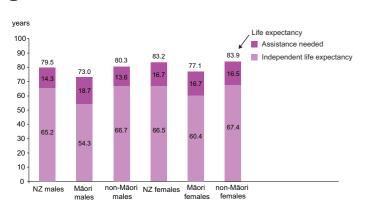


Health and Independence Report 2015

New Zealanders are living longer but not all of this time is spent in good health



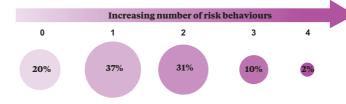
Māori males have the lowest life expectancy and independent life expectancy1

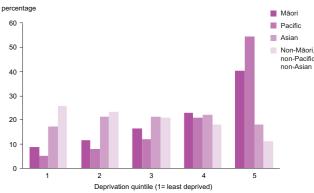
Leading causes of health loss ² (% of total health loss)	
Cancer	16%
Cardiovascular disease	15%
Mental health disorders	14%
Musculoskeletal disorders	14%
Injuries (including violence)	10%

Much of this health loss is due to lifestyle factors, but our ability to adopt and maintain a healthy lifestyle is influenced by wider socioeconomic factors

1 in 8 adults has an unhealthy lifestyle, with three or more of these risk behaviours:

- current smoker
- · hazardous drinker
- not physically active
- · doesn't eat three servings of veg. and two of fruit per day.3





A greater proportion of Māori and Pacific peoples live in the most deprived areas in New Zealand⁴

Positive and negative exposures during pregnancy and the early years impact on our future health and wellbeing

1 in 5 women reports drinking alcohol during pregnancy (19%)⁵

> 1 in 6 mothers reports depression during pregnancy, decreasing to 1 in 9 by the time the child is 9 months old⁶

Māori and Pacific children are more likely to be exposed to risk factors for vulnerability7

> 1 in 3 Māori mothers are smoking at 2 weeks postnatal8

Fewer 2-4 year olds are drinking fizzy drinks 3+ times a week (8.5%)3

Half of 2-4-year-olds watch 2+ hours of TV per day³

1 in 6 children live in material hardship¹⁰

More infants are receiving all 5 core Well Child / Tamariki Ora visits (76%)8

We must support families to raise healthy and resilient children and young people

167 children aged 0–14 years are hospitalised due to assault each year9

1 in 10 children Most children receive their B4 aged 2-14 years School Checks is obese3

The youth smoking rate (15-17-year-olds) has halved since 2006/07³

> 1 in 8 secondary school students report symptoms of depression¹⁸

Hazardous drinking among 18-24-year-olds has fallen by a third since 2006/073

> 75% of those who develop a substance use disorder do so by 24 years old¹¹

Prenatal



Infancy



Childhood



Adolescence

Early detection and access to effective treatment can help delay or prevent disease progression

The majority of the population have poor health literacy skills¹²

> Fewer Māori are finding cost a barrier to accessing primary care³

Most of the eligible population have had their risk of cardiovascular disease assessed in the last 5 years (89%)¹⁴

> The amenable mortality rate has decreased by 28% over the last 10 years9

A quarter of people with diabetes are undiagnosed¹³

> Fewer Māori women are accessing cancer screening services¹⁵

meet the needs of older people

 $(93\%)^8$

1 in 4 adults aged

last 4 weeks¹⁷

65+ felt lonely in the

7 in 10 adults aged 65+

1 in 11 adults aged 85+ is hospitalised due to a fall, each year¹⁶

have at least one longterm condition³

Understanding disease patterns and identifying vulnerability will help us

1 in 3 adults aged 65+ experience chronic pain³

Half of 85+year-olds are taking five or more longterm medications¹⁶

> Over 82,000 comprehensive assessments of older people were undertaken last year¹⁹

Adult



Older people

Sources: 1 Independent Life Expectancy in New Zealand, Ministry of Health 2015; 2 Global Burden of Disease 2010; 3 New Zealand Health Survey, Ministry of Health 2015; 6 Growing up in New Zealand - Now we are two 2014; 7 Growing up in New Zealand - Now we are tw Zealand: Vulnerability Report 1 2014; 8 WTCO Quality Indicators, Ministry of Health, 2015; 9 National Minimum Dataset, Ministry of Health, 2016; 12 2006 Adult literacy and life skill survey, Ministry of Health, 2010; 13 2008/09 Adult Nutrition Survey, Ministry of Health, 2011; 14 Health Targets 2015, Ministry of Health, 2011; 14 Health Targets 2015, Ministry of Health, 2011; 15 BreastScreen Aotearoa District Health Board Coverage Report, Ministry of Health, 2015; 16 Atlas of Health, 2011; 17 Health Targets 2015, Ministry of Health, 2011; 18 Health Targets 2015, Ministry of Health, 2011; 19 Health Targets 2015, Ministry of Health, 2011; 20 Health Targets 2015, Ministry of Health Targets 2015, Min November 2015 17 2014 General Social Survey, Statistics New Zealand; 18 Youth 2012 Survey, University of Auckland.