

How to use the Well-being Star™ in the context of the Māori health model – Te Whare Tapa Whā

The Māori health model – Te Whare Tapa Whā, emphasises the importance of considering a person’s health in a holistic way that recognises the interrelations between physical, spiritual, family/social and mental health.

The Well-being Star is ideally placed to support the implementation of this model since it directly addresses how all key factors in someone’s life relate to their physical health condition, and by prompting discussion of these areas within one conversation, the links can be more clearly identified. All eight outcome areas relate to both physical and mental health, and several areas link with the spiritual and family dimensions of the model as shown in the table below:

Te Whare Tapa Whā dimension	Relevant Well-being Star areas
<p>Taha tinana (physical health)</p> <ul style="list-style-type: none"> • Good physical health is required for optimal development. • Our physical ‘being’ supports our essence and shelters us from the external environment. • The physical dimension cannot be separated from the aspect of mind, spirit and family. 	<p>Your lifestyle and Managing your symptoms focus on improving physical health. However, in line with the principle that physical health cannot be separated from mental well-being, spirituality and relationships, these links are made in other areas:</p> <p>Feeling positive: knowing what’s personally important, having hope and coping in with a health condition. Spiritual health is not directly specified as this will not be relevant for all, but there is scope for it to be covered when discussing this area</p> <p>Family and friends: social connections adjusting to the physical health condition</p> <p>Work, volunteering and other activities includes physical health impacting on being able to do personally meaningful activities (these could be faith related).</p>
<p>Taha wairua (spiritual health)</p> <ul style="list-style-type: none"> • Faith and wider communication. Health is related to unseen and unspoken energies. • Damage to the wairua or spirit can contribute to physical illness 	<p>Work, volunteering and other activities includes physical health impacting on being able to do personally meaningful any activities that are (these could be faith related)</p> <p>Feeling positive: knowing what’s personally important, having hope and coping in the context of a health condition. Spiritual health is not directly specified as this will not be relevant for all, but there is scope for it to be covered when discussing this area.</p>
<p>Taha whānau (family health)</p> <ul style="list-style-type: none"> • Belonging, caring and sharing as part of a wider social system. • How family can contribute to illness and assist in curing illness is fundamental to understanding Māori health issues 	<p>Family and friends: this area acknowledges the importance of social connections and roles and the impact that physical health can have on them</p> <p>Work, volunteering and other activities: these activities link individuals with the wider social system and can provide a sense of meaning and belonging</p> <p>Feeling positive: includes activities that help with feeling positive and relaxed, which are likely to include social systems.</p>
<p>Taha hinengaro (mental health)</p> <ul style="list-style-type: none"> • The capacity to communicate, to think and to feel. • Mind and body are inseparable. • How we see ourselves in this universe, our interaction with that which is uniquely Māori and the perception that others have of us. 	<p>All areas relate to emotional well-being and the interaction of physical health conditions with this:</p> <p>Your lifestyle: diet, exercise, and sleep link to both physical and mental health</p> <p>Looking after yourself: being able to look after yourself and get around has clear implications for self-perception and mental health</p> <p>Managing your symptoms: minimising the impact on the person’s mental health</p> <p>Work, volunteering, and other activities: how they support a meaningful life</p> <p>Money: includes worries over finances, a key factor in mental health</p> <p>Where you live: having a home that supports well-being</p> <p>Family and friends: links to the perception others have of the person,</p> <p>Feeling positive: what’s personally important, having hope and coping.</p>