

# Credentialing news

## March 2024

### Whaia te iti kahurangi ki te tuohu koe he maunga teitei

Seek the treasure you value most dearly; if you bow your head let it be before a lofty mountain.

Welcome to this edition of Credentialing News!

### Eating Disorders | Eating Issues: Exploring weight stigma

A new article by Mihi Joy Nemani and Holly Thorpe sheds light on the struggle against Western beauty norms. 'My Thighs Can Squash You' delves into the experiences of young Māori and Pasifika wāhine. Rejecting traditional portrayals, they embrace cultural knowledge to reclaim power over their bodies. This intersection of Mana Wāhine and Masi methodologies contributes to a global discourse on culturally informed body image.

Read the insightful article here: [Article](#)

### Mental Health Foundation's post -cyclone wellbeing research

In late 2023, SIL Research, commissioned by the Mental Health Foundation and the All Sorts campaign, developed and initiated a research project to gain insight into the wellbeing of communities affected by the North Island Weather Events.

Over 60% of the participants from Hawke's Bay and Gisborne reported negative impacts, and more than one third across all areas felt their lives had worsened after the extreme weather events. The predominant (unprompted) cyclone impact was mental/emotional stress. Community support, unity, and neighbourly help were identified as the most beneficial factors during the extreme weather events.

More findings, as well as details about the research, can be found on :

[All Sorts website](#)

National Programme Manager — Bart van Gaalen: [credentialing@nzcmhn.org.nz](mailto:credentialing@nzcmhn.org.nz)

Kaitohu — Valerie Williams: [valerie.williams@terauora.com](mailto:valerie.williams@terauora.com)

Director — Lois Boyd: [creddir@nzcmhn.org.nz](mailto:creddir@nzcmhn.org.nz)

Credentialing Administrator — Regina Yhonjan: [credentialing.admin@nzcmhn.org.nz](mailto:credentialing.admin@nzcmhn.org.nz)



