



Supporting healthy lifestyles for Māori and Pasifika using a mobile phone approach

WHAT IS THIS STUDY ABOUT?

To determine how useful a mobile health tool (app and website) is in delivering health information and support to Māori and Pasifika in New Zealand.

The OL@-OR@ project was funded by:



WHAT IS THE OL@-OR@ TOOL?

- Helps you make healthy lifestyle changes
- Helps you set wero (challenges/-goals)
- Receive useful tips and information to help you achieve
- Earn rewards for your achievements
- Monitor your progress with lifestyle trackers
- Invite whānau and friends to join you on your journey

IS THIS FOR ME?

Are you:

- Over 18 years old
- Part of a community who are participating

Do you:

- Own a smartphone/tablet/laptop/computer
- Have access to internet at least once a week
- Have an email address

IF YOU ANSWERED YES THEN THIS IS FOR YOU!

Meet with your roopu (group) and a coordinator to learn more

You will fill in some questions that we need for the study

Your group will be assigned into either control or intervention

Intervention will use an app/website to help you achieve healthy goals

Control will have a basic version of the app/website until the study is finished

At 4 & 12 weeks you will need to answer some questions for the study

After 12 weeks the study will finish and you can continue to use the app/website



OL@-OR@

**STARTS in
JAN 2018**



**FREE TO
PARTICIPATE**

WHAT HAPPENS TO MY INFORMATION?

The information you give us will be treated in strict confidence. All written study information collected will be stored in a locked cabinet. Electronic information will be stored securely at the National Institute for Health Innovation, The University of Auckland, and will only be viewed by the research team. No individual information or names will be published.

HOW MUCH TIME IS INVOLVED?

- The study runs for 12 weeks
- Initial registration takes around 30mins
- At 4 and 12 weeks another 10 mins to complete questionnaires
- It is up to you how much time you spend on the app

CONTACT DETAILS

For further information or to ask questions about the study, please contact:

INSERT LOCAL DETAILS

Name:

Role and Organisation:

Phone Number:

Email:

For more information email:
olaora@auckland.ac.nz

Visit our website:
www.olaora.auckland.ac.nz

Other contact details:
Dr Lisa Te Morenga
(Ngāpuhi, Ngāti Whātua)
Phone: 64 3 479 3978
Email: lisa.temorenga@otago.ac.nz

Dr Riz Firestone
Phone: 04 801 4987
Email: r.t.firestone@massey.ac.nz

Prof Cliona Ni Mhurchu
Phone: 09 923 4494
Email: c.nimhurchu@auckland.ac.nz
National Institute for Health Innovation
The University of Auckland
Private Bag 92019, Auckland 1142
Phone: 09 923 4764
www.nihi.auckland.ac.nz

We would like to acknowledge the contribution of all partners who helped develop the OL@-OR@ tool including:



Waiwhetū Community
Te Rūnanga Ngāti Whātua