

# Kia Rite Kia Ora

## Pilot Programme Evaluation What have we learned?



Kinnect  
group

Judy Oakden Consultancy • Research Evaluation Consultancy  
The Knowledge Institute • Julian King & Associates

# Whānau living the dream...

*We've come almost to the conclusion of our 12 months and **we are starting to live the dream.***

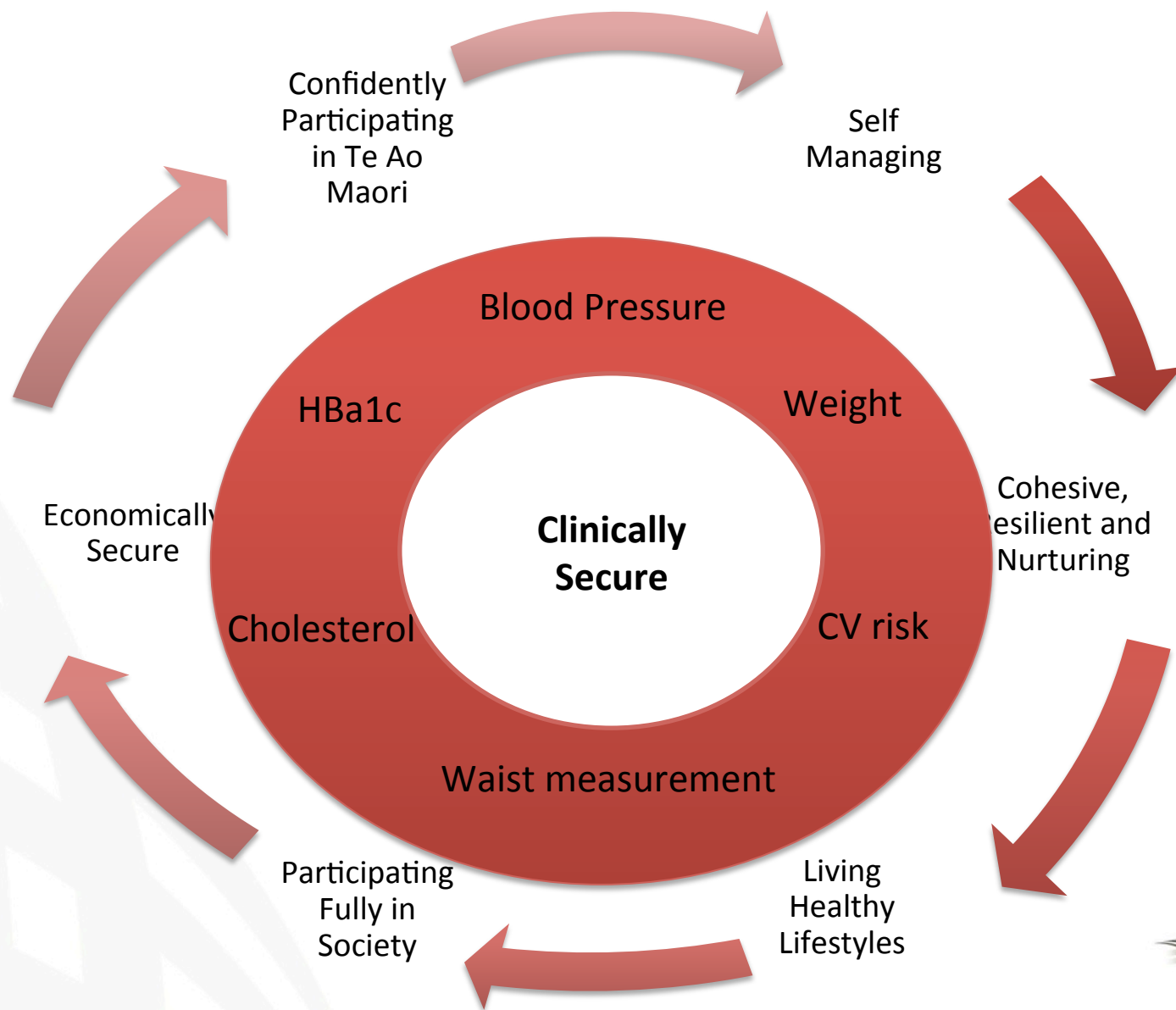
*We will continue because this programme has been so awesome, **it's made us draw closer to our whanau.***

# Whānau being independent...

*Kia Rite Kia Ora is about evaluation, independence, reliability, being honest within yourself. And this is where they actually help us to grow and strengthen within ourselves to get out there and be independent, and that's what this programme is all about.*

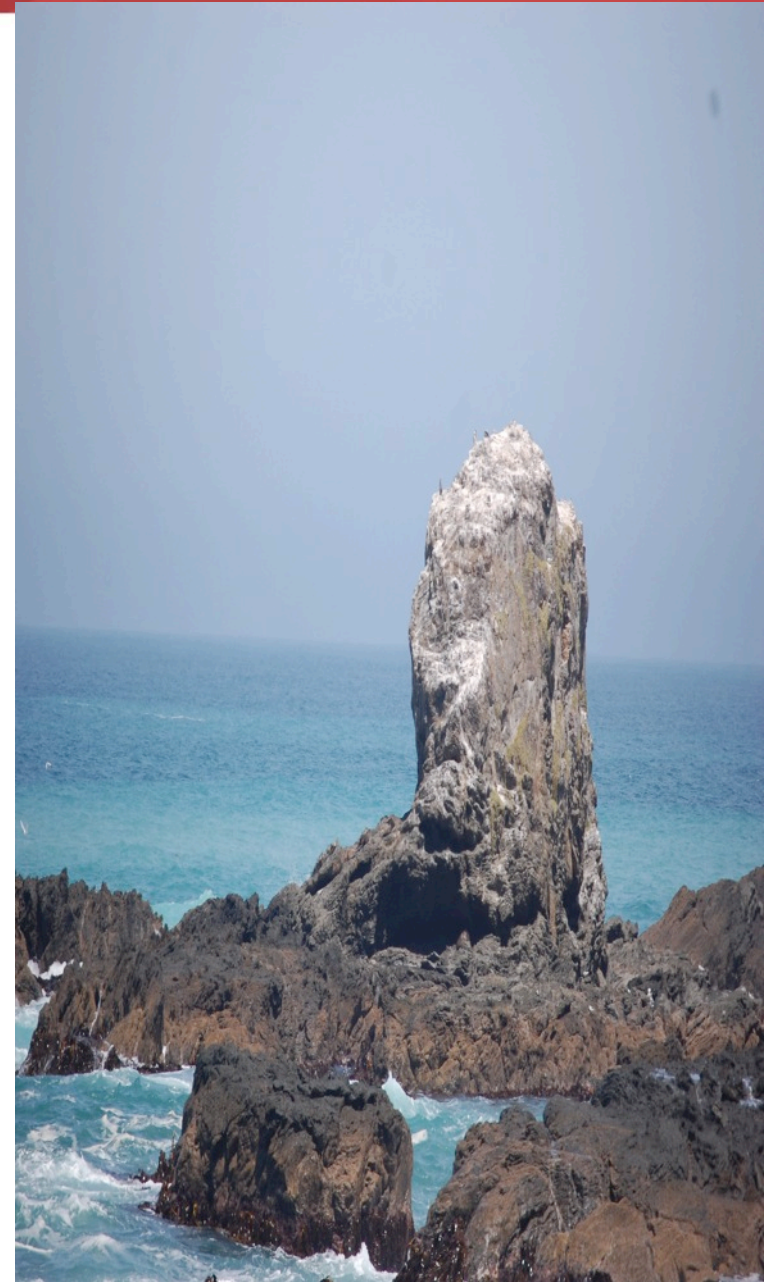
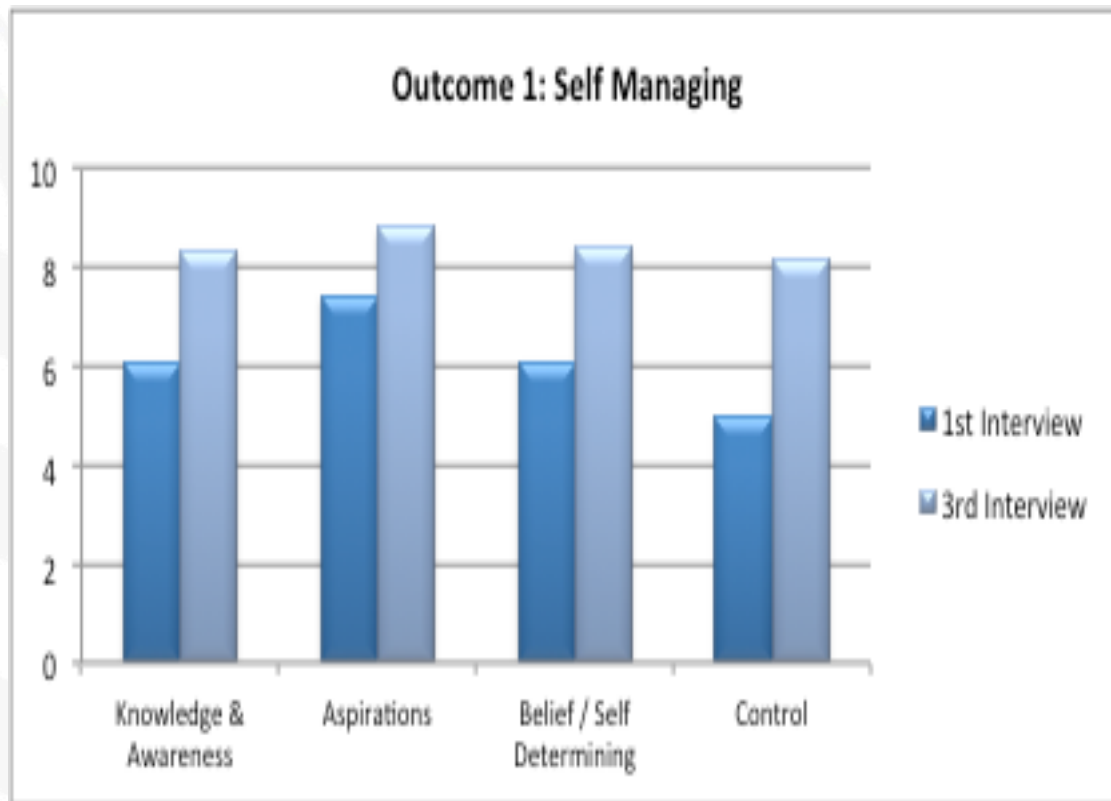
# Whānau being whānau...

It's not just about us anymore it's about the new addition to the whanau & our moko. It's given us even more meaning to make all these changes for all of us as a whanau so we can be around as long as possible.



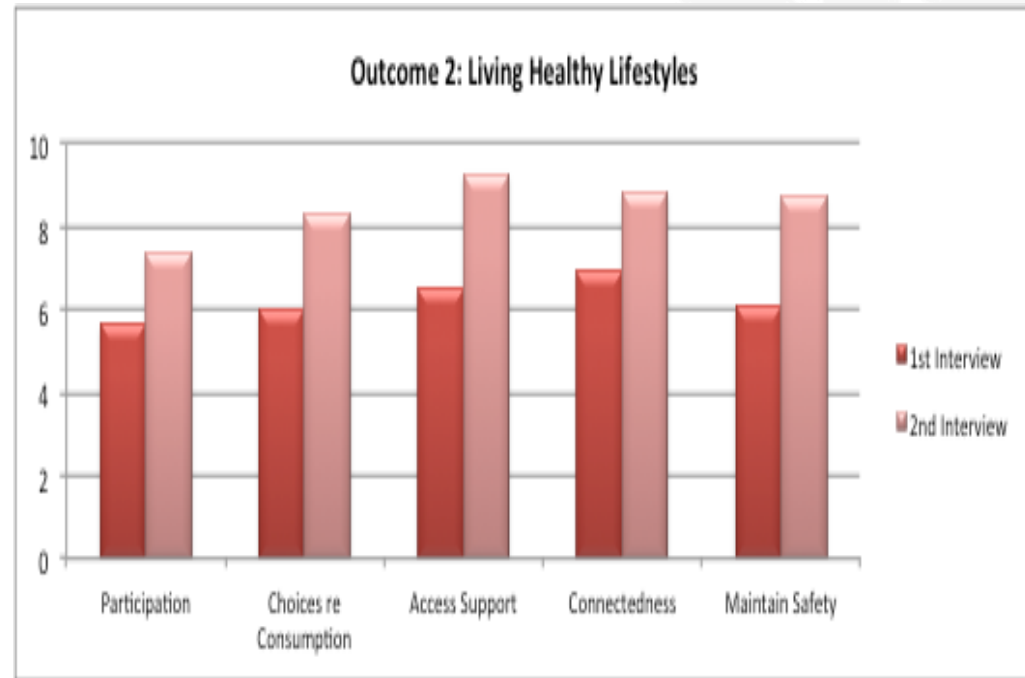
# Self Managing

*I'm now taking control... I've taken control of what needs to be done. I'm in charge of my journey. It's all down to me now.*





# Living Healthy Lifestyles

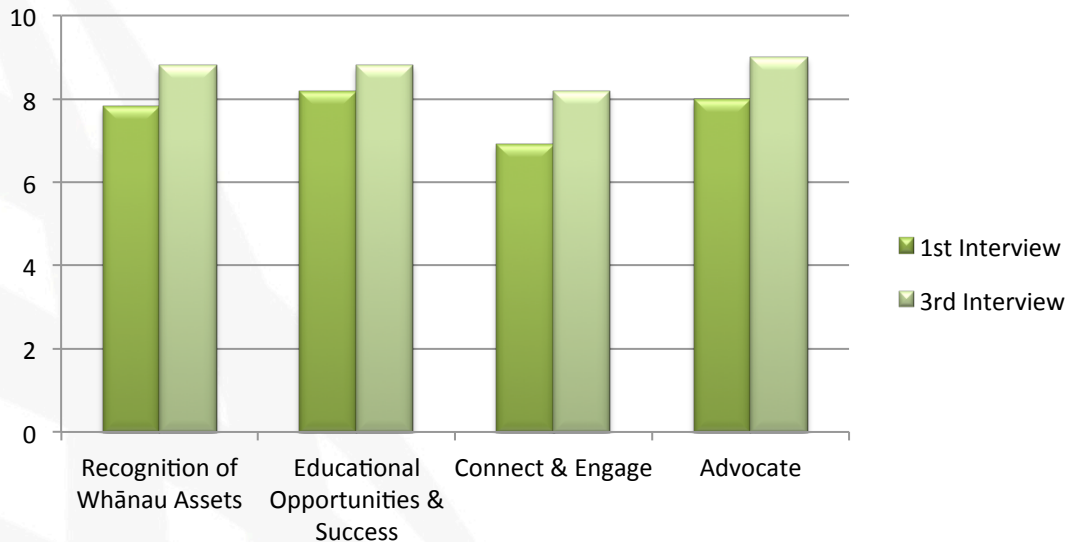


*We are trying to live longer and have a lifestyle with our new moko coming along*

# Participating Fully in Society

*If we stayed where we were at we would have been worse off. As soon as we moved to Whaiora things changed. A wheel went, it went forward and forward*

Outcome 3: Participating Fully in Society

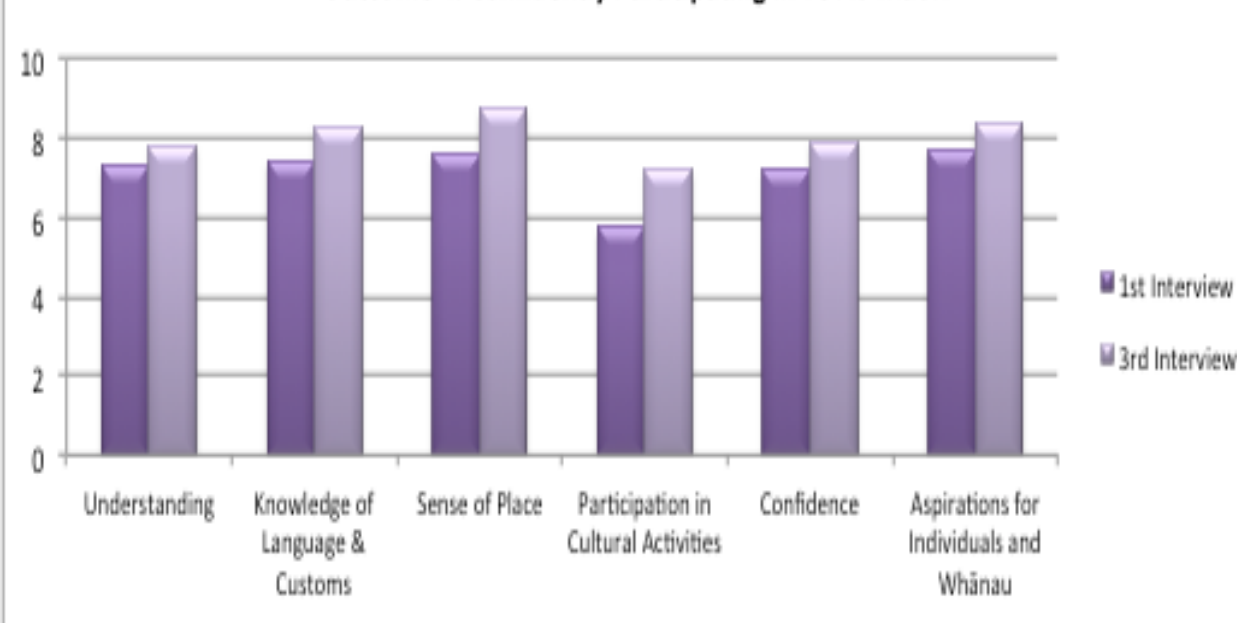




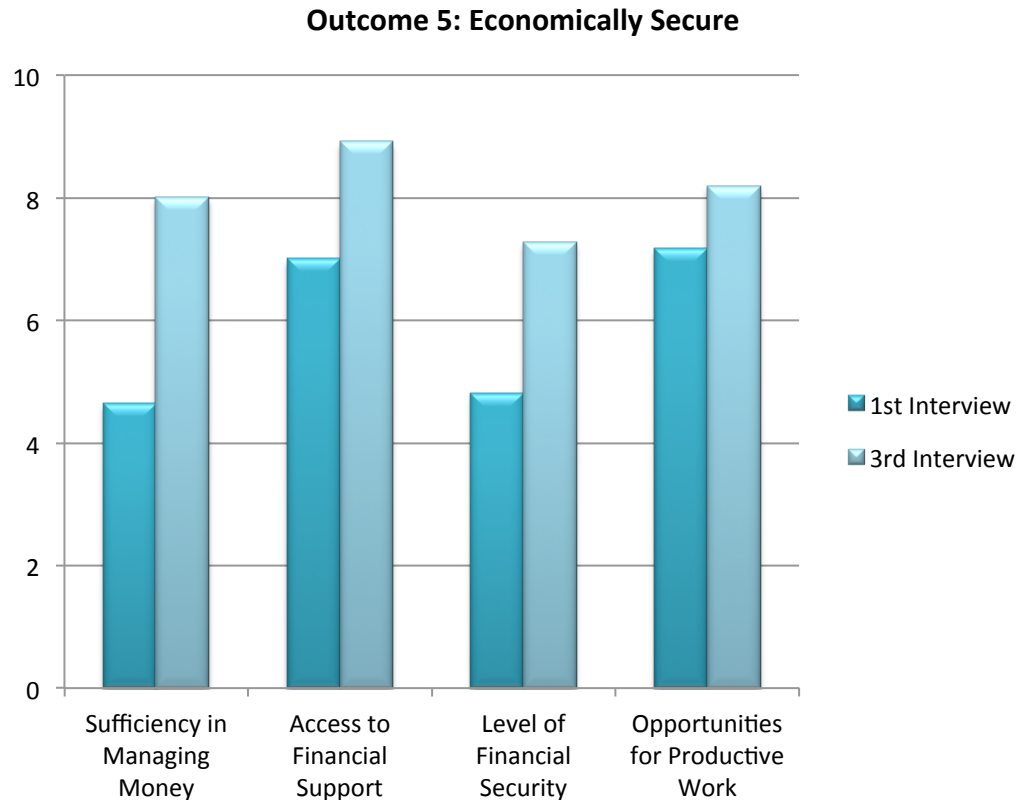
# Confidently Participating in Te Ao Māori

*I see a future now, I see my great grandchildren, I see me being well ... and watching them all grow up and be a part of their lives that's what I want now!*

Outcome 4: Confidently Participating in Te Ao Māori



# Economically Secure



*I've found my way back on track, budgeting, managing and keeping the payments up with my budgeter*

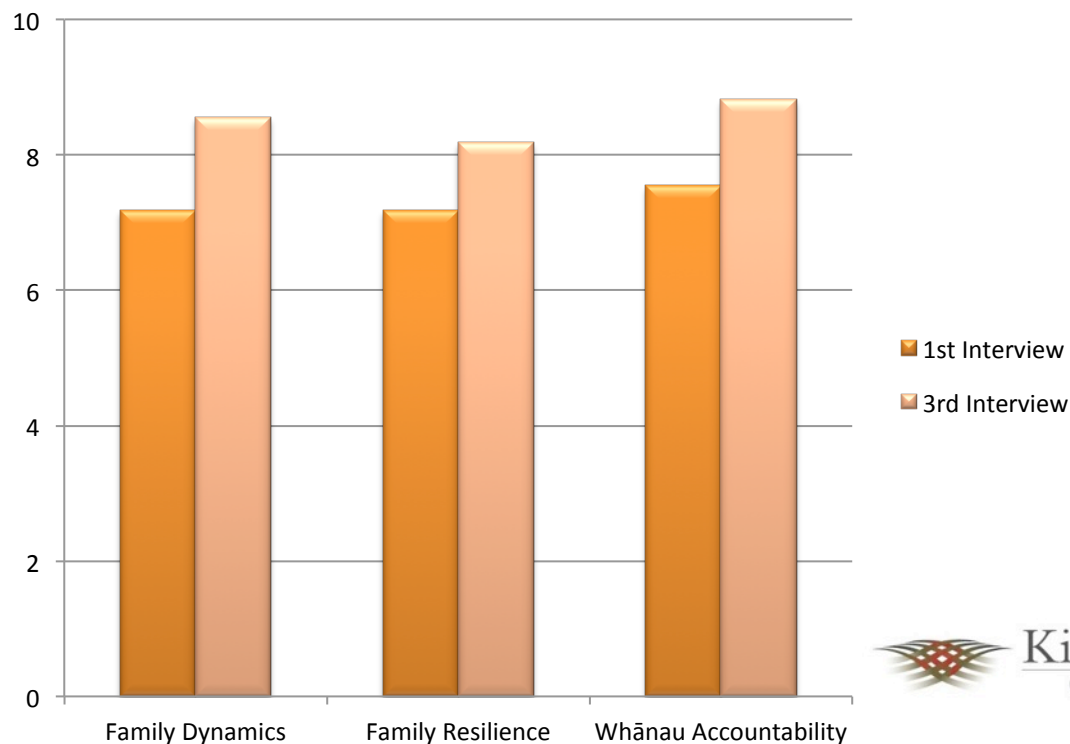




# Cohesive, Resilient and Nurturing

*KRKO is all about whanau ora... it's all about the changes of life, the communication skills we have to better ourselves.*

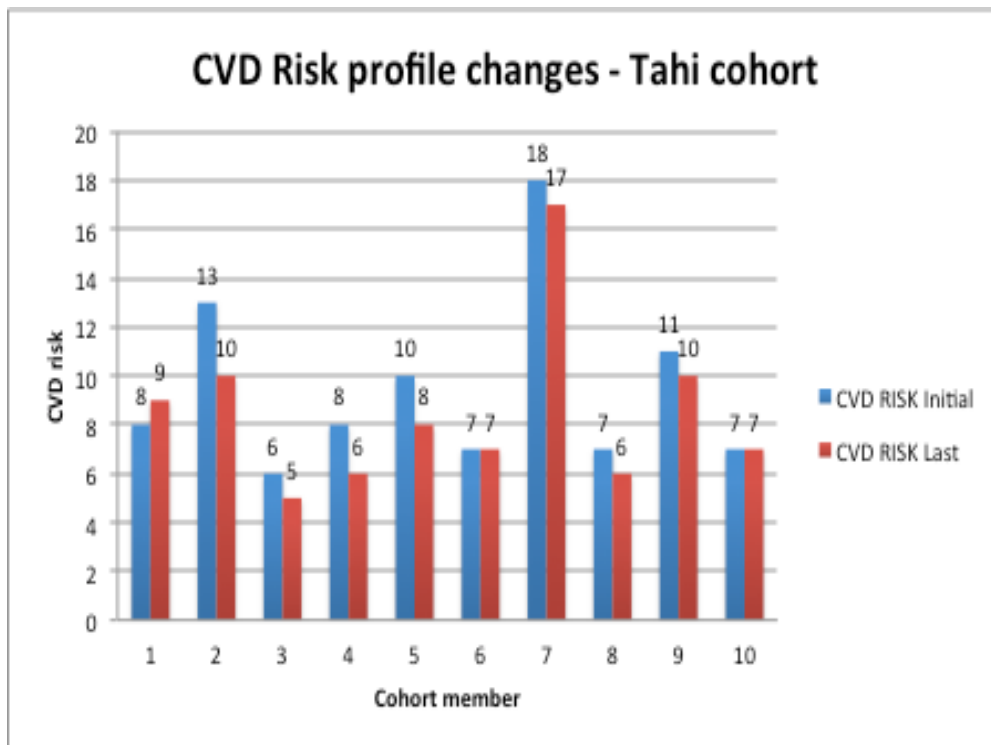
Outcome 6: Cohesive, Resilient & Nurturing





# Clinical changes

- Many positive clinical changes:
  - reduced blood pressure readings
  - BMI readings
  - reduction of LDL readings (bad cholesterol)
  - improvements in CVD risk profile.



- Reason to be optimistic
- Too soon for clinically robust evidence
- More to come!

## Whānau Ora Wairarapa...

- Being positive role models
- Strengthening ourselves
- Gaining skills
- Knowing the community
- Good health for all
- Being drug and alcohol free
- Government support
- We want to thank you Tariana!

