

## Appendix

**Appendix Table 1:** Kuputaka Māori, glossary of te reo Māori terms.

Te Reo Māori	English
Aotearoa	New Zealand
Āwhi	Support, surround, embrace
Kaiāwhina	Māori community health workers
Kaikaranga	Caller—the woman/women who make the ceremonial call onto a marae
Karakia	Prayer, blessing
Kaumātua	Elder, a person of status within the whānau, hapū and iwi
Kaupapa Māori	Māori approach and research methodology
Kei te pai	I'm fine/good
Kōrero	Discussion, conversation
Mamae	Ache, pain, injury, wound
Mana	Status, spiritual power, prestige
Marae	A traditional Māori meeting place
Mātauranga Māori	Traditional Māori knowledge
Mirimiri	Traditional Māori massage holistic therapy
Ngā Hua	Results
Ngā Tapuwae	Method
Pae Ora	Healthy Futures health strategies for New Zealand
Pae Tū	Hauora Māori Strategy (Māori Health Strategy)
Romiromi	Traditional Māori massage holistic therapy
Rongoā	Natural remedy, traditional treatment, Māori medicine
Taha hingengaro	Mental and emotional wellbeing
Te Ao Māori	Māori world
Te Reo Māori	Māori language
Te Tiriti o Waitangi	The Treaty of Waitangi
Te Whatu Ora	Health New Zealand (Health Authority)
Tinana	Body
Tino rangatiratanga	Self-determination, sovereignty, autonomy
Tuhinga Whakarāpopoto	Introduction

**Appendix Table 1 (continued):** Kuputaka Māori, glossary of te reo Māori terms.

Wai	Water
Wairua	Spirit, soul
Whakamā	Shame, embarrassment
Whakapapa	Genealogy
Whakawhanaungatanga	Process of establishing relationships, relating well to others
Whakatakinga	Introduction
Whānau	Extended family, family group
Whenua	Land