

Stand Up/Tane Takitu Ake

Cancer Society of New Zealand
Waikato/Bay of Plenty Division

Wayne Borell



Health statistics for men are not impressive



Health Issue

Men vs women

Who dies younger?	Men
Who is more likely to be diagnosed with cancer?	Men
Who is more likely to die of cancer?	Men
Who is more likely to die of diabetes?	Men
Who is more likely to die of heart disease?	Men
Who puts off seeing their doctor even when sick?	Men

Health statistics for Māori men are not impressive



Health Issue

Māori men vs. non-Māori men

Who dies younger?	Māori men
Who is more likely to be diagnosed with cancer?	Māori men
Who is more likely to die of cancer?	Māori men
Who is more likely to die of diabetes?	Māori men
Who is more likely to die of heart disease?	Māori men
Who puts off seeing their doctor even when they are sick?	Māori men

Who are we? What do we do?



Waikato/Bay of Plenty Cancer Society

- Not for profit non government organisation
- Reducing the impact and incidence of cancer on the community
- Supportive care and information
- Funds research
- Leads advocacy
- Collaborates
- Health promotion

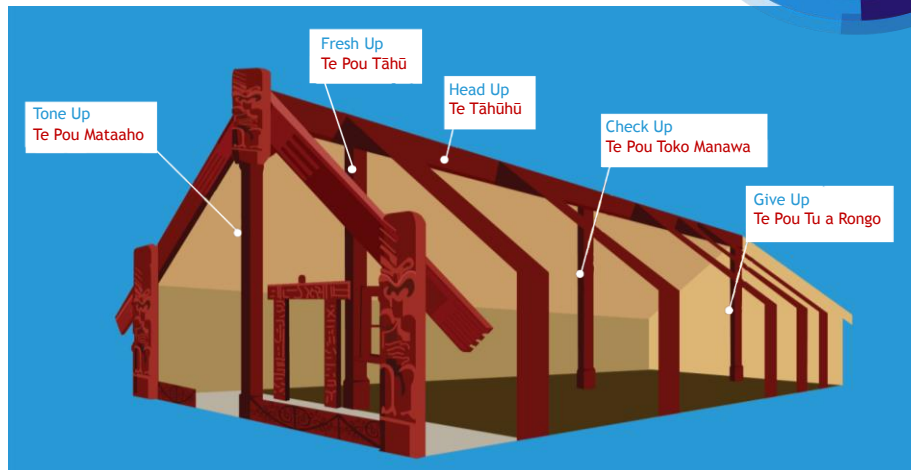
Framework Whare Tapa Wha



Whare Tapa Wha



Stand Up/Tane Takitu Ake Framework model



Programme duration



- 10-week programme
- Meeting once a week
- Three hour workshops
- One-to-one meetings
- Follow up with phone calls and sending motivational texts and emails

Collaboration



- Māori and Pasifika health providers
- Iwi (Māori tribal authorities)
- Waikato District Health Board - Te Puna Oranga
- Heart Foundation
- Healthy Families
- Food networks and growers
- Bunnings Hardware
- Fitness equipment suppliers

Is it working?



Name two things that you have learned from the programme to help prevent cancer



Is it working?



Rate fitness levels since being on the programme (1 = not fit; 5 = very fit)



Is it working?



100%

Of participants reported that their diet had improved since starting the programme



Is it working?



90%

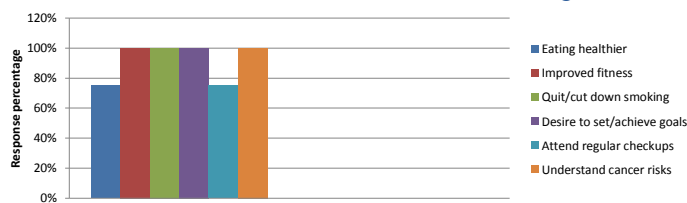
Of participants said they are more likely to regularly visit a doctor, nurse or health specialist



Is it working?



Have you noticed any changes in your partner's attitude/behaviour towards the following:



"Awesome to see him changing for the better."

"This course has been great for him; we need one for the ladies..."

"A course for the ladies please..."

Is it working?



Charles - 42 years old

Markers	Blood pressure	Heart Rate	Waist circum. (cm)	Weight	BMI	Cholesterol	HDL (higher the better)	Diabetes control (lower the better)	Walk est (6 min)
Beginning	140/80	69	135	93	28	4.8	1.08	52	470
End	135/88	54	99	84.4	25	3.5	1.22	43	565
Comment	Good	Excellent	Excellent	Excellent	Excellent	Excellent	Excellent	Fantastic	95

Is it working?



Joshua - 49 years old

Markers	Blood Pressure	Heart Rate	Waist Circum CM	Weight	BMI	Cholesterol	HDL (higher the better)	Diabetes Control (lower the better)	Walk Test (6 min)
Beginning	150/110	72	142	146.2	45	6.6	1.38	42	440
End	140/92	79	137	142.5	44	7.1	1.42	42	550
Comment	Excellent	Good	Excellent	Excellent	Excellent	Needs Intervention	Excellent	Good	110

Is it working?



Conclusion



- Men's health statistics are not impressive
- There is a need for men's health intervention programmes
- Sustainability challenges
- If the programme is targeting indigenous men, it is beneficial to deliver it in a culturally appropriate environment
- Whānau/family support

*Importantly, we need to support men to
"Stand Up for their health"*

Stand Up/Tane Takitu Ake



“Many of our tamariki/children no longer have fathers, uncles or grandfathers because they have died well before their time, often due to conditions that are entirely avoidable and preventable.”

- Wayne Borell (Cancer Society) -