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| **OL@-OR@ - A co-designed health-promoting mHealth programme for Māori and Pasifika communities in New Zealand** |
| **Health promoting objectives*** Promoting overall positive wellbeing (hauora)
* Empowering individuals and communities to make behaviour change
* Increased access to culturally relevant health information
* Prevention of obesity, heart disease and diabetes

**Synopsis of the scenario**The aim of OL@-OR@ was to design a health-promoting mHealth programme in partnership with Māori and Pasifika communities in New Zealand to promote a healthy lifestyle associated with reducing the risk of heart disease, obesity, and diabetes. Co-design methodology, using culturally relevant approaches for articulating community health aspirations and possible solutions to support these aspirations, were used to develop a mHealth tool. The resulting concept was a culturally tailored smartphone app and website to support behaviour change. Key content modules were developed through the co-design process based on the expert knowledge of our communities with regard to their needs and lived realities, and behaviour change theory. Modules included physical activity, family/whānau, healthy eating, mental wellbeing/stress, connecting with others, and motivation/support. Māori and Pasifika versions of the app were developed to ensure features and functionalities were culturally tailored, and appealing to the target population. The OL@-OR@ tool provides culturally relevant health-promoting information as well as motivational messages and goal setting features. The app will be demonstrated during the presentation and the presenter will take you on a journey from initial conceptualisation, through developing the wireframes, and prototyping to the final product.**Intended audience**Māori and Pasifika communities, health practitioners, and health providers**Duration and intended use**A large cluster randomised control trial was conducted to evaluate the effects of the OL@-OR@ programme on health. Users who were randomised to the intervention group were given the app for 12 weeks. Those in the wait-list control group were given the app after 12 weeks. Following the trial participants will be free to continue using the app should they wish. The trial will be completed in December 2018 and once results are available we will refine the app and investigate how best to disseminate it to Māori and Pasifika communities across New Zealand and possibly in Pacific nations. More information on the trial results and potential implementation of the app will be presented at the conference. |