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

**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.