



Tuhiga Igoa a Tokelau 2016

Vaega 4: Fakaaogaga o na fuainumela i na faiga tonu



Fakaaogaga o na fakamaumauga mo te peleniga o ni taki

- ⊙ Ko na fuainumela aloakia e fehoahoani ke fatu ai ni fakamaoniga mo te atiakega ma te onoonoga o na mafaufauga mo ni taki
- ⊙ Hukuhuke ki he matakupu i NZ e mafai ke maua ai ni kikilaga manino mo te fatufatuga o ni taki i Tokelau



Ōhau e te Pōwhiri o te Māori
Fakamau o Te Kaitiaki
Ōhau e te Pōwhiri o te Māori
Fakamau o Te Kaitiaki

Stats ^{NZ}
Tataurangi Aotearoa

Fuainumela fakamaumau aloakia ma te Tulaga lelei o te olaga

- ⊙ Hokotaga i te va o te malie ki te olaga ma te tupe maua
- ⊙ E he olo gatahi te hokotaga tenei– the Easterlin Paradox, 1995
- ⊙ Ko te fakamaopoopoga ona fakamatalaga agi ki te tulaga lelei o te olaga, e mafai ai o na he lahi he fakalagolago ki na fakamatalaga ke fua ai te fakaleleiga o na taki
- ⊙ Ko te tulaga lelei o te olaga e taua lahi lele mo ietahi vaega ke fatu agai ki ei ni taki lelei (galuega, ola malolo, aoga, fauga fale, ma te hokotakaga ki ietahi)



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Tataurangi Aotearoa

Hukehukega i Niuhiila: Tulaga lelei o te olaga

- ⊙ I na tauhaga kua teka ko te malamalama pe ko te iloa agai ki na taua o na halikilikilga agai ki te tulaga lelei o te olaga kua hiki ki luga
- ⊙ Ko te iloiloga ki te malie o tagata ki o latou olaga i Niuhiila e 8/10 (Stats NZ 2015)
- ⊙ E tuha e 11 pahene te aofaki o tagata Niuhiila e nonofo lava kilatou, Tuhiga Igoa o te 2013 (Stats NZ 2013)
- ⊙ E heai he mea e fakapopolegia kae e iei te afainaga ko he vaega taua ia ke mafai ai o na iloa te tulaga lelei o te olaga (Galuega ki te tulaga lelei o te olaga 2016)



Hini a te Olamalolo o NZ ma na taki

- ⊙ Ke fakalelei atili te ola ma te tulaga lelei o tagata Niuhihila
- ⊙ Ke fai ni fale lelei ma fai ni gaoioiga ki na vaega e veia ko te tokalahi o he fale
- ⊙ Tau tali atu ki vaega o te olamalolo e veia ko te hikomaga ke hohoko ai ki na tahi vaega o te olaga.

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Fakamaoni o na fakamatalaga agai ki te tulaga o te Olaga i Niuhihila

- ⊙ Hakilikiliga ki te hokotaga o tagata
- ⊙ Hakilikiliga ki te Tulaga lelei o te olaga
- ⊙ Te Kupenga

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Hakilikiliga ki te hokotaga o tagata (GSS)

- ⊙ Hakilikiliga ki te tulaga lelei o tagata matutua o Niuhihila
- ⊙ Nae faka mamafa lahi lava ki te hokotaga o tagata ma te tamaokaiga
- ⊙ Fakatino I te 2008/09, 2010/11, 2012/13, 2014/15 ma te 2016/17
- ⊙ Na uma tenei hakilikiliga i te 2016 kae ma fakamaea o na ikuga ia Mati 2017
- ⊙ E toka 8000 ia tagata na aofia i tenei hakilikiliga. Ko na tino takitahi nae filifili mai i loto o na fale kua filifilia
- ⊙ Ko te fafanua-Ko na koga lava o Niuhihila

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Hakilikiliga ki te hokotaga o tagata (GSS)

- **Hini:**
 - ⊙ Na fua ai te tulaga lelei o tagata e tuha ai ko te latou lipoti mai. Na fua ai foki te haogalemu, te tulaga lelei o te olaga, ma te aganuku. Ko ietahi vaega nae fehuiaki, ko tona uiga ko ietahi ikuga o tenei hakilikiliga nae tama kehe malie
 - ⊙ Na fakaaoga ke fehoahoani ke fua ai te matakupu agai ki te tulaga lelei o te olaga i Niuhihila. Na fakaaoga ke fatu agai ki ei ni taki, polokalame ma ni tautuaga ki te ola malolo, holitulafono, ma na fakatinoga i loto o te fenua
- **Puipuiga:**
 - ⊙ Hakilikiliga

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Oranga o te Pounamu o te Māori
Fakamamahi o Te Kaitiaki
Oranga o Papatūmānuku
Fakamamamānuku o Te Kaitiaki

Hakilikiliga ki te Tulaga lelei o te Olaga

Stats ^{NZ}
Tataurangi Aotearoa

- ⊙ Ko na hakilikiliga e fakataunuku ma galulue fakatahi ma na fakalapopotoga a te malo
- ⊙ Fakataunuku i te 2003, 2004, 2006, 2008, 2012, 2014, and 2016
- ⊙ Hakilikiliga na aofia ai te toka 7,000 o tagata matutua mai na fakalapopotoga a te malo e 9 (e fitu ia kakai o Niuhihila. Ko na fakalapopotoga ienei o te malo e tuha e 65 pahene te aofaki o tagata e fai mai o latou hui.
- ⊙ Ko te fafanua– ko na fakalapopotoga a te malo
- **Hini:**
 - ⊙ Fakaaoga ke fehoahoani ke fakailoa atu ai ki te malo i te faiga o a na tonu ke taki ki ei te malo
 - ⊙ E taua ke onono ai te tuputupu ake ki luga o na peleni, te aganuku ma na hini o te tamaokaiga
- **Puipuiga:**
 - ⊙ Hakilikiliga
 - ⊙ Ehe fakamalohia
 - ⊙ Ko te vaega tautali mai na filifilia i loto o te lihi o kilatou e palota

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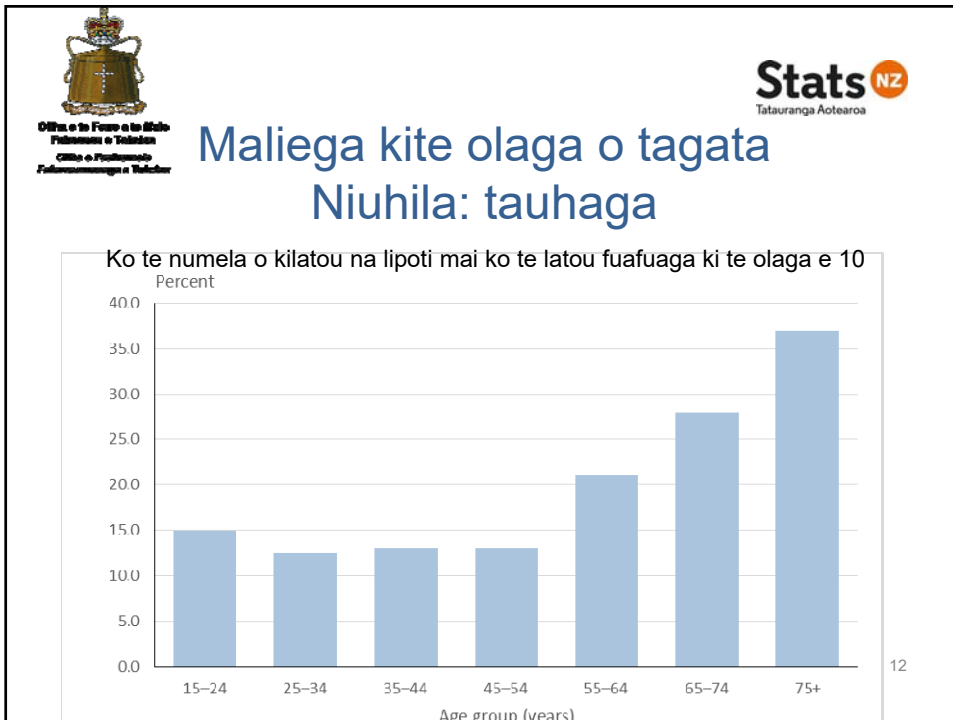
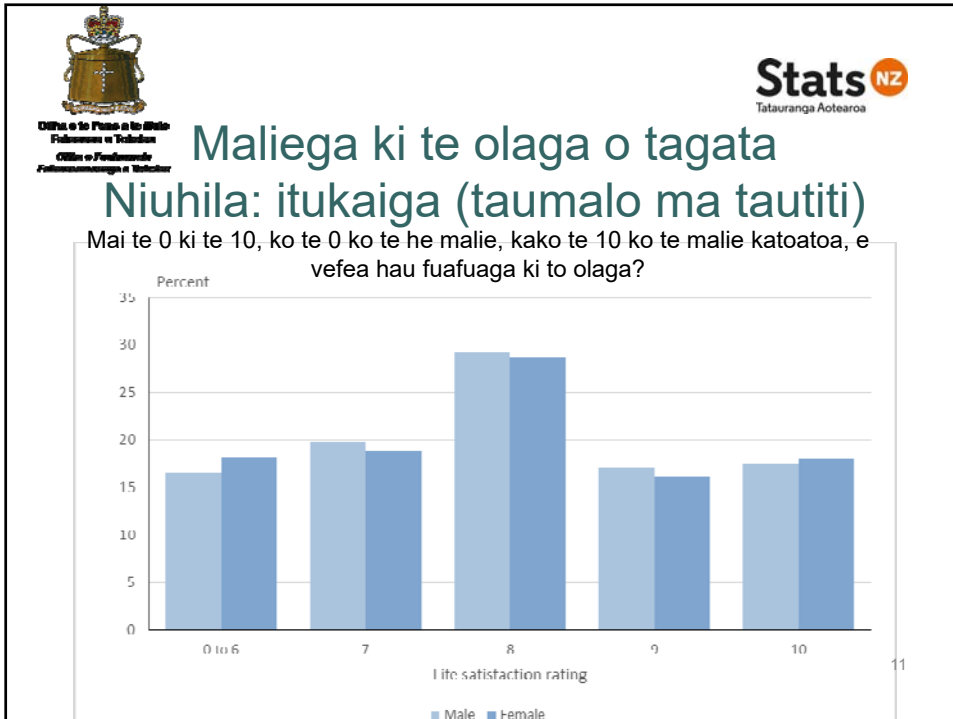
Oranga o te Pounamu o te Māori
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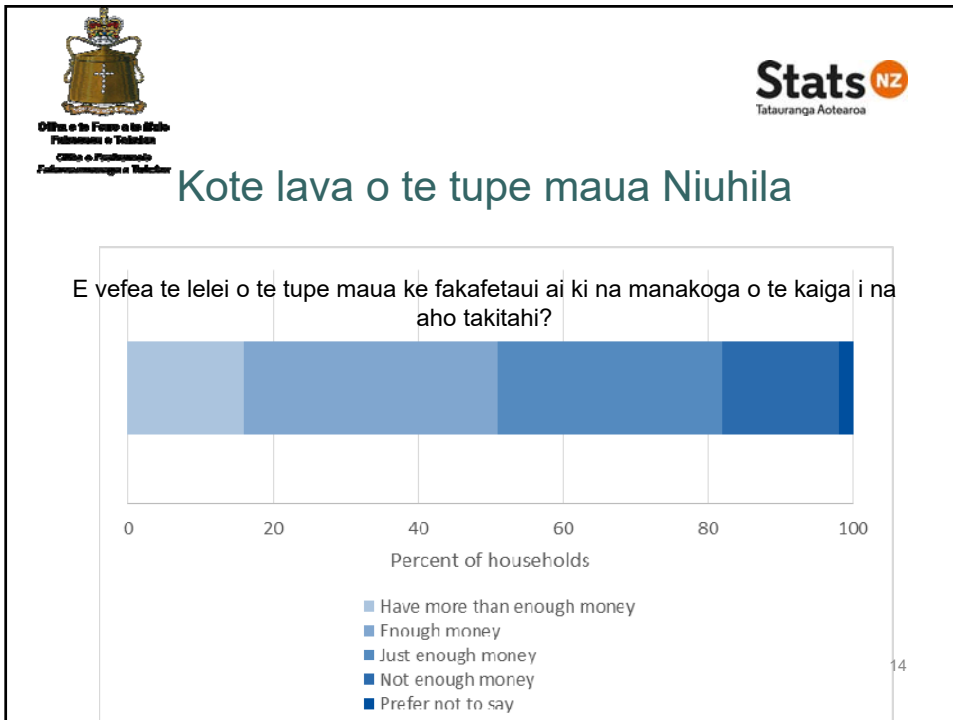
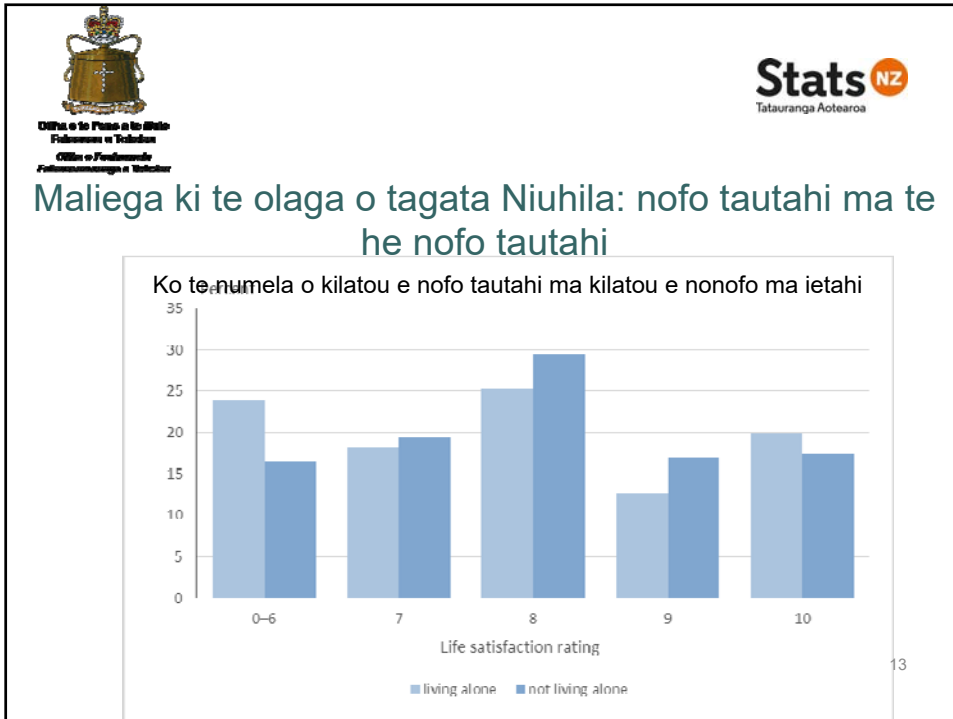
Te Kupenga

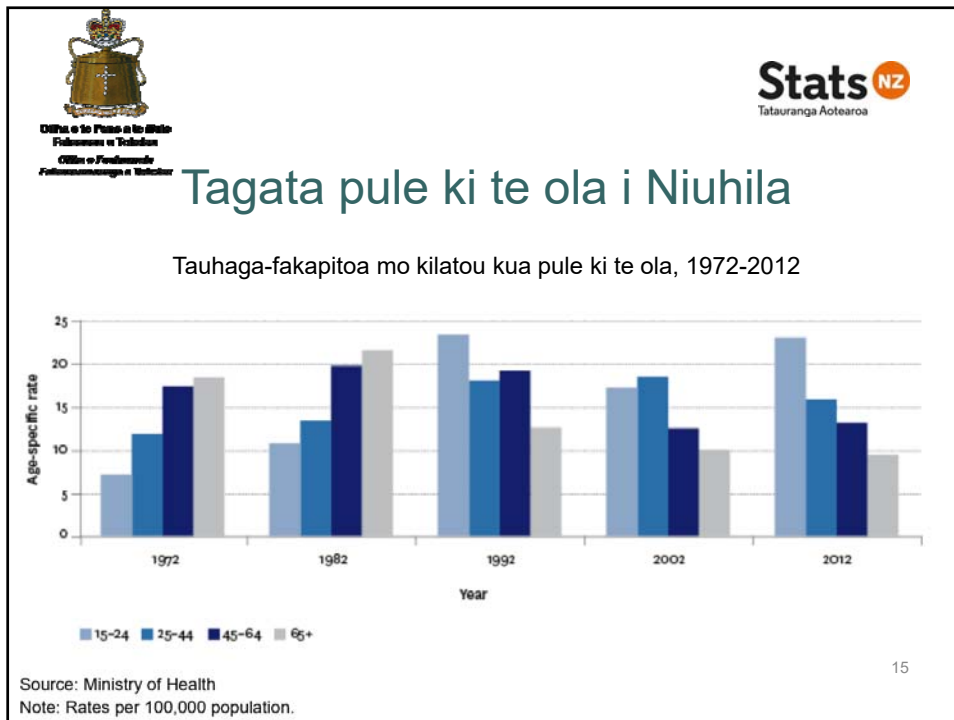
Stats ^{NZ}
Tataurangi Aotearoa

- ⊙ Ko te hakilikiliga na fakatino ma fakamamafa ki te tulaga lelei o tagata Maoli
- ⊙ Fakatino mo te taimi muamua i te 2013, kako te tahi vaega o te hakilikiliga e toe fakatino i te fakaloto tonuga o te tauhaga 2018.
- ⊙ E toka 5,500 te aofaki o tagata e aofia i tenei hakilikiliga
- ⊙ Ko te fafanua- iwi
- **Hini:**
 - ⊙ Ke maua ai he ata o te hokotaga o tagata, aganuku, ma te lelei o te tulaga o te tamaokaiga o tagata Maoli i Niuhihila
 - ⊙ Ke maua ai ni fakamatalaga taua agai ki te lelei o te gagana ma te aganuku Maoli
- **Puipuiga:**
 - ⊙ Hakilikiliga

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I he tahi kikilaga...

- ⊙ Ko Niuhihila e maualuga foki te numela o kilatou e pule ki te ola
- ⊙ E maualuga te numela o te tupulaga e aofia tenei matakupu ko te pule ki te ola
- ⊙ E iei te kehekehega, ko te numela o Maoli e maualuga atu ia ietahi atunuku
- ⊙ E iei te hokotaga o te pule ki te ola ma te faigata oi hokotaga ki tagata ma te tau atiake

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Na taki na fakatutu e Niuhihila

- ⊙ Ko te tuatuihiki tenei ite initaneti Depression.org.nz e avanoa ke fehoahoani ai kia te kilatou e popole ki o latou hoifua maloloina ite mafaufau
 - E taumafai ke fehoahoani ki na taumalo ehe mafai ke olo oi hakili fehoahoani, ko te fehoahoaniga tenei e fakafaoe e he tama lakapi takutaku o te All Black ko John Kirwan
- ⊙ Fehoahoaniga hakilikili ina Malo i fafo ke fehoahoani ai mo kilatou e afia ite tauale tenei ko te he ola fiafia (Depression) na fakaaoga ai ia Dwaine Johnson
 - Fakahalalau i te Televihe Hamoa

Depression and anxiety affects us all differently

We all face challenges to our mental health. Depression and anxiety changes the way we think, feel and deal with tough times. Well done for taking the first step. You can follow other people's journeys to wellness below or explore the site to find your own way to a better place.



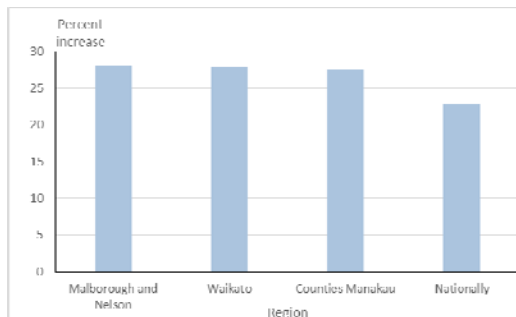
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Taunukuga ona Polihiki/Taki

Percent increase in patients taking anti-depressants
Three highest regional increases and national average
2008-2013

- Na fakatutupu ai ni tautuaga na fakatupe mo tagata uma, fehoahoani i luga o te initaneti, ma ietahi tuatuihiki initaneti e mau ai ni fehoahoani mo kilatou ehe katoa te malohi
 - Koi vave malie te taimi ke fakamautonu ai te iloa agai ki te aoga o ienei fehoahoani auala mai ite initaneti, ka kua fakataua lahi nei ite matau a te vaega fakahalalau
- Ikuga:**
- Hikihiki ai ki luga te fakaaoga ina kakai mamao ma te taulagao te fehoahoniga kite tauale ko te he ola fiafia
 - Ko te hikihiki ki luga o tenei ikuga kua tokaga mai ai te vaega fakahalalau ma he tahi tino iloa, veia ko John Kirwan, kua faitala mai kite tulaga o te he ola fiafia



Source: Pharmac NZ, 2013

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Ko na aoga ma na gataga

E fehoahoani fakatupe mai te malo kite tuatuhi ite neti
depression.org.nz

Na aoga lelei

- E fakaaoga e na tino tenei tautuaga
- Kua hikihi ai te iloa agai ki na tauale kite mafauafau
- E taugofie
- Kua tokalahi ia tagata kua mafai ke avanoa ki ei na tautuaga ienei

Na gataga

- Ehe ko ni huiga kina fehoahoaniga kite ola malolo
- E he lelei na fakamaumauga e maua mai ki te lelei o te initaneti kit e taumafaiga ke fakaitiitia te numela o kilatou e pule kite ola ma te hikihihiga o te avanoa kina tautuaga ote ola malolo kite mafauafau

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Na taki na fakatutu e Niuhihila


- ⊙ Faigaluega mo na Kaiga
- ⊙ Lafoga tupe fehoahoani kina kaiga e maulalo te latou tupe maua i Niuhihila
- ⊙ Fehoahoaniga ki na tino matutua ke nonofo i o latou fale lava
 - Ke mafai ai na tino matutua ke tumau pea to latou hokotaga ma ietahi tino
 - E fehoahoani te malo ke hapoti atu i ni tautuaga i lotu lava o na kaiga, auala mai i te Ola malolo




Staying Put



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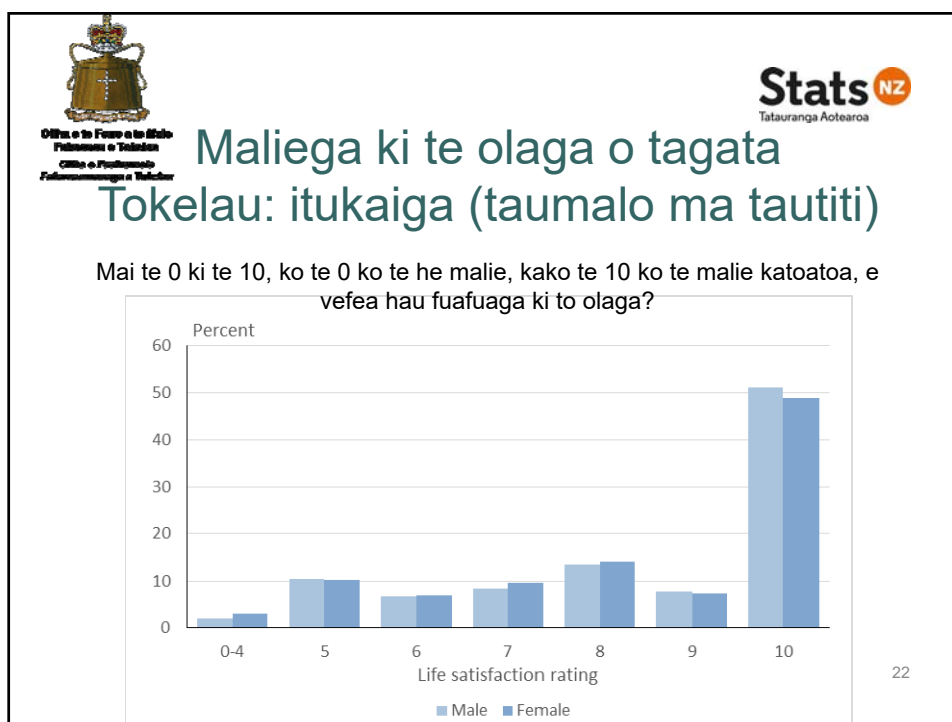
Tatauranga Aotearoa

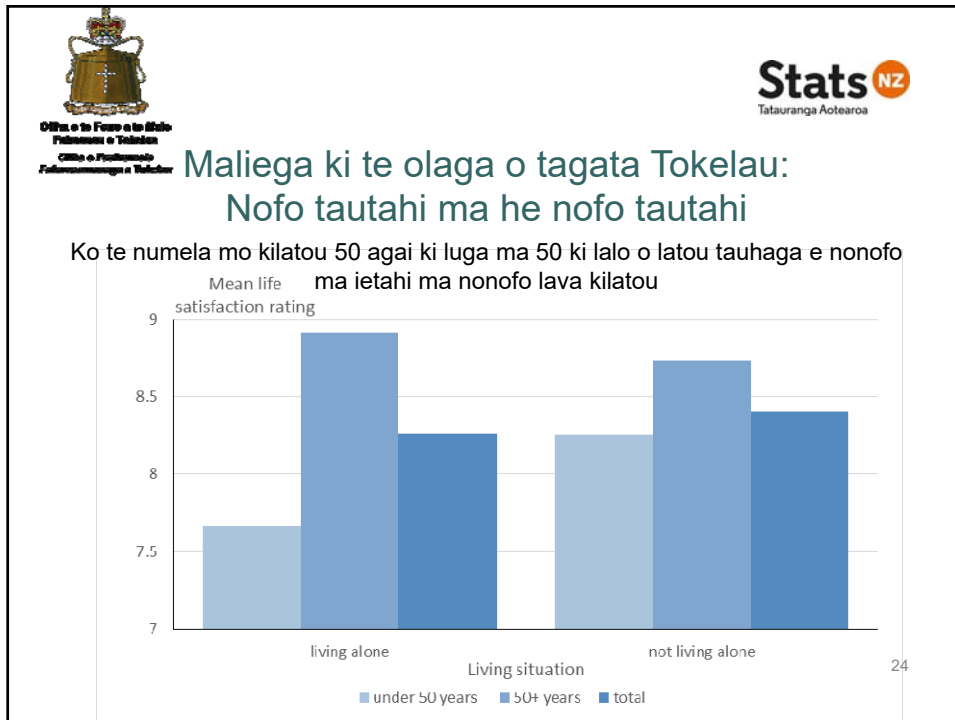
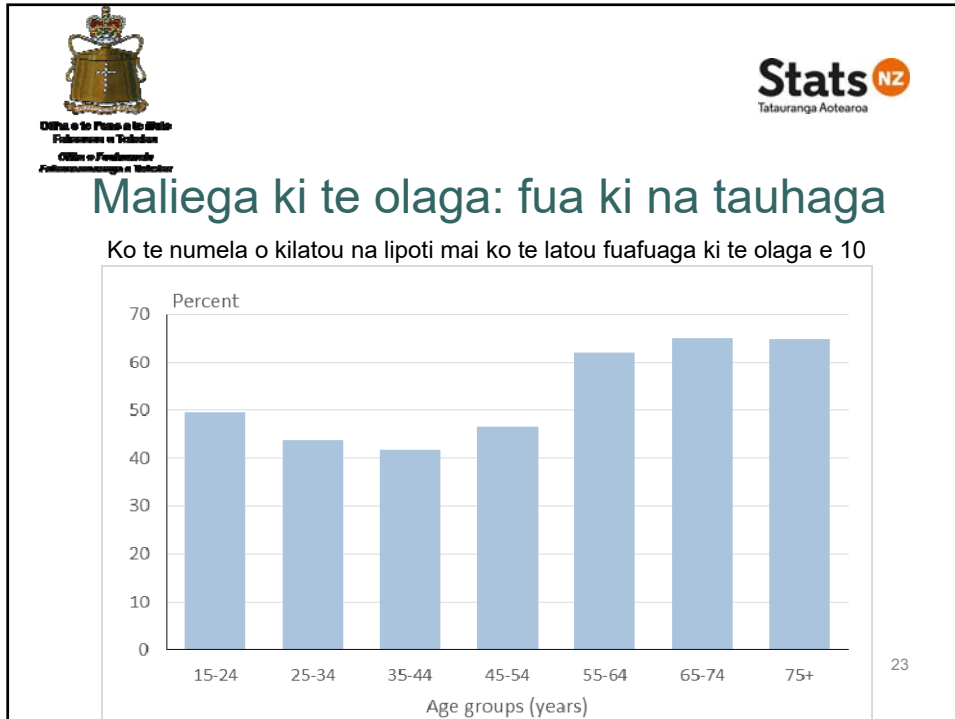
Maliega ki te olaga o tagata Tokelau: itukaiga (taumalo ma motu)

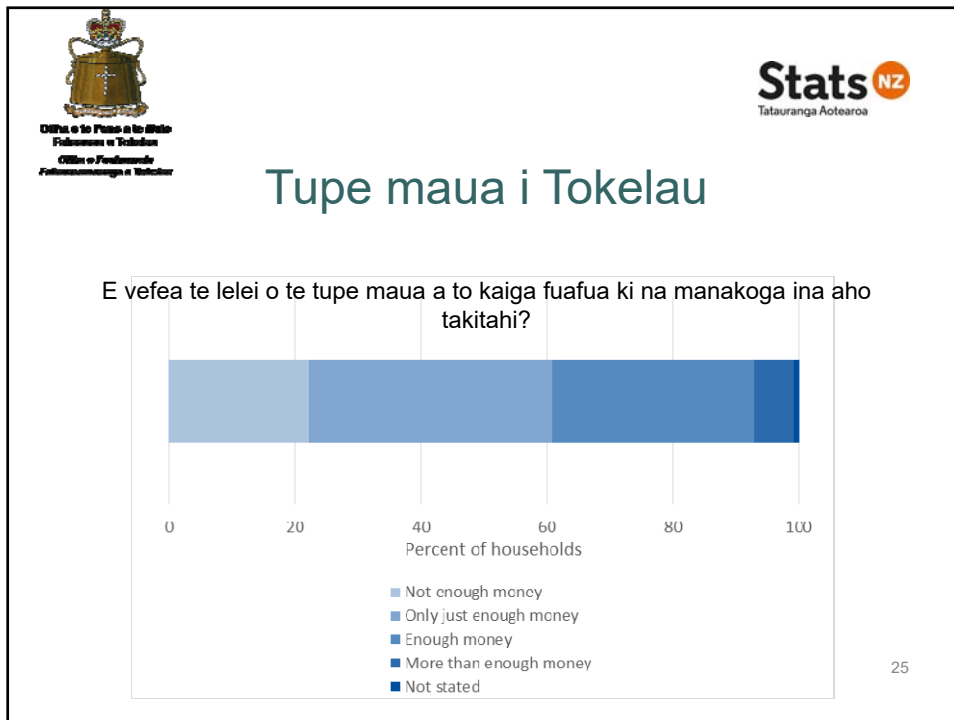
Tuhiga igoa a Tokelau 2016 ki te aofaki o tagata ma na fale

Life satisfaction by atoll of usual residence

	Atoll			Total
	Atafu	Fakaofu	Nukunonu	
0 - 4	5	8	7	20
5	26	23	33	82
6	17	22	15	54
7	19	28	25	72
8	40	33	37	110
9	27	12	21	60
10	139	141	117	397







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- Stats NZ**
Tatauranga Aotearoa
- Stats NZ**
Tatauranga Aotearoa
- ## Talanoaga a na Kulupu
- ⦿ Vavae ki ni kulupu ke tali main a fehili ienei:
 - 1. E vefea mai na fakamaumauga o te Tuhiga igoa gai kite tulaga lelei o te olaga I luga o Tokelau?
 - 2. Ni fakamatalaga vefea nei te manakomia ke kikila totoka ki ei ke mafai ai ona malamalama kina kehekehega?
 - 3. Ni taki vefea nei te fakatutu mo Tokelau ke fakalelei ai te tulaga lelei o te olaga?
 - 4. Fakatalanoa na aoga ma na gataga foki kafai e fai ni taki fakatutu mo Tokelau
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