

TE WHEKE



>> **Hover and click on the Wheke to reveal the model.**

Māori Health Model

Traditional Māori health acknowledges the link between the mind, the spirit, the human connection with whānau, and the physical world in a way that is seamless and uncontrived - until the introduction of Western medicine there was no division between them.

continued...



TE WHEKE



>> **Hover and click on the Wheke to reveal the model.**

Māori Health Model

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> **Hover and click on the Wheke to reveal the model.**

Māori Health Model

Wairuatanga

spirituality

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> Hover and click on the Wheke to reveal the model.

Māori Health Model

Hinengaro

the mind

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> Hover and click on the Wheke to reveal the model.

Māori Health Model

Taha Tinana

physical wellbeing

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> **Hover and click on the Wheke to reveal the model.**

Māori Health Model

Whanaungatanga

extended family

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> Hover and click on the Wheke to reveal the model.

Māori Health Model

Te Whānau

the family

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> Hover and click on the Wheke to reveal the model.

Māori Health Model

Waiora

total wellbeing for the individual and family

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> Hover and click on the Wheke to reveal the model.

Māori Health Model

Mauri

life force in people and objects

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> Hover and click on the Wheke to reveal the model.

Māori Health Model

Mana ake

unique identity of individuals and family

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> **Hover and click on the Wheke to reveal the model.**

Māori Health Model

Hā a koro ma, a kui ma

breath of life from forbearers

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.



TE WHEKE



>> **Hover and click on the Wheke to reveal the model.**

Māori Health Model

Whatumanawa

the open and healthy expression of emotion

The concept of Te Wheke, the octopus is to define family health. The head of the octopus represents te whānau, the eyes of the octopus as waiora (total wellbeing for the individual and family) and each of the eight tentacles representing a specific dimension of health. The dimensions are interwoven and this represents the close relationship of the tentacles.

