



NZ WOMEN IN MEDICINE CONFERENCE 2024

Ko te tumanako me haere tahi tatou
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Jenn Sarich

Jenn Sarich (Ngā Puhi, Te Rarawa, Ngāti Hāua) is completing her doctorate in Clinical Psychology at the University of Auckland. Her Kaupapa Māori thesis explores the psychological, physical, and spiritual implications of housing insecurity for wāhine Māori. Her aspirations include becoming a Clinical Psychologist and continuing to work in research with a focus on the needs of whānau Māori.

Relevant to this conference (Session 10: Downstream effects: focus on obesity in Aotearoa) is Jenn's work as a researcher. Located at a community-led, health and wellbeing organisation - Brown Buttabean Motivation (BBM) in South Auckland, Jenn is a part of a broader team from Massey University (Primary investigator: Professor James Liu), conducting an evaluation of BBM's From the Couch (FTC) programme. BBM has partnered up with PHO - Total Healthcare (THC), to deliver wraparound fitness, nutrition, social and clinical support for people with severe health, weight and lifestyle issues. A majority of the FTC participants are from low socioeconomic backgrounds and a majority identify as Māori and/or Pāsifika. The research team have utilised case-based ethnographic research techniques alongside quantitative analyses to best capture the everyday challenges, and in turn, aspirations of underserved communities.





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15-18 May 2024
Tākina Convention Centre
Te Whanganui-a-Tara Wellington

