



## SOUTHERN DISTRICT HEALTH BOARD TE POARI HAUORA Ā-ROHE O ŌTĀKOU-MURIHIKU

# Tirohanga Hauora 2015



### Te taupori *Population*

I te tau 2013, e 29,200 ngā Māori i te noho i te takiwā o te Poari Hauora o Ōtākou-Murihiku, 10% tēnei o te taupori tōpū o te Takiwā.



He āhua taitamariki te taupori o Ōtākou-Murihiku, engari he maha ngā tohu kei te kaumātua haere. I te tau 2013, ko te tau waenga o te pakeke toharite, ko te 23.8 tau. Tekau mā waru ōrau o ngā taiohi o te takiwā i raro i te 15 tau te pakeke, he Māori, waihoki, 13% o ngā taiohi o te takiwā mai i te 15–24 te pakeke, he Māori.



Tērā e piki te taupori Māori kei runga ake i te 65 tau, mā te 54% i waenga i te tau 2013 me te tau 2020.



### Whānau ora *Healthy families*

I te tau 2013, ka whakahoki kōrero mai te nuinga o ngāi Māori o Ōtākou-Murihiku (84%) he pai te noho o tā rātou whānau, engari e 6% i kī, kāore i te pai te noho o ō rātou whānau. Kotahi i roto i te tekau i kī he uaua tā rātou toro atu ki te hunga tautoko e tika ana mā te whānau, engari ki te nuinga (80%) he ngāwari noa. Kotahi i roto i te rima i kī, he uaua te kimi āwhina mō ngā ritenga ahurea Māori.



He mea nui kia whai wāhi ki te ahurea Māori mō te toru i roto i te rima o ngā pakeke Māori, waihoki, he mea hira te taha wairua mō neke atu i te kotahi i roto i te rua (53%).

Te nuinga (92%) o te hunga Māori o Ōtākou-Murihiku kua tae atu ki tētahi marae i tētahi wā. E rua i roto i te rima (42%) kua tae ki ō rātou marae ake, me te kī a te toru haurima o rātou (62%), ko te hiahia kia nui kē atu ngā haerenga ki ō rātou marae.



E whitu ōrau kua tae ki te tohunga Māori, ki te kairomiromi rānei i roto i te 12 marama ka hipa ake nei.

Kotahi i roto i te whitu o ngāi Māori o Ōtākou-Murihiku i āhei ki te kōrero mō ngā mea maha o ia rā ki te reo Māori, i te tau 2013.



He whakarāpopototanga tēnei puka i tētahi Tirohanga Hauora mō te Poari Hauora o Ōtākou-Murihiku 2015, i whakaputaina i te marama o Oketopa 2015 e Te Rōpū Rangahau Hauora a Eru Pōmare, Te Whare Wānanga o Ōtago, Pōneke. Ka kitea te pūrongo katoa me ngā ripanga raraunga Excel i te taha i [www.otago.ac.nz/MHP2015](http://www.otago.ac.nz/MHP2015).

# Wai ora *Healthy environments*

## Te mātauranga

I te tau 2013, e 95% o ngā tamariki Māori o Ōtākou-Murihiku kua whai wāhi ki ngā akoranga kōhungahunga.



I te tau 2013, e 53% o ngā pakeke Māori kei runga ake i te 18 tau kua whai tiwhikete Taumata 2, piki ake rānei, ā, he nui kē atu tēnei i 2006 (45%). He haurima te itinga iho o tēnei ōrautanga o tērā o tauwiwi.

## Te mahi

I te tau 2013, e 7% o ngā pakeke Māori 15 neke atu rānei ngā tau, he kore mahi, hei whakarite ki te 5% mō tauwiwi.



Mahi aroha ai te nuinga o ngā pakeke Māori (89%) i ētahi wā.



I te tau 2013, nui kē atu te kitenga o te hunga Māori noho i te kāinga, i waho rānei e tiaki ana i te hunga hauā, i te hunga māuiui rānei, tēnā i a tauwiwi.

## Te whiwhinga moni me te taumata o te noho

I te tau 2013, kotahi tamaiti, kotahi pakeke hoki i roto i te tokowhā i ngā kāinga Māori, (e kīia ai te kāinga he kāinga Māori mehemea kotahi te tangata Māori neke atu, o roto) i roto i ngā kāinga he pāpaku ngā whiwhinga moni ina tātaihia ki ngā whakapekatanga ā-pakeke aua moni (i raro i te \$15,172), otiia hei whakaritenga ki te kotahi tamaiti i roto i te ono, kotahi pakeke i roto i te tokorima rānei i ētahi atu kāinga ehara i te kāinga Māori.



I te tau 2013, 10% o ngā pakeke Māori i te Poari Hauora o Ōtākou-Murihiku ka whakahoki kōrero kua noho i te makariri kia kore ai e whiua e te utu o te whakamahana whare, ā, e 9% kua huri tuarā ki te huarākau me ngā huawhenua tōtika, ā, 13% he auau ō rātou whakakore, whakatārewa rānei i te haerenga ki te tākuta i roto i te 12 marama ka hipa.

He iti iho ngā tāngata o ngā kāinga Māori kāore i whai wāhi ki tētahi motokā, tēnā i te tokomaha o ērā ehara i te Māori (e 7% ki te 4%).

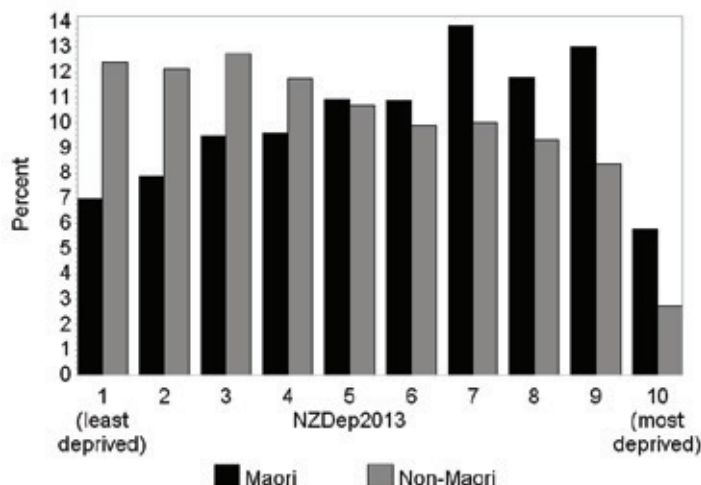


He iti iho te whāinga wāhi o te hunga noho i ngā kāinga Māori ki ngā mahi whakawhiti kōrero ā-waea, tēnā i te hunga noho i ngā kāinga ehara i te Māori: e 20% kāore kau he hononga ipurangi, e 24% kāore kau he waea, 10% kāore kau he waea pūkoro, ā, e 2% kāore i whai wāhi ki ētahi atu momo whakawhiti kōrero ā-waea.



## Te rawakore ā-takiwā

Ina whakamahia te taupū NZDep2013 mō te noho rawakore o te rohe iti, e 44% o ngā Māori o te Poari Hauora o Ōtākou-Murihiku i te noho i ngā tino rohe rawakore ā-rōpū ngahuru e whā, ā, ko te pāpātanga mō tauwiwi, he 30%.



## Te whai whare

Ko ngā raruraru whānui he rite tonu te kite atu e te pakeke Māori i te tau 2013 ko te uaua o te whakamahana whare (14%), te pākarukaru o te whare ake (9%), me te haumākū (8%).



E 44% o ngā tamariki i ngā kāinga Māori o Ōtākou-Murihiku e noho ana i te whare rēti, ā, ko taua pāpātanga i ngā kāinga o tauwiwi, e 27%.

Ko ngā tāngata o Ōtākou-Murihiku e noho ana i te kāinga Māori, e rua whakareatanga ake o te noho kei roto i ngā whare apiapi tēnā i te hunga o tauwiwi (arā, e mate ana i te rūma moe tāpiri kotahi, neke atu rānei) (e 9% ki te 5%).

I te tau 2013, 165 ngā kāinga Māori (1%), e 537 hoki ngā whare tauwiwi (iti iho i te 1%) i Ōtākou-Murihiku kāore kau he taputapu whakamahana.

# Mauri ora *Healthy individuals*

## PĒPI, TAMARIKI *INFANTS AND CHILDREN*

Ko te toharite ia, i whānau mai ngā kōhungahunga Māori e 731 ia tau, i ngā tau mai i 2009–13, ā, e 20% tēnei o ngā whānautanga ora katoa i te Takiwā Poari Hauora. Āhua 7% o ngā pēpi Māori me te 5% o ngā pēpi tauwiwi he māmā rawa te taumaha tinana i te whānautanga.



I te tau 2013, e 69% o ngā pēpi Māori i Ōtākou-Murihiku i whāngotēhia nuitia i te 6 wiki.

Toru koata o ngā kōhungahunga Māori kua rēhitatia ki tētahi Rōpū Hauora Tuatahi i te ekenga ki te toru marama te pakeke.

I te tau 2014, kua oti te 92% o ngā tamariki Māori te whāngai ki te kano ārai mate i te 8 marama, ā, e 95% hei te 24 marama.



I te tau 2013, neke atu i te haurua (55%) o ngā tamariki Māori o Ōtākou-Murihiku, e 5 te pakeke, me tētahi hautoru o ngā tamariki tauwiwi, kua pāngia e te niho pirau. I te tau 8 o te kura, haurua o ngā tamariki Māori me te rua i roto i te rima o ngā tamariki tauwiwi kua pāngia e te niho pirau. I roto i ngā tau 2011–13, ko te toharite ia, 106 ngā tamariki i kawea ki te hōhipera ia tau mō ngā māuiui niho, māuiui pae niho hoki, ā he orite te pāpātanga ki tēnā a ngā tamariki tauwiwi.



I roto i ngā tau 2011–13, ko te toharite ia, e 94 ngā urunga hōhipera ia tau kia whakapiria he pū taringa mō ngā tamariki Māori (he orite ki te urunga mō ngā tamariki tauwiwi), ā, e 24 ngā whakaurunga mō ngā pokenga kiri taumaha ia tau (neke atu i te 43% te whakareatanga ake o te pāpātanga tēnā i ngā tamariki tauwiwi).



Neke atu i te 470 ngā whakaurunga hōhipera o ngā tamariki Māori ia tau ka kīia he whakaurunga kua taea te kaupare mehemea he nui ngā mahi whakatairanga hauora ā-taupori, me ngā mahi tautoko whakawhiti rāngai, ā, 12% te nuinga ake o te pāpātanga i tō te tamariki tauwiwi.

Ia tau, āhua 340 ngā whakaurunga ki te hōhipera o ngā tamariki Māori ia tau ka kīia he māuiui kua taea te kaupare mehemea i haere ngā mahi kaupare, whakatika moata rānei i ngā mahi hauora tuatahi (ASH). He orite tēnei pāpātanga ki ngā tamariki tauwiwi.



## RANGATAHI *YOUNG ADULTS*

Kua tino kitea he pikinga ake o ngā taiohi Māori o Ōtākou-Murihiku kāore anō kia kai paipa i te 14, i te 15 tau, mai i te whānautanga mai, ā, kua heke iho hoki te pāpātanga o ngā Māori mai i 15–24 tau he auau te kai paipa.



Tae rawa ake ki te marama o Hepetema 2013, kei waenga i te 65% (ngā kōtiro 17 tau te pakeke) ki te 75% (kōtiro 14 tau) ngā ōrutanga o ngā kōtiro Māori mai i te 14 ki te 17 tau te pakeke, kua toru whāngaiinga (te katoa) ki te kano ārai mate mō te tona kiri tangata (HPV). He teitei kē atu te whānui mō te Māori i a tauwiwi.



Ko te pāpātanga o te whakaurunga hōhipera mō te wharanga taumaha nā te tūkinō ā-kiri, he 48% te teitei kē atu mō te wahine Māori, tēnā i ō tauwiwi mō ngā wahine kei waenga te pakeke i ngā tau 25–44, engari he orite mō ngā tau 15–24.



## PAKEKE ADULTS

Neke atu i te haurua o ngā pakeke Māori (57%) i Ōtākou-Murihiku i ki he rawe, he tino pai rānei tō rātou hauora i te tau 2013. Kotahi i roto i te ono (16%) i ki, he āhua pai, kāore i pai rānei tōna hauora.



Kei te heke haere te tokomaha o te hunga pakeke i Ōtākou-Murihiku e kaipaipa ana, engari tata ki te rua whakareatanga atu te tokomaha o ngāi Māori e kaipaipa ana, ina whakaritea ki a tauwiwi.



## Ngā māuiui whakahā

Ko ngā Māori kei te 45 piki ake ngā tau, e 2.5 te whakareatanga ake o te whakaurunga ki te hōhipera tēnā i a tauwiwi mō te mate pāpuni pūkahukahu (COPD) i roto i ngā tau 2011–13.



Kei runga ake te whakaurunga ki te hōhipera mō te mate huangō mō te tangata Māori i ngā reanga katoa.

E rua whakareatanga ake te mate rawa o te wahine Māori i raro iho i te 75 tau nā te māuiui whakahā i ngā tau 2007–11, tēnā i a tauwiwi.



## Te mate huka

I te tau 2013, tōna 3% o ngāi Māori, me tōna 5% o tauwiwi kua pāngia e te mate huka. Neke iti ake i te haurua o te iwi Māori e 25 neke atu rānei te pakeke, kua pāngia e te mate huka, kua whiwhi haere tonu i te metformin, i te taiaki huka rānei, ā, 81% kua pūputu te aroturuki i ō rātou huka ā-toto, ā, e 57% kua pūputu te tātari mō te mate tākihi.



I ngā tau 2011–13, 2.5 te whakareatanga o te maha o ngā porohanga o tētahi waewae o ngā tāne Māori kua pāngia e te mate huka, tēnā i a tauwiwi.

## Ngā māuiui o ngā iaia toto

14% te nuinga ake o ngā pakeke Māori i Ōtākou-Murihiku e 25 tau te pakeke, neke atu rānei, i uru ki te hōhipera mō ngā māuiuitanga o ngā iaia toto, i ngā pakeke tauwiwi, (tae atu ki ngā māuiui manawa me te ikura roro) i ngā tau 2011–13.



Mō te nuinga, he iti iho ngā whakaurunga hōhipera mō ngāi Māori o Ōtākou-Murihiku mō te mate manawa pāpunitanga toto (IHD) mō te whakatika rerenga iaia hou rānei. He maha kē atu ngā wāhine Māori i whakaurua ki te hōhipera mō te mate manawa pāpunitanga toto (IHD), me te mate manawa taumaha.

Neke atu i te rua whakareatanga ake te whakaurunga atu ki te hōhipera mō te rarunga manawa mō te Māori, tēnā i a tauwiwi.

E 45% whakareatanga ake te whakaurunga atu ki te hōhipera mō te ikura roro mō te Māori, tēnā i a tauwiwi.

Ko ngāi Māori i raro iho i te 75 tau, e rua whakareatanga ake te mate rawa i ngā māuiui pūnaha toto i ngā tau 2007–11, tēnā i a tauwiwi.



## PAKEKE ADULTS

(tonu)

### Te mate pukupuku

I waenga i ngā wāhine, he ōrite te pānga e te mate pukupuku, engari e 54% te teiteinga ake o te pāpātanga o te mate rawa, nā te mate pukupuku te take, mō te Māori. Mō ngā tāne, he ōrite te pānga me te mate rawa nā ngā mate pukupuku mō te Māori, me tauwiwi.



Ko ngā mate pukupuku i kitea nuitia i waenga i ngā wāhine Māori o Ōtākou-Murihiku ko ngā mate pukupuku o te ū, o ngā pūkahunuku, me te kōpiro nui, ā, e 4.4 te whakareatanga o ngā mate pukupuku mō te pūkahunuku mō te Māori tēnā i a tauwiwi.



Ko te whānuitanga o te arotake ū mō ngā wāhine Māori kei te 45–69 tau i eke ki te 60%, hei whakarite ki te 75% o ngā wāhine tauwiwi i te mutunga o te tau 2014.

Ko te whānui o te arotake waha whare tangata mō ngā wāhine Māori kei te 25–69 te pakeke, e 60% i roto i te 3 tau, ā, e 73% i roto i te rima tau (hei whakarite ki te 81% me te 95% mō ēnei reanga o tauwiwi).

Ko te mate pukupuku o ngā pūkahunuku, o te kōpiro nui, o te repe tātea, me ngā raho ngā mate pukupuku i kitea nuitia i waenga i ngā tāne Māori. E rua whakareatanga ake te pāpātanga o te mate pukupuku o ngā pūkahunuku mō te Māori tēnā i a tauwiwi, ā, kotahi haurua o tō tauwiwi ngā rehitatanga mō te mate pukupuku repe tātea mō te Māori.



Ko ngā mate pukupuku o ngā pūkahunuku me te mate pukupuku o ngā ū ngā take matua mō te mate rawa mō ngā wāhine Māori (e 4.8 whakareatanga ake o te mate rawa nā te mate pukupuku o ngā pūkahunuku, tēnā i a tauwiwi). Ko ngā mate pukupuku o ngā pūkahunuku, o te kōpiro nui, me te repe taiaki huka ngā take matua mō te mate rawa mō ngā tāne Māori (e 2.9 te whakareatanga ake o te mate rawa nā te mate pukupuku o te repe taiaki huka, tēnā i a tauwiwi).



### Ngā māuiui o te hinengaro

Kotahi hautoru te whakareatanga ake o te pāpātanga o te whakauru o te Māori ki te hōhipera mō ngā māuiui hinengaro i ngā tau 2011–13, tēnā i a tauwiwi. Ko te mate i kitea nuitia ko te momo wairua tuakoi, ko te tuarua me te tuatoru ko te whakapōuri, me ngā māuiui he kai tarukino te take.



### Te mate rangatira (koute)

I te tau 2011, tōna 5% te pānga o te mate rangatira i waenga i te hunga Māori o Ōtākou-Murihiku, hei whakarite ki tōna 3% o tauwiwi.



I whiwhi te 43% o te hunga Māori kua pāngia e te mate rangatira ki te allopurinol, he rongoā tēnei hei whakaheke i ngā taumata tiomimi. I roto i tērā hunga i whiwhi i te allopurinol, e 28% noa iho i whakamātauria ā-taiwhangatia mō ngā taumata tiomimi hinutoto i roto i te ono marama whai i muri.

I roto i ngā tau 2011–13, e 3.5 te whakareatanga ake o te pāpātanga whakauru ki te hōhipera mō te Māori mō te mate rangatira, tēnā i a tauwiwi, e mōhiotia ai he maha ake ngā kakānga mamae mō te Māori.

## NGĀ REANGA KATOĀ ALL AGES

### Ngā whakaurunga hōhipera

E 5% te itinga iho o te pāpātanga whakaurunga ki te hōhipera mō te Māori nā ngā pūtaka katoa, tēnā i a tauwiwi, i roto i ngā tau 2011–13.



Tōna toharite, 1,320 ngā whakaurunga mō te Māori ki te hōhipera he whakaurunga ka taea te kaupare i mua, ā, 11% te teiteinga ake o te pāpātanga tēnā i a tauwiwi. 18% te teiteinga ake o ngā māuiui ASH.

### Ngā wharanga

He ōrite te pāpātanga whakaurunga ki te hōhipera nā te aituā te take, mō te Māori, tēnā i a tauwiwi. Neke atu i te 600 ngā whakaurunga ki te hōhipera mō te Māori ia tau mō te wharanga.



Ko ngā take matua mō ngā wharanga i whakaurua ai he tangata Māori ki te hōhipera ko ngā takanga, te tuinga e ngā mīhini, ngā whakararu o te haere ki te tākuta, te tiaki i muri i te poka tinana rānei, ngā aituā waka, ngā patunga e te tangata kē, me te tūkinō ā-kiri.

E 2.4 whakareatanga ake ngā whakaurunga atu ki te hōhipera mō te wharanga nā te patunga e te tangata kē mō te Māori, tēnā i a tauwiwi.

E 33% te whakareatanga ake o te matenga rawa i ngā wharanga mō te Māori, tēnā i a tauwiwi i Ōtākou-Murihiku.

### Te mate rawa

E 36% te whakareanga ake te pāpātanga o te mate rawa, nā ngā pūtaka katoa o te mate, ki te tangata Māori i roto i Ōtākou-Murihiku, i roto i ngā tau 2008–12, i a tauwiwi.



Ko ngā takenga matua mō ngā wāhine Māori ko te mate pukupuku o ngā pūkahukahu, IHD, te mate pāpuni pūkahukahu (COPD), te ikura roro, te whakamomori, me te mate huka.

Ko ngā takenga matua mō ngā tāne Māori ko te mate manawa pāpunitanga toto (IHD), ngā aituā, te whakamomori, te mate pukupuku o ngā pūkahukahu, me te mate pāpuni pūkahukahu (COPD).

E 62% te whakareatanga ake o te matenga kua āhei pea te kaupare mō te Māori, tēnā i a tauwiwi i Ōtākou-Murihiku. Kei te 54% te whakareanga ake o ngā matenga, nā ngā māuiui kua āhei te taurima, mō te Māori.

### Te tūmanako ora

I roto i ngā tau 2012–14, i tōna whānautanga kei runga ake te matapae mō ngā tau e ora ai te tangata Māori i Ōtākou, tēnā i Murihiku. Mō te hunga noho i Ōtākou, i tōna whānautanga ka matapaetia e 82.3 ngā tau e ora ai te wahine Māori (kotahi te tau i raro iho i ngā wāhine tauwiwi), ā, e 78.4 tau mō ngā tāne Māori (1.2 te tau i raro iho i ngā tāne tauwiwi). Mō te hunga noho i Mataura-Waihōpai, i tōna whānautanga ka matapaetia e 78.7 ngā tau e ora ai te wahine Māori (e 4.1 tau i raro iho i ngā wāhine tauwiwi), ā, e 74.6 tau mō ngā tāne Māori (e 4.4 ngā tau i raro iho i ngā tāne tauwiwi).

He mea whāngai ki te pūtea e Te Kete Hauora, te Manatū Hauora.

Te tauri rei puta nā Graham Tipene. Ngā whakaahua nā Aki Design. Hoahoa e Matthew Bartlett. Te huri ki te reo Māori nā Piripi Walker, Tokomapuna Māori Language Services. Whakamārama pikitia: Milford Sound, e Maros Mráz.

Me pēnei te whakahua i tēnei pukapuka: Robson B, Purdie G, Simmonds S, Waa A, Rameka R, Brownlee G. 2016. *Tiro Whānui: He Tirohanga Hauora mō te Poari Hauora o Ōtākou-Murihiku 2015*. Pōneke: Te Rōpū Rangahau Hauora a Eru Pōmare, Te Whare Wānanga o Ōtago.

ISBN: 978-0-9941318-2-9

