

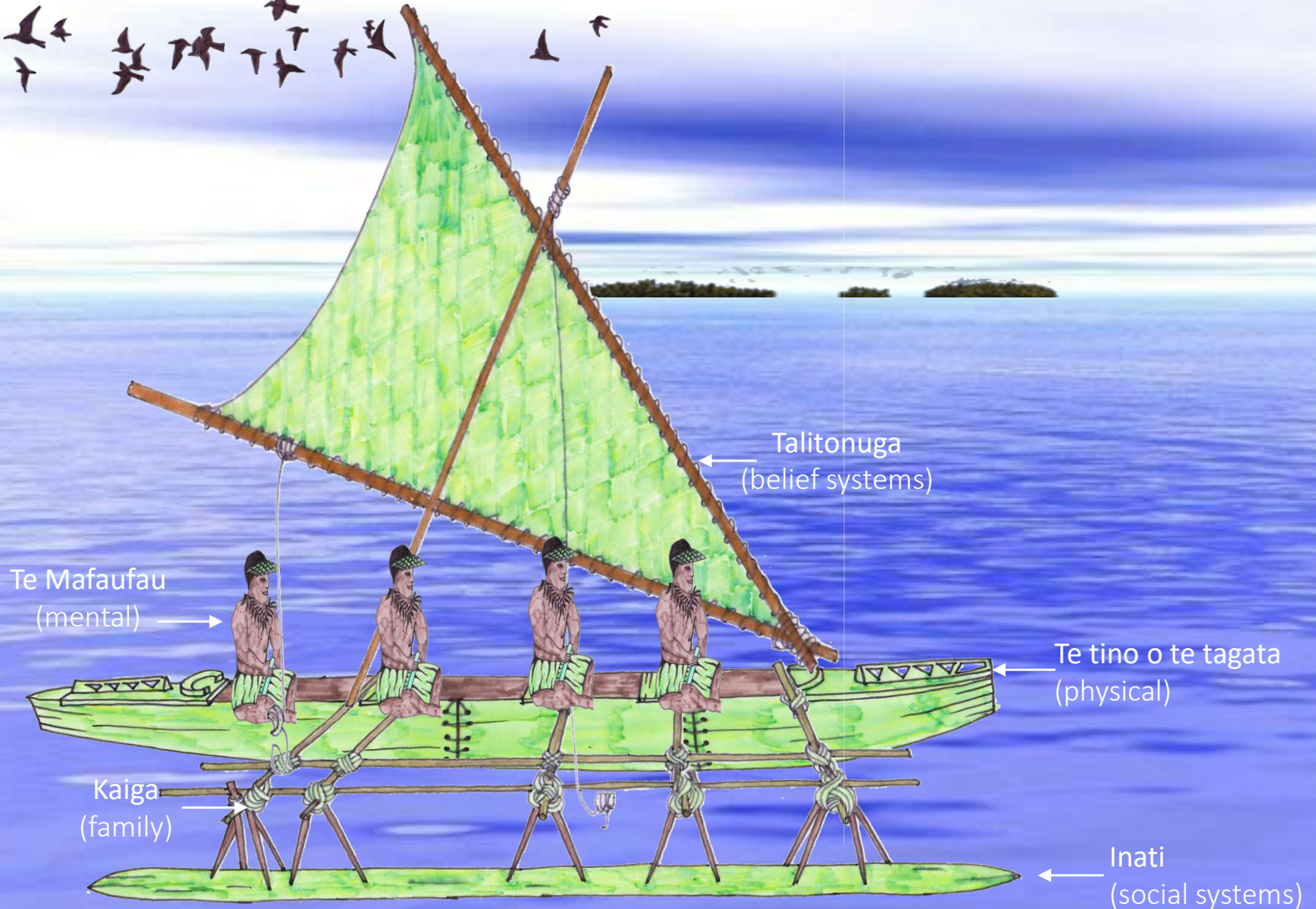
ulu tonu maí!

Te vaka Atafaga

A model for health & wellbeing

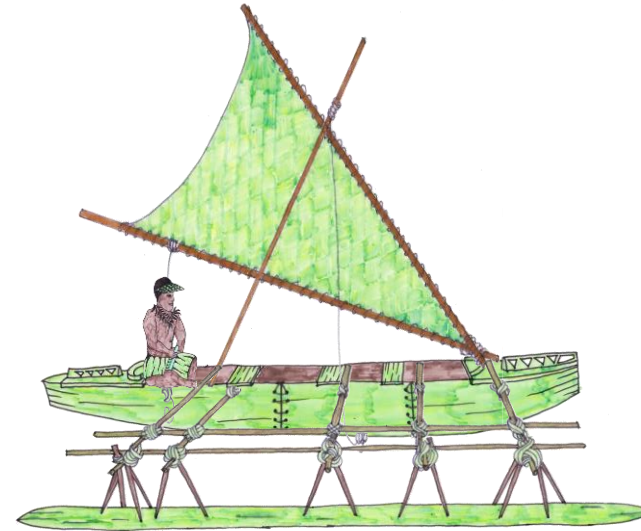
Te vaka Atafaga

Puipuiga o te tino o te tagata
(environment)



Where did it come from?

- 🚤 Tokelau philosophy
- 🚤 Inadequacy of health care provision
- 🚤 Metaphor for holistic wellbeing
- 🚤 Cultural validation
- 🚤 Application in practice



Te tino o te tagata (Physical)

- 🚩 Pleasing or healthy physique (kaulelei)
- 🚩 Warrior as idealized state of health (kamutoa)
- 🚩 Exercise and activity eg. fishing, climbing (koleni)
- 🚩 Vigor, energetic of effort (tafitifiti)
- 🚩 Strength (tino malohi)
- 🚩 Massage for aches & pains (fofo)



Inatí (social systems)

- Societal networks (aumaga, Piula, ahiahiga a te lotu)
- Unconditional love, care (alofa he fakatuakoi)
- Communal sharing of resources (Inati)
- Well meaning (aga lelei)
- Peaceful co-existence (ola haogalemu)
- Paramount respect for sister (Fatupaepae)
- Alofa ki te tamāmanu

“Tamaiti omamai ki na inati”



Kaiga (family)

- ▶ Paramount importance of sennet lashing binding holistic pillars defining life of tagata Tokelau
- ▶ Sacred relationship between brother & sister as symbolized by Fatupaepae
- ▶ Support of extended family (pui-kaiga, kau-kaiga)
- ▶ Different plaiting methods have different tensions, different patterns (roles & responsibilities)
- ▶ Values, beliefs, language, traditions, experiences, wisdom, history, ancestral connections strengthened
- ▶ Emphasis on positive Tokelau & NZ influences within kaiga dynamics as a barrier against major stress



Te mafaufau (mental)

- 🚩 Alertness, level of comprehension, emotions, thoughts
- 🚩 Conscientiousness, honesty (loto mamā)
- 🚩 Strength of mind, character (makeke)
- 🚩 Healthy living habits (Ola mamā)
- 🚩 Peaceful co-existence (Ola Haogalemu)
- 🚩 Implies aware of interplay between different pillars defining health
- 🚩 Implies emphasis of care & respect of tagata Tokelau (and therefore all people) regardless of age, sex, race, religion, or political beliefs



Talitonuga (beliefs systems)

- 🚩 Pre-Christian beliefs / practices
- 🚩 Selflessness of sharing resources (kaimakoi)
- 🚩 Unconditional care, love (alofa he fakatuakoi)
- 🚩 Good faith, heart, spirit (agalelei)
- 🚩 Institutions of Church, Christianity, Religion (Lotu)
- 🚩 Ancient Paramount God as symbol of unity (Tui-Tokelau)
- 🚩 *`Ni au mea e kai, ka ko tau kata ke mua mai'* - 'You have plenty of food to offer (hospitality), but it is your smiling face that I desire most to see first'.



Puipuiga o te tino o te tagata (Environment)

- 🚩 Climate, air, sea, sky, stars, moon, wind, land, sun
- 🚩 Healthy land, sea & sky (fenua, tai, lagi lelei)
- 🚩 Pollution free air for breathing (manava ea lelei)
- 🚩 Love for, care & awareness of natural environment (loto fenua)
- 🚩 Implies consideration of geography (location)
- 🚩 Implies consideration for shelter or housing
- 🚩 Implies consideration for transportation & accessibility or provision of resources



Opportunities for application

- A Pacific health framework to assess health and wellbeing under six fundamental elements
- To raise awareness of Pacific cultural beliefs & protocols
- To reinforce a family-centred approach
- Considers the NZ context vs traditional or cultural norms
- Dynamic
- Adaptable application;
 - Research
 - Policy
 - Health Service development
 - Clinical practice
 - Review of health service delivery
 - Education



Ke manuía lava te tatou aho

Ko au se se fuga maí maota o tupu
Ka ko au se fuga o te vao
E toulu pea vevela le la'
(Fulí Fatí)

*(I am not a flower that was tended to in a royal garden
I am just a flower that grew in the wild
That will wither and die in the heat of the midday sun)*

