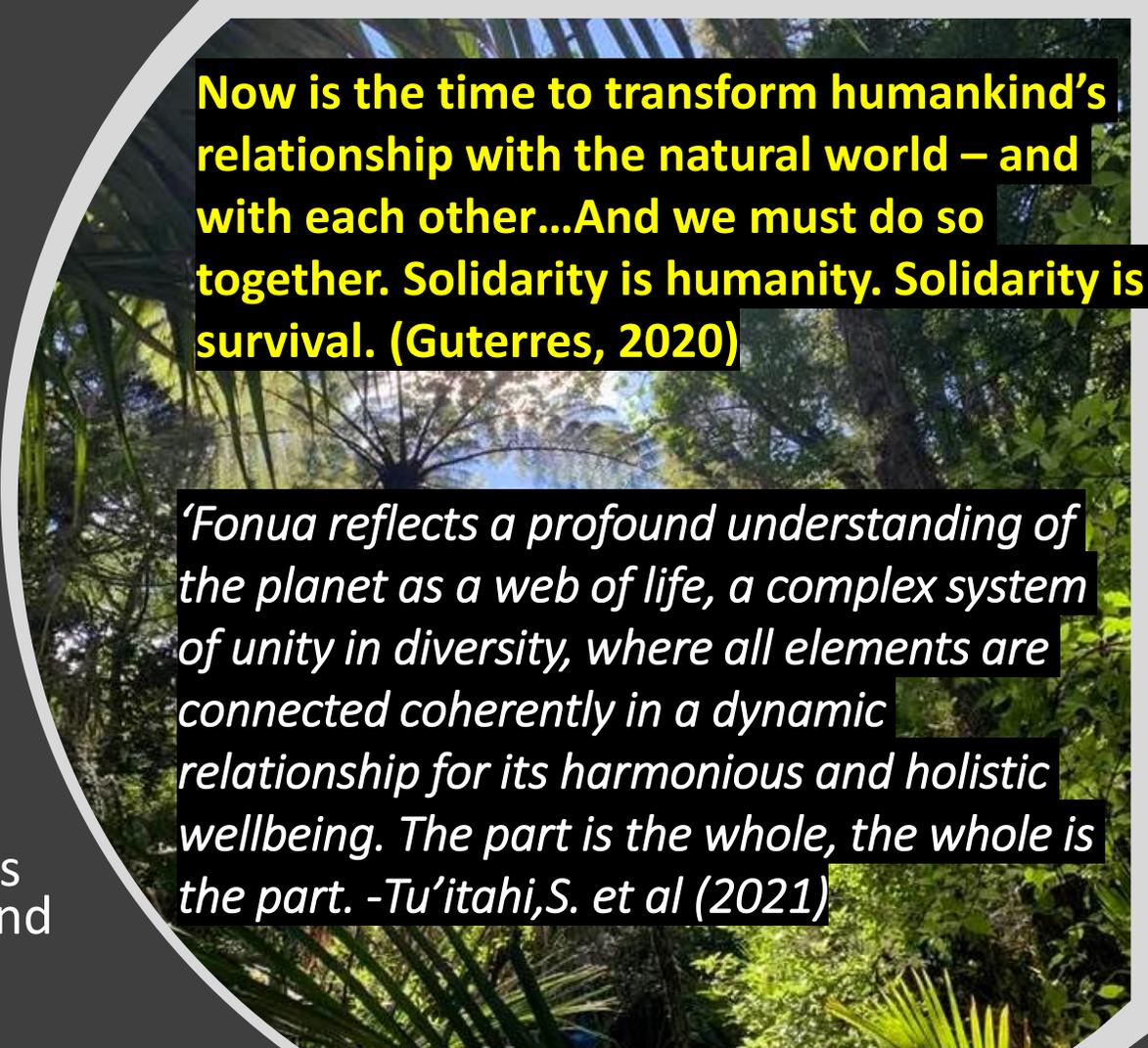
- Move beyond competition to a culture of cooperation and complementarity
- UN SDGs 2015
- *IUHPE2019 Legacy Statements*
- *Sao Paulo Declaration April 2021*
- *WHO Geneva Charter for Well-being 2021*
- *2022 IUHPE Conference Statement*
- All call for planetary consciousness and collaboration at local and global level



Remember, we have, not four, but only one planet and it's broken...

Transform into a new paradigm for our global community resilience

- **Elevate** our consciousness to one planet with one people, an interdependent system;
- **Expand** our understanding to include spiritual and ecological well-being
- **Re-set and apply** new principles and values such as reciprocity, justice, love, collective good, unity in diversity, and respect among humans and Mother Nature.
- **Re-build** human (political and socio-economic) systems and natural systems to be ethically, environmentally and economically sustainable
- **Research and teach** new paradigm of one planet, one humanity; of unity in diversity – not just bio/cultural diversity
- **Community health workforce can co-lead and engage** for a societal movement that is multi-sectorial and multi-level for our resilience and collective wellbeing as local communities and a global family and community



Now is the time to transform humankind's relationship with the natural world – and with each other...And we must do so together. Solidarity is humanity. Solidarity is survival. (Guterres, 2020)

'Fonua reflects a profound understanding of the planet as a web of life, a complex system of unity in diversity, where all elements are connected coherently in a dynamic relationship for its harmonious and holistic wellbeing. The part is the whole, the whole is the part. -Tu'itahi, S. et al (2021)

'We must forego our short-term self-interest and accept the reality and moral imperative that we are a one, inherently, interdependent human family on one common home'



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