

## Appendix. Mana Tū Initial Assessment

Domain	Measure	Reference
<b>Basic Physical Measures</b>	<ul style="list-style-type: none"> <li>Weight (kg)</li> <li>Hip (cm)</li> <li>Waist (cm)</li> </ul>	N/A
<b>Socio-economic Factors</b>	<ul style="list-style-type: none"> <li>Level of education</li> <li>Work status</li> <li>Housing</li> <li>Financial status</li> <li>Whānau Ora (Family Health)</li> </ul>	N/A
<b>Nutrition</b>	Rapid Eating Assessment for Participants (REAP) Short Form	Segal-Isaacson C J, Wylie-Rosett J, Gans K. Validation of a Short Dietary Assessment Questionnaire: The Rapid Eating and Activity Assessment for Participants Short Version (REAP-S). <i>The Diabetes Educator</i> 2004; 30(5), 774-781. DOI: 10.1177/014572170403000512
<b>Physical Activity</b>	New Zealand Physical Activity Questionnaire (NZ-PAQ) Short Form	Boon R M, Hamlin M J, Steel G D et al. Validation of the New Zealand Physical Activity Questionnaire (NZPAQ-LF) and the International Physical Activity Questionnaire (IPAQ-LF) with accelerometry. <i>British Journal of Sports Medicine</i> 2010; 44(10), 741. DOI: 10.1136/bjsm.2008.052167
<b>Oral Health</b>	2009 New Zealand Health Survey (selected questions)	Ministry of Health. 2009 New Zealand Health Survey. Wellington: Ministry of Health, 2010
<b>Smoking</b>	Smoking (NRT Assessment for Quit Card Providers)	Ministry of Health. The New Zealand Guidelines for Helping People to Stop Smoking. Wellington: Ministry of Health, 2014.
<b>Diabetes Self-Management</b>	Diabetes Self-Management Questionnaire (DSMQ) Short Form	Schmitt A, Gahr A, Hermanns N et al. The Diabetes Self-Management Questionnaire (DSMQ): development and evaluation of an instrument to assess diabetes self-care activities associated with glycaemic control (Report). <i>Health and Quality of Life Outcomes</i> , 2013; 11(1)
<b>Health Literacy</b>	Diabetes Knowledge Questionnaire	Kim S, Love F, Quistberg D et al. Association of health literacy with self-management behavior in patients with diabetes. (Brief Report). <i>Diabetes Care</i> , 2004; 27(12), 2980-2983
<b>Experiences of discrimination</b>	Racial Discrimination Section – New Zealand Health Survey 2011/12	Ministry of Health. 2012 New Zealand Health Survey. Wellington: Ministry of Health, 2012.
<b>Readiness to Change</b>	Readiness to Change Measure	O’Connor P, Asche S, Crain A et al. Is patient readiness to change a predictor of improved glycemic control? <i>Diabetes Care</i> , 2004; 27(10), 2325-2330
<b>Mental Health</b>	<ul style="list-style-type: none"> <li>Patient Health Questionnaire (PHQ-9)</li> <li>Generalised Anxiety Disorder (GAD-7)</li> <li>Hua Oranga ‘Fruits of Health’</li> </ul>	<ul style="list-style-type: none"> <li>Dunbar, J. Identification of depression in diabetes: the efficacy of PHQ-9 and HADS-D. <i>British Journal of General Practice</i>, 2010; 60(575), 239-245</li> <li>Thour A, Nagra R, Gosal A, Sehrawat T et al. Anxiety among patients with diabetes mellitus evaluated using generalized anxiety disorder 7-item scale. <i>J Soc Health Diabetes</i>, 2016;4:133-6.</li> <li>Harwood M, Weatherall M, Talemaitoga A et al. An assessment of the Hua Oranga outcome instrument and comparison to other outcome measures in an intervention study with Maori and Pacific people following stroke. <i>Journal of the New Zealand Medical Association NZMJ</i>, 2012;125(1364), 57-67</li> </ul>