Health promotion, nursing & the pursuit of equity

Dr Heather Came

NZNO Annual Conference 16th September 2015
The importance of fair play
Health promotion is...

- The art and science of enabling communities to take control over their health – empowerment & collaboration
- Removing barriers to health and wellbeing - advocacy
- Social justice, inclusion, diversity
- Planning and evaluation
- Brokering, collective impact

**Relationships**

- Te Tiriti o Waitangi

Moving past rhetoric: health Inequities

• Mason Durie – diverse Māori realities
• Ricci Harris et al – personally mediated racism within clinical settings
• Cindy Kiro – the historical determinants of health
• Camara Jones – the social determinants of equity - racism
• Michael Marmot – the social gradient of health

What are the causes of the causes?
Māori & non-Māori Life Expectancy Gap

7.2 years 7.4 years

Statistics New Zealand 2013
INSANITY: doing the same thing over and over again and expecting different results.

~ Albert Einstein
Amoeba Model of Change

Radical Change agents

Translators

Resistors

Late Adaptors

Early Adaptors

Manaakitanga

Allan Atkisson  AWEA
Strengthening Antiracism Praxis

- Whanaungatanga
- Learn our colonial history
- Power-sharing and redistribution of resources
- Reflective practice
- Engage in decolonisation
- Become familiar with the tools of structural analysis
  - Came and da Silva
Colonisers and colonised

- Paulo Freire – co-intentional relationships
- **Negotiated** with indigenous partners
- Different roles for the descendants of the colonised and the descendants of the colonisers
- Te Tiriti o Waitangi

- Jen Margaret – [Working as Allies](#)
- Clare Land - [Decolonizing Solidarity](#)
What are your spheres of influence?

Play to your strengths!

THE WHITE COAT HIERARCHY OF PERCEIVED IMPORTANCE

ATTENDING  RESIDENT  PHYSICAL THERAPIST  PHARMACIST  LAB TECH  MED STUDENT

MORE IMPORTANT  LESS IMPORTANT

?
Who is (not) at the table?

Open doors for others

Use your pass
the butter voice

Practice
having
difficult
conversations
If you think you are too small to make a difference, try sleeping with a mosquito.

- Dalai Lama

Use stories that move people.
Collective action
Tools to enable health equity

- The Health Equity Assessment Tool
- He Taura Tieke
- Treaty Understanding of Hauora in Aotearoa New Zealand
- Whānau Ora Impact Assessment
Nicole Coupe
Derek Griffith
Emma Rawson
Trevor Simpson
Tim McCreanor
Claire Doole
Lisa McNab
Heather Came
Grant Berghan
Heather.came@aut.ac.nz
“The future belongs to those who prepare for it today.”

—Malcolm X
• Continue to pursue pay equity
• Develop a policy/plan
• ...come join us at anti-racism masterclass 27-29th Nov
• Avoid inaction ...
References


