

Health status – diabetes, arthritis, osteoporosis, chronic pain, dementia

Data is sourced from the Ministry of Health's:

- New Zealand Health Survey (NZHS), from 2006/07 to 2016/17
- National Minimum Data Set (NMDS), from 1996–98 to 2014–16
- Mortality Collection Data Set (MORT), from 1996–98 to 2012–14.



Diabetes

Diabetes is a disease where your body cannot control its blood sugar levels properly – due to either a lack of insulin or insulin-resistant cells.

Māori adults (aged 15 and over) were **more likely** than non-Māori adults to report being **diagnosed with diabetes by a doctor**, including **type 2 diabetes** (diabetes diagnosed after 25 years of age).

Males have a **higher** prevalence of **diabetes** (including type 2 diabetes) than females **among both Māori and non-Māori**.

Māori adults had **higher diabetes complication** (renal failure and lower limb amputation) **hospitalisation rates** than non-Māori.

The **difference** between Māori and non-Māori **decreased** over time.

Males have **higher diabetes complication hospitalisation** rates than females **among both Māori and non-Māori**.

Diabetes frequently occurred in the **major causes of death** for **Māori** but not for non-Māori.



Arthritis

Arthritis is a condition which affects the joints, making them stiff, painful and swollen.

Māori males were **more likely** than non-Māori males to report being diagnosed with **arthritis**. This **did not change much** over time.



Osteoporosis

Osteoporosis is when a person's bones become thin and brittle. It means a person is more at risk of breaks and fractures.

Māori adults were just **as likely** as non-Māori adults to report being diagnosed with **osteoporosis**. This **did not change much** over time.



Chronic pain

Chronic pain is pain that lasts longer than 3 months, often described as pain that does not go away as expected after an injury or illness.

Māori adults were **more likely** than non-Māori adults to report having experienced **chronic pain**.

The **difference** between Māori and non-Māori **males did not change much** over time, however, the **difference** between **Māori and non-Māori females increased** over time.



Dementia (including Alzheimer's disease)

Dementia is a gradual loss of brain function due to physical changes in the structure of a person's brain. The most common cause of dementia is Alzheimer's disease.

Dementia mortality for people **over 65 years** of age has **increased** over time for **both Māori and non-Māori**. The **rate of increase** has been **more rapid** for **Māori**.

There was **no significant difference** between Māori and non-Māori in **dementia mortality rates**.

In general, **females** have **higher** rates of **dementia mortality** than males.