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| **MEDIA RELEASE**

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**Kia mārama ai ki ngā hurihanga i ngā nekehanga o te tinana i te wā o te hapūtanga**Mā te nekeneke me te korikori i te wā o te hapūtanga e haumare ake ai, e ora ake ai te wāhi ki ngā whāea me ngā pēpi. Heoi anō, i te mea ka huri te āhua o te tinana, tērā ētahi wāhine ka piki ake te tūponotanga e taka ai rātou, nāwai rā ka rangirua ki ngā kori tinana, i te wā o te hapūtanga, ā muri anō hoki.Ko Te Kunenga ā-tinana o te Hapūtanga (TK-PEP) te kaupapa tuatahi o te hōtaka rangahau matua e ārahina ana e AUT, arā, Te Kukunetanga (Developing Cycle of Life), te hōtaka e tūhura ai tēnei kaupapa me kore noa e kite ētahi putanga whakapai ake i te hapūtanga mō ngā wāhine me ngā whānau.Ka mahitahi ai a TK-PEP me tōna 400 wāhine hapū kia kaha ake te māramatanga ki ngā panonitanga ka pā ki ō rātou tinana, arā, ō rātou āhua, tō rātou rahinga, me ō rātou tohu ora, i te wā e hapū ana, ā muri anō hoki."Ka rongo te tinana o te wahine i ngā hurihanga tinana motuhake ā-āhua, ā-rahi i te roanga o te hapūtanga, ā, i ngā marama e ono anō hoki i muri mai i te whānautanga. Ahakoa, i te nuinga o te wā e whakaae ana te aweawenga o ēnei huringa tinana ki te hīkoi o te wahine, tōna tūrite, tāna kori tinana, me tāna āhei ki te mahi i ngā mahi o ia rā, he whāiti ō mātou mōhio ki ngā kunenga o ēnei panonitanga i roto i te wā, ā, he aha hoki ngā rerekētanga i waenga i tēnā wahine, i tēnā wahine,” hei tā te tumu whakarae rangahau, hei tā Ahorangi Patria Hume."E tumanako ana mātou, i ngā wāhine ka āta ako ana he aha i huri ai ō rātou tinana, ka māia ake rātou me ā rātou nekehanga, ā rātou tūrite anō hoki, inarā ka hātonu ki ngā putanga hauora pai ake: ā-tinana, ā-hinengaro anō hoki."Ko te hiahia o ngā kairangahau mā te whakawhānui i te mōhiotanga o ngā huringa ā-tinana e heke ai pea te pīrangitia o ngā kūtoronga rata i te wā o te whānautanga. Kei te takiwā o te hautoru o nga wāhine o Aotearoa e whai pēpi ana ka whānau poka mai, ka whānau taputapu mai rānei (Kuku/Pūngongo). I te tau 2018, i whakaaturia e tētahi pūrongo tiaki whaea o te Manatu Hauora, e 36 ōrau ngā wāhine ka whakawhānau pēpi mā te whānau poka, arā neke atu i te tauruatanga o tō WHO tūtohi kia 15 ōrau. E ai ki te kaiārahi o te tīma kaiwhakawhānau o TK-PEP, ki a Ahorangi Judith McAra-Couper, "E pīrangi ana mātou kia kite ētahi huarahi e panoni ai tēnei ia, e taea ai e te maha ake o ngā wāhine te whakawhānau ā-taiawa."Tū ai te rangahau i ia marama ki AUT Millenium, ka tirohia te hoto manawa, te pēhanga toto, te pāmahana, te taki whakahā, te tōpunitanga hāora me ngā panonitanga ā-tinana, ā-nekehanga anō hoki. Mau ai te huringa ā-tinana mā te pūmatawai tinana ahutoru, ā, mā te hangarau hopu nekehanga e mātai ai te hīkoi me te tūrite. Kei tētahi o ngā kaupapa ka whakahaeretia ai tētahi akomanga whakarite whānau pēpi mō te kore-utu, ka aro ki te haumanu nekehanga. Ko te whāinga o ēnei akomanga he āta tautoko i ngā whaea kia rite ā-tinana ai, kia rite ā-hinengaro ai mō te wā whakamamae me te wā whakawhānau hoki. Ka riro hoki i ngā kaiuru i tētahi tātaritanga taioranga, ā, ka wātea hoki te rūma whānau o Te Kukunetanga."He wā tēnei e āhei ai ki te hono ki tētahi pae mātanga hauora i waenganui o ngā whakaritenga wātaka ka noho atu ai ki ngā hēmina hauora mō ngā kaiuru anake, nā ētahi mātanga nō ngā kaupapa rerekē pēnei i te taioranga, te whakapakari tinana me te kori tinana,” hei tā Ahorangi Hume.He rangapū a Te Kukunetanga e whakakotahi mai ana ngā rōpū pēnei i a AUT SPRINZ (Sport Performance Research Institute of New Zealand), i a AUT Centre for Midwifery and Women’s Health Research, i a Te Kākano Network for Physical Activity and Sport Research, i te tari rangahau kaupapa Māori, i a Te Ipukarea , me Te Ope Kātua o Aotearoa. **Te Kukunetanga**Ka whakahaeretia ai te hōtanga whānui o Te Kukunetanga i roto i ngā tau maha, ā, e whai ake nei ko ia kaupapa rangahau: • Te Kunenga ā-tinana o te Hapūtanga• Te Hononga o te Kori me te Kare-a-roto i te wā o te Hapūtanga.• Te Whakahaere Tūhaka i te wā o te Hapūtanga• Te Whakamahi i te Whakatauira Matapae hei whakapai ake i ngā putanga hauora• Aroā-ā-kite o te Takiwā i te wā o te Hapūtanga• Ngā Kai o te Hapūtanga• Te Oma i te wā o te Hapūtanga• He Aratohu Whakahokinga Tauā mō muri i te hapūtanga.• Te Oranga ā-Hinengaro mō ngā Whaea i te waenga, ā, i muri hoki o te Hapūtanga**ENDS** |

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