

Te Whakamanatanga Toiora Tāne me Scotty Morrison

Ngā Tari Mātai

Kua hono atu a AA Health Insurance ki ō mātou hoa ki Men's Health Week, waihoki ki te kaiwhakapāho nei, ki a Scotty Morrison ki te waihanga i te 'Whakamanatanga Toiora Tāne'. Ānō nei he 'rārangi tirotiro whakatikatanga' e aro ana ki te tinana me te hinengaro. He wā hoki tēnei ki te kōrero mō ēnei kaupapa. He pānga nui tō ngā mahi iti.



Hanga Scotty Momo Morrison Nama rēhita MHW101
 Tau 1970 Ine-tawhiti 51,000 Nama mematangā 1319062022

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Mate Huka

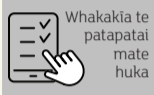


He ara pai te toro ki tētahi kiringaio hauora ki te tiro tūraru mate huka. He nui ngā ara iti hei whakaheke i te tūraru.

Kia kōrero mō ngā mea e taea ana te panoni:

- Taumaha Te kori tinana me ngā whiringa kai Momi

MEKA: He reatoru te tūponotanga o tā te Māori pāngia ki te mate huka momo 2, tērā i te hunga whakapapa Māori kore. Waihoki, he nui ake te tūpono ka hua ake he raru*



Oranga Hinengaro



E pai ake ana tā te tāne kōrero me te mārama ki ngā take oranga hinengaro.

Kia kōrero tātou mō:

- Te mate pāpouri Te āmaimai Te kauparetanga whakamomori

MEKA: 1 i te 8 tāne i Aotearoa ka whai wheako ki te mate pāpouri nui i ngā rā o tōna ao.



Manawa me te rehu ohotata



Ko ngā mate iaia manawa te take mate matua, ka whai ake ko te rehu ohotata.

Kia kōrero tātou mō:

- Mate Ia-Tuku Manawa (CAD) Pūtake Tūraru
 Ngā tohu Te whai mātaītanga

MEKA: Ko tētahi haurou o ngā mate i Aotearoa i ia tau nā te mate manawa.



Mate pukupuku kiri



Kei Aotearoa ngā nama nui katoa i te ao mō ngā matenga i te mate pukupuku kiri. Taumaha ana.

Kia kōrero tātou mō:

- Te kuhu, te pani, te whakamau me te tākai.
 Te noho mataara mō ngā panonitanga i tō kiri.

MEKA: I ia rā, kotahi tangata nō Aotearoa ka mate i te mate pukupuku kiri. Tōna 60% o taua hunga he tāne.



Pēhanga toto



Ki te nui te pēhanga toto, ka puta pea ko te rehu ohotata, te manawa-hē, me ngā raru manawa me te tākihi.

Kia kōrero tātou mō:

- Kia kotahi neke atu te mātaitia o tō pēhanga toto e te kaiwharata hauora.
 Kia tika ngā kōwhiringa kātū noho.

MEKA: Ka hua ake te nui o te pēhanga toto mēnā he nui rawa te pēhanga i ō ia-toto. He ōrite ki te nui rawa o te hau ki ō wira!

Te Kaupare i ngā Mate



Ētahi tūāoma māmā kia noho tō hauora ki te kapu o ō ringa.

Kia kōrero tātou mō:

- Kia takatū ā-hauora nei.
 Me whai ara kaupare hei whakaheke i te mōreareatanga o ngā tūraru hauora nui.
 Ka hua ake ngā huringa nui i ngā mahi iti.

MEKA: Tōna 40 ngā tautohutanga mate huka hou i Aotearoa i ia rā.



He aha te aha, e te rata?



Kei te māharahara koe ki te roa nō tō kite i te rata? Kaua. Kua tae te wā.

Kia kōrero tātou mō:

- Te tāpui ināianeī.
 Te whai mātaītanga i ia tau - pēnei i tō waka!

MEKA NGAHAU: Kei te takiwā kotahi te utu o te haere ki te rata me te whai i te whakamanatanga toiora mō tō waka!

Te Mate Pukupuku Raho



He raho ōu?

Kia kōrero tātou mō:

- Te mōhio ki tōu anō tinana me te toro atu ki tō rata mēnā ka kitea ētahi pukupuku.
 Mēnā ka tautohua tōmuatia, he nui katoa te tūponotanga whai rongoa

MEKA: Ko te mate pukupuku raho te mate pukupuku whānui katoa e pā ana ki ngā tāne kei waenganui i te 15 ki te 35 tau te pakeke

Kori tinana



Te tīmata ki te kori tinana mēnā e hē ana te tinana.

Kia kōrero tātou mō:

- Te whai hihikotanga
 Te whai wā me ngā rauemi
 Te wāhi ki ngā whiringa kai.

He aha tō tapeke?



Whakakia tā Men's Health Week patapatai He Aha Tō Tapeke? ka whai ai i tō tapeke hauora.

WHAT'S YOUR SCORE?

* Takenga - (Manatū Hauora 2014a). Diabetes Care Standards Toolkit. Pōneke: Manatū Hauora.

Katoa ngā meka o runga nei i tikina i te pae tukutuku a Men's Health Week.

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- (P) (F) = Tutuki
 (P) (F) = Kāore i tutuki
~~(P)~~ ~~(F)~~ = Kāore i te hāngai