

Te Hiku Hauora

Supporting young māmā through wellbeing and healthy lifestyles post-birth



**Healthier
Lives**
Implementation
Network

Te Hiku Hauora brought 12 Māmās together with a goal of creating a positive relationship with physical activity and their own bodies as wāhine.

The programme addressed many health issues from mental health and wellbeing to chronic disease prevention and infant nutrition; empowering Māmā to improve their health holistically.

Measurable such as weight-loss were not included in the pre-post test as the programs focus aligned with improving overall wellbeing, not just fitness. However an optional waist circumference measurement was recorded pre and post test.



“[Te Hiku Ora] has actually done a lot for my mental health and it gives me time to think for myself. It helped with my confidence. It helped with my social life and it helped me build a foundation to strive for myself.”

*By adapting to meet local needs, focusing on holistic wellbeing for young mothers
Te Hiku Hauora*



Improved mental health and reduced anxiety

Increased confidence and social connections

Enhanced physical health (two participants lost 18+ cm in waist circumference)

Greater awareness of post-partum health needs

Stronger connection to te Ao Māori for participants