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| **Back to the future: Reviving an ancient Māori game to enhance healthier lifestyles in Aotearoa New Zealand** |
| **Health promoting objectives**Strengthening community action.Create supportive environments.Develop personal skills.Healthy Lifestyles (Toiora)**Synopsis of the scenario**Former Māori MP, Dr Sir Pita Sharples once told over 300 participants at a Māori health research conference that you have to ‘trick the Māori’ to get them to look after their health. Everyone laughed, but he was not too far from the truth. Māori dismal health status is blamed on a sedentary lifestyle, excess alcohol and drug use, recreational gambling and fast foods that have become a way of life in impoverished communities. There is still hope as Māori health promoters have used some effective and engaging strategies to improve Māori health and wellbeing. Recreational sports that have been popular with Māori and Pacific peoples include waka-ama (outrigger canoe racing) Pā Whutupaoro (touch rugby) tournaments and Kilikiti (Cricket). An ancient Māori game Ki-O-Rahi was revived and is now included as a sport at the Indigenous world games. During my research I on problem gambling I discovered a game of skill that is no longer played amongst Māori but was observed in the early 1900s by Māori health scholar Te Rangi Hiroa (Sir Peter Buck). I intend to bring this game back as a sport and game of skill and also through the use of Wii gaming technology. A young Māori graphic artist was employed to design the artwork and collaboration with Māori gaming developers is being considered. There are also issues of indigenous property rights to consider.**Intended audience**Health promoters, sport and recreation educators, gaming geeks.**Duration and intended use**20 minutes**1639 characters with spaces** |