

# Health and Independence Report 2015

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



### Leading causes of health loss<sup>2</sup> (% of total health loss)

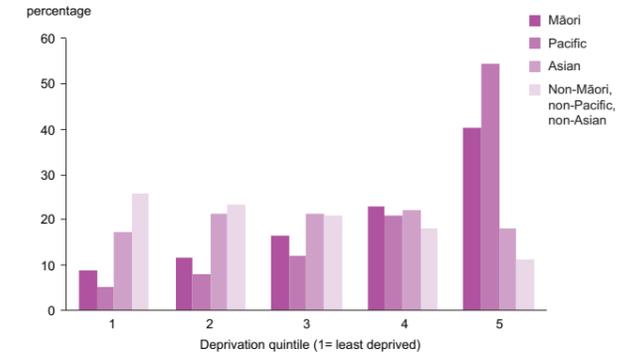
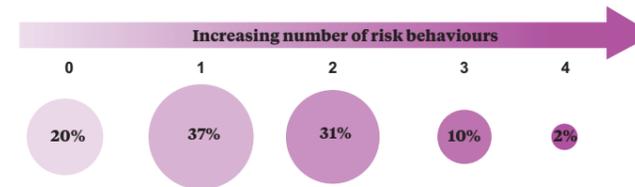
Cancer	16%
Cardiovascular disease	15%
Mental health disorders	14%
Musculoskeletal disorders	14%
Injuries (including violence)	10%

Māori males have the lowest life expectancy and independent life expectancy<sup>1</sup>

## 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.<sup>3</sup>



A greater proportion of Māori and Pacific peoples live in the most deprived areas in New Zealand<sup>4</sup>

## 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%)<sup>5</sup>

Māori and Pacific children are more likely to be exposed to risk factors for vulnerability<sup>7</sup>

Fewer 2–4 year olds are drinking fizzy drinks 3+ times a week (8.5%)<sup>3</sup>

1 in 6 children live in material hardship<sup>10</sup>

167 children aged 0–14 years are hospitalised due to assault each year<sup>9</sup>

The youth smoking rate (15–17-year-olds) has halved since 2006/07<sup>3</sup>

Hazardous drinking among 18–24-year-olds has fallen by a third since 2006/07<sup>3</sup>

1 in 6 mothers reports depression during pregnancy, decreasing to 1 in 9 by the time the child is 9 months old<sup>6</sup>

1 in 3 Māori mothers are smoking at 2 weeks postnatal<sup>8</sup>

Half of 2–4-year-olds watch 2+ hours of TV per day<sup>3</sup>

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

Most children receive their B4 School Checks (93%)<sup>8</sup>

1 in 10 children aged 2–14 years is obese<sup>3</sup>

1 in 8 secondary school students report symptoms of depression<sup>18</sup>

75% of those who develop a substance use disorder do so by 24 years old<sup>11</sup>

### 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 skills<sup>12</sup>

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

A quarter of people with diabetes are undiagnosed<sup>13</sup>

1 in 4 adults aged 65+ felt lonely in the last 4 weeks<sup>17</sup>

7 in 10 adults aged 65+ have at least one long-term condition<sup>3</sup>

Half of 85+ year-olds are taking five or more long-term medications<sup>16</sup>

Fewer Māori are finding cost a barrier to accessing primary care<sup>3</sup>

The amenable mortality rate has decreased by 28% over the last 10 years<sup>9</sup>

Fewer Māori women are accessing cancer screening services<sup>15</sup>

1 in 11 adults aged 85+ is hospitalised due to a fall, each year<sup>16</sup>

1 in 3 adults aged 65+ experience chronic pain<sup>3</sup>

Over 82,000 comprehensive assessments of older people were undertaken last year<sup>19</sup>

### Adult

### Older people

## Understanding disease patterns and identifying vulnerability will help us meet the needs of older people