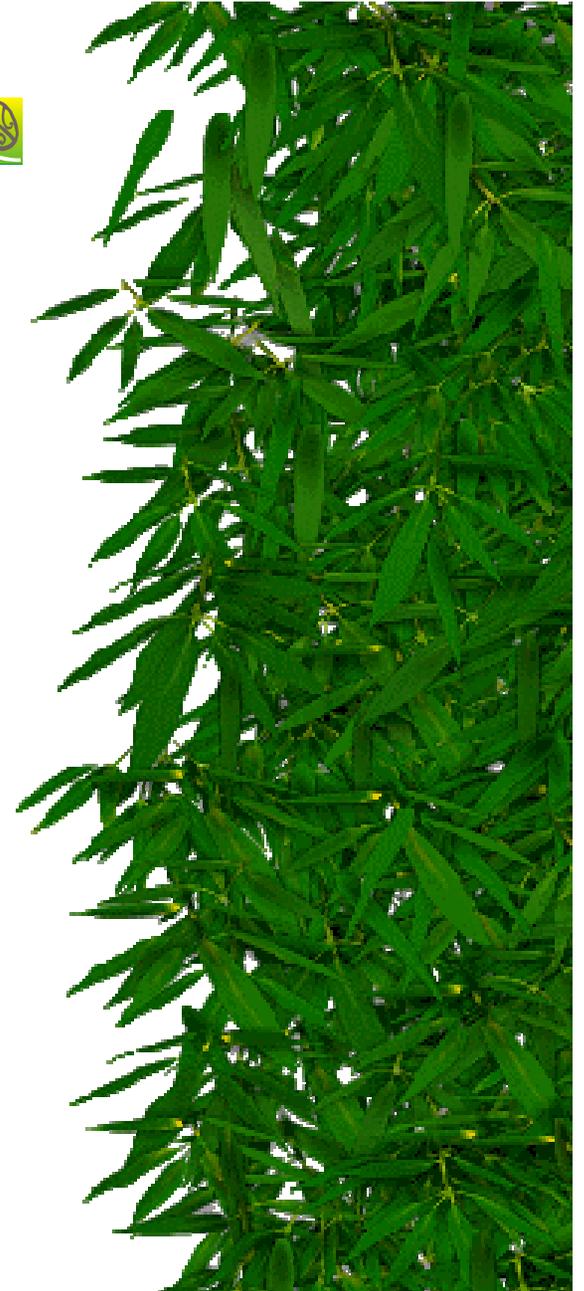




HIKOI 2006



Marie Winitana
Regional Public Health



Presentation Brief

- ★ **HIKOI – OUTLINE OF PROGRAMME**
- ★ **HIKOI HISTORY – 10 YEARS OF EXPERIENCE**
- ★ **HIKOI – PRESENT & FUTURE**



HIKOI OUTLINE:

What is the Hikoï program?

- ★ 10 week walking program
- ★ A program providing “physically inactive” Maori the opportunity to initiate steps towards a healthier lifestyle & wellbeing, through medium of exercise
- ★ Provide resources, support(kanoïi ki te kanoïi), encouragement, monitoring, panui updates on health issues, events & rewards for participants
- ★ Focussing on Maori communities in the Greater Wellington region. (Porirua, Hutt Valley, Wgtn Central)



HIKOI OUTLINE:

Program Objectives

- ★ To enrol Teams from Maori communities recreational groups, workplace's, kura, kohanga reo
- ★ Provide & Facilitate hui, resources, monitoring & recording, rewards & events eg. Mass Hikoi, Organised Weekly Walks, Organised Support Group Meetings in marae, workplace
- ★ Provide support/motivation/mentoring to Team Leaders & participants



Hikoī 2006 Team

- * Tricia Nicholls-Olsen
Community Co-ordinator
- * Marie Winitana
Project Manager
- * Andre Konia
Administration
- * Past Team Members
Judy Wood, Hine Lochlin,
Natalie Hazelwood



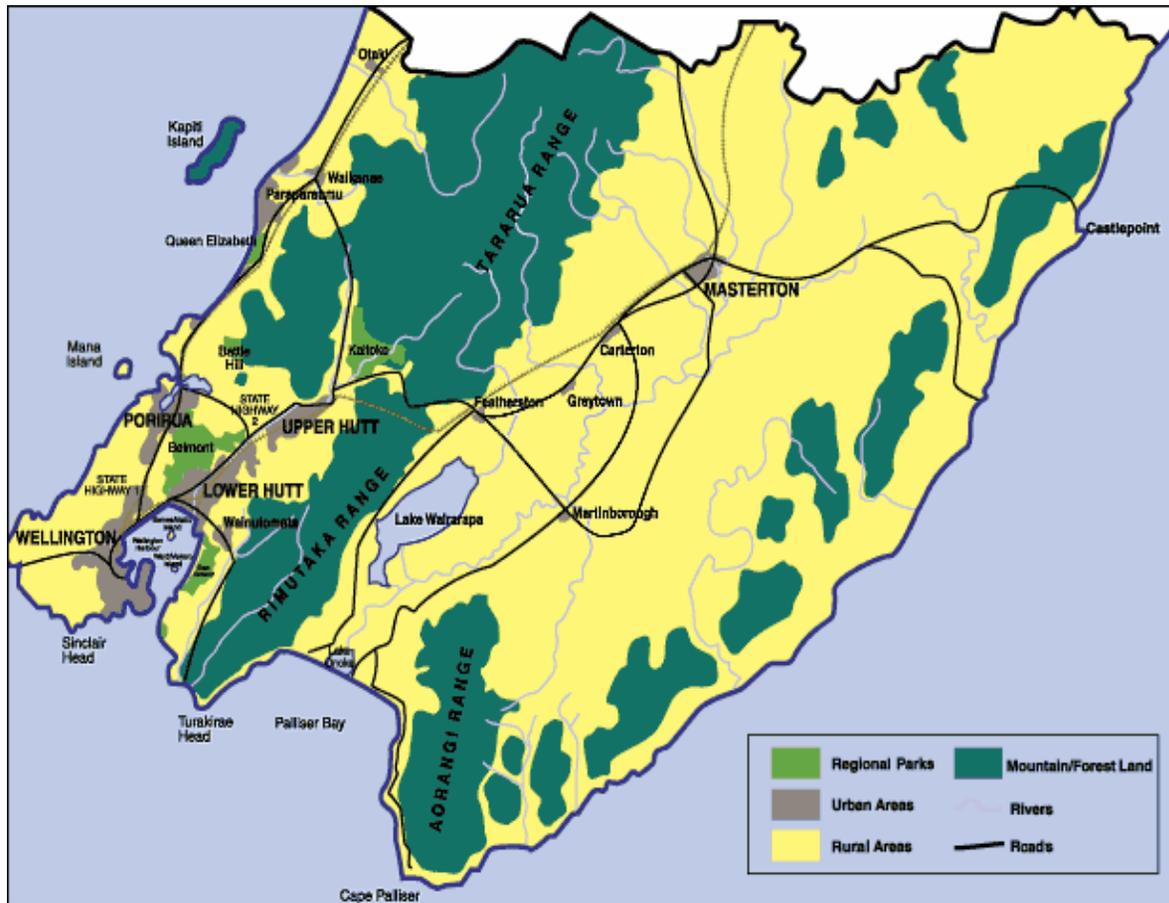
Hikoi History

- ★ First Hikoi program in 1995
- ★ Program has been running for 10 years
- ★ Independently evaluated in 2000 by:
Nan Wehipeihana & Raymond Burr
- ★ Team Progress: 1995 (**5 Teams**)
2005 (**140 Teams**)



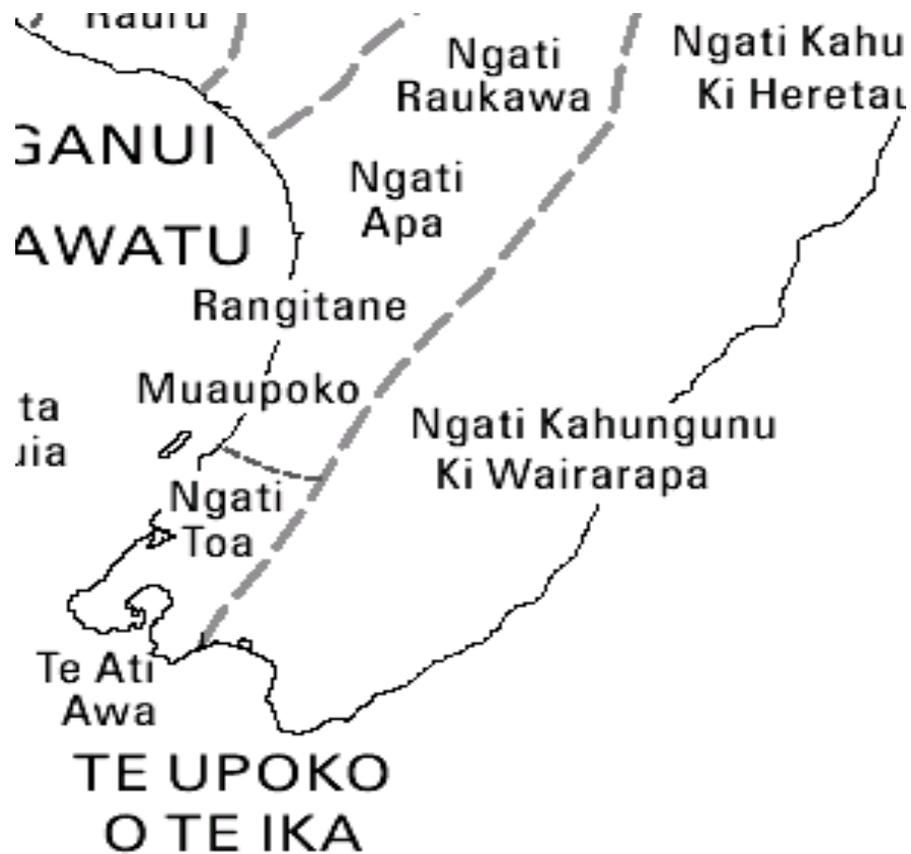
HIKOI HISTORY

Regional Public Health's – Regional Coverage



HIKOI HISTORY

Iwi / Tribal coverage of Region



HIKOI HISTORY

Historical Knowledge

- ★ Te Ati Awa, Ngati Toa, Ngati Raukawa
- ★ Tangata Whenua, Pan Tribal Groupings
- ★ Marae in Wellington region
- ★ Health, Sport, Church, Youth, Leisure groups & workplaces



Hikoi Promotions – Hui & Events

- ★ Program Promotions:
 - ★ Te Ra O Te Raukura/PA WARS/ongoing Sponsorship and promotions throughout the year.
- ★ Team Leaders Hui
- ★ Weekly Walks / Support Group Meetings
- ★ Mass Hikoi
 - ★ Prize Giving



Hikoi Information Packs

- ★ Registration Form
- ★ Weekly Team Summary Form
- ★ Individual Recording Chart
- ★ Maunga Chart
- ★ Hikoi Panui



HIKOI PRESENT & FUTURE

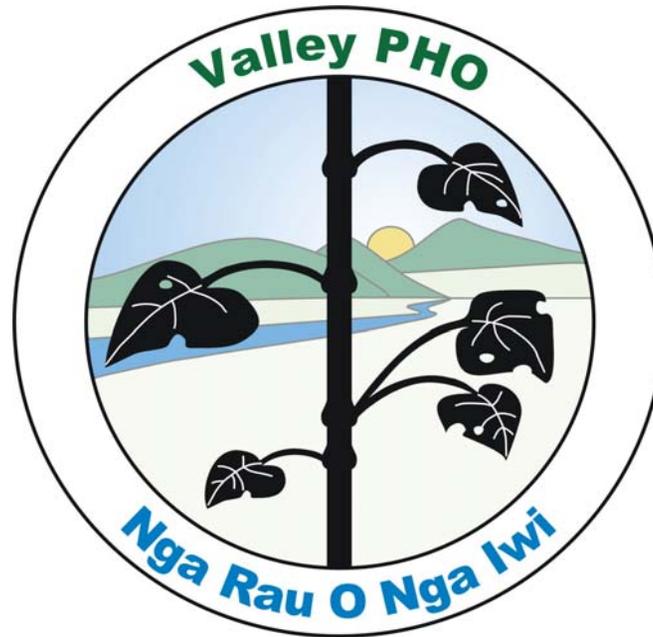
- ★ 10TH Year Anniversary (2006)
- ★ Evaluation – Sarah Widmer
- ★ Distribution of programme:
 - Working with local PHO's
 - Other National Health Providers & Services
 - Adaptation of Hikoi: 10,000 Steps, Walk Challenge

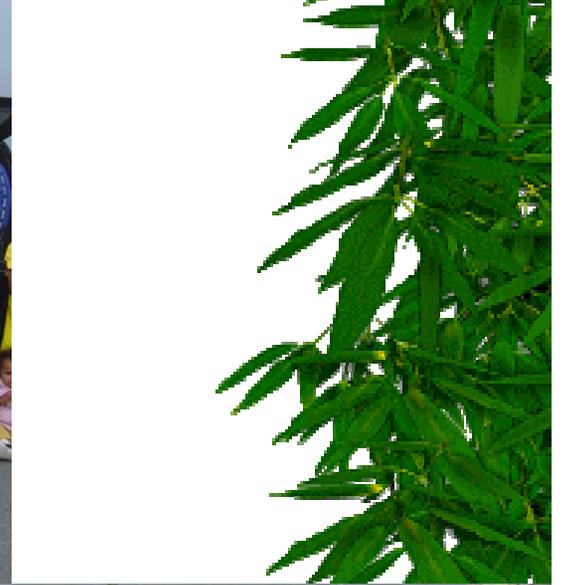


VALLEY PHO

HIKOI CHALLENGE.COM

- ★ Victor Pikari –
Nutrition & Physical
Activity Promoter
- ★ June 2006 – April
2007
- ★ HikoI Challenge.com
Stage 1: PHO workers
Stage 2: Workplaces
Stage 3: Communities









HIKOI

HIKOI

AUTOMATED ONE

HIKOI

2005

Michael

Kaldin

Jordan

Nadine

Paul Stone

Tim

Karen

Terry W

Maria











