

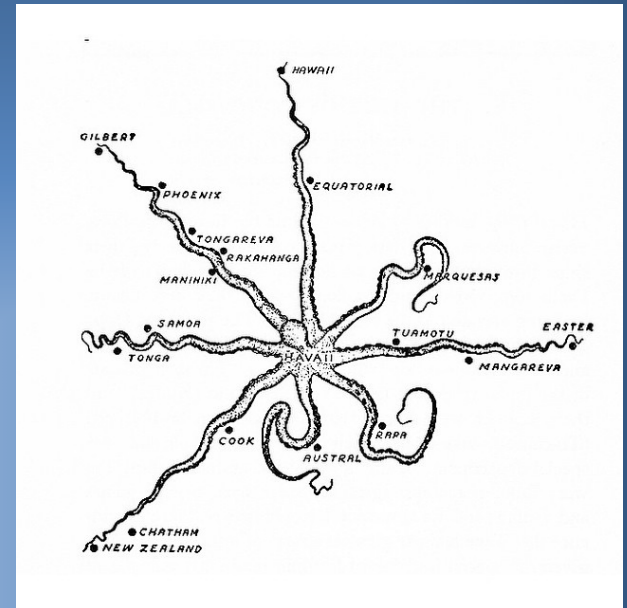
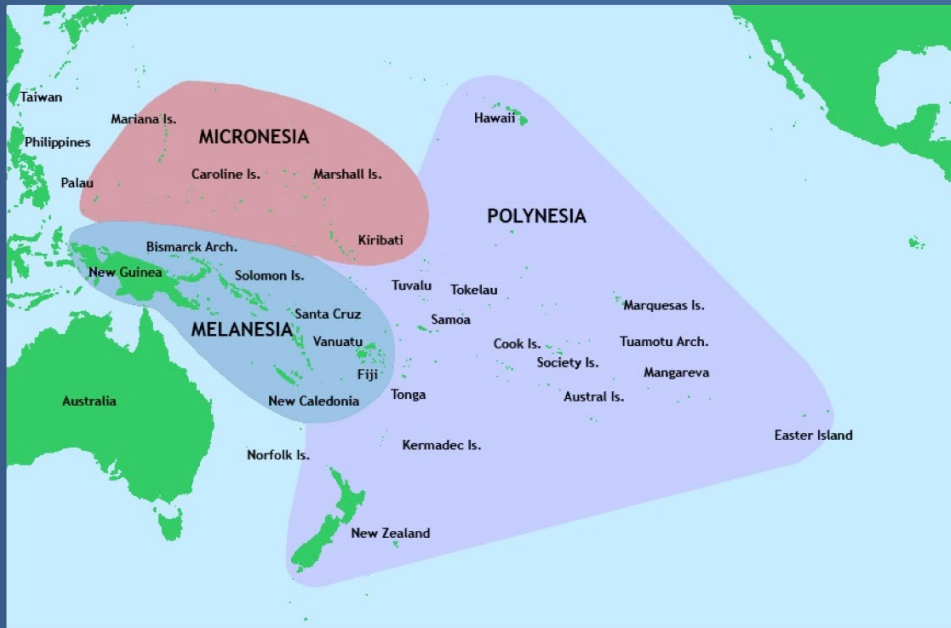
The background image is a photograph of a tropical garden. In the foreground, there are several large, vibrant green plants with broad, lanceolate leaves, possibly Cordyline or similar tropical foliage. Behind these plants, a rustic stone wall made of grey, irregularly shaped rocks runs across the middle ground. In the background, beyond the wall, there are more trees and dense greenery, suggesting a forest or park setting. The lighting is bright, indicating daylight.

Framing Cook Islands Indigenous Epistemologies

An approach to Health & Well Being

By Sonya Apa Temata

Te Moana Nui o Kiva

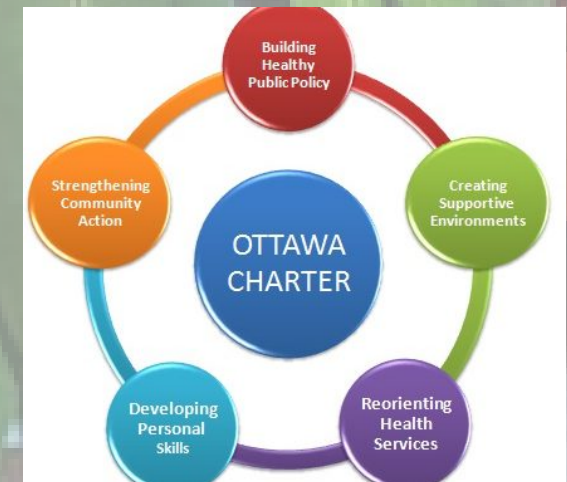
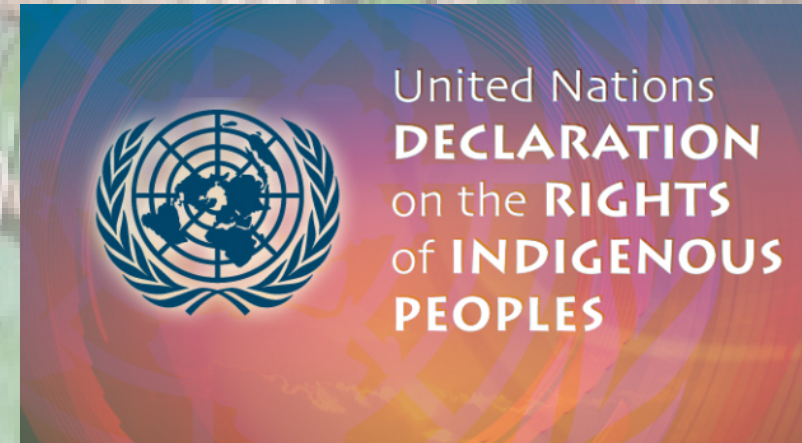


Indigenous Epistemologies

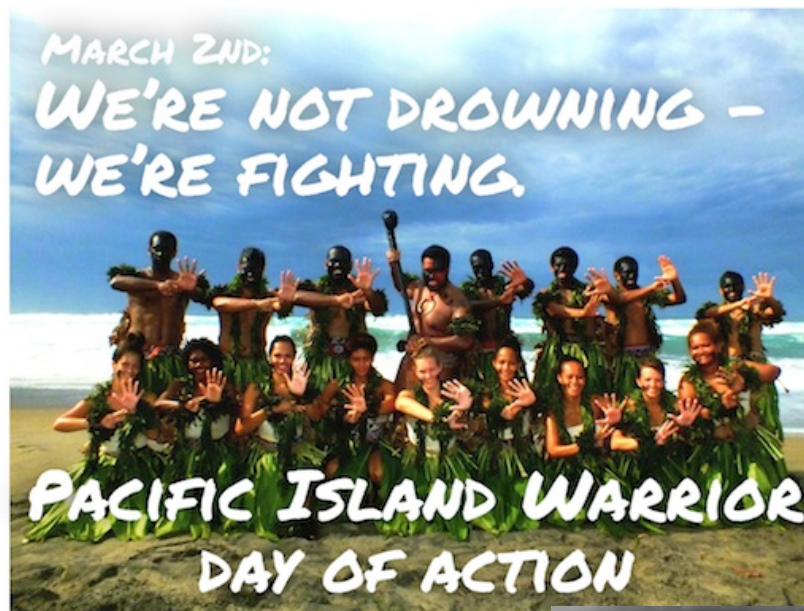
- **Indigenous Epistemologies** - Epistemology refers to both the theory of knowledge and theorizing knowledge & conceptual frameworks that exist (Watson-Gegeo and Gegeo 1990)
- **Indigenous Decolonization** - A process of deconstructing, theorizing knowledge & reframing ones own identity, heritage & culture due to the impact of colonization, cultural assimilation, genocide of Indigenous peoples culture, heritage, practices & ways of living (Tuhiwai Smith, 1999)
- **Indigenous Data Sovereignty** – Indigenous peoples' right to maintain, control, protect and develop their cultural heritage, traditional knowledge and traditional cultural expressions, as well as their right to maintain, control, protect and develop their intellectual property – research, data etc. (Kukutai et al, 2016)
- **Empiricism** is the philosophical belief that all knowledge comes from experience and that experience is shaped by our five senses (Meyers, 2003)
- **Post Modern Colonization** - a set of theoretical approaches which focus on the direct effects and aftermaths of Colonization

Why Indigenous Knowledge & Epistemology?

The Past & Present



The Impact of Climate Change on Health & Well Being



Cook Islands Health Network Assoc. (CIHNA) Turama Health Conference 2018: Indigenous Knowledge Culture & Health

The conference focussed on 3 Key Questions -

- How does indigenous knowledge benefit the health and wellbeing of our people here in NZ**
- How can our culture inspire people to live healthier lives?**
- The history and effectiveness of Cook Islands Traditional Medicine with a plethora of credible Taunga/ Taonga (Traditional Healers)**
- How does this impact on Non-Communicable Diseases (NCDs) such as Obesity, Diabetes and Cardiovascular Disease (CVD), Mental Health and Suicide?**

How does this impact on Non-Communicable Diseases (NCDs) such as Obesity, Diabetes and Cardiovascular Disease (CVD), Mental Health and Suicide?

- **Increase in Non Communicable Diseases (NCDs) – underlying factors**
- **Cook Islands prevalence of Coronary Heart diseases, Diabetes, Hypertension and alcohol- related crashes leading to injuries, disabilities and death**
- **Mental health illnesses & disorders – High risk behaviors, SUICIDE is prevalent amongst our Tamariki o Mapu**
- **University of Auckland INDICO Study – The Cook Islands Injury & Disability Surveillance Research team - Lead by Cook Islands Secretary of Health Dr Josephine Aumea Herman, Dy Yin Yin May, Dr Mareta Jacob & research assistants Mary Kata, Apa Temata, Doris Taripo, Charlie Emmanuela**

(Cook Islands Ministry of Health, 2012; Herman-Tamarua, 2016; University of Auckland, 2016)

Cook Islands Conceptual Frameworks of Health & Well Being

- **Tivaevae Model (Maua-Hodges, 2003)**
- **Moenga (mat) can be used to symbolize a Cook Island perspective on health and well-being or Pito 'Enua/ Toke Toke Enua (Cook Islands Ministry of Education, 2002)**
- **Dr Neti Tamarua-Hermans - Pu Ara Model – A health promotion model from a Cook Islands contextual perspective.**
- **Turanga Māori: a Cook Islands Māori Conceptual Framework (James, Mitaera & Rongo-Raea, 2012)**

Traditional Medicine & Practices

- **Midwifery/ Womens health** & knowledge was traditionally our Great grandmothers, grandmothers & passed down that knowledge
- **Traditional tools** - use of rocks, crystals, wooden tools, traditional musical instruments – nose flute, pate/ drum, vai – water/ blessed water, plants/ flowers/ roots/ leaves, fire, earth – soil, incense – blended fragrances , ointments & creams
- **Pacific Ways of Knowing** – Traditional Hawaiian, Cook Islands, Samoan, Tongan, Fijian, Rapa Nui, NZ Māori, Tahitian Medicine
- **Chinese medicine in relation to Māori medicine** – the use of acupressure - massage, reiki – laying of hands, Chi/ Qi/ Wairua/ Vaerua energy – life force healing
- **Use of Traditional plants** – herbology/ naturopathy/ homeopathy – essence oils – coconut oil, tiare oil, frangipani oil
- **Faith Healing** – 'A Higher Being', Religious/ Christianity & Spirituality beliefs & values
- **Orators** – Storytellers/ Gods & Goddesses – Myths & Legends of Tangaroa, Tagaloa, Māui, Nafanua, Salamasina

Navigating Our Way

- **Indigenous Knowledge, Research, Evidence & Data that informs Policy, Clinical Practice, Research & Legislation**
- **Preservation of our Traditional Indigenous Knowledge & Customs, Practices & Ceremonies**
- **The Preservation & Protection of our Health, Lands & Resources – fighting against Climate Change, Plastic Pollution, Impact of Nuclear testing in the Pacific, Raising the issues of Socio political influences..**
- **Implementation of Traditional Medicine, Methodologies & Knowledge versus Conventional Medicine & westernized approaches to health- a complimentary approach**
- **“It takes a Village to Raise a Child” – A Collective Approach**
- **Resilience comes in many forms – built on Courage, Connectedness & Decolonizing the ‘mind’ – the way forward..**

In loving memory of Tuakana-O-Opara Apa Temata



Sunrise 12 November 1953 to Sunset 26 April 2018

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