

Auckland Regional Public Health Service

Ratonga Hauora-ā-lwi ō Tāmaki Makaurau



Working with the people of Auckland, Waitemata and Counties Manukau

Puketāpapa
Local Board

Auckland Council



Healthy Puketāpapa

Health and Wellbeing
Baseline Profile 2020

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Health and Wellbeing

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Table of Contents

- Section 1** Healthy Puketāpapa and Puketāpapa Demographics
- Section 2** Health and Wellbeing Overview
- Section 3** Local Government Wellbeings
- Economic
 - Social
 - Environmental
 - Cultural
- Section 4** Hauora Māori
- Section 5** Healthy Puketāpapa Priorities
- Access to Healthy Kai
 - Encourage Movement
 - Wai is the First and Easiest Drink of Choice
 - Healthy Housing
 - Less Use of Harmful Substances
- Section 6** Summary - Wellbeing in Puketāpapa
- Section 7** Links
- Section 8** Note: Policy context
- Section 9** Appendices
- Section 10** References

Profile Icons



Indicator in development



Link to other profile data sections

Healthy Puketāpapa

Health and Wellbeing Baseline Profile 2020

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1 Healthy Puketāpapa

1.1 Welcome

Being healthy and well is more than being free from disease. It is often thought that factors such as genetics and access and the use of health care services determine a person's health. While these are important factors, the greatest impact on a person's health and wellbeing includes all aspects of a person's life and the environmental or living conditions in which a person is born, grows, lives, works, plays and ages.

We know that people's living conditions are not always equal and can lead to poorer health and wellbeing outcomes for some. These inequities are often social and economic disparities - to improve the health and wellbeing of the community; we need to address the drivers of social disadvantage, so everyone has a fair opportunity to reach their full potential.

Initiated by the Puketāpapa Local Board, Healthy Puketāpapa was developed in 2019 to enable Puketāpapa communities and organisations to create actions and initiatives that support our community to have a sense of wellbeing, to feel happy, healthy, connected and safe.

Initially funded for three years, Healthy Puketāpapa: Health and Wellbeing Strategy aims to delivery on five health and wellbeing priorities. Partnerships across the priorities aim to include the Auckland Council family, community and local services and providers, regional and national agencies, NGOs, tāngata whenua and the residents of Puketāpapa.

The five priorities for Healthy Puketāpapa are

- Access to Health Kai
- Tap water as the first drink of choice
- Encourage movement
- Access to healthy housing
- Less use of harmful substances.

1.2 A profile of health and wellbeing in Puketāpapa

Using measures that speak to wellbeing means bringing together a rich set of quantifiable indicators of how Puketāpapa and our residents are faring by looking at the big picture around us and how it shapes our health and wellbeing. Each number in this profile represents an individual, a whānau and a community and as such represents the mana of the people and their lived experiences and is to be respected in this context.

This profile provides a baseline of wellbeing indicators that will help us to see any impact of Healthy Puketāpapa developments long term as the project matures. They will also help us to see trends emerging that can provide a basis for evidence-based policy and planning. It will also provide useful information for our many services and organisation working to support the people of Puketāpapa.

Future iterations of this report are intended 3-yearly, this will build a rich information resource. We currently have gaps in our data, with some indicators in development or impacted by data availability. Indicators in development are shown with a seedling icon. 

The indicators are drawn across a number of data sets including the Quality of Life Survey 2018 and Census 2018. Both of these datasets were collected before Covid-19 arrived and impacted on the health and wellbeing of our nation and communities. This profile speaks to how we were, and provides a baseline that helps us see the impact of Covid-19 on our communities which in turn will help us to focus effort on who, where and how to build thriving resilient communities.

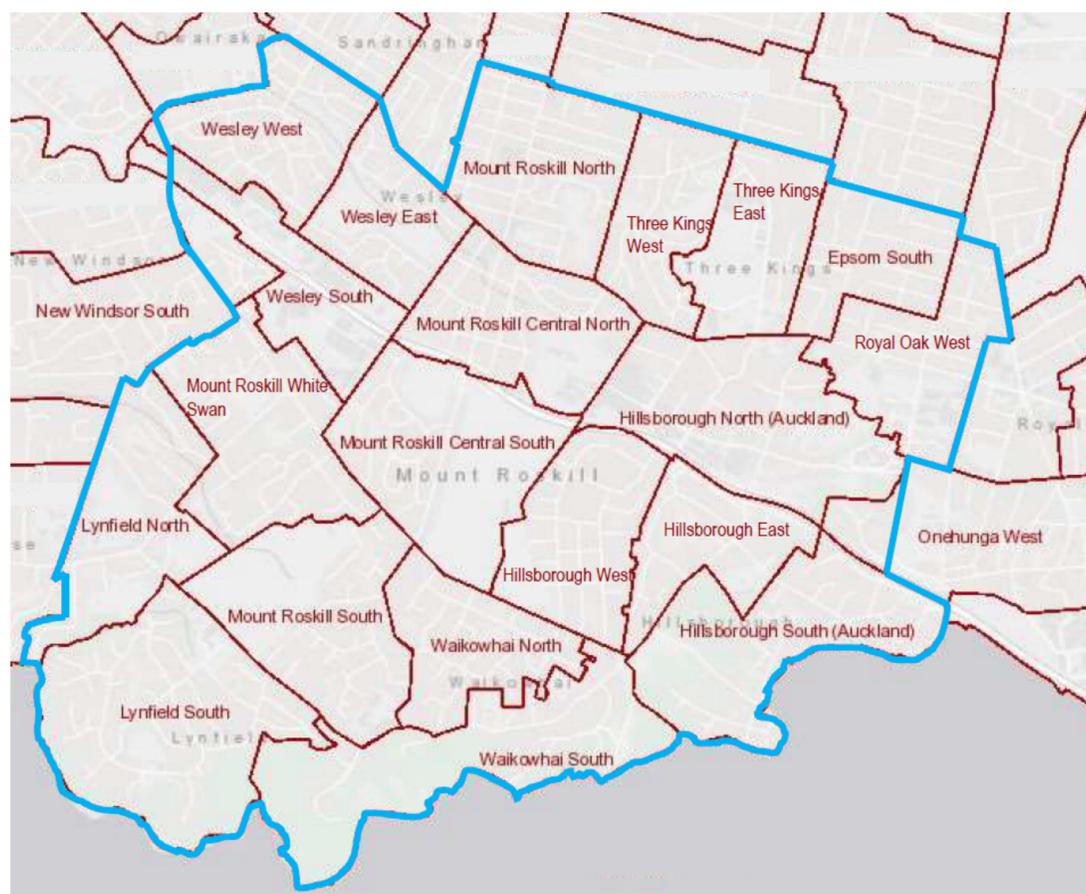
Section 6 summarises how Puketāpapa local board area compares against Auckland data. Shown together we can see the areas we are doing well in and those that require focus if we are really to make a difference to everyone's health and wellbeing wherever we live, learn, work and play.

1.3 About Puketāpapa Local Board Area

Puketāpapa is a central isthmus local board in Auckland. It comprises of the neighbourhoods of Hillsborough, Lynfield, Mt Roskill, Roskill South, Three Kings, Waikowhai and Wesley

Settled since the earliest Māori voyagers, generations of families have grown in Puketāpapa and there is a sense of pride of coming from this part of Tāmaki Makaurau. Puketāpapa has always welcomed migrants from across the globe and is an area that encourages everyone to create roots and a sense of belonging, which in turn creates wellbeing and resilience in our communities

Map 1: Puketāpapa Local Board boundary and Census 2018 statistical areas



1.4 Puketāpapa Demographics

Puketāpapa is growing



57,555 residents

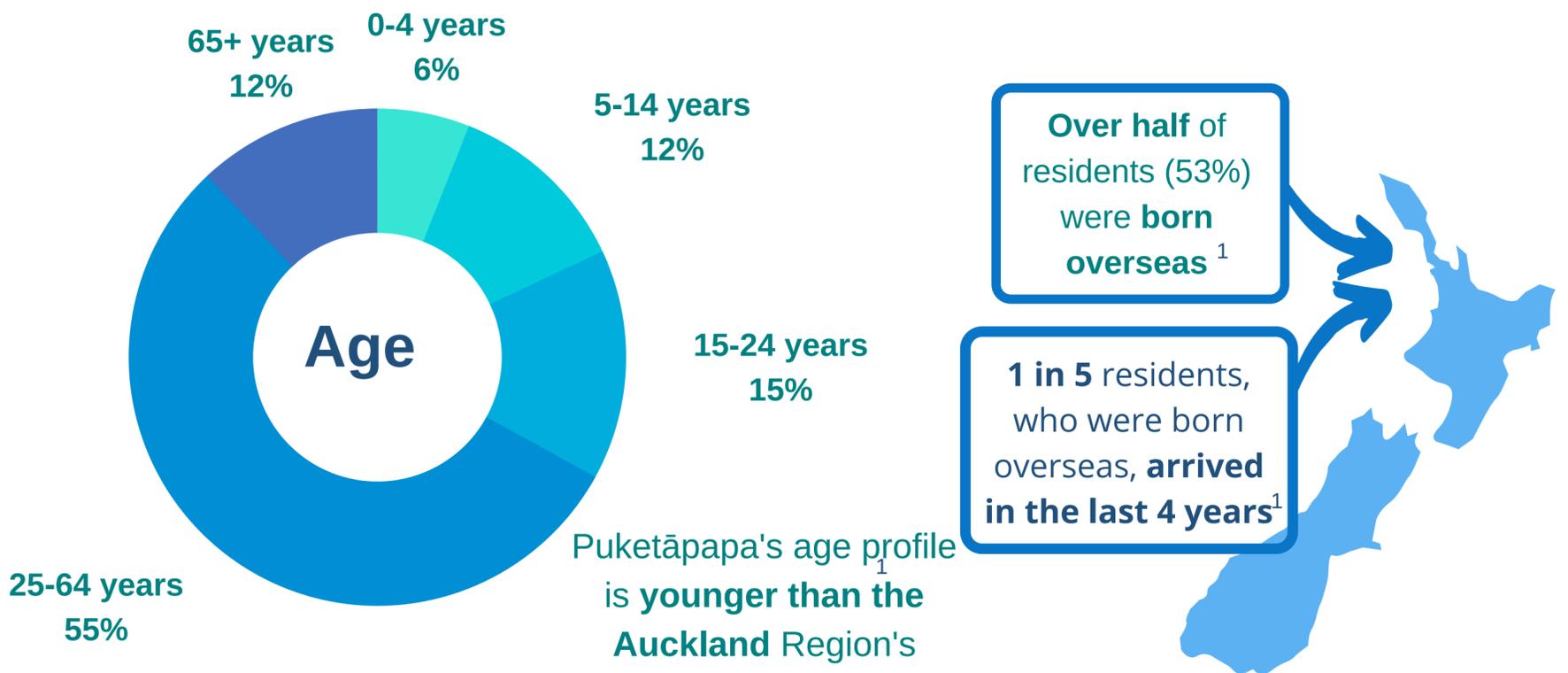


8.7%
increase¹
since 2013

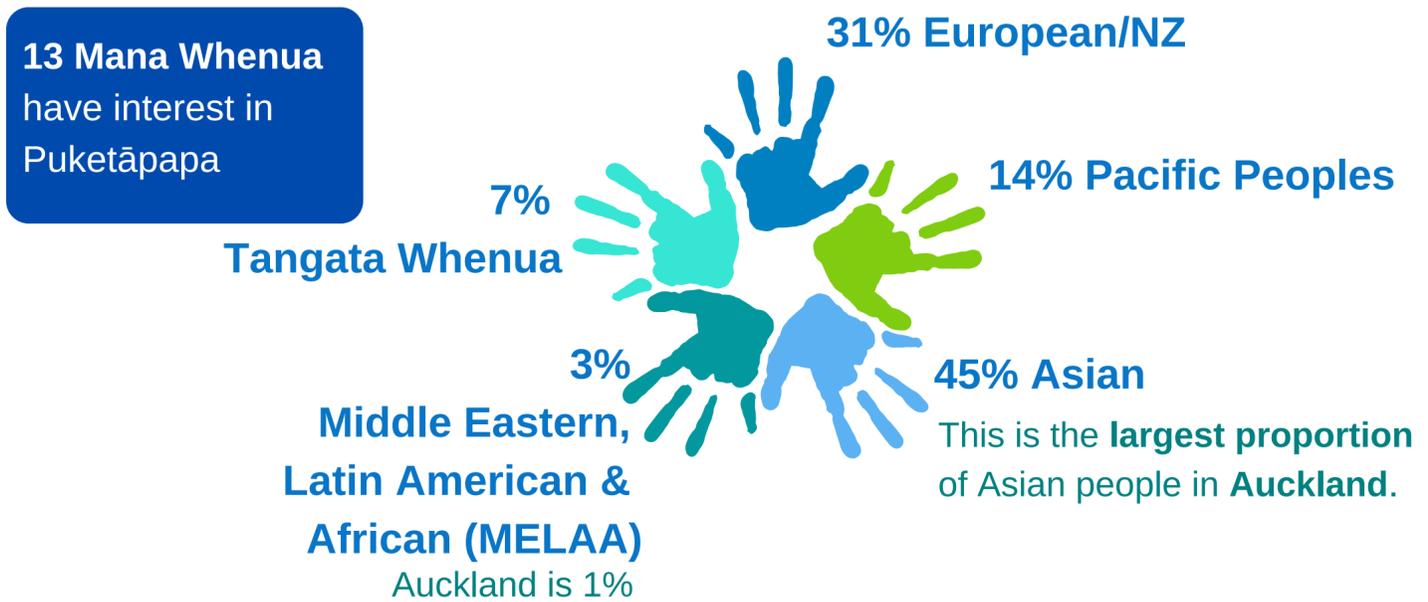


Puketāpapa residents
have lived in the same
home for the past 5 years²

Only 39% of residents have been in the same home for at least 5 years. This means a lot of movement across the board area. Additionally many neighbourhoods are experiencing intensification, with an additional **10,000 new homes set to be built in Puketāpapa in the next 10-20 years.** This means the area's population will continue to grow significantly.

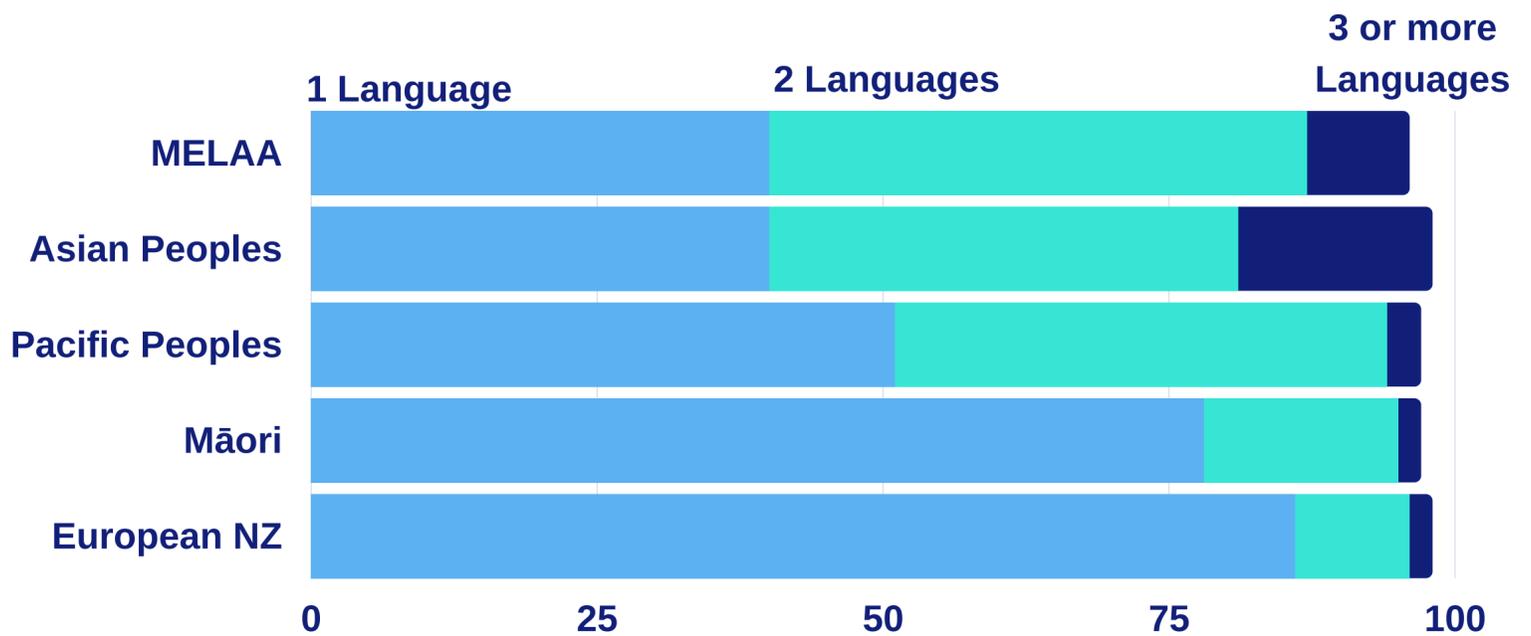


Puketāpapa is one of Auckland's most ethnically diverse communities.¹



150+

Number of languages spoken in Puketāpapa¹



2 Health and Wellbeing Overview

The Auckland Plan 2050 Outcome: Belonging and Participation challenges us to foster an inclusive Auckland where everyone belongs and to improve health and wellbeing for all Aucklanders by reducing harm and disparities in opportunities.

Health and wellbeing is directly impacted by our sense of belonging and participation, A strong cultural identity and sense of belonging plus the environment and conditions in which we live, learn, work, travel and play shapes our opportunities for full health. These interactions are called the social determinants of health.

2.1 Puketāpapa Health and Wellbeing

Overall Puketāpapa residents fall just below the Auckland average on general health and wellbeing indicators. By exploring what is contributing to the health and wellbeing results in our communities and neighbourhoods we will be able to see who and where to put our efforts and the changes to make to improve outcomes where it is most needed.



75%
Residents rating their health as good or better²
3% below Auckland



76%
Residents rating their quality of life as good or better²
6% below Auckland

1 in 5
Residents living with a disability³



Life expectancy

Life expectancy³
Puketāpapa residents live **6 months less** than the Auckland average.

Puketāpapa men 79.9 years <i>Auckland 80.5 years</i> <i>Auckland Māori 73.7 years</i>		Puketāpapa women 83.6 years <i>Auckland 84 years</i> <i>Auckland Māori 77.8 years</i>
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Emotional Wellbeing

21%
Feel stressed almost always²
20% Auckland

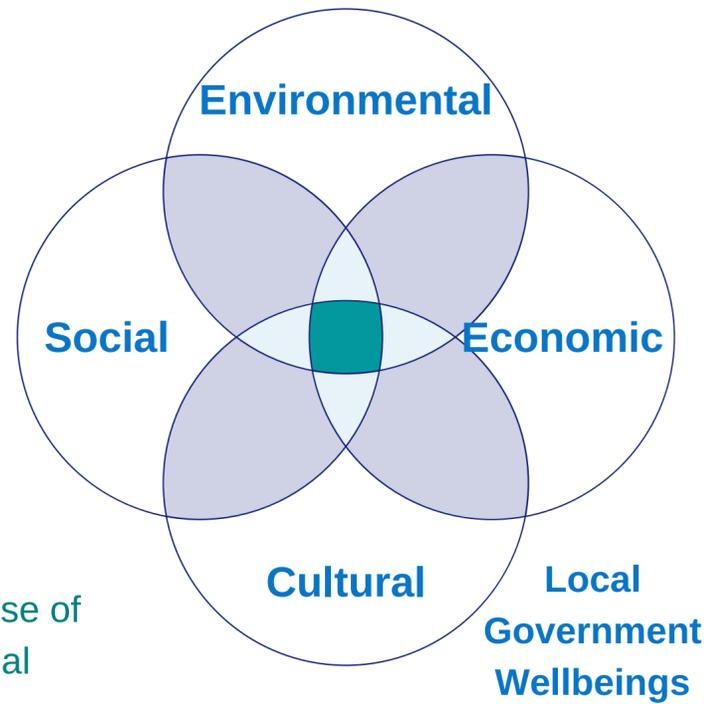
32%
Residents reporting poor emotional wellbeing²
Whau 43%
Mangere-Ōtāhuhu 15%
Auckland 31%



43%
Puketāpapa residents say work life balance is satisfactory²
57% Auckland

3 Local Government Wellbeings

The Local Government (Community Well-being) Amendment Bill restored the purpose of local government to promote the social, economic, environmental, and cultural well-being of communities.



3.1 Economic Wellbeing

Economic well-being is defined as having present and future financial security.

It includes the ability to make economic choices and feel a sense of security, satisfaction, and personal fulfilment with one's personal finances and employment.

Income



\$5,100 less than the Auckland median (\$93,900)



The wealth gap between Puketāpapa suburbs is significant, as is the difference between European and non-European, and men and women.



Who earns less than \$30,000 per year (%)

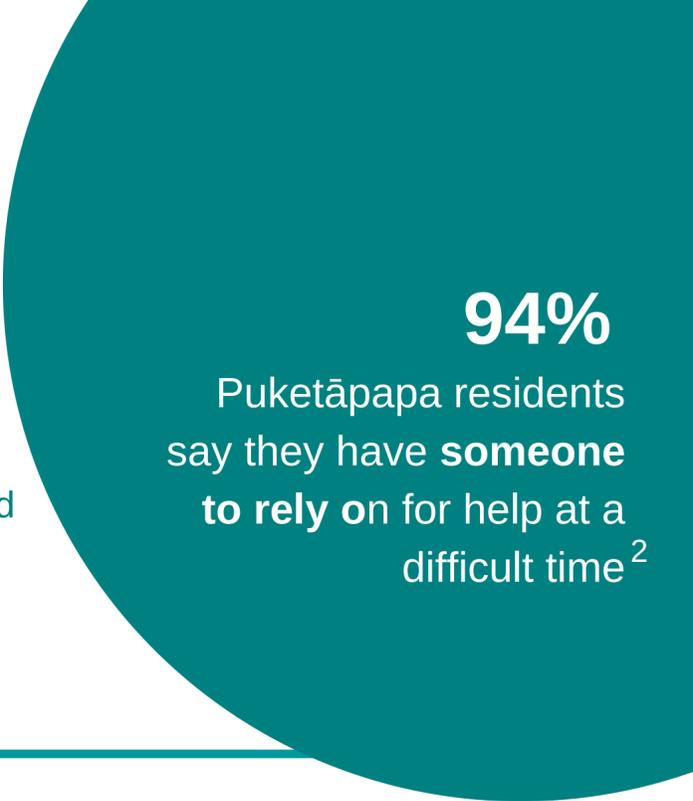


* Homes earning less than \$46,850 with dependent children, ie less than 50% of Auckland median household income of \$93,900

3.2 Social Wellbeing

Social wellbeing is our ability to make and maintain meaningful positive relationships and regular contact with other people in our world – family, friends, neighbours and co-workers.

It is strongly linked to social inclusion and a sense of belonging and people more likely to feel happier and healthier. Research also suggests that when people feel included and linked socially, risky behaviours decrease and health promoting behaviours increase alongside self-esteem and coping



94%

Puketāpapa residents say they have **someone to rely on** for help at a difficult time²

Neighbourhoods²

71% (78% Auckland)
Think Puketāpapa is a **great place to live**



47% (61% Auckland)
have **pride** in the look and feel of their **neighbourhood**

48%
Feel a positive sense of community
Māori (48%) Pacific (59%) Asian (43%)

nod and say hello
67%

Visit or ask small favours
35%

strong support or close friendship
22%



We have positive contact with people in the neighbourhood

60%
Never or rarely feel isolated

Connections²

1 in 3
are part of a club or society



1 in 10
Volunteer

1 in 3
participate in a faith group

Digital Connections¹



58% participate in in a online network



60%
Poorest households
(<\$30,000 per annum)

81%

can connect to the internet at home



93%
Wealthiest households
(>\$100,000 per annum)

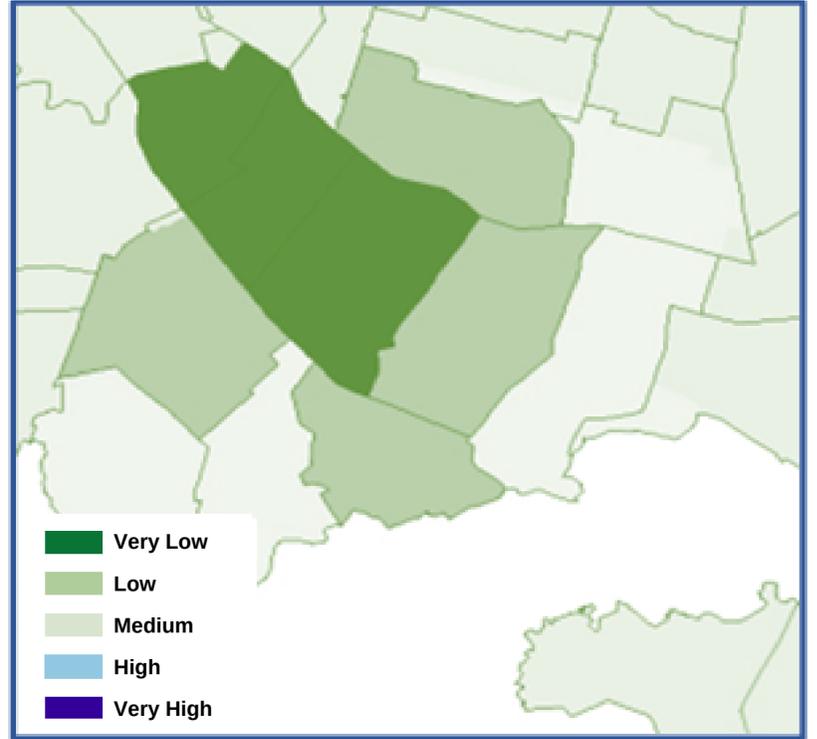
3.3 Environmental Wellbeing

As communities across the world set out to plan for climate change they first seek to understand how climate change will affect their locality. How at risk an area is depends on multiple stressors across socio-economic, physical and geographic properties.

When rainfall, wind, temperature and coastal inundation are explored Puketāpapa has a very low to medium exposure to climate change apart from a small part of the Manukau/ Onehunga coastline.

However, when social and demographic variables that protect from climate change are explored including housing stress and low incomes, Wesley and central Mt Roskill communities have very low ability to adapt to the impacts of climate change.⁴

Protective factors such as having significant areas of grassland, tree planting and creating green ways and food resilience or encouraging urban agriculture can contribute to community climate resilience.⁴

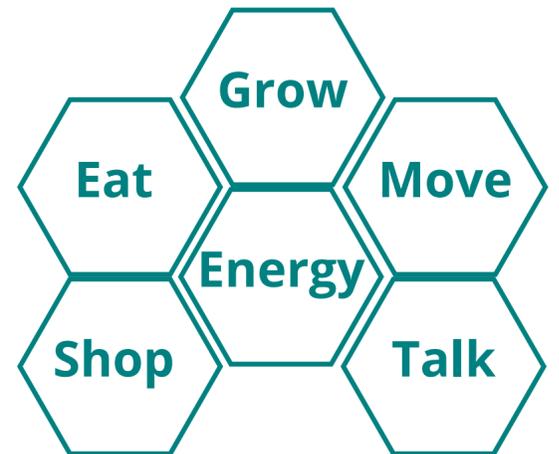


Map 2: Capacity of Puketāpapa communities to adapt to climate change⁴

Puketāpapa's Low Carbon Action Plan

Puketāpapa is one of the first local boards to have a local low carbon action plan - *Becoming a Low Carbon Community*. Puketāpapa local board area generates an estimated 402,000 tonnes of carbon dioxide emissions (CO₂e) per annum*.

To achieve a goal of a 40% reduction in greenhouse gas emission by 2040 residents will need to reduce their carbon footprint from 6.7 tonnes to 3 tonnes. We all have a role to play.⁵



Puketāpapa's Low Carbon Action Plan Themes

*Based on an average carbon footprint of 6.7 tonnes CO₂e per annum for each of the 60,000 residents

Environment and Sustainability



68%

Tāmaki Makaurau Māori residents consider the health of the natural environment as very important⁶



21% of the board area has tree canopy cover⁷

Indicators in development

Food & Waste

% community facilities, local food markets and schools composting food waste

Number of people connecting with Mātauranga Māori to grow food



% of residents within 1km of a source of fresh seasonal produce

Lifestyles

% of residents that are willing to change their lifestyle to ensure we meet our climate commitments

See *Encourage Movement* for our transport indicators

3.4 Cultural Wellbeing

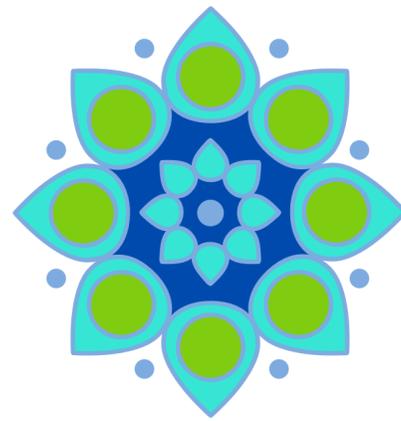
Cultural wellbeing is about having the freedom to practice your own culture, language and to belong to a cultural group. Cultural wellbeing helps us be who we are as individuals. Cultural wellbeing comes from being valued for the differences that define us and our beliefs, our history, and our roots.

Evidence shows that a strong, positive sense of cultural and spiritual identity is important to children's mental health, particularly in generating self-esteem, resilience and a sense of belonging.



60%²

Cultural diversity makes their neighbourhood a better place



7%²

of residents participate in a cultural Group
Auckland 5%

During the development of Healthy Puketāpapa the community clearly identified our diversity is our strength. Cultural well-being is central to realising the potential for New Zealanders to lead fully rewarding, expressive, connected and creative lives

3.5 Cultural Connections Māori⁶

Tāmaki Makaurau Māori: The importance of



56%

being engaged in Māori culture

48% Aotearoa



50%

Spirituality

51% Aotearoa



26%

Religion

27% Aotearoa

See *Hauora Māori* for specific tangata whenua wellbeing indicators 

4 Hauora Māori

This dataset comes from Te Kupenga⁶ which gives a picture of the social, cultural, and economic wellbeing of Māori in New Zealand, including information from a Māori cultural perspective. It is important to remember that each number represents a person, a whānau and a community, all with mana and lived experience of that measure.

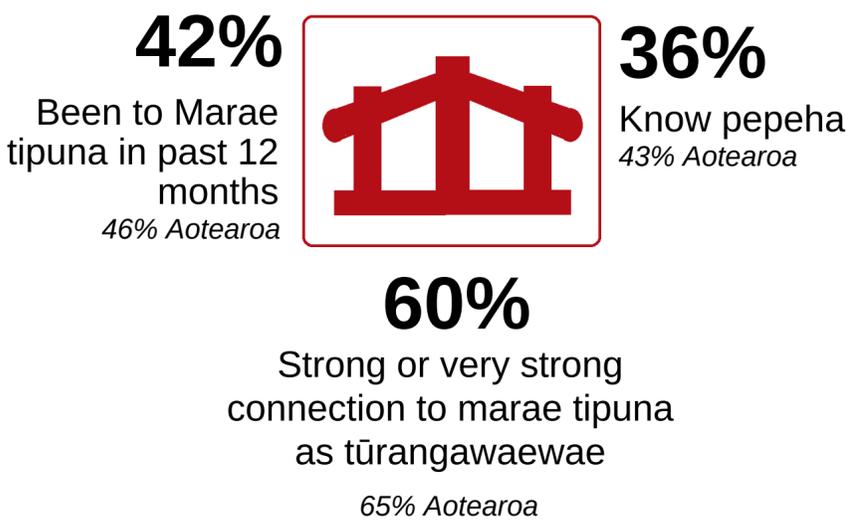
The data is provided at a regional level (Tāmaki Makaurau) from respondents identifying as Māori. It is supported throughout the Wellbeing Profile with Māori specific data where available.

Together this data demonstrates how our systems are achieving wellbeing outcomes for Māori.

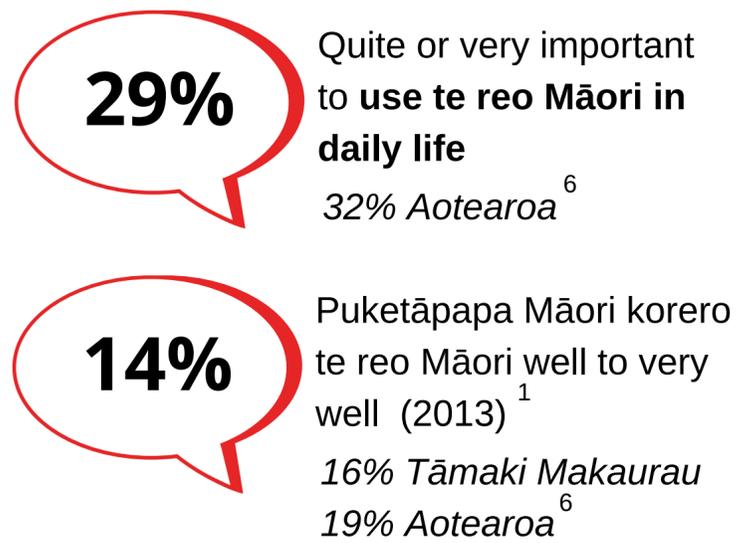
The survey provides key statistics on four areas of Māori cultural wellbeing: wairuatanga (spirituality), tikanga (Māori customs and practices), Te reo Māori (the Māori language), and whanaungatanga (social connectedness). The survey's content recognises practices and wellbeing outcomes that are specific to Māori culture, such as the knowledge and use of the Māori language, connection to marae, and whānau wellbeing.

**Tōku reo, Tōku Ohooho,
Tōku reo, Tōku Mapihi Maurea**
*My language is my awakening,
My language is the window to my soul*

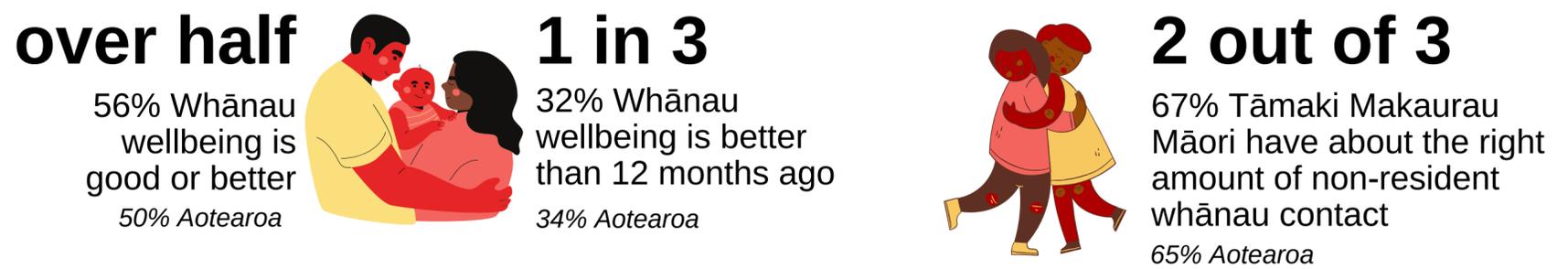
4.1 Identity⁶



4.2 Te Reo Māori



4.3 Whānau Wellbeing and Connections⁶



There is a gap for all local boards of Māori data, with most collections reporting at a regional level.

Measures that reflect the aspirations of our mana whenua and mata waka Māori residents are also a Healthy Puketāpapa aspiration.

Finding support is easy

Tāmaki Makaurau Māori

71%
General Support



61%
Māori Cultural Practices

95%
In Times of Need²

5 Healthy Puketāpapa

Five Health and Wellbeing Priorities

There are 5 priorities that contribute to the overarching Healthy Puketāpapa strategic framework (below). The strategic framework has 3 signposts that guide the programme in its implementation they are

Mana rangatiratanga – Our community, our responsibility

Wāhi takāro, Wāhi ora – Connecting people through welcoming spaces

Business and Community protecting mauri ora – wellbeing

5.1 Healthy Puketāpapa Strategic Framework



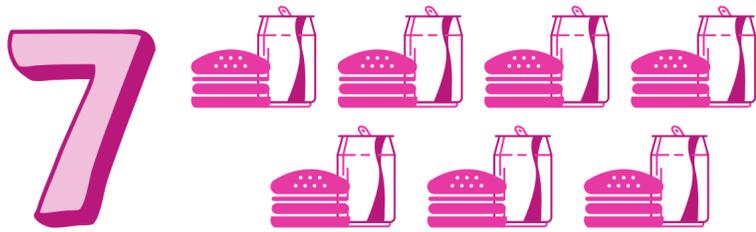
The following sections explore the environmental and systemic conditions that impact on Healthy Puketāpapa's 5 priority areas. Where available, residents' health outcomes are also detailed.

Access to Healthy Kai

HEALTHY PUKETĀPAPA

A healthy kai environment supports local producers and promotes community gardens and edible forests, promotes and attracts healthy food retailers and healthy food is front and centre at our celebrations. Food waste is donated, recycled and sustainably managed and everyone has access to healthy, affordable food.

FOOD ENVIRONMENT IN PUKETĀPAPA



Number of fast food outlets within 10 minutes walk from school⁸

Unhealthy food advertising near schools
Indicator in development

fast food outlets close to home
Indicator in development

ACCESS TO HEALTHY KAI

16% of residents²

Are **not** able to cover the costs of everyday needs

% Puketāpapa households growing their own fruit or veg
Indicator in development



Food security
Indicator in development

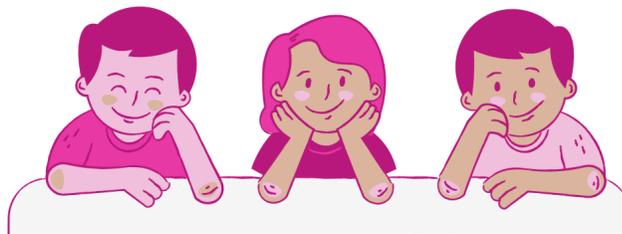
49%⁶

Tāmaki Makaurau Māori residents grow their own fruit and veg

CHILDREN'S NUTRITION

⁹
Auckland DHB area

5x more likely to have eaten breakfast
Than poorer households



Children from wealthier households

over half eat 5+ a day fruit and veg
36% poorest households

DIABETES¹⁰



4725

Residents living with diabetes (8%)
Auckland 6%

10% European

10% Indian

13% Pacific Peoples

5% Māori

See *Wai* for indicators on our sugary drinks environment

Encourage Movement

HEALTHY PUKETĀPAPA

Where we live can help make physical activity a daily norm and create environments that make it easy to walk, enjoy the parks and stroll to town centres and shops. More use of public or active transport like walking or cycling to work means less cars and improved air quality as well as safer roads for us all.

Being physically active helps children to develop and grow well and for adults and older people, physical activity reduces the risk of heart disease, diabetes, obesity, stroke, depression, some cancers, and falls.

USING ACTIVE OR PUBLIC TRANSPORT

Travel to Education¹



5-19 year olds using active or public transport

37%
Mt Roskill /
White Swan

50%
Puketāpapa



68%
Lynfield
North



1 in 3

5-9 year olds



1 in 2

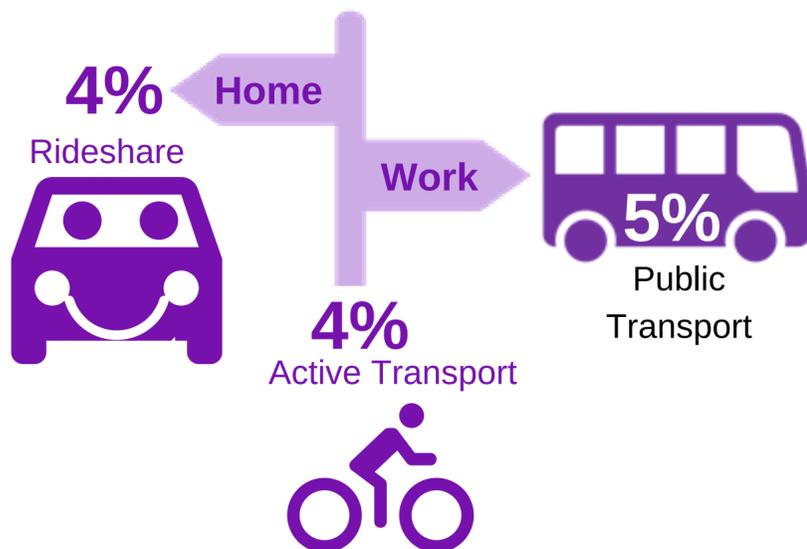
10-14 year olds



3 in 4

15-19 year olds

Daily commute to work¹



Easy access to safe cycle and walking routes and good bus links makes a difference to active and public transport use.²

Building safe and easy access across Puketāpapa neighbourhoods also contributes to our carbon footprint.

MOVING AROUND PUKETĀPAPA



62%
10 mins walk from
a large park¹¹
Auckland 57%



4.9 Hours¹²
average hours active
in the last week

37/100¹¹
Walkability Score
Ease of getting around
Puketāpapa on foot

Wai is the first and easiest drink of choice

HEALTHY PUKETĀPAPA

Water is precious, essential to life and wellbeing. Water is natural. By choosing tap water as the first drink of choice and to have it easily available where we live, learn, work and play we are taking action on obesity and poor oral health and promoting water as the best option for our tamariki (children) and communities.

EASY ACCESS TO TAP WATER



4.9 refill sites¹³

Per 10,000 people

Auckland 3.2 per 10,000



Fountains or refill site across Puketāpapa

Number of water only schools in Puketāpapa
Indicator in development



REDUCE SUGARY DRINKS



77 cents*

Price per 500ml¹⁴



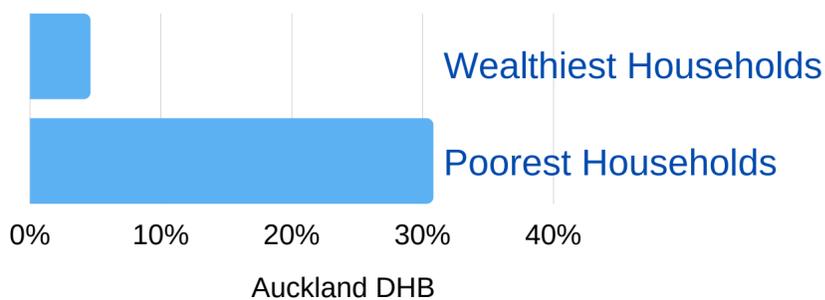
89.5 cents*



Marketing of sugary drinks near Puketāpapa Schools
Indicator in development



Children drinking fizzy drinks 3+ times a week⁹



ORAL HEALTH¹⁵

Auckland Region

2.8 

Number of decayed, missing or filled teeth in 5 year olds

Children living in the poorest neighbourhoods are more than **10 times** as likely to have the worst category of decay as those living in the wealthiest areas

x 4.8  **x 3.7**
Pacific children Māori children
times higher than European children decayed, missing or filled teeth

* Calculated from Dec 2018 retail prices for soft drinks and milk in NZ
See reference 14 for details

Healthy Housing

HEALTHY PUKETĀPAPA

A home is more than a roof overhead. A warm, safe home is the foundation of a family, contributes to fewer days off school or work and reduced hospital admission. A secure healthy home is a building block for creating strong, resilient communities.

HOUSING TENURE IN PUKETĀPAPA ¹



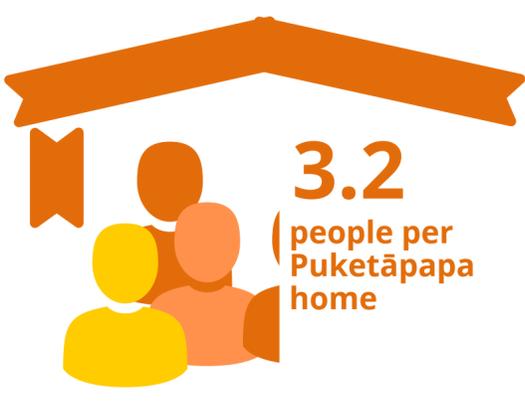
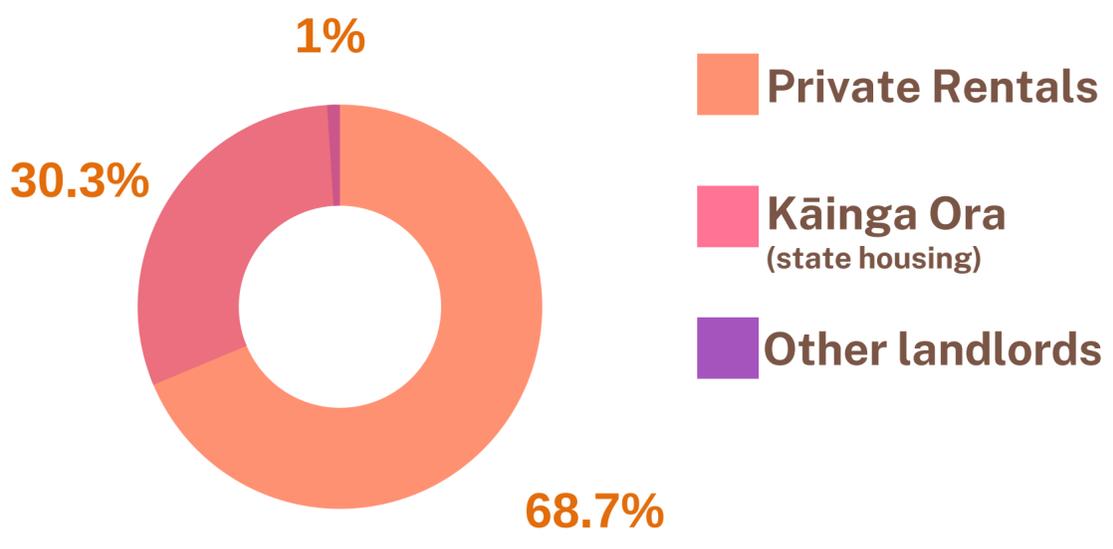
More people on low incomes live in older homes, especially Māori and Pacific people.

Many of these homes are in the rental sector.¹

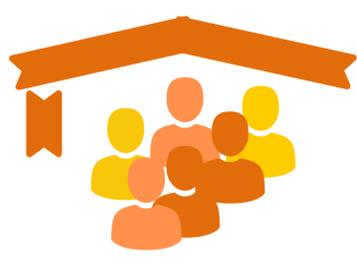


Auckland has 59% home ownership

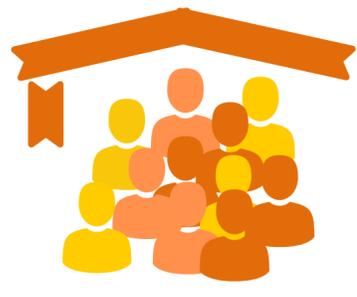
RENTING IN PUKETĀPAPA ¹



Pacific people, Māori and African communities are most likely to be living in overcrowded conditions ¹⁶



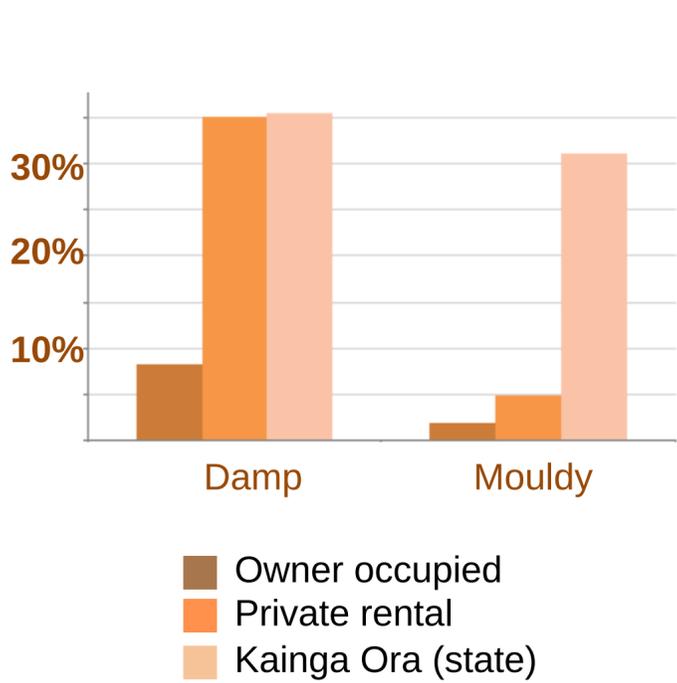
1 in 5 Puketāpapa homes are overcrowded



1 in 5 Wesley West homes are severely overcrowded

Note: Overcrowding data from the 2013 Census has been used as at the time of publication overcrowding data from the 2018 census had not been released at the Local Board level.

HOUSING QUALITY IN PUKETĀPAPA



Rental homes **4x** more likely to be **damp** than owner occupied homes.



1 in 3 state homes are **mouldy**.



Māori and Pacific are **1.5x** more likely to have **cold damp homes**.¹⁷

42% of homes in **Wesley West** are **damp** and **23%** are **mouldy**

BETTER HOUSES SAVE MONEY

\$1 spent on insulation = **\$3.90** saved across health and social care¹⁸



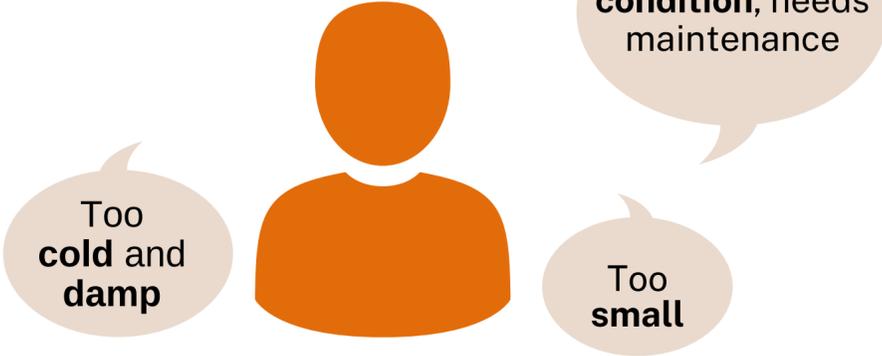
1,311 Puketāpapa homes using **un-flued gas heaters**¹

Affordable fuel and unsafe heating are significant issues.

Un-flued gas heaters add moisture and noxious chemicals to a room, these can impact health.

1 in 4 Puketāpapa residents consider their **home unsuitable**²

Top 3 reasons



Enough to live on after housing costs
Indicator in development

See *Social Wellbeing* for our indicators on belonging and community

Less Use of Harmful Substances

HEALTHY PUKETĀPAPA

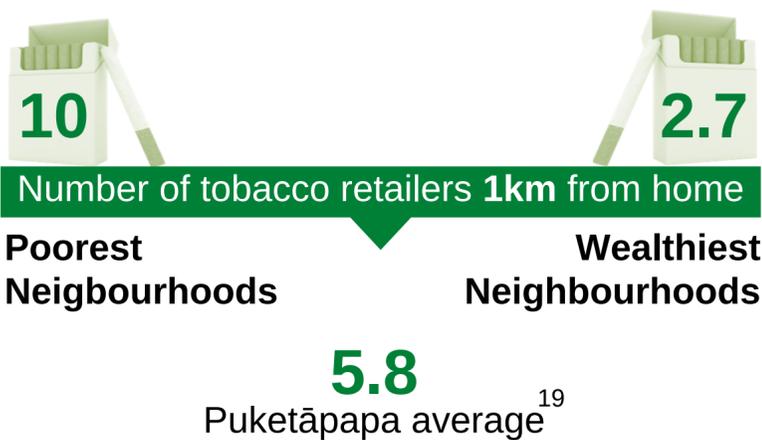
Alcohol, tobacco and other drug related harms are major contributors to the differences in health and wellbeing experienced by our communities. The poor health and wellbeing inflicted by harmful substances impacts on individuals, whānau, communities and neighbourhoods.

Communities and our connection to where we live and those around us build resilience, and actions that strengthen the feeling that everyone is valued and belongs builds our mental wellbeing which has a strong association with reducing the use of harmful substances.

Tobacco and alcohol are legal drugs and have addiction profiles. Data on illegal substances is not currently available at a local board level. This data will be included in future profiles as it becomes available.



ALCOHOL AND TOBACCO ENVIRONMENT

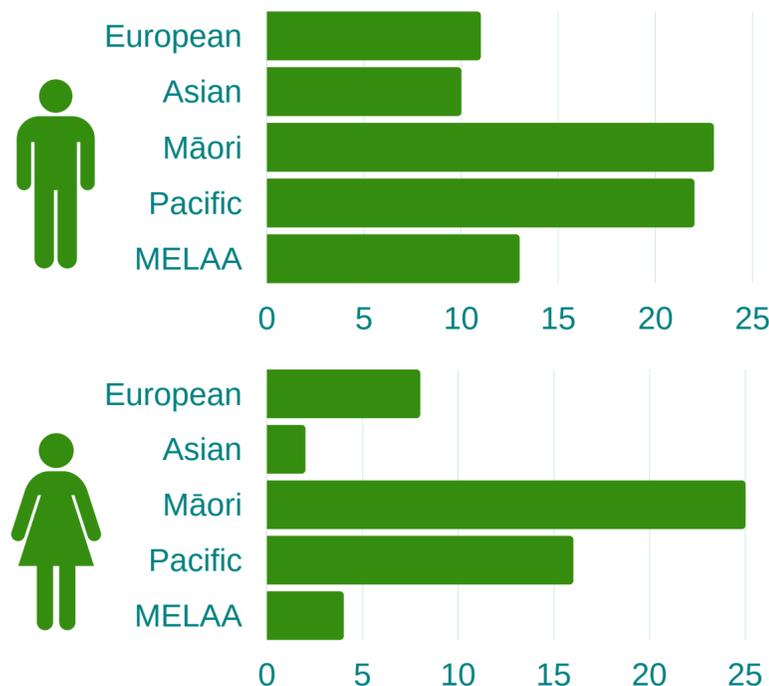


* Average number of alcohol retailers 2km from home²⁰

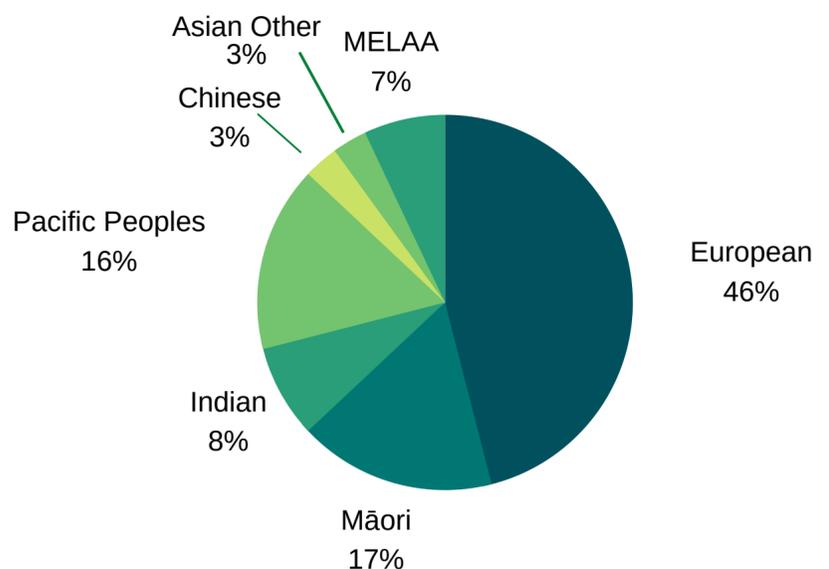
Premises with licences to sell alcohol were most common in Walsmley, one of Puketāpapa's most deprived neighbourhoods.²¹

ALCOHOL AND TOBACCO HARM

Tobacco Users¹



Alcohol involved admissions to ED by ethnicity for Puketāpapa residents²²



* Alcohol retailers within 1km of home in development



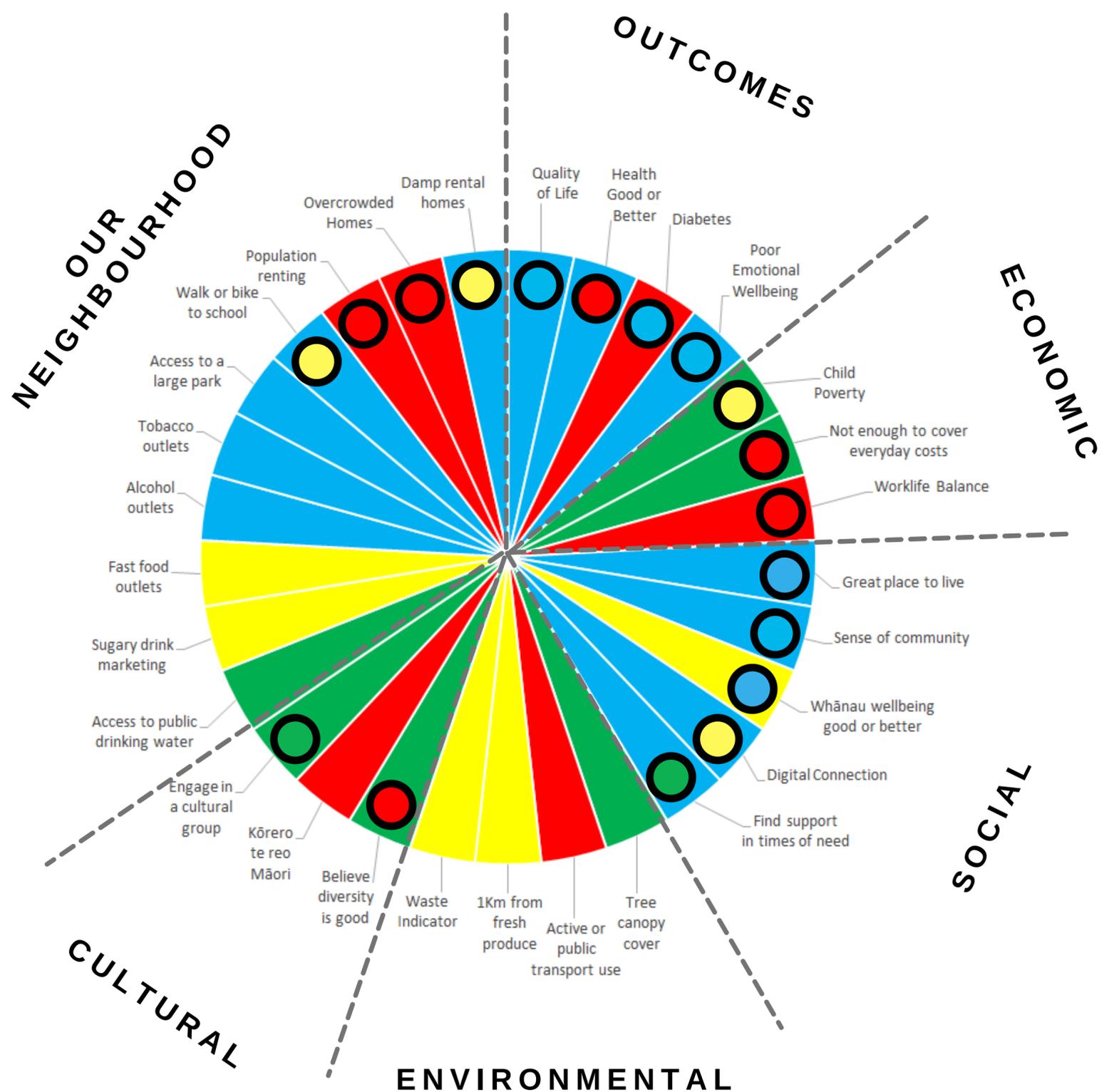
See *Social Wellbeing* for our indicators on belonging

6 Summary - Wellbeing in Puketāpapa

The summary below illustrates how the Puketāpapa local board area compares against data for the Auckland region. This summary also indicates how our systems and environment impacts on outcomes for Tāmaki Mākaura Māori compared to the Auckland region data.

As this is an overview it does not display the differences between our neighbourhoods and communities, for more in-depth information go to the Wellbeing and priority sections of this profile.

Grouped together we can see the areas we are doing well in and those we are not. This shows areas to focus on to make a difference to everyone's health and wellbeing wherever we live, learn, work and play.



Notes

1 Red and Green scoring is > +/- 10% relative to the Auckland value
Blue is within the +/- 10% relative range of the Auckland value

2 Korero te reo Māori data is Māori residents only

Legend

- Worst than Auckland
- Better than Auckland
- Same as Auckland
- Indicator in development or data not available
- Tāmaki Mākaura Māori residents

7 Links

Find all **Healthy Puketāpapa** documents and the **Puketāpapa Low Carbon Action Plan** at the Puketāpapa Local Board pages - Plans, Agreements and Reports

www.aucklandcouncil.govt.nz/about-auckland-council/how-auckland-council-works/local-boards

8 Note - Policy Context

Local, regional and national policies and bylaws impact on our systems and environment and therefore on health and wellbeing. A number of policies directly impact on our Healthy Puketāpapa priorities. A policy map is proposed to add to the information guiding Healthy Puketāpapa's direction .

9 Appendix 1: WHO Emotional Wellbeing Index²³

The World Health Organisation (WHO) Emotional Wellbeing Index is scored out of 25 across 5 questions

- I have felt cheerful and in good spirits
- I have felt calm and relaxed
- I have felt active and vigorous
- I woke up feeling fresh and rested
- My daily life has been filled with things that interest me.

The index is scored out of a total of 25, with 0 being the lowest level of emotional being and 25 the highest. Scores below 13 (between 0 and 12) are considered indicative of poor emotional wellbeing and may indicate risk of poor mental health.

10 References

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8. APHS Fastfood outlets GIS mapping 2013
9. NZ Health Survey 2018 (Auckland DHB data)
10. National Diabetes Register (Nov 2019)
11. ARPHS Wade Index
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13. Refill NZ project report Healthy Puketāpapa 2020
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