



DR. IHIRANGI  
HEKE



Wednesday 17 March,  
1:00pm – 1:30pm

Dr Ihirangi Heke, of Waikato-Tainui descent, was raised in the South Island mountain adventure environment of Queenstown, before it was popularly known as such. Over the past 10 years he has been active in helping Māori and other indigenous groups abroad, build their own health and wellness activities based on their traditional environmental knowledge using mountain biking, waka ama and ski/snowboard. Dr Heke was recently awarded a research grant to compare Systems Science and Whakapapa (Maori Genealogical Connections) by Johns Hopkins University in Baltimore and retains an Honorary Research Fellow position to the University of Auckland's Department of Biostatistics.

## Turning Indigenous Human Health into the Pursuit of Ancestral Environmental Knowledge: Removing Humans from 'Health'

Dr Heke will talk about

- Indigenous concepts of health where ancestral environmental knowledge supersede those of people
- An introduction to maramataka – an explanation of Maori physical activity and nutrition based on Maori interpretations of tidal movements
- examples of place based learning for health including the Kopiko Cycle event and the Tour of Aotearoa.
- Future aspirations for indigenous global health