

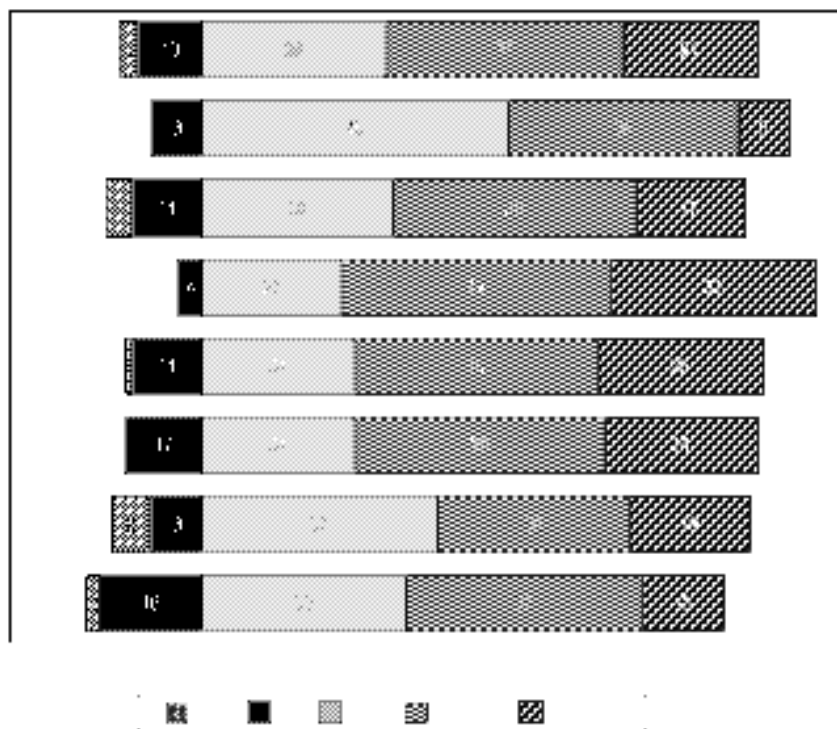
Section 3: Health Status

Perceptions of Health Status

Perceptions of Overall Health: Location

When surveyed, most Auckland City residents rated their overall health positively (*good, very good or excellent*) (87%). However, 13% of residents described their overall health as *fair* or *poor*. Residents in Avondale-Roskill (6%) were most likely to describe their health as poor.

Figure 54 Ratings For Perceptions Of Overall Health - By Location (%)

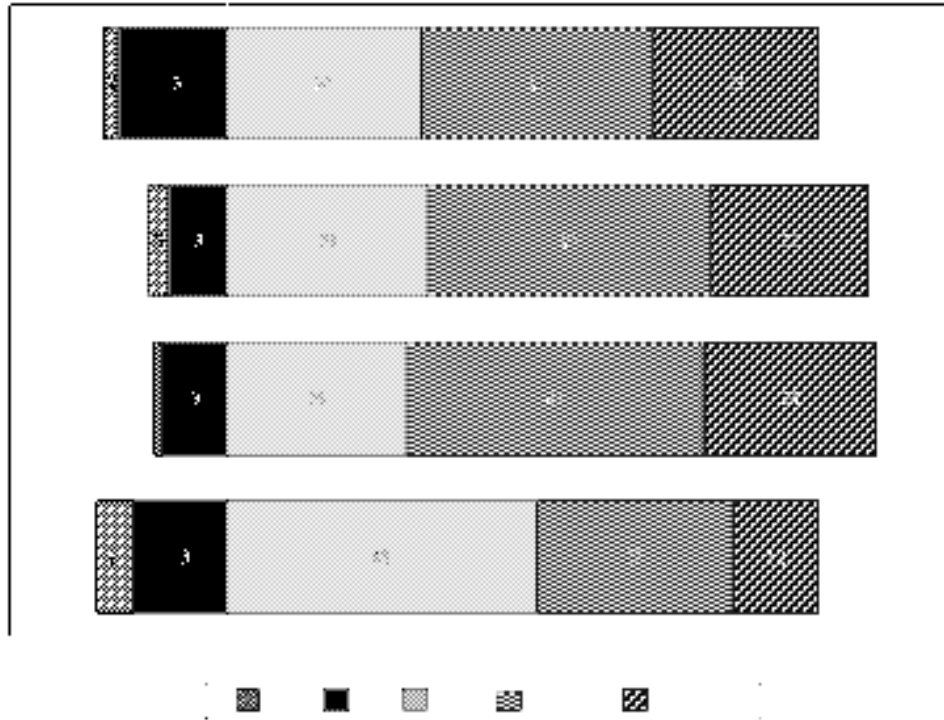


Source: Quality of Life Residents' Survey, 2005

Perceptions of Overall Health: Age

Those aged 15-24, and those aged 65 years or over were most likely to rate their health as fair or poor.

Figure 55 Ratings For Perceptions Of Overall Health - By Age (%)

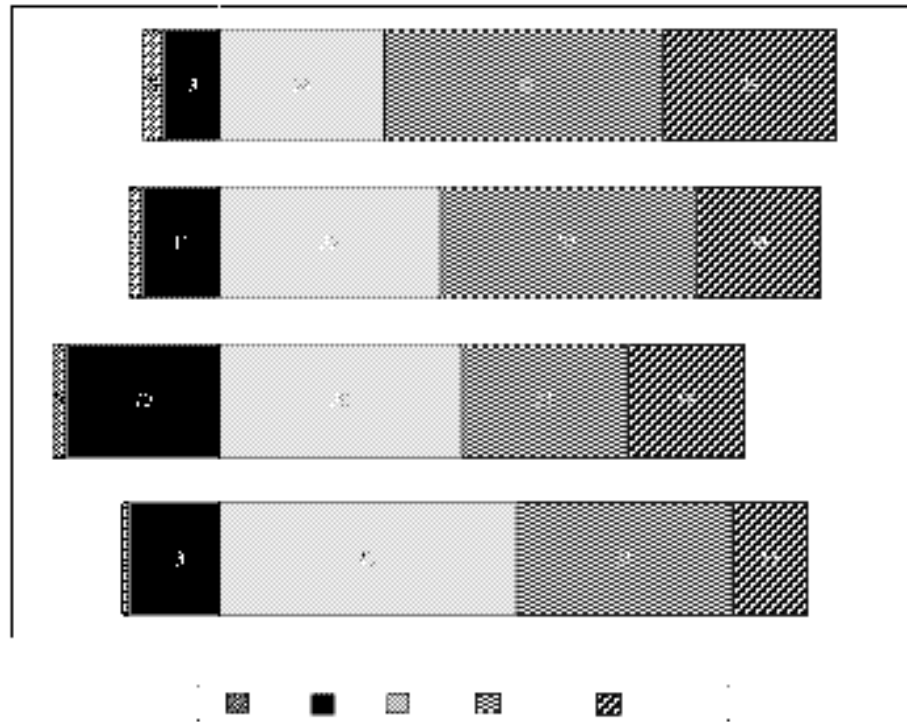


Source: Quality of Life Residents' Survey, 2005

Perceptions of Overall Health: Ethnicity

Of the four ethnic groups, Europeans (89%) were most likely to rate their overall health positively. Pacific Peoples were least likely to rate their overall health this way.

Figure 56 Ratings For Perceptions Of Overall Health - By Ethnicity (%)

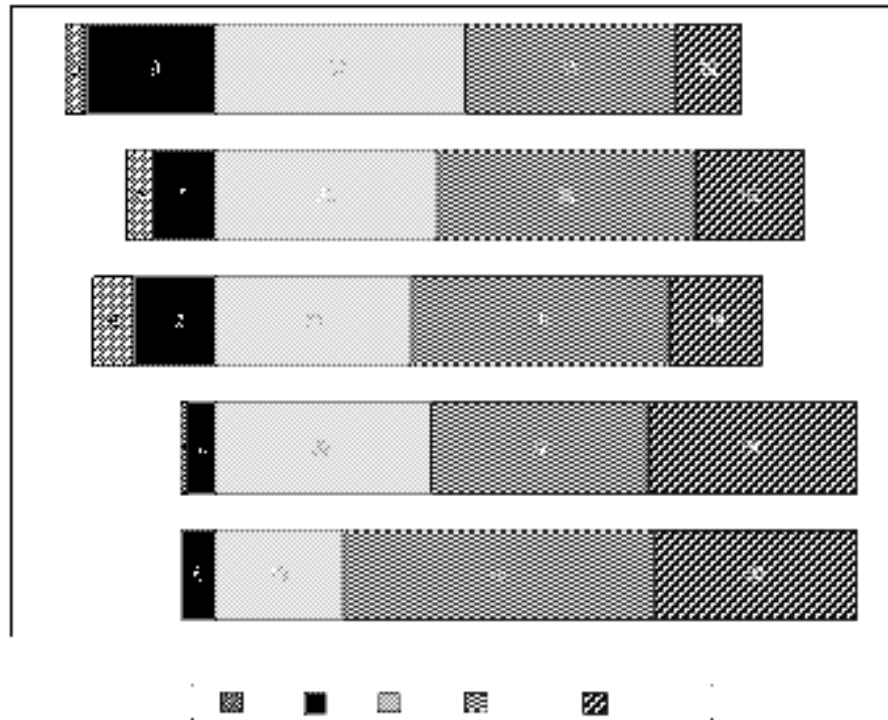


Source: Quality of Life Residents' Survey, 2005

Perceptions of Overall Health: Income

On the whole, those with higher household incomes were more likely to rate their health positively than those on low household incomes.

Figure 57 Ratings for Perceptions of Overall Health - By Annual Household Income (Before Tax) (%)



Source: Quality of Life Residents' Survey, 2005

Modifiable Risk Factors

Physical Activity

Physical activity is not centrally measured in New Zealand and is therefore not easy to gauge. SPARC, in their 1997, 1998 and 2000 Sport and Physical Activity Surveys, interviewed a total of 16 500 New Zealanders – 12 500 adults (people aged 18 and over) and 4,000 young people (5-17 year-olds) about their participation in physical activity and sport. Participants were chosen for the survey at random from 12 regions (covering the 17 regional sports trusts (RST)). Data from Auckland Central has been used for the following findings:

Young People

Nearly two-thirds (63%) of young people in Auckland Central are active, spending an average of 5.7 hours per week taking part in sports and active leisure. In comparison, 68% of all young New Zealanders are active for an average of 6.6 hours per week.

Most of Auckland's young people take part in some sport or active leisure (89%). The most popular sport for boys is rugby union (28%) and netball for girls (17%). Swimming is the most popular active leisure activity for both boys (28%) and girls (40%).

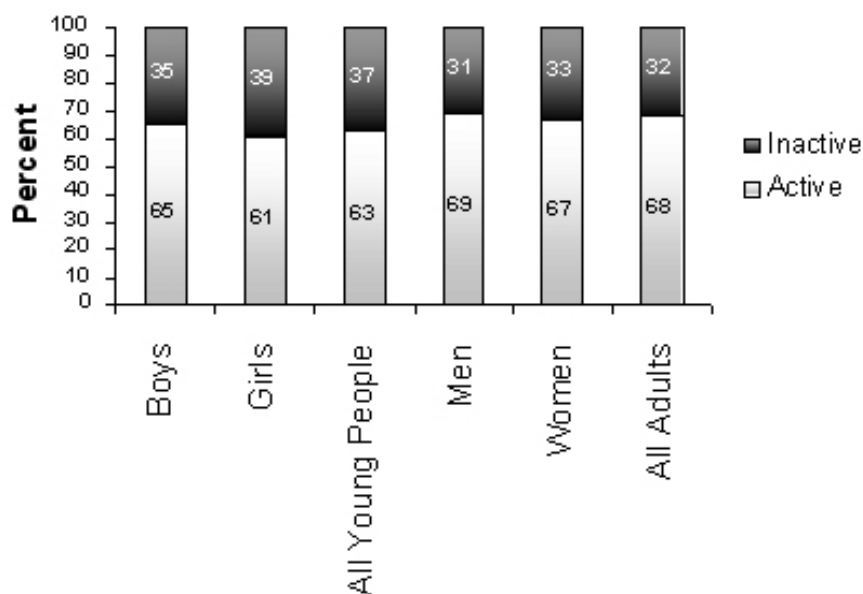
However, the proportion of young people from Auckland Central who are sedentary increased from 9% in 1999 to 20% in 2001.

Adults

Two-thirds (68%) of Auckland Central's adults are active for more than 2.5 hours per week. Only half this number, however, is active for 30 minutes or more on at least five days a week.

Nearly all (97%) of all Auckland City's adults enjoy some form of sport or active leisure over a year. Golf is the most popular sport for men (25%) and tennis is the most popular sport for women (15%). Almost two-thirds (62%) of both young people and adults in Auckland City would like to be more active than they are currently.

Figure 58 Activity Levels Of Residents In Auckland City



Source: SPARC, 2005

Frequency of Physical Activity

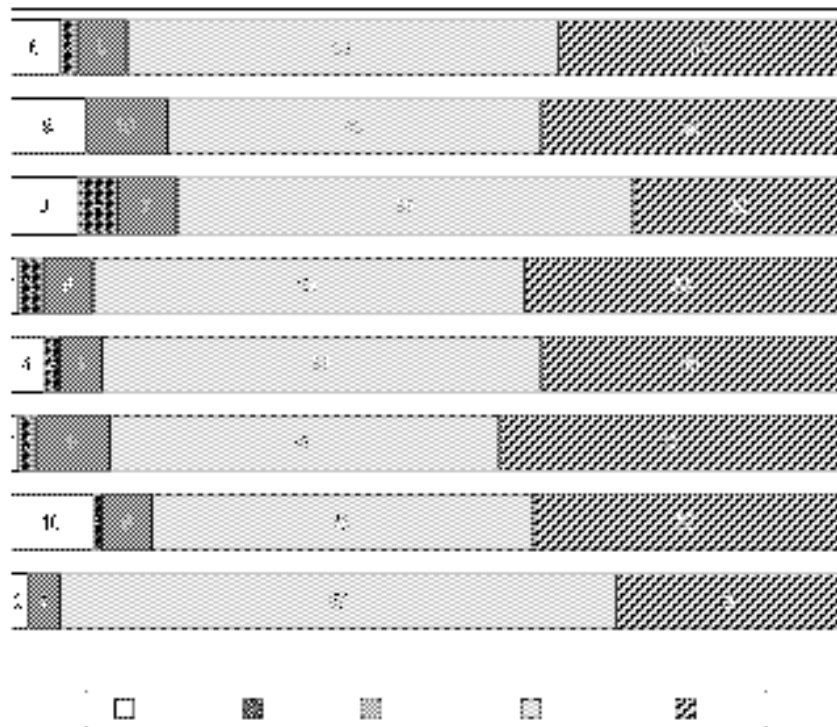
The more recent Quality of Life Residents Survey asked respondents in Auckland City how often they took part in physical activity. This was defined as any activity, such as sport, brisk walking, running or gardening that increased their heart rate or breathing for 30 minutes or more.

The greatest single share of Auckland residents (52%) stated that they participated in physical activity *at least weekly*, while 34% stated they did some form of physical activity *daily*.

Six percent stated that they *did not ever* do any form of exercise or physical activity. Residents of Eden-Albert were more likely to engage in physical activity on a daily basis (41%).

When Auckland residents were asked to describe the three main things they did in their free time one-quarter (28%) stated that they took part in sports or other physical activity, either on their own or with friends.

Figure 59 Frequency Of Doing Physical Activity - By Location (%)

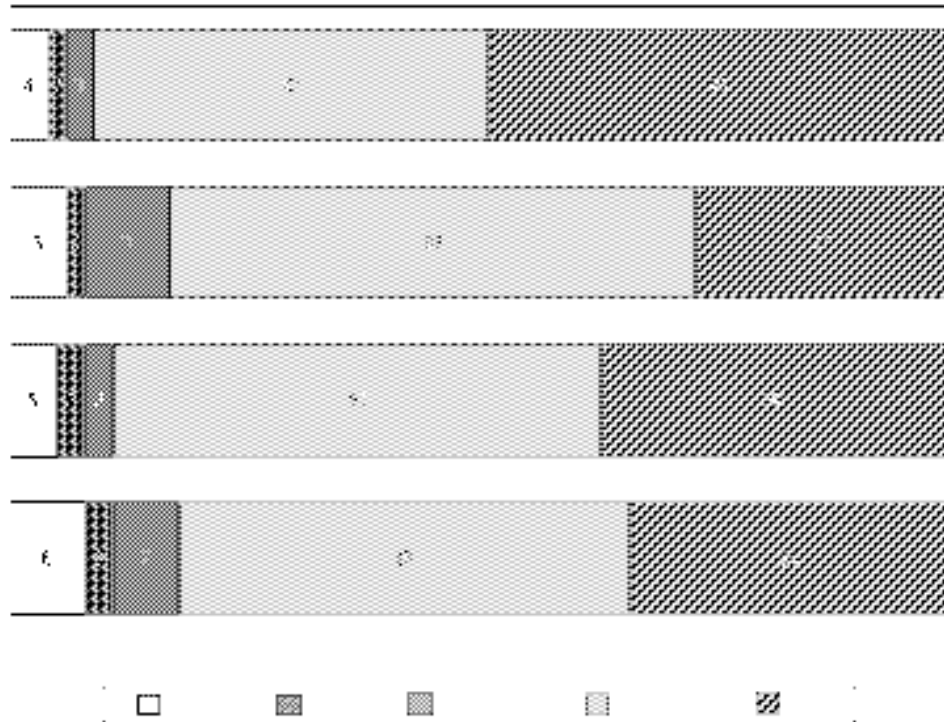


Source: Quality of Life Residents' Survey, 2005

Physical Activity Frequency: Age

Auckland City's residents aged 15-24 years were most likely to take part in physical activity *about once a week/daily* (91%), while those aged 65 years or older were least likely to participate this often (82%).

Figure 60 Frequency Of Doing Physical Activity - By Age (%)

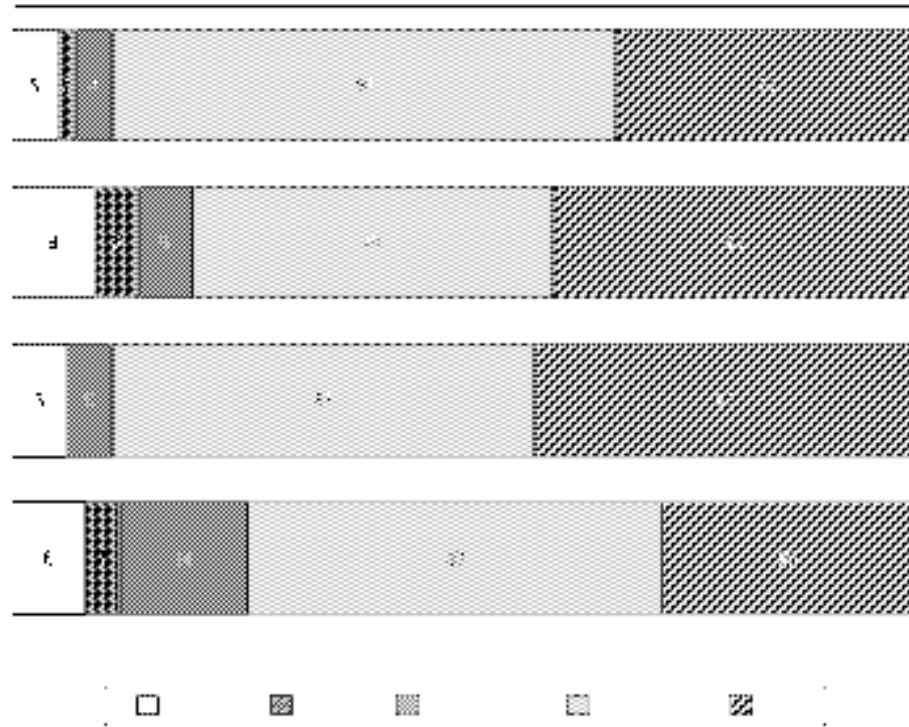


Source: Quality of Life Residents' Survey, 2005

Physical Activity Frequency: Ethnicity

Auckland City residents of Pacific and New Zealand European descent were the most likely to have participated in physical activity about once a week/daily (each with 89%), while Asian and Indian residents were less likely (74%).

Figure 61 Frequency Of Doing Physical Activity - By Ethnicity (%)



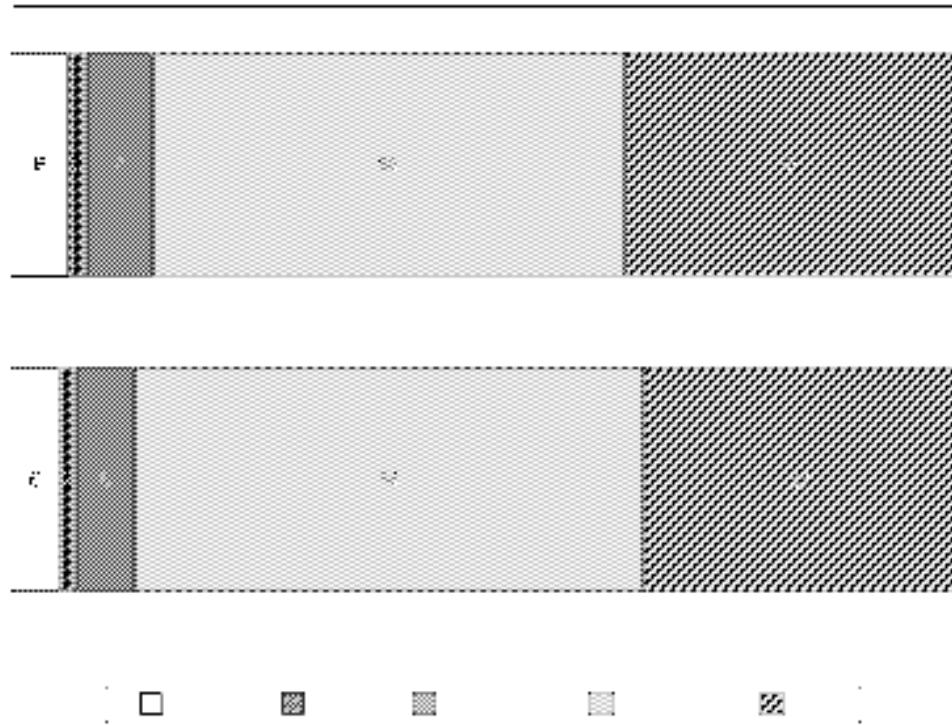
Note: Respondents able to select multiple ethnicities. Consequently bases may total more than 100%

Source: Quality of Life Residents' Survey, 2005

Physical Activity Frequency: Gender

Females in Auckland City were slightly more likely to report participating in physical activity *about once a week/daily* (87%, compared with 85% of males). However males were slightly more likely to participate in physical activity *daily* (35%) than females (33%).

Figure 62 Frequency Of Doing Physical Activity - By Gender (%)



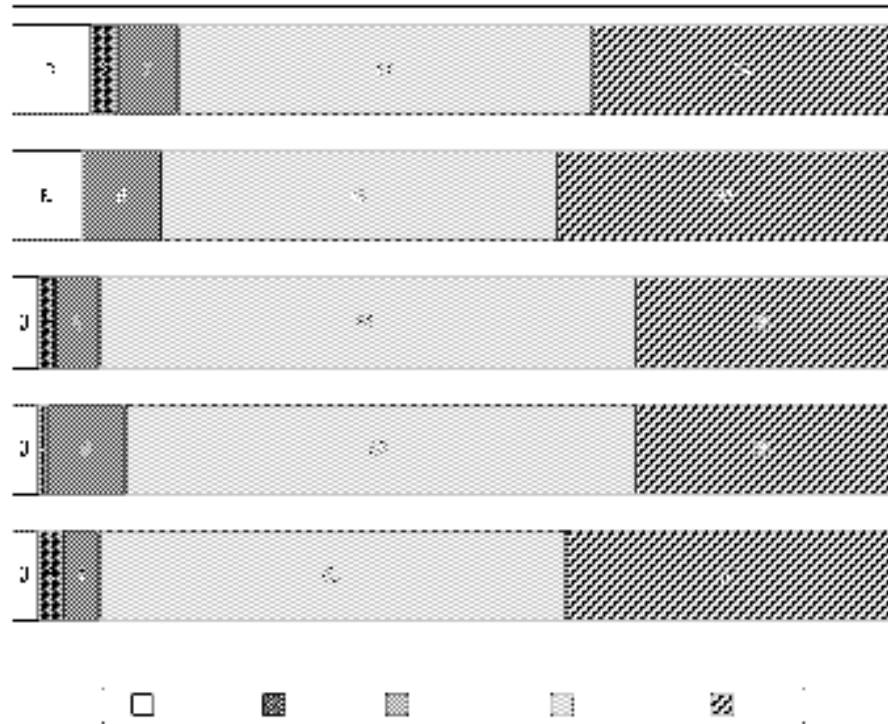
Source: Quality of Life Residents' Survey, 2005

Physical Activity Frequency: Income

Those Auckland City residents from lower income households were less likely to participate in physical activity about once a week/daily.

Residents from households with incomes of \$50,001-\$70,000 or \$100,001 or more were most likely to report doing physical activity *everyday or nearly everyday* (90%) while those with household incomes of \$30,000 or less were least likely (81%).

Figure 63 Frequency Of Doing Physical Activity – By Household Income (%)



Source: Quality of Life Residents' Survey, 2005

Violence

Violent Crime

Safety is a fundamental human right and a key determinant of wellbeing. In order to participate fully in their community people need a safe social and physical environment.

The rate of violent crime in the Auckland Police district is falling.

Table 17 Recorded Crime Rate In Auckland Police District Per 10,000 People (June Years)

	2002	2003	2004
Violence	121.9	129.8	112.3
Sexual Offences	8.8	8.2	7.2

Source: New Zealand Police, 2005

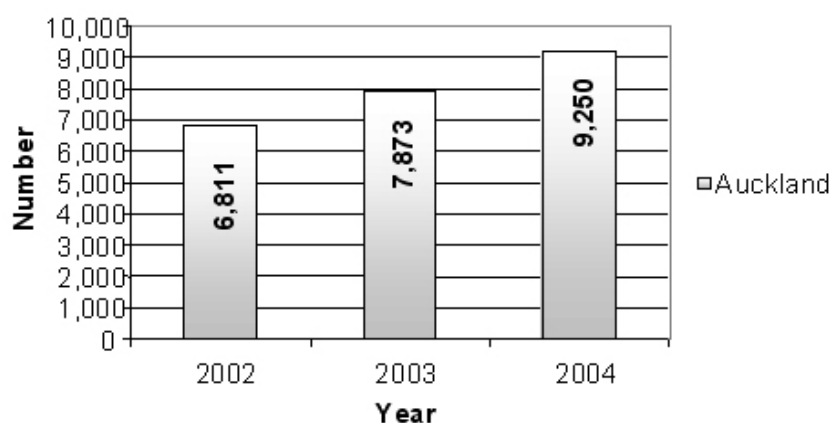
Child Safety

To give children the best chance of reaching their full potential, children need love, care, attention and a safe environment.

Notifications to Child Youth and Family Services

Care and protection notifications relate to child abuse and neglect. There were 9250 notifications to Child Youth and Family Services in Auckland City in 2004.²⁹ This represents a 35% increase since 2002. One-quarter (25.2%) of all Child Youth and Family notifications is from Auckland City.

Figure 64 Number Of Notifications To Child Youth And Family In Auckland City (2002-2004)



Source: Child, Youth and Family Services, 2005

²⁹ Notifications are not recorded by type of abuse as these are only recorded after an assessment has been done.

Child Youth and Family Findings

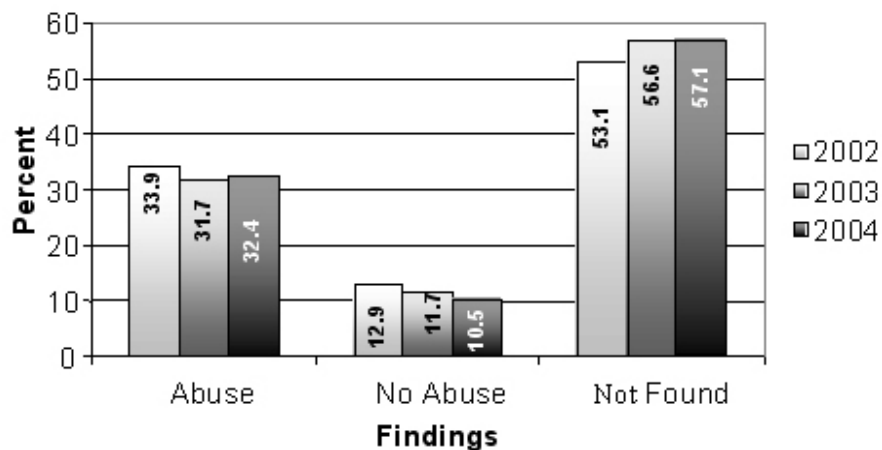
Findings are divided into 3 main categories:

- Abuse indicates where there was a finding of any of sexual, physical, emotional abuse or neglect
- No abuse where there was no abuse *but* there was a finding of self harm, suicidal behavioural, relationship difficulties
- Where no abuse or any other issue was found.

Abuse is found in around one-third of the notifications to Child, Youth and Family Services in Auckland City.

Although there has been an increase in the number of notifications to Child, Youth and Family Services in Auckland, there has also been a slight increase in the percentage of cases where no abuse or any other issue was found.³⁰

Figure 65 Findings Of Child, Youth And Family Investigations Auckland (2002-2004)



Source: Child, Youth and Family Services, 2005

³⁰ Due to the time lag between intakes and investigation completions, some of the cases involved in the investigations within a period may pertain to the notifications received in a previous period.

Child and Youth Health

Teenage Birth Rates

Teenage birth rates in Auckland (for women aged 15-19 years) are falling, with the rate in 2002 (213) the lowest in over a decade. While birth rates have declined, nationwide termination figures have more than doubled, resulting in a small increase in overall New Zealand pregnancy rates since 1980.

Table 18 Teenage Birth Rates (Auckland: 1990 - 2002)

Year	1990	1991	1992	1993	1994	1995	1996	1997	1998	1999	2000	2001	2002
Births	410	385	339	342	329	330	352	309	295	277	252	252	213

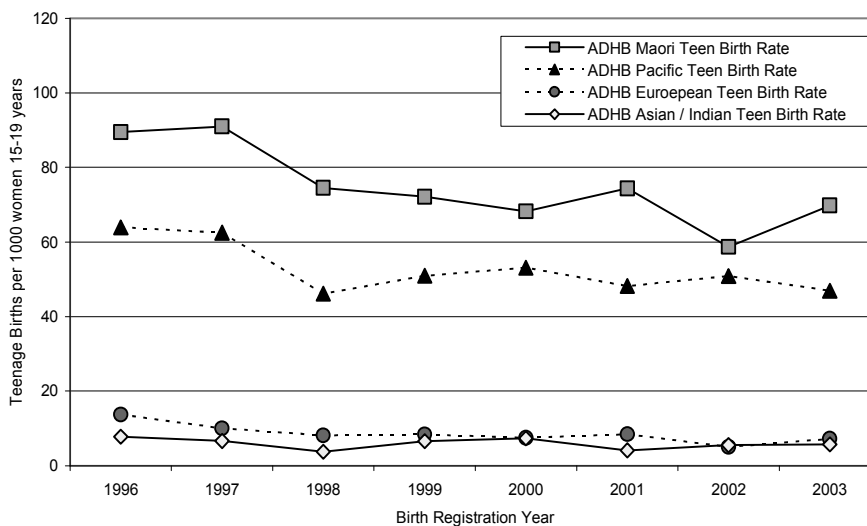
Source: Birth Registration Data NZHIS

From the late 1990's onwards, the Auckland teenage birth rate has been considerably lower than the New Zealand average. In 2003, the average New Zealand teen birth rate per 1000 women was just under 30, whilst the Auckland rate was under 20 births per 1000 women.

Ethnicity and Teenage Birth Rates

During 1996 – 2003, Auckland teenage birth rates were highest amongst Maori and Pacific women and lowest amongst European and Asian / Indian women.

Figure 66 Auckland Teenage Birth Rates By Ethnicity (1996-2003)



Source: Numerator Birth Registration Data NZHIS; Denominator Statistics NZ Census Data

Low Birth Weight

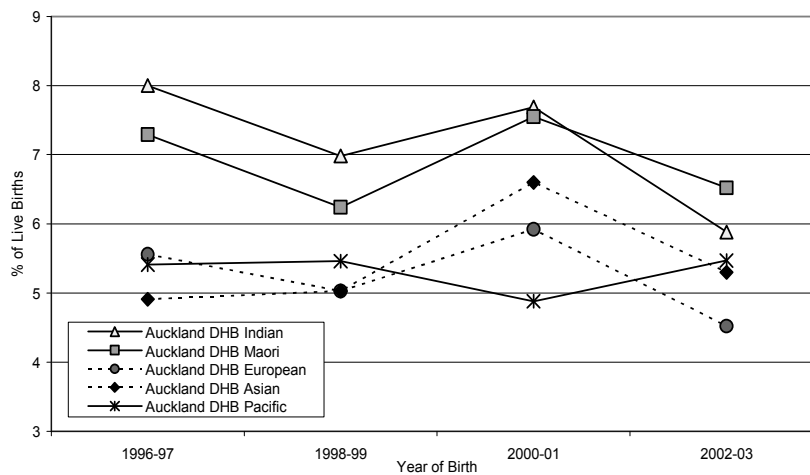
Low birth weight is defined as a birth weight of less than 2500g. Babies born with a low birth weight are either pre term (less than 37 weeks gestation), or small for gestational age.

In developed countries, preterm birth is often caused by medical issues, such as genital tract infection, multiple birth, pregnancy induced hypertension and obstetric problems, whereas the determinants of small for gestational age babies include poor maternal nutrition, smoking and hypertension.³¹ Since 1980, rates of both small for gestational age and preterm birth in Auckland were similar to the NZ average.

Low Birth Weight and Ethnicity

Between 1996 and 2003, in the Auckland DHB, Indian, Asian and Maori women were more likely to have small or preterm babies than European women. Pacific Island women were the least likely.

Figure 67 Rates Of Preterm Birth By Maternal Ethnic Group, (Auckland: 1996-2003)



Source: Birth Registration Data NZHIS

³¹ Paediatric Society of New Zealand. The health status of children and young people in the ADHB region. Dunedin, 2005.

Injury

Road Casualties

There were 25 road traffic accidents resulting in death in Auckland City in the year to July 2004.

Table 19 Number Of Casualties In Auckland City In Year To July 2004

	Auckland City	Auckland Region
Deaths	25	79
Serious injuries	160	520
Minor casualties	1,334	3,432
Fatal crashes	22	75
Serious crashes	injury 130	419
Minor injury crashes	1,062	2,563
Non-injury crashes	5,098	11,277

Source: Land Transport New Zealand, 2005

Land Transport New Zealand (LTSA) examined data and trends for the 1999–2003 period to highlight the key road safety issues and trends in Auckland City.

Although there was a rise in the road toll for 2003, the national trend remains downward. However, this is not the case in Auckland City where there has been little change since 2000.

The following table shows the approximate number of casualties by each ward in Auckland City for the 1999–2003 periods.

Table 20 Number Of Casualties In Each Ward Of Auckland City In The Year To July 2004

Ward	Fatal	Serious	Minor
Hobson	13	243	1,304
Penrose	22	174	989
Avondale/Roskill	13	131	758
Balmoral	8	90	554
Western Bays	1	68	434

Source: Land Transport New Zealand, 2005

Land Transport New Zealand identified the major road safety issues for Auckland City over this period as:

- Vulnerable road users (such as cyclists and pedestrians)
- Safe road environment
- Crossing and turning/intersections
- Arterial speed

Table 21 Major Road Issues (1999-2003)

Auckland City	Auckland Region	New Zealand
Vulnerable road users (such as cyclists and pedestrians)	Roadside hazards	Speed
Safe road environment	Vulnerable road users	Alcohol
Crossing and turning/intersections	Crashes at bends	Failure to give way
Arterial speed	Poor observation	Restraints

Source: Land Transport New Zealand, 2005

Safety Belt Usage

According to LTNZ, wearing a safety belt reduces your chance of death or serious injury in a crash by 40%. Whether you sit in the front or the back seat, the risk of serious or fatal injury is almost the same.³²

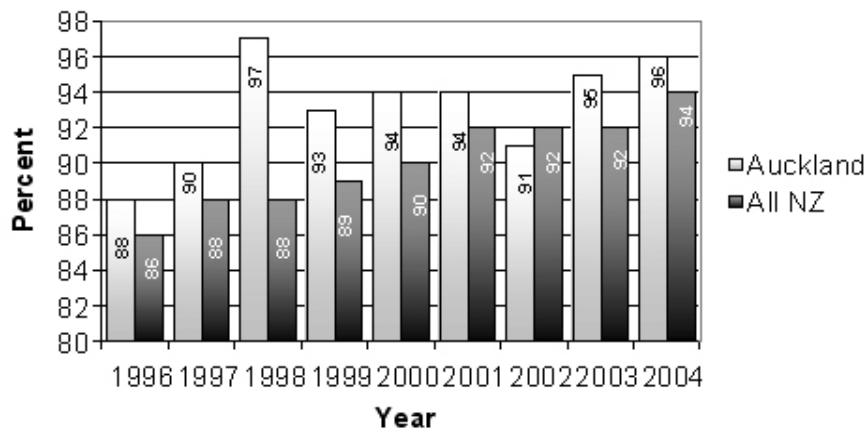
Police officers attending fatal crashes record whether safety belts were worn at the time of a crash and estimate whether wearing a safety belt would have saved the person's life.

LTNZ state that: "Over the last few years more than 30 lives could have been saved each year if people had worn their safety belt."

New Zealand's safety belt wearing rate is currently 92% for adults in the front seat, and 81% in the rear seat.

Safety belt usage is high in the Auckland region. The use of front safety belts has been increasing nationally, however it tends to be higher in Auckland City.³³

Figure 68 Front Seat Adult Safety Belt Wearing Rates By Auckland City And New Zealand



Source: Land Transport New Zealand, 2005

³² LTNZ website 5/4/2005

³³ Results prior to 2003 are not strictly comparable with subsequent years as the sample size was increased.

Child restraints

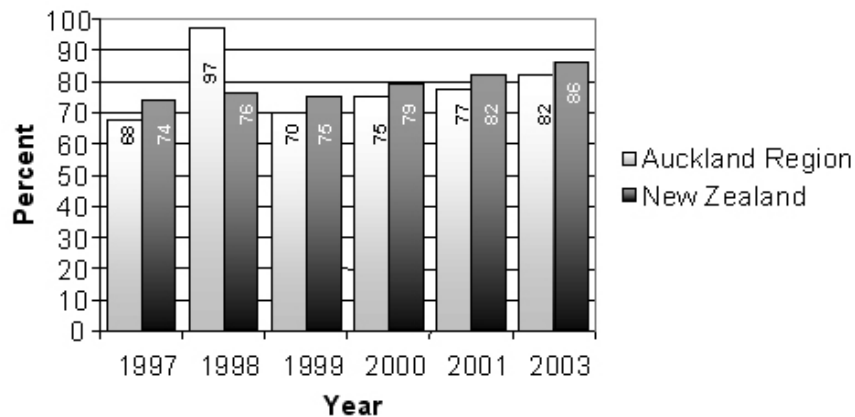
Every child under 5 years of age must be properly restrained by an approved child restraint when travelling in cars and vans.

Children between 5 and 7 years of age must use an appropriate child restraint if one is available, or else use an adult safety belt. Older children must use a safety belt if available, and if no restraint is available they must travel in the rear seat.

National LTSA surveys measure of child restraint use over time. Those in the Auckland Region have increased their wearing rates however the use of child restraint in the Auckland Region continues to be below the national average.

The use of child restraints in Auckland City (85%)³⁴ appears to be around the national rate (86%).³⁵ The percentage of children wearing restraints is lower than the percentage of adults restrained by front seat safety belts. However, rates are improving.

Figure 69 Child Restraint Wearing Rates In Auckland Region



Source: Land Transport New Zealand, 2005

³⁴ At Local Authority level, sample sizes are relatively small and results should be treated with caution

³⁵ Wearing rates for several neighbouring local authority areas have been combined to enable estimation of the wearing rate in areas with small samples. While small samples make it difficult to detect small changes in the wearing rate from year to year, these results are useful as an indication of how much improvement is needed.