



## SOUTH CANTERBURY DISTRICT HEALTH BOARD TE POARI HAUORA O RAKAIA-WAITAKI

# Tirohanga Hauora 2015



### Te taupori *Population*

I te tau 2013, e 4,400 ngā Māori i te noho i te takiwā o te Poari Hauora o Rakaia-Waitaki, e 8% tēnei o te taupori tōpū o te Takiwā.



He āhua taitamariki te taupori o Rakaia-Waitaki, engari he maha ngā tohu kei te kaumātua haere. I te tau 2013, ko te pakeke toharite he 22.5 tau. Tekau mā rima ōrau ngā taiohi o te takiwā mai i 0–14 tau te pakeke, he Māori, waihoki, 12% 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 56% i waenga i te tau 2013 me te tau 2020.



### Whānau ora *Healthy families*

Ka whakaaturia ngā raraunga o Te Kupenga mā te tōpūtanga o ngā Poari Hauora e whā: Rakaia-Waitaki, Waitaha, Whakatū-Wairau, me Te Tai Poutini. I te tau 2013, ka whakahoki kōrero mai te nuinga o ngāi Māori o ēnei Poari Hauora e whā (84%) he pai te noho o ō rātou whānau, engari e 5% i kī, kāore i te pai te noho o ō rātou whānau. Tērā te ōrau iti (8%) i kī he uaua tā rātou toro atu ki te hunga tautoko e tika ana mā te whānau, engari ki te nuinga (77%) he ngāwari noa.



He mea nui kia whai wāhi ki te ahurea Māori mō te nuinga o ngā pakeke Māori (59%) mai i ēnei Poari Hauora e whā, waihoki te taha wairua.

Te nuinga (89%) o te hunga Māori o ēnei Poari Hauora e whā kua tae atu ki tētahi marae i tētahi wā. E whā tekau mā whā ōrau kua tae ki ō rātou marae ake, me te kī a neke atu i te haurua o rātou (56%), ko te hiahia kia nui kē atu ngā haerenga ki ō rātou marae.



Kotahi i roto i te rua tekau mā i ēnei Poari Hauora e whā kua tae ki te tohunga Māori, ki te kairomiromi rānei i roto i te 12 marama ka hipa ake.

Tekau mā tahi ōrau o ngāi Māori o Rakaia-Waitaki 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 Rakaia-Waitaki 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 96% o ngā tamariki Māori o Rakaia-Waitaki kua whai wāhi ki ngā akoranga kōhungahunga.

I te tau 2013, e 46% o ngā pakeke Māori o Rakaia-Waitaki kei runga ake i te 18 tau kua whai tiwhikete Taumata 2, piki ake rānei, ā, he nui kē atu tēnei i 2006 (39%). I te tau 2013, ko te ōrautanga o ngāi Māori he whai tiwhikete Taumata 2 he whā haurima o tauwiwi.

## Te mahi

I te tau 2013, e 8% o ngā pakeke Māori o Rakaia-Waitaki 15 neke atu rānei ngā tau, he kore mahi, ā, e rua whakareatanga ake mō te Māori tēnā i te pāpātanga mō tauwiwi.



Mahi aroha ai te nuinga o ngā pakeke Māori (89%) o Rakaia-Waitaki 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 o Rakaia-Waitaki, (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), hei whakaritenga ki te kotahi i roto i te tokoono o nga tamariki, pakeke hoki i ētahi atu kāinga ehara i te kāinga Māori.



I te tau 2013, kei te 9% o ngā pakeke Māori i te tōpūtanga o ngā Poari Hauora o Rakaia-Waitaki, Whakatū-Wairau, me Te Tai Poutini, i whakahoki kōrero kua noho i te makariri kia kore ai e whiua e te utu o te whakamahana whare, ā, e 5% kua huri tuarā ki te huarākau me ngā huawhenua tōtika, ā, e 9% kua whakakore, kua whakatārewa rānei i tētahi haerenga ki te tākuta i roto i te 12 marama ka hipa.

E 9% o ngā tāngata o ngā kāinga Māori kāore i whai wāhi ki tētahi motokā i te tau 2013 i te Poari Hauora o Rakaia-Waitaki, hei whakarite ki te 7% o tauwiwi.

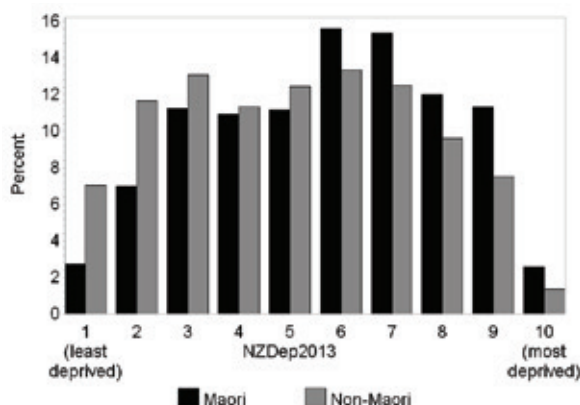


He iti iho te whāinga wāhi o te hunga noho i ngā kāinga Māori ki ngā mahi whakawhiti kōrero ā-waea (hāunga te waea ā-whare/waea ā-pou waea), tēnā i te hunga noho i ngā kāinga ehara i te Māori i Waitaki Rakaia-Waitaki: e 25% kāore kau he hononga ipurangi, 10% kāore kau he waea pūkoro, e 21% kāore kau he waea, ā, e 2.5% kāore kau i whai wāhi ki ētahi atu momo whakawhiti kōrero ā-waea i te kāinga.



## Te rawakore ā-takiwā

Ina whakamahia te taupū NZDep2013 mō te noho rawakore o te rohe iti, e 41% o ngā Māori o Rakaia-Waitaki i te noho i ngā tino rohe rawakore ā-rōpū ngahuru, (rōpū ngahuru 7–10) ā, ko te pāpātanga mō tauwiwi, he e 31%. 10% noa iho o ngāi Māori i te noho i ngā tekau e rua o runga kāore i tino rawakore, (rōpū 1 me te 2) hei whakarite tēnei ki te 19% o tauwiwi.



## Te whai whare



I ngā Poari Hauora tōpū o Rakaia-Waitaki, Waitaha, Whakatū-Wairau me Te Tai Poutini ko ngā raruru whānui he rite tonu te kite atu e te pakeke Māori i te tau 2013 ko te uaua o te whakamahana whare (15%), te pākarukaru o te whare ake (14%), me te haumākū (9%).

I te tau 2013, e 75% te whakareatanga ake o te pāpātanga o ngā tamariki Māori o Rakaia-Waitaki he noho i te whare reti i ngā whare o tauwiwi (46%, hei whakarite ki te 26%).

Ko ngā tāngata o Rakaia-Waitaki e noho ana i te kāinga Māori, e 2.5 te 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 10% ki te 4%).



# Mauri ora *Healthy individuals*

## PĒPI, TAMARIKI *INFANTS AND CHILDREN*

Ko te toharite ia, i whānau mai ngā kōhungahunga Māori 108 ia tau i Rakaia-Waitaki, i ngā tau mai i 2009–13, ā, 17% tēnei o ngā whānautanga ora katoa i te Takiwā Poari Hauora. E iwa ōrau 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 75% o ngā pēpi Māori i Rakaia-Waitaki i whāngotēhia nuitia i te 6 wiki.

I te tau 2014, kua oti te 99% o ngā tamariki Māori te whāngai ki te kano ārai mate i te 8 marama, waihoki, e 96% hei te 24 marama.



I te tau 2013, e 55% o ngā tamariki Māori o Rakaia-Waitaki, e 5 te pakeke, me te 37% o ngā tamariki tauwiwi, kua pāngia e te niho pirau. I te tau 8 o te kura, e 52% o ngā tamariki Māori me te 44% o ngā tamariki tauwiwi kua pāngia e te niho pirau.



Ko te toharite ia, 11 ngā tamariki Māori i raro i te 15 tau te pakeke i whakaurua ki te hōhipera ia tau mō ngā māuiui niho, māuiui pae niho hoki i roto i te tau 2009–13.



I roto i ngā tau 2009–13, ko te toharite ia, 12 ngā urunga hōhipera ia tau kia whakapiria he pū taringa mō ngā tamariki Māori, ā, kotahi whakaurunga i te tau mō ngā pokenga kiri taumaha.



Te toharite ia, e 43 ngā whakaurunga hōhipera ia tau 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.

E rua tekau mā iwa ngā whakaurunga ki te hōhipera ia tau 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).



## RANGATAHI *YOUNG ADULTS*

Kua tino kitea he hekenga iho o ngā taiohi Māori o Rakaia-Waitaki kua kai paipa i waenga i te 15–24 tau, mai i te whānautanga, engari kei te kitea tonutia kei runga ake te pāpātanga o ngāi Māori e kai paipa ana, tēnā i a tauwiwi.



Nō te taenga ki te marama o Hepetema 2014, e 40% o ngā kōtiro Māori 17 tau te pakeke, me te 64% o ngā kōtiro kua piki ki te 14 tau kua toru whāngainga ki te kano ārai mate mō te tona kiri tangata (HPV).



I roto i ngā tau 2009–13, ko te toharite ia e rua ngā whakaurunga hōhipera mō ngā wharanga taumaha nā te tūkinō ā-kiri te take mō ngā taiohi Māori 15–24 tau te pakeke, ā, kotahi ia tau mō ngāi Māori 25–44 tau te pakeke.



## PAKEKE ADULTS

Neke atu i te haurua (56%) ngā pakeke Māori i ngā Poari Hauora o Rakaia-Waitaki, o Waitaha, o Whakatū-Wairau me Te Tai Poutini i te tau 2013, e ai ki ā rātou kōrero, he rawe tō rātou hauora, he tino pai rānei, ā, neke atu i te hauwhā i ki he pai tō rātou hauora (28%). Kotahi i roto i te ono (17%) i ki, he āhua pai, kāore i pai rānei tōna hauora.



Kei te heke haere te tokomaha e kai paipa ana i waenga i ngā pakeke o Rakaia-Waitaki, engari kei runga ake te tokomaha o ngāi Māori e kai paipa ana (35% i 2013), ina whakaritea ki a tauwiwi (19%).



## Ngā māuiui o ngā iaia toto

Te toharite ia, e 28 ngā pakeke Māori i Rakaia-Waitaki e 25 tau te pakeke, neke atu rānei, i uru ki te hōhipera mō ngā māuiuitanga o ngā iaia toto, (tae atu ki ngā māuiui manawa me te ikura roro) i ngā tau 2009–13, ā, he ōrite tēnei pāpātanga ki a tauwiwi.



Te toharite ia, tekau ngā pakeke Māori i whakaurua ki te hōhipera i te tau mō te mate manawa pāpunitanga toto (IHD), ā, tokorima o ēnei i pāngia e te mate manawa taumaha (te mate manawa, te mamea o te uma taumaha rānei). E ono i whakaahuatia ngā iaia, e toru i homai he iaia hou ki roto, ā, kotahi ia tau i homai he iaia manawa autaki me ngā rangitāmiro. Kāore he tino rerekētanga o te pāpātanga o ēnei mate i waenga i te Māori me tauwiwi.

E rima ngā whakaurunga hōhipera ki te hōhipera ia tau mō te rarunga manawa i waenga i a ngāi Māori o Rakaia-Waitaki, ā, e 2.8 te whakareatanga ake tēnā i a tauwiwi.

Tokorima ngā Māori i whakaurua ia tau mō te ikura roro, ā, ko te pāpātanga mō ngā wāhine Māori 2.5 te whakareatanga ake i ngā wāhine tauwiwi. Nui atu ngā wāhine Māori o Rakaia-Waitaki i whakaurua mō te pēhanga toto teitei tēnā i a tauwiwi.

Ko ngāi Māori i raro iho i te 75 tau, e 69% te whakareatanga ake o te mate rawa i ngā māuiui pūnaha toto i ngā tau 2002–11, tēnā i a tauwiwi.



## Ngā māuiui whakahā

Ko ngā Māori kei te 45 piki ake ngā tau, e 2.3 te whakareatanga ake o te whakaurunga ki te hōhipera tēnā i a tauwiwi mō te mate pāpuni pūkahukahu (COPD) i ngā tau 2009–13. Ko te toharite ia, 10 ngā whakaurunga Māori i te tau.



He ōrite te pāpātanga whakaurunga mō ngāi Māori mō te huangō ki a tauwiwi.

Ko ngāi Māori i raro iho i te 75 tau, e 3.2 te pikinga ake o te mate rawa i ngā māuiui whakahā i ngā tau 2002–11, tēnā i a tauwiwi.



## Te mate huka

I te tau 2013, tōna 4% o te tangata Māori kua pāngia e te mate huka. I waenga i te iwi Māori e 25 tau neke atu rānei te pakeke, kua pāngia e te mate huka, kua whiwhi te 52% haere tonu i te metformin, i te taiaki huka rānei, ā, e 71% kua pūputu te aroturuki i ō rātou huka ā-toto, ā, e 38% kua pūputu te tātari mō te mate tākihi.



I ngā tau 2011–13, e 3.8 te whakareatanga o te maha o ngā porohanga o tētahi waewae o te hunga Māori kua pāngia e te mate huka, tēnā i a tauwiwi (te toharite, kotahi i te tau).



## PAKEKE ADULTS

(tonu)

### Te mate pukupuku

Kāore i tino rerekē te pānga e te mate pukupuku i waenga i te Māori me tauwiwi i ngā tau 2003–12.



Ko ngā pūtake mate pukupuku i rēhitatia nuitia mō ngā wāhine Māori o Rakaia-Waitaki ko ngā mate pukupuku o ngā pūkahukahu, o te ū, o ngā taihemahema, me ngā whēkau nakunaku. E 5.9 te whakareatanga ake o te pānga e te mate pukupuku pūkahukahu mō te wahine 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 72%, hei whakarite ki te 80% o ngā wāhine tauwiwi, i roto i te rua tekau mā whā marama ki te mutunga o 2014.

Ko te whānui o te arotake waha whare tangata mō ngā wāhine Māori kei te 25–69 te pakeke, e 47% i roto i te 3 tau ki te mutunga o 2014, ā, e 56% i roto i te rima tau (hei whakarite ki te 78% me te 89% mō ēnei reanga o ngā wāhine tauwiwi).

Ko ngā mate pukupuku i noho hei take matua mō te mate rawa mō ngā wāhine Māori ko ngā mate pukupuku o ngā pūkahukahu me te ū (e 3 whakareatanga ake te mate rawa nā ēnei mate pukupuku e rua mō te Māori, tēnā i a tauwiwi), i ngā tau 2002–11.

Ko ngā pūtake mate pukupuku i rēhitatia nuitia mō ngā tāne Māori o Rakaia-Waitaki ko ngā mate pukupuku o ngā taihemahema, o ngā whēkau nakunaku, me te kōawa mimi. He ōrite tonu te pānga o te mate rawa nā te mate pukupuku ki a tauwiwi, i ngā tau 2002–11.



### Ngā māuiui o te hinengaro

E 38% te whakareatanga ake te pāpātanga o te whakauru o te Māori ki te hōhipera mō ngā māuiui hinengaro i te tau 2009–13, tēnā i a tauwiwi. Ko te mate i noho hei take matua mō ngā whakaurunga hōhipera ko te wairua tuakoi, ko te tuarua ko ngā māuiui he kai tarukino te take.



### Te mate rangatira (koute)

I te tau 2011, tōna 4% te pānga o te mate rangatira i waenga i te hunga Māori o Rakaia-Waitaki.



I whiwhi te 39% 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, iti iho i te haurua i whakamātauria ā-taiwhangatia mō ngā taumata tiomimi hinutoto i roto i te ono marama whai i muri.

I roto i ngā tau 2009–13, e 5.8 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 14% 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 2009–13.



Te toharite ia, 155 ngā whakaurunga ki te hōhipera ia tau ka kīia he māuiui kua taea te kaupare, i waenga i ngā Māori o Rakaia-Waitaki, ā, e 87 ngā whakaurunga ka taea te kaupare mehemea i haere ngā mahi kaupare, whakatika moata rānei i ngā mahi hauora tuatahi (ASH) ia tau.

### Ngā wharanga

Te toharite ia, e 62 ngā whakaurunga atu ki te hōhipera ia tau mō te wharanga mō te Māori i Rakaia-Waitaki i ngā tau 2009–13, ā, he ōrite tē pāpātanga ki tēnā a tauwiwi.



Ko ngā take matua mō ngā wharanga i whakaurua ai he tangata ki te hōhipera ko ngā takanga, te tuinga e ngā mihini, ngā aituā waka, me ngā patunga e te tangata kē.

E 71% te whakareatanga ake te pāpātanga o te whakauru o te Māori ki te hōhipera mō te patunga e te tangata kē, tēnā i a tauwiwi.

Te toharite ia, kotahi te Māori i mate rawa i ngā wharanga ia tau mai i te ngahuru tau 2002–11, ā, he ōrite tonu te pāpātanga ki tēnā a tauwiwi.

### Te mate rawa

He āhua 50% te teitei ake o te pāpātanga o te mate rawa nā ngā pūtaka katoa mō ngā wāhine Māori o Rakaia-Waitaki, tēnā i te hunga tauwiwi, i ngā tau 2003–12, ā, he ōrite tonu mō te tāne Māori ki a tauwiwi.



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

Kei te 40% te whakareanga ake o ngā matenga rawa, nā ngā māuiui kua āhei pea te kaupare, kua āhei rānei te taurima, mō te Māori, i tō tauwiwi i Rakaia-Waitaki.

### Te tūmanako ora

I roto i ngā tau 2012–14, i tōna whānautanga ka matapaetia e 80.9 ngā tau e ora ai te wahine Māori i te Rohe Whānui o Waitaha-Rakaia-Waitaki (e 2.6 ngā tau i raro iho i ngā wāhine tauwiwi) ā, e 77.2 tau mō ngā tāne Māori (e 2.8 ngā tau i raro iho i ngā tāne tauwiwi).

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

Te tauria rei puta nā Graham Tīpene. Ngā whakaahua nā Aki Design. Hoahoa e Matthew Bartlett. Te huri ki te reo Māori nā Piripi Walker, Tokomapuna Māori Language Services. Whakamārama pikitia: South Canterbury, e Phillip Capper.

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