



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

**Empowering whanau and families in
Aotearoa New Zealand
Against Covid-19**

(A Health Promotion Tool)

March 30, 2020



A Health Promotion tool for empowering whanau and families against Covid-19

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While we all stay home in order to stop Covid-19 and to save lives, our primary focus is our family and whanau¹ wellbeing.

Promoting health and wellbeing begins in the family and whanau where we live, love, learn, work, play and pray together.

To build your whanau and family capacity and maintain your wellbeing, we offer a health promotion tool to keep your family safe, healthy and happy, and to survive, thrive, and flourish after the Covid-19 pandemic.

1. Advocate, enable, and mediate for the collective good and wellbeing of the family

- Follow advice and instructions from the Government, Ministry of Health and other public authorities. See details of Government advice on Covid-19: <https://covid19.govt.nz/>
- Stay home, and save lives. Saving your whanau and family is saving the world. Health begins where we live, love, learn, play and pray together.
- Meet as whanau and family and consult regularly to plan, implement, monitor and evaluate guidelines and activities for the wellbeing of the whole family.
- Make your own plan. Alternatively, you can base it on guidelines or plans from initiatives such as Whanau Ora, Healthy Families NZ, or health promotion models such as the *Ottawa Charter*, *Te Whare Tapa Wha*, *Te Pae Mahutonga*, *Fonofale* and *Fonua Ola*².
- Enable, empower, encourage each other, and support all members in your family to: '*Be strong. Be kind. Be united against Covid-19.*'³ We are in this together. Yes, we shall overcome.

Note: The following five sub-headings are five major areas that you can focus on, in order to ensure the effectiveness of your plan:

1.1 Make guidelines that are healthy for your family

- Ensure that all guidelines and decisions under your plan are healthy for the family
- Ensure that everyone knows and follows the family guidelines
- Firm but loving, kind and caring when applying the guidelines

1.2 Create supportive environments for your family

- Ensure your physical and social environment is safe, healthy, happy, and loving for all
- Ensure your home and 'family bubble' is a peaceful and violence-free bubble

¹ Whanau means family in Te Reo Maori, the language of Maori, the Indigenous people of Aotearoa New Zealand. Te Reo Maori is protected under Te Tiriti o Waitangi, the founding document of modern New Zealand, a treaty between Maori and the Crown. For further information: <https://nzhistory.govt.nz/politics/treaty-of-waitangi>

² Details on these models can be found on our website: <https://hauora.co.nz/>

³ The Right Honourable Jacinda Ardern, state of the nation address, March 25, 2020

- For physical health, ensure there is adequate healthy food, always washing hands, keeping physical distance, care for and help each other.
- Keep track of those who go out of your bubble to buy food or other essential needs. Ensure that they observe health and safety practices, especially when they return to your family bubble.
- For mental, emotional and spiritual wellbeing, make time and space (a family peace bubble) to share thoughts and wisdom that can uplift and strengthen everyone to remain calm, alert and healthy
- Keep away from social habits (such as irresponsible consumption of alcohol and other drugs) that can lead to tensions and harm lives
- For collective and holistic wellbeing, create activities that can enhance safety, health, happiness, love, and peace in the family.

1.3 Family and whanau action and development for collective wellbeing

- Plan and do family activities together such as walking ‘family bubble’ bus, growing a family garden, singing together, praying together
- Use technology such as social media to offer loving support to other whanau and families
- Create a family devotional time to share whanau stories, genealogies, update on Covid-19, make post-Covid-19 plans on how to move the family forward and grow capacity and resources for future and wellbeing
- Send messages of encouragement and gratefulness to family, friends, neighbours and co-workers who are at the frontline, working against Covid-19, and those who are providing essential services

1.4 Develop personal skills of family and whanau

- Encourage all members to read, learn or engage in activities, that can increase their knowledge and skills to help themselves and others within the family and other families
- Create some individual and collective learning spaces with activities that are empowering, enjoyable, and bonding, such as cooking, storytelling, how to use technology, physical exercise, dancing
- Organise physical activities inside and outside the house that can maintain your health and wellbeing such as walking, gardening, cleaning, landscaping, static exercises

1.5 Re-orient health services and other services towards equity to all whanau, families and communities

- Share your experience and learning within your whanau and with other whanau and families
- Brainstorm ideas and experience that can help improve your neighbourhood, your community, our nation, and the world, on how to do better in such future challenges
- Explore what works in your experience and how that can be offered to community organisations and public institutions to assist in their planning for the wellbeing of whanau and families

A brief background on the tool

- All components of the tool are related. Therefore, they work best when they are used as one tool with five action strands.
- We developed this tool specifically for whanau and families in New Zealand, during the lock-down period of the Covid-19. It can still be a handy family tool after Covid-19.
- Health promoters in the country and in other parts of the world might find it as another useful tool for their toolkit.
- We created it by adapting one of the well-known tools in health promotion, the Ottawa Charter that was produced by the World Health Organization (WHO) in 1986⁴. See the link at the bottom of the page to read more about the Ottawa Charter
- We offer learning sessions on this tool. See details on our website: <https://hauora.co.nz/>
- Health promotion is a discipline and an approach in public health. Its tools can be applied, with some adaptations, to any situation, any group, any level, including the family.
- Health promotion is defined in the Ottawa Charter as the process of enabling people to increase control over, and to improve, their health.
- In Aotearoa New Zealand, health promotion is based on the Ottawa Charter, and Te Tiriti o Waitangi. See our website: <https://hauora.co.nz/>, and our YouTube Channel <https://www.youtube.com/channel/UC1ApkS6hrpcxObjW8nwsINg> for more information and other resources.

If you wish to know more about this tool or our training on how to use it, contact us at:

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Facebook: <https://www.facebook.com/hauoraotearoa/>

YouTube: <https://www.youtube.com/channel/UC1ApkS6hrpcxObjW8nwsINg>

Website: <https://hauora.co.nz/>,

⁴ Ottawa Charter, WHO, 1986

<https://www.who.int/healthpromotion/conferences/previous/ottawa/en/index1.html>

And here’s a bonus: Another Planning Tool

While the tool being offered above gives you the freedom to be creative and make a plan that suits your needs and situation, some of you might want a ready-made one that you can quickly adapt, like the one below. It is based on Fonua Ola, a Pacific health promotion tool created in 2007, and refreshed in 2017.

A suggested weekly family plan, for your adaptation, based on the Fonua Ola Model⁵

Aim: Family to be able to take charge of their wellbeing and on-going progress

What Dimensions of Wellbeing	Who, how and when	Expected learnings and outcomes
1. Spiritual wellbeing	Create regular ‘spiritual and mindfulness bubble’ to share inspirational words, devotions	All more loving, sharing and caring All more stable, resilient, and positive
2. Mental wellbeing	Create a ‘peace bubble’ for all members to share ideas, concerns and feelings Ensure the ‘peace bubble’ is inclusive, empowering, safe, supportive, and learning environment for all	Violence-free family All calm and peaceful, no panicking No panic buying but reserve buying
3. Physical wellbeing	Mum and dad take turns in driving a daily ‘Family bubble’ walking bus around immediate neighbourhood	All healthier and happier All closer together as family
4. Economic wellbeing	Mum and dad to ensure there is enough healthy food, and medicine and other such necessities during lock-down	Everyone healthy, happy and enjoying family life at home
5. Cultural wellbeing	All family members take turns in sharing family stories and family cultural values & principles	All more knowledgeable about family history, values & principles and how to use them in decision-making, planning and living everyday life
6. Ecological wellbeing	All plant a family garden Plant cultural trees	More beautiful and healthier environment More food healthy for the family

More details on Fonua Ola can be found in the link below:

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⁵ Fonua Ola, Tu’itahi, S (2007,2017) Health Promotion Forum website: <http://hauora.co.nz/why-pasifika-health-models-do-they-work/>