

# Fitness award recognises work with kaumatua

Sport Hawke's Bay's effort to help improve the health of elderly in the region has been recognised with a national award.

For its work with kaumatua, the organisation has won a Fitness New Zealand award for Community Excellence, sponsored by Horleys at the New Zealand Fitness Industry Awards 2014.

The Kori Tinana Mo Nga Kaumatua programme was led by Sport Hawke's Bay and funded through Population Health, Hawke's Bay District Board. In partnership with Maori health providers, this programme was hugely successful with 252 kaumatua participating in active living programmes and events.

Sport Hawke's Bay recreation team manager Eana Young said winning the Fitness New Zealand Community Excellence Award cat-

egory tops off a successful year for the programme.

"We developed the programme to go beyond the scope of our traditional programmes such as our Kiwi Seniors model, so we were engaging with kaumatua and meeting their specific needs," Ms Young said.

The outcome was 3860 visits by kaumatua to our programmes which included activities such as waka ama, tai chi, line dancing, group exercise to music and open water swim confidence sessions.

In developing the programme with providers such as Te Taiwhenua O Te Whanganui A Orotu (Napier), Te Taiwhenua O Heretaunga (Hastings), Mihiroa Marae (Paki Paki), it started with consultation where kaumatua and kaimahi (workers) suggestions were taken on board when devel-

oping the tikanga framework.

"Participation numbers were impressive, but more importantly it's the outcomes that have been most significant with all participants showing improvement to their general well being score," she said.

There was more than 70 per cent improvement to the resting heart rate from the baseline through to the three month benchmark and the satisfaction rating was an overwhelming 100 per cent.

"This is only the start of the journey of initiatives to be able to make a difference in our community and 'the work' is not finished yet but we would like to thank our dedicated team of professionals at Sport Hawke's Bay along with the beautiful people that we have had the privilege of working alongside in our community."

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Eana Young, Sport Hawke's Bay recreation team manager

**RECOGNISED:** Sport Hawke's Bay recreation team manager Eana Young (left) receiving the award from a representative from Horleys.

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