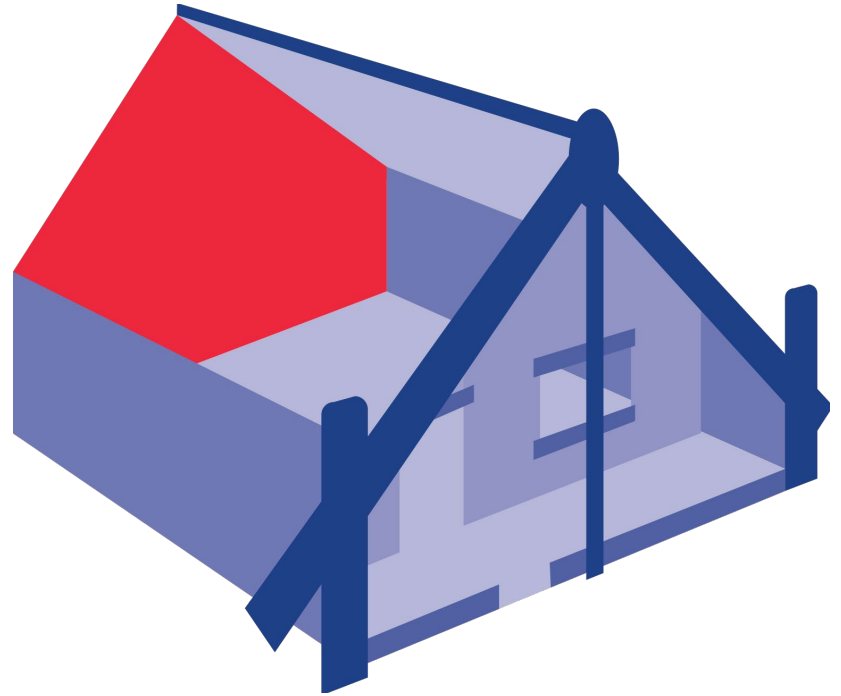


# Hauora in the age of Covid



**Oasis**

Reducing Gambling Harm

# Hauora in the age of Covid

---



**Nicky Taylor**  
Public Health  
Ōtautahi



**Francisco Salustio**  
Public Health/Caseworker  
Kirikiriroa



# Karakia

*Mauri oho*

*Mauri tū*

*Mauri ora*

*Ki a tātou*

*Haumi ē, Hui ē,*

*Tāiki ē!*



Oasis

Reducing Gambling Harm

# The plan: GHAW 2021

Weaving your way to wellbeing  
*On choosing a wellbeing model*

- Changing environment
- High stress levels
- Wellbeing rather than disease/illness model
- Te Whare Tapa Whā and the five ways to wellbeing



Te Whare Tapa Whā  
(Māori health model)



**Oasis**

Reducing Gambling Harm

**Gambling Harm  
Awareness Week**

**Keep your hinengaro happy:**  
*boost your mental wellbeing!*



**Oasis**

Reducing Gambling Harm

# Te Whare Tapa Whā

Taha Tinana

Taha Hinengaro

Taha Wairua

Taha Whānau

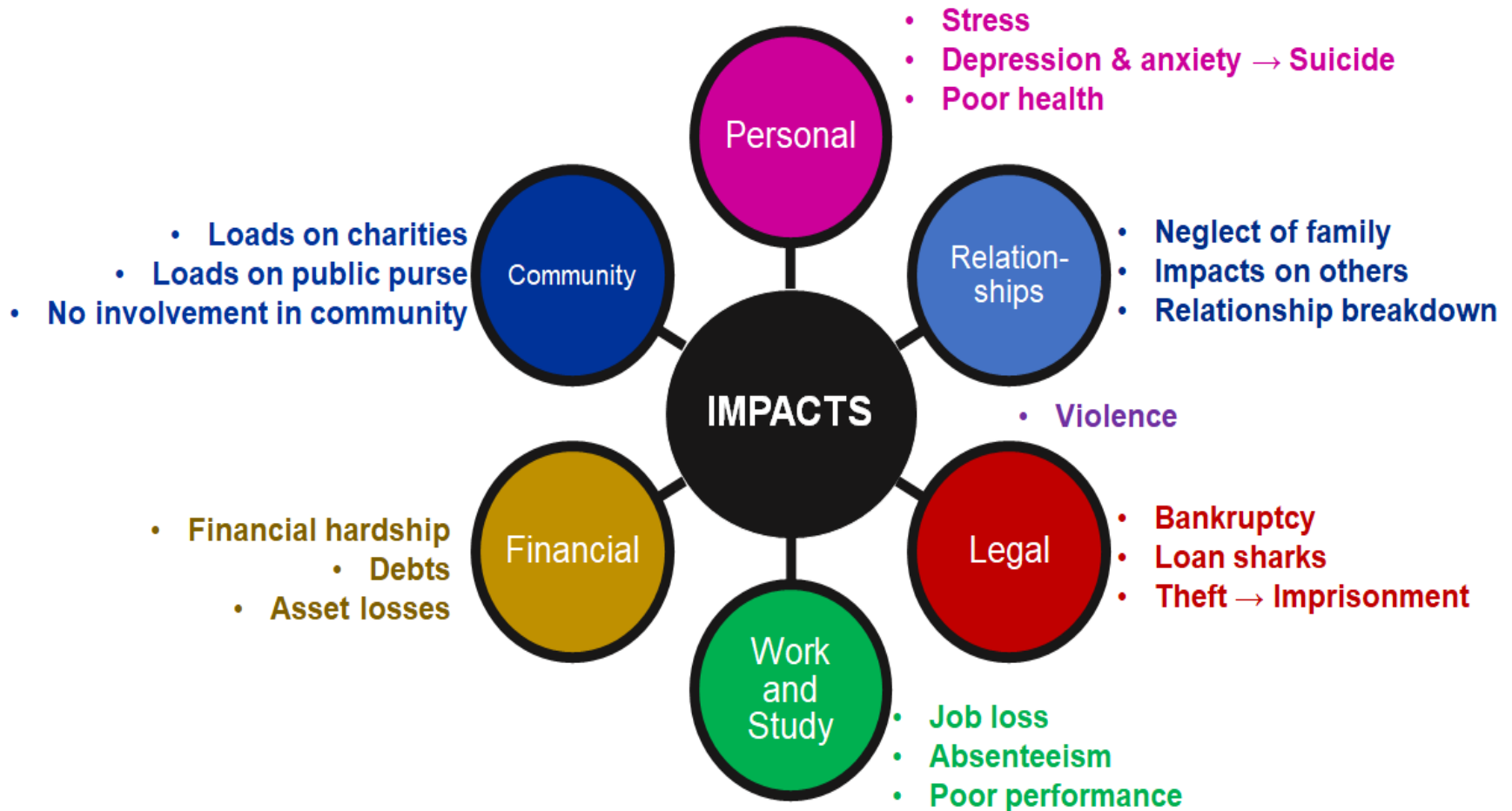
Whenua



Oasis

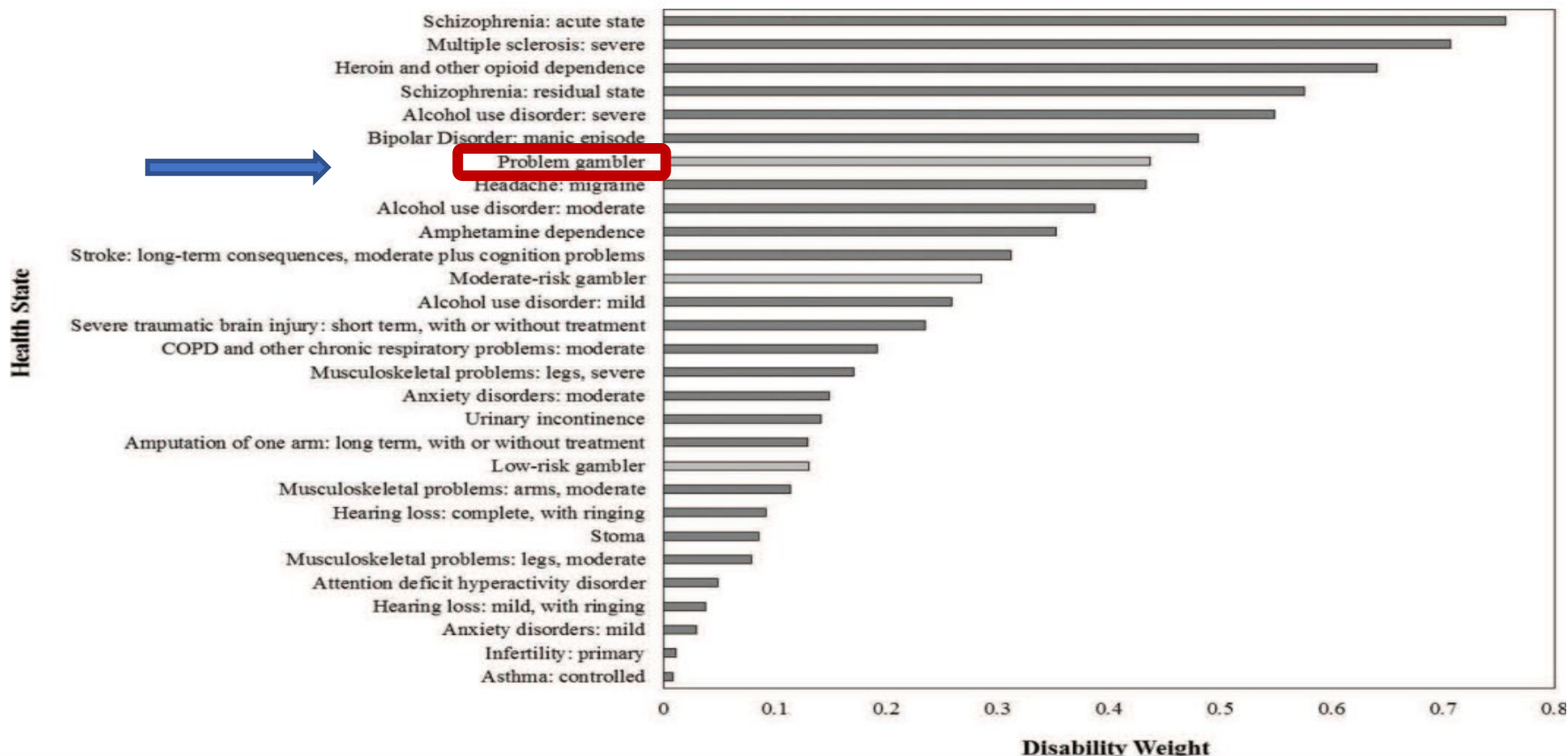
Reducing Gambling Harm

# Gambling impact on wellbeing



# Gambling impact on wellbeing

Browne M et al 2017: A DW (*a health related quality of life measure*) of 0.44 was estimated for problem gamblers (PG), suggesting a reduction in the effective enjoyment of life by over 4 years for every 10 years in lifespan.





**Weaving your  
way to wellbeing**

**GIVEAWAY**  
**#GHAW2021**



[https://www.facebook.com/Oasis  
ReducingGamblingHarm/videos/  
382668376702413/](https://www.facebook.com/OasisReducingGamblingHarm/videos/382668376702413/)

## Activities: GHAW 2021

Weaving your way  
to wellbeing

- **Salvation Army Stores project**
- **Video**—weaving your way to wellbeing
- **Facebook event:**  
send in your images of wellbeing



**Oasis**

Reducing Gambling Harm

# And then ... lockdown!



## Oasis

Reducing Gambling Harm



# GHAW 2021

- Invitations sent out
- Facebook campaign launched
- 100 wellbeing kete created

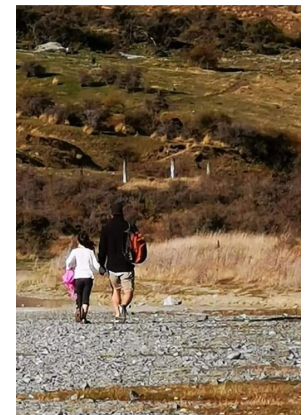


# Evaluation: The response

- No pictures of gambling!
- Over 20,000 views
- 2,500 interactions
- 200+ families reached
- 100+ wellbeing packages sent out

## How my whānau and I build wellbeing

Staying connected and maintaining strong relationships. Connecting with nature, and never stopping learning.



# Oasis

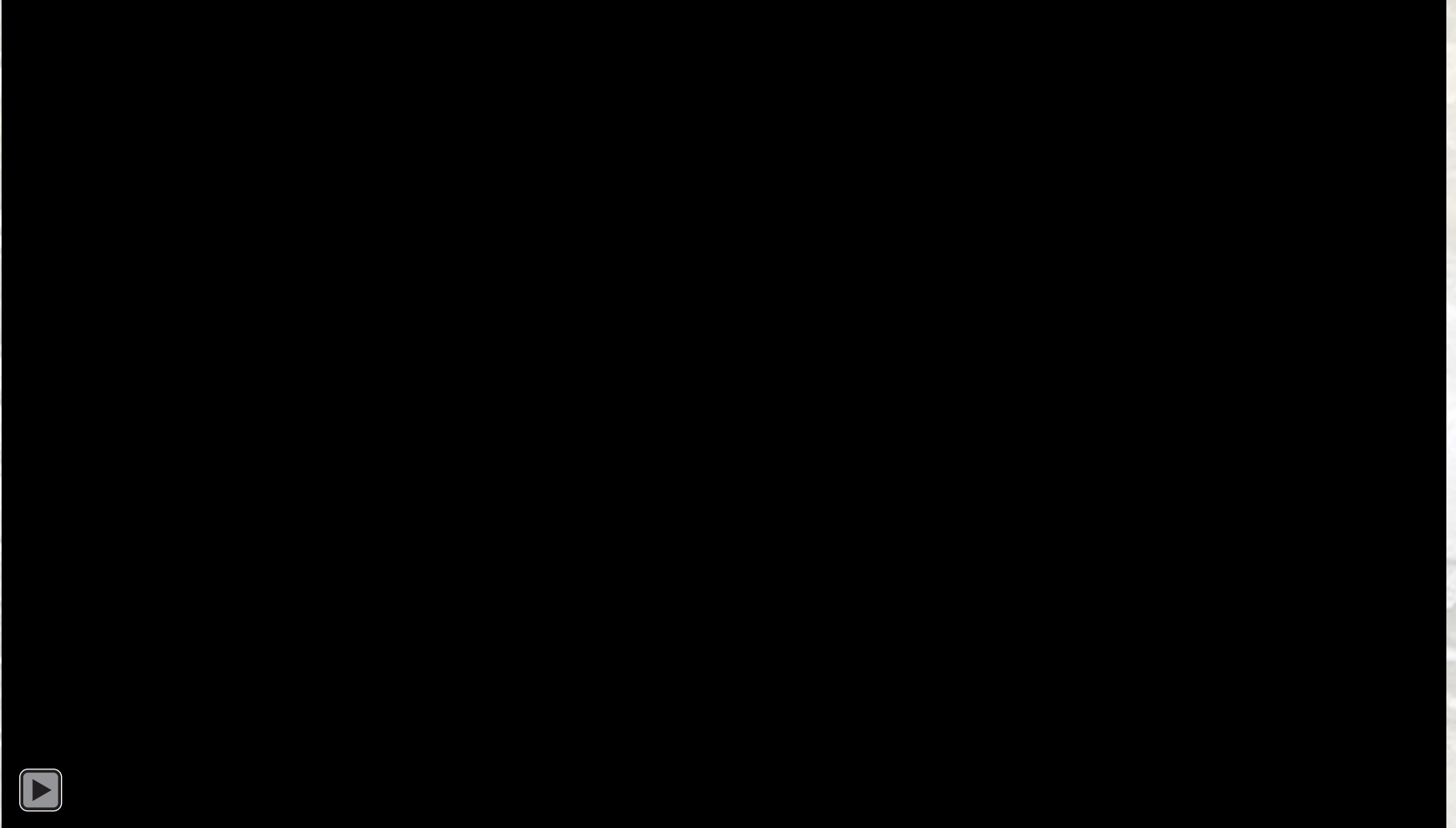
Reducing Gambling Harm

# What we learned, what we gave to the community (as well as the goody bags!)

- How to adapt in a hurry
- National teamwork—worked across the country, coherence between regions, consistency throughout Aotearoa
- People responded well to the concept of wellbeing
- Strong focus on whanau - most responses were around family activities
- No pictures of gambling!



# Outcomes:



**Oasis**

Reducing Gambling Harm



# Karakia

*Ki a tau*

*Ki a tātou katoa*

*Te atawhai o tō tatou Ariki a  
Ihu Karaiti*

*Me te aroha o te Atua*

*Me te whiwhingatahitanga*

*ki te Wairua Tapu*

*Ake, ake ake*

*Amine*

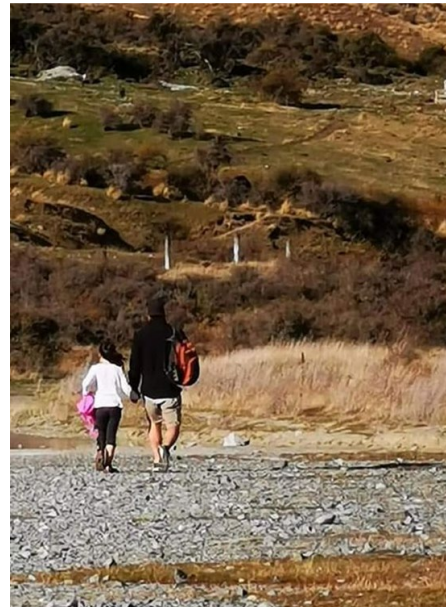


**Thank you for  
your time.**

**Please take a  
moment to refocus.**

---

**Pātai?**



**Oasis**

**Reducing Gambling Harm**



# References

Browne, M., Rawat, V., Greer, N., Langham, E., Rockloff, M., & Hanley, C. (2017). What is the harm? Applying a public health methodology to measure the impact of gambling problems and harm on quality of life. *Journal of Gambling Issues*, 36.

Department of Internal Affairs. (2022). *News, Press Releases & Consultation*. Retrieved 27 June 2022: [News, Press Releases & Consultation - dia.govt.nz](https://dia.govt.nz/news-press-releases-consultation)

Durie, M. (1994). *Whaiora: Maori health development*. Auckland, N.Z: Oxford University Press.

Hodgins, D. C., & Stevens, R. M. (2021). The impact of COVID-19 on gambling and gambling disorder: emerging data. *Current Opinion in Psychiatry*, 34(4), 332.

Mental Health Foundation. (2022) *Five Ways to Wellbeing*. Retrieved 27 June 2022: [Five Ways to Wellbeing | Mental Health Foundation](https://www.mentalhealth.org.uk/5ways)

Rochford, T. (2004). Whare Tapa Wha: A Māori model of a unified theory of health. *Journal of Primary Prevention*, 25(1), 41-57.

