



## CAPITAL AND COAST DISTRICT HEALTH BOARD UPOKO KI TE URU HAUORA

# Tirohanga Hauora 2015



### Te taupori *Population*

I te tau 2013, e 32,800 ngā Māori i te noho i te takiwā o Te Upoko ki te Uru Hauora, 11% tēnei o te taupori tōpū o te Takiwā.



He āhua taitamariki te taupori Māori o Te Upoko ki te Uru, engari he maha ngā tohu kei te kaumātua haere. I te tau 2013, ko te pakeke toharite he 24.3 tau, hei whakarite tēnei ki te 35.7 tau mō te Takiwā Poari Hauora katoa. Tata ki te hautoru o ngā tamariki me ngā taiohi o te Takiwā, he Māori.



Tērā e piki te taupori Māori kei runga ake i te 65 tau, mā te 44% 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 Te Upoko ki te Uru (88%) he pai te noho o ō rātou whānau, engari e 4% i kī, kāore i te pai te noho o ō rātou whānau. Tērā te ōrau iti (7%) i kī he uaua tā rātou toro atu ki te hunga tautoko e tika ana mā te whānau, engari ki te nuinga (79%) he ngāwari noa.



He mea nui kia whai wāhi ki te ahurea Māori (tino hirahira, hirahira tonu, āhua hirahira rānei) mō te 69% o ngā pakeke Māori. He mea hirahira te taha wairua ki te 66%.

Tata ki te katoa (98%) o te hunga Māori o Te Upoko ki te Uru kua tae atu ki tētahi marae i tētahi wā. Kua tae te nuinga (60%) ki ō rātou marae ake, me te kī a te 30% kua tae ake i roto i te 12 marama kua hipa ake, ā, e 66% i kī, ko te hiahia kia nui kē atu ngā haerenga ki ō rātou marae.



Kotahi i roto i te tokowaru kua tae ki te tohunga Māori, ki te kairomiromi rānei i roto i te 12 marama ka hipa ake.

Kotahi i roto i te rima o ngāi Māori o Te Upoko ki te Uru 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 Upoko ki te Uru 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

E 96% o ngā tamariki Māori kua tīmata ki te kura i te tau 2013, kua whai wāhi ki ngā akoranga kōhungahunga.



I te tau 2013, e 64% o ngā pakeke Māori 18 neke atu rānei ngā tau kua whai tiwhikete Taumata 2, piki ake rānei, ā, he nui kē atu tēnei i te 2006 (56%). Heoi anō, he whā haurima noa iho te ōrautanga o tēnei tokomaha, o tērā o tauwiwi (77%).

## Te mahi

I te tau 2013, 10% o ngā pakeke Māori 15 neke atu rānei ngā tau, he kore mahi, ā, e 70% te pikinga ake o te Māori i te pāpātanga mō tauwiwi (6%).



Mahi aroha ai te nuinga o ngā pakeke Māori (90%) i ētahi wā.



I te tau 2013, tata ki te whā haurima te whakareatanga ake o te hunga Māori noho i te kāinga, e tiaki ana i te hunga hauā, i te hunga māuiui rānei, tēnā i a tauwiwi. E 57% te whakareatanga ake o te hunga Māori tiaki i te tangata i waho atu i te kāinga mō te kore utu, tēnā i a tauwiwi.

## Te whiwhinga moni me te taumata o te noho

I te tau 2013, e 29% o ngā tamariki me te 25% o ngā pakeke i ngā kāinga Māori, (e kīia ai te kāinga he kāinga Māori mehemea kotahi te tangata Māori neke atu, o 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 ētahi atu kāinga ehara i te kāinga Māori, ka hoki ki te 17% o ngā tamariki me te 19% o ngā pakeke.



I te tau 2013, 10% o ngā pakeke Māori i Te Upoko ki te Uru 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% kua whakakore, kua whakatārewa rānei i tētahi haerenga ki te tākuta i roto i te 12 marama ka hipa.

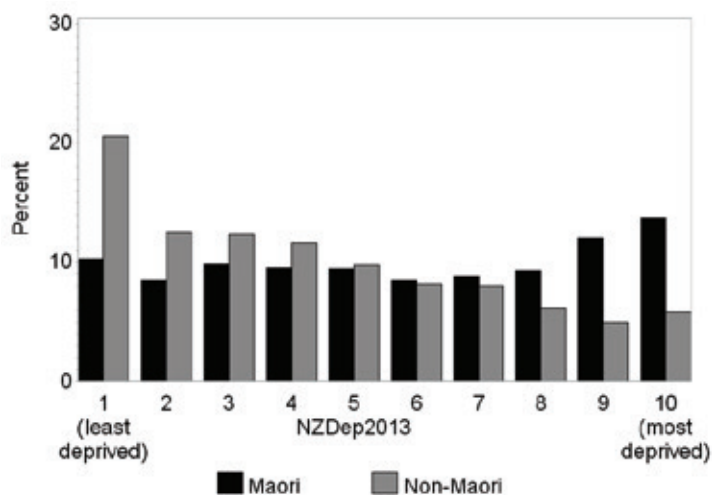
He 52% te whakareatanga ake o te pāpātanga o ngā tāngata o ngā kāinga Māori kāore i whai wāhi ki tētahi motokā, tēnā i a tauwiwi (12%, hei whakarite ki te 8%).



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: 18% 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 26% o ngā Māori o Te Upoko ki te Uru i te noho i ngā tino rohe rawakore (NZDep quintile 5), ā, ko te pāpātanga mō tauwiwi, he 11%.



## 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 (18%), te pākarukaru o te whare ake (12%), me te haumākū (11%).



Nui iti ake i te haurua o ngā tamariki i ngā kāinga Māori i Te Upoko ki te Uru e noho ana i te whare rēti, arā, e 80% te whakareatanga ake i te ōrautanga o ngā tamariki i ētahi atu whare ehara i te whare Māori.

Ko ngā tāngata o Te Upoko ki te Uru e noho ana i te kāinga Māori, tata ki te 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 17% ki te 9%).

# Mauri ora *Healthy individuals*

## PĒPI, TAMARIKI *INFANTS AND CHILDREN*

Ko te toharite ia, tata ki te 800 ngā kōhungahunga Māori ia tau, i ngā tau mai i te 2009 ki te 2013, ā, e 21% tēnei o ngā whānautanga ora katoa i te Takiwā Poari Hauora. E ono ōrau o ngā pēpi Māori me ngā pēpi tauwiwi he māmā rawa te taumaha tinana i te whānautanga.



I te tau 2013, e 70% o ngā pēpi Māori i Te Upoko ki te Uru i whāngotēhia nuitia i te 6 wiki.

Ko tōna 80% 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 93% hei te 24 marama.



I te tau 2013, e 56% o ngā tamariki Māori o Te Upoko ki te Uru, e 5 te pakeke, me te 32% o ngā tamariki tauwiwi, kua pāngia e te niho pirau. I te tau 8 o te kura, e 42% o ngā tamariki Māori me te 33% o ngā tamariki tauwiwi kua pāngia e te niho pirau. E 55% te nuinga ake o ngā tamariki Māori i raro iho i te 15 tau i kaweā ki te hōhipera mō ngā māuiui niho, māuiui pae niho hoki, i ngā tamariki tauwiwi, i ngā tau 2011–13.



I roto i ngā tau 2011–13, ko te toharite ia, e 81 ngā urunga hōhipera ia tau kia whakapiria he pū taringa mō ngā tamariki Māori (e 81% te nuinga ake i tō te urunga mō ngā tamariki tauwiwi), ā, e 451 ngā whakaurunga mō ngā pokenga kiri taumaha (e 64% te pikinga ake o te pāpātanga i a tauwiwi).



Ko te toharite ia, kotahi tamaiti Māori, e toru hoki ngā tamariki tauwiwi i raro iho i te 15 tau i whakaurua ki te hōhipera mō te kirikā rūmātiki taumaha ia tau. O ngā taiohi i waenga i te 15–24 tau, kotahi anō te Māori, kotahi hoki ngā mea o tauwiwi i whakaurua ia tau (e 5.6 te whakareatanga ake o ngāi Māori i tēnā o tauwiwi).



Te toharite ia, e 544 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, e 26% te nuinga ake o te pāpātanga tēnā i tō tauwiwi.

E 25% te whakareatanga ake o ngā whakaurunga ki te hōhipera ka kīia he māuiui kua taea te kaupare mehemea i haere ngā mahi kaupare, whakatika moata rānei i ngā mahi hauora tuatahi (arā, he 'ambulatory care sensitive hospitalisation', ASH rānei), mō te tamariki Māori tēnā i a tauwiwi, ā, ko te toharite ia, e 370 ngā whakaurunga hōhipera ia tau mō ngā tamariki Māori.



## RANGATAHI *YOUNG ADULTS*

Kua tino kitea he pikinga ake o ngā taiohi Māori o Te Upoko ki te Uru kāore anō kia kai paipa i te 14, i te 15 tau, mai o te whānautanga, ā, kua heke iho hoki te pāpātanga o ngāi Māori mai i 15–24 tau he auau te kai paipa. Heoi anō, kāore i rerekē te āhua, tokorua ngā taiohi Māori e kai paipa ana ki te kotahi taiohi tauwiwi.



Nō te taenga ki te marama o Hepetema 2014, e 54% o ngā kōtiro Māori 17 tau te pakeke, me te 70% o ngā kōtiro kua piki ki te 14 tau kua toru whāngainga ki te kano ārai mate mō te tona kiri tangata (HPV).



Ko te pāpātanga o te whakaurunga hōhipera mō te tūkinō ā-kiri, he ōrite mō te iwi Māori, me tauwiwi mō te taiohi kei waenga te pakeke i te 15–24, me ngā tau 15–44, i ngā tau 2011–13.



## PAKEKE ADULTS

Tōna 64% o ngā pakeke Māori i Te Upoko ki te Uru, e ai ki ā rātou kōrero, he rawe tō rātou hauora, he tino pai rānei i te tau 2013, ā, e 26% i kī he pai tō rātou hauora. Kotahi i roto i te iwa (11%) i kī, he āhua pai, kāore i pai rānei tō rātou hauora.



Kei te heke haere te tokomaha o te hunga pakeke e kai paipa ana, engari neke atu i te rua whakareatanga atu te tokomaha o ngāi Māori (26%) e kai paipa ana, ina whakaritea ki a tauwiwi (11%).



## Ngā māuiui whakahā

Ko ngā Māori kei te 45 piki ake ngā tau, e 2.7 whakareatanga ake o te whakaurunga ki te hōhipera tēnā i a tauwiwi mō te mate pāpuni pūkahukahu (COPD).



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

E 3.6 whakareanga ake te mate rawa o te 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 4% 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, e 86% kua pūputu te aroturuki i ō rātou huka ā-toto, ā, e 69% kua pūputu te tātari mō te mate tākihi.



Ko te toharite ia, e toru ngā tangata Māori o Te Upoko ki te Uru kua pāngia e te mate huka, i poroa tētahi wāhi o te waewae i roto i ngā tau 2011–13.

## Ngā māuiui o ngā iaia toto

E 50% te nuinga ake o ngā pakeke Māori 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.



He ōrite tonu te pāpātanga o ngāi Māori o Te Upoko ki te Uru i whakaurua ki te hōhipera mō te mate manawa taumaha ki a tauwiwi, ā, e 31% te whakareatanga ake o te whakaahua i ngā iaia, ā, he ōrite te pāpātanga o ngā whakahoutanga i ngā iaia, o ngā homaitanga iaia manawa autaki rānei me ngā rangitāmiro.

E 3.3 whakareatanga ake te whakaurunga atu ki te hōhipera mō te rarunga manawa mō te Māori, tēnā i a tauwiwi.

E 39% whakareatanga ake te whakaurunga atu ki te hōhipera mō te ikura roro mō te Māori, tēnā i a tauwiwi.

E 8.3 te whakareatanga ake o ngā whakaurunga mō te mate rūmātiki manawa taumaha mō te wahine Māori, tēnā i a tauwiwi, ā, e 3.7 te whakareatanga ake mō te wahine Māori o ngā whakahoutanga takirere manawa tēnā i a tauwiwi.

Ko ngāi Māori i raro iho i te 75 tau, e 2.8 te pikinga ake o te mate rawa i ngā māuiui pūnaha toto i ngā tau 2007–11, tēnā i a tauwiwi.



## PAKEKE ADULTS

(tonu)

### Te mate pukupuku

Ina whakaritea ki a tauwiwi, e 54% te teiteinga ake o te pānga e te mate pukupuku mō ngā wāhine Māori, ā, he orite mō ngā tāne Māori.

Ko ngā mate pukupuku i rēhitatia nuitia i waenga i ngā wāhine Māori o Te Upoko ki te Uru i ngā tau 2008–12 ko ngā mate pukupuku o te ū, o ngā pūkahukahu, o te whare tangata, me te kōpiro nui. Mō te pāpātanga o ngā mate pukupuku pūkahukahu o ngā wāhine Māori, e 3.8 te whakareatanga ake i tēnā o tauwiwi, ā, mō ngā mate pukupuku whare tangata, e 2.7 te whakareatanga ake, ā, mō ngā mate pukupuku o te ū, 1.5 te whakareatanga ake.

Ko te whānuitanga o te arotake ū mō ngā wāhine Māori kei te 45–69 tau i eke ki te 61%, hei whakarite ki te 69% o ngā wāhine tauwiwi.

Ko te whānui o te arotake waha whare tangata mō ngā wāhine Māori kei te 25–69 te pakeke, e 64% i roto i te 3 tau, ā, e 79% i roto i te rima tau (hei whakarite ki te 83% me te tatanga ki te 100% mō ēnei reanga o tauwiwi).

Ko te mate pukupuku o ngā pūkahukahu, o te repe tātea, o te kōpiro nui, te tou, me te mate totomā ngā mate pukupuku i kitea nuitia i waenga i ngā tāne Māori o Te Upoko ki te Uru. E toru whakareatanga ake te pāpātanga rēhita mō te mate pukupuku pūkahukahu mō te tāne Māori, tēnā i ngā tāne tauwiwi, ā, e 4.2 te whakareatanga ake mō ngā mate totomā, ā, e 29% te itinga iho mō te mate pukupuku repe tātea mō te Māori.

E rua te whakareatanga ake o te mate rawa, nā te mate pukupuku te take, mō ngā wāhine Māori, ā, 37% te whakareatanga ake mō ngā tāne Māori i a 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, o te ū, o te kōpiro nui me te puku. Kua tata ki te 4 te whakareatanga ake o ngā mate rawa nā te mate pukupuku pūkahukahu te take, mō te wāhine Māori, tēnā i a tauwiwi, ā, e 85% te whakareatanga ake o te mate rawa nā te mate pukupuku o ngā ū, ā, ko te mea tino hira, 11 te whakareatanga ake o te mate rawa nā te mate pukupuku o te puku tēnā i a tauwiwi.

Ko ngā mate pukupuku i noho hei take matua mō te mate rawa mō ngā tāne Māori ko ngā mate pukupuku o ngā pūkahukahu, o ngā whēkau me te repe tātea, ā, e rua whakareatanga ake te mate rawa nā te mate pukupuku pūkahukahu mō te Māori, tēnā i a tauwiwi.



### Ngā māuiui o te hinengaro

E rua whakareatanga ake 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 wairua tuakoi, ko te tuarua, ko ngā māuiui kai tarukino.



### Te mate rangatira (koute)

I te tau 2011, tōna 5% te pānga o te mate rangatira i waenga i te hunga Māori o Te Upoko ki te Uru, tata ki te rua whakareatanga ake i tō tauwiwi.



I whiwhi te 40% 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, kotahi hautoru noa iho i whakamātauria ā-taiwhangatia mō ngā taumata tiomimi hinutoto i roto i te ono marama whai i muri. He ōrite ēnei pāpātanga ki a tauwiwi. Heoi anō, i roto i ngā tau 2011–13 e toru te whakareatanga ake o te pāpātanga whakauru ki te hōhipera mō te Māori 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 20% te teitei ake o te pāpātanga whakaurunga ki te hōhipera mō te Māori, nā ngā pūtaka katoa o te mate, tēnā i a tauwiwi, i roto i ngā tau 2011–13.



Neke atu i te 1,500 ngā whakaurunga mō te Māori ki te hōhipera ia tau he whakaurunga ka taea te kaupare i mua, ā, e 35% te teiteinga ake o te pāpātanga i a tauwiwi. E 55% te pāpātanga teitei ake o te ASH.

### Ngā wharanga

19% te teitei ake o te pāpātanga whakaurunga ki te hōhipera nā te aituā te take, mō te Māori, tēnā i a tauwiwi, i roto i ngā tau 2011–13. He piki kē ake te pāpātanga mō te tāne, tēnā i te wahine.



Ko ngā take matua mō ngā wharanga i whakaurua ai he tangata 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 patunga e te tangata kē, me te tūkinō ā-kiri i runga i te hiahia kia pērā.

E 2.8 te whakaretanga ake o te pāpātanga whakaurunga ki te hōhipera nā te patunga e te tangata kē, mō te tāne Māori, tēnā i a tauwiwi, ā, e 6.2 te teiteinga ake o te pāpātanga nā te patunga e te tangata kē mō te wahine Māori, tēnā i a tauwiwi.

E 62% te whakaretanga ake o te matenga rawa i ngā wharanga mō te Māori, tēnā i a tauwiwi i Te Upoko ki te Uru.

### Te mate rawa

E 1.8 whakaretanga ake te pāpātanga o te mate rawa, nā ngā pūtaka katoa o te mate, ki te tangata Māori i roto i Te Upoko ki te Uru, i roto i ngā tau 2008–12, i a tauwiwi.



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

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

E 2.4 whakaretanga ake te pāpātanga o ngā matenga kua āhei pea te kaupare, kua āhei hoki te taurima, mō te Māori, i tō tauwiwi i Te Upoko ki te Uru i roto i ngā tau 2007–11.

### Te tūmanako ora

I roto i ngā tau 2012–14, i tōna whānautanga ka matapaetia e 78.6 ngā tau e ora ai te wahine Māori (e 5.3 ngā tau i raro iho i ngā wāhine tauwiwi) i Te Rohe Whānui o Te Upoko o Te Ika, ā, e 74.7 tau mō ngā tāne Māori (e 5.6 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 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: Pukerua Bay, e Pipe42.

Me pēnei te whakahua i tēnei pukapuka: Robson B, Purdie G, Simmonds S, Waa A, Faulkner R, Rameka R. 2016. *Tiro Whānui: Tirohanga Hauora mō te Upoko ki te Uru 2015*. Poneke: Te Rōpū Rangahau Hauora a Eru Pōmare, Te Whare Wānanga o Ōtago.

ISBN: 978-0-9941320-3-1

