



Te Puni Kōkiri
REALISING MĀORI POTENTIAL

Hauora Māori Māori Health



KEY FACTS

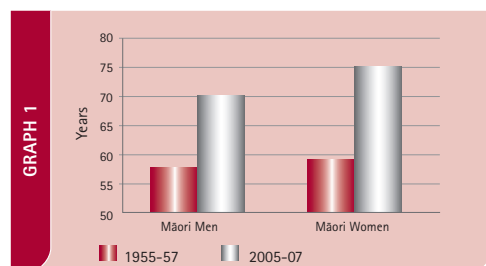
- The difference between Māori and non-Māori life expectancy continues to decrease
- Māori women are more likely than Māori men to eat the recommended amount of fruit and vegetables
- More Māori participate in regular physical activity compared to the total population in both 2002/03 and 2006/07
- Although Māori remain more likely than the total population to be current smokers, the number of Māori smokers has been decreasing in recent years

Ongoing improvements in the physical health of Māori contribute to increased wellbeing for individuals and whānau. This fact sheet presents information about general Māori health and wellbeing, and changes that took place between 1996 and 2007.

■ LIFE EXPECTANCY

Māori life expectancy improved dramatically between 1955 and 2007. A newborn Māori girl, born between 1955 and 1957 could expect to live 59 years. In comparison a Māori girl born between 2005 and 2007, can expect to live to 75 years. A newborn Māori boy, born between 1955 and 1957 could expect to live 57 years. In comparison a Māori boy born between 2005 and 2007, can expect to live 70 years.

GRAPH 1: MĀORI LIFE EXPECTANCY, 1955-57 AND 2005-2007



Source: Statistics New Zealand (2008). *New Zealand Period Life Tables 2005-2007*.

Over the last fifty years the difference in life expectancy between Māori and non-Māori has decreased.

In 1955-1957 the life expectancy at birth for non-Māori exceeded that of Māori by 10.8 years for males and by 14.3 years for females. However, between 2005 and 2007, the life expectancy at birth for non-Māori exceeded that of Māori by only 8.6 years for males and by 7.9 years for females.

■ NUTRITION

Vegetable and fruit consumption is a protective lifestyle factor that can have a positive impact on Māori health and wellbeing, protecting the individual against many health problems, including heart disease, stroke and some cancers. Māori and especially Māori women are showing signs of improving their nutrition.

Between 2002/03 and 2006/07 the number of Māori who consumed the recommended¹ amount of vegetables and fruit each day increased from 34.7 percent to 38.1 percent. This increase of 3.4 percent was nearly three times the increase in the total population consuming the recommended amount of vegetables and fruit (1.2 percent).

As detailed in the following figure Māori women were significantly more likely than Māori men to have an adequate fruit and vegetable intake over the 2002/03 to 2006/07 period.

GRAPH 2: ADEQUATE FRUIT AND VEGETABLE INTAKE



Source: Ministry of Health (2008). *Ministry of Health: 2006/07 New Zealand Health Survey*.

Note: Age-standardised prevalence for total adults.

■ EXERCISE

Physical activity has been shown to be protective against health conditions such as heart disease, Type 2 diabetes and certain cancers. It also helps to lower blood pressure, reduce weight gain and can contribute to personal growth and development. In comparison to the total population Māori are more physically active.

In 2006/07, more than half (53 percent) of Māori adults met the definition of being regularly physically active². This is higher than the 51 percent of the total population who were regularly physically active at the time.

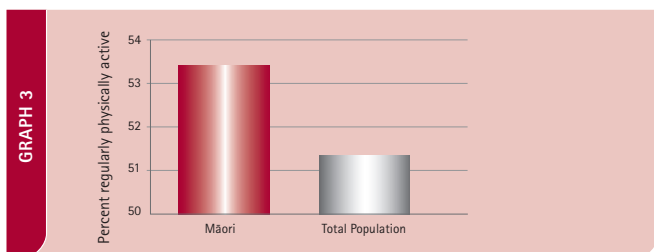
¹ It is recommended that adults eat at least three servings of vegetables and at least two servings of fruit each day.

² It is recommended that adults undertake at least 30 minutes of moderate intensity physical activity (i.e. brisk walking) on 5 or more days of the week.





GRAPH 3: PROPORTION REGULARLY PHYSICALLY ACTIVE, 2006/07



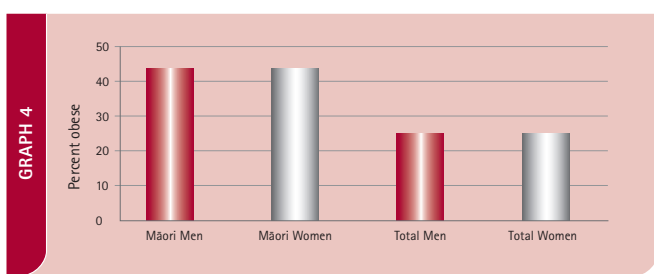
Source: Ministry of Health (2008). Ministry of Health: 2006/07 New Zealand Health Survey. Note: Age-standardised prevalence for adults.

OBESITY

Obesity is defined as having an excessively high amount of body fat in relation to lean body mass and is measured by a Body Mass Index (BMI) score of 30 or more. Lifestyle factors such as poor nutrition and lack of exercise, can directly contribute to serious health problems, such as obesity and diabetes. Obesity is associated with a long list of health conditions, including high blood pressure, stroke, various types of cancer, Type 2 diabetes and kidney disease. Obese people also have a higher likelihood of experiencing personal, social and employment difficulties.

Despite being more physically active than the total population, Māori men and women were 1.7 times more likely to be obese than men and women in the total population in 2006/07.

GRAPH 4: PREVALENCE OF OBESITY, 2006/07



Source: Ministry of Health (2008). Ministry of Health: 2006/07 New Zealand Health Survey. Note: Age-standardised prevalence for total adults.

The percentage of obese adults in the Māori population has also increased slightly from 42.1 percent in 2002/03 to 43.2 percent in 2006/07.

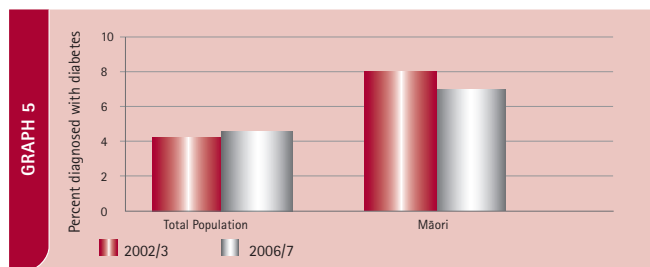
DIABETES

Diabetes is a condition in which the body is unable to keep blood glucose (sugar) levels in the normal range. Diabetes can lead to cardiovascular

disease, blindness, kidney disease and vascular problems. There is no cure for diabetes at present but it can be controlled to enable a person to live a full and active life.

Although, Māori adults are more likely than adults in the total population to be diagnosed with diabetes in the course of their lifetime (seven percent compared to 4.3). The overall number of Māori adults to have ever been diagnosed with diabetes has slightly decreased from eight percent in 2002/03 to seven percent in 2006/07.

GRAPH 5: PREVALENCE OF DIABETES, 2002/03 – 2006/07



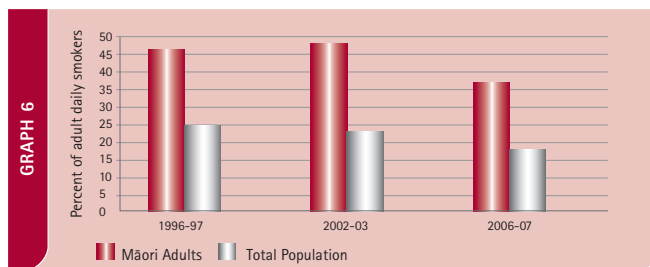
Source: Ministry of Health (2008). Ministry of Health: 2006/07 New Zealand Health Survey. Note: Age-standardised prevalence for total adults.

SMOKING

Tobacco smoking is a well-recognised risk factor for many cancers and for respiratory and cardiovascular diseases. Smoking is the main cause of lung cancer and other pulmonary disease.

While 38 percent of Māori adults were current smokers in 2006/07, this represents a significant decrease in the proportion of smokers from 2003. These figures equate to a decrease of 8.4 percent for the Māori population since 1997 when close to half of all Māori adults (46 percent) smoked. However, it is important to note that Māori women were more than twice as likely to be current smokers as women in the total population in 2006/07. Similarly, Māori men were 1.5 times more likely to be current smokers than men in the total population.

GRAPH 6: PROPORTION OF ADULT DAILY SMOKERS, 1996/97, 2002/03 AND 2006/07



Source: Ministry of Health, 2008. Data Source: New Zealand Health Information Service.

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