

REGIONAL SERVICES PROGRAMME



Central Region Regional Services Plan 2018/19 Population and Demographics Part 3

Prepared by:
Central Region District Health Boards

Coordinated by:
TAS

Address for contact:

PO Box 23075
Wellington 6140

Phone 04 801 2430
Fax 04 801 6230
info@centraltas.co.nz
<https://tas.health.nz/>

©Central Region's Technical Advisory Services Limited 2012

Copyright statement

The content of this document is protected by the Copyright Act 1994. The information provided on behalf of TAS may be reproduced without further permission, subject to the following conditions:

- You must reproduce the information accurately, using the most recent version.
- You must not use the material in a manner that is offensive, deceptive or misleading.
- You must acknowledge the source and copyright status of the material.

Disclaimer

While care has been taken in the processing, analysing and extraction of information to ensure the accuracy of this document, TAS gives no warranty that the information supplied is free from error. TAS should not be liable for the provision of any incorrect or incomplete information or for any loss suffered through the use, directly or indirectly, of any information, product or service.

Contents

1. The Central Region population	1
1.1 <i>Our region – and the changes we expect to see</i>	1
1.2 <i>Forecast population growth rates vary – with a decrease in one DHB area</i>	1
1.3 <i>Our population make-up is changing</i>	2
1.4 <i>Our population is becoming more ethnically diverse</i>	3
1.5 <i>The proportions of Māori and Pacific communities differ by DHB region</i>	3
1.6 <i>We have a mix of geographic characteristics, and varying access to services</i>	4
2. Economic and social deprivation in the Central Region	5
2.1 <i>Economic and social deprivation in our Māori and Pacific communities</i>	6
3. Educational achievement and employment in the Central Region	8
4. Child health	9
4.1 <i>Health-related risk factors</i>	9
4.2 <i>Health-related protective factors</i>	10

DRAFT

1. The Central Region population

1.1 Our region – and the changes we expect to see

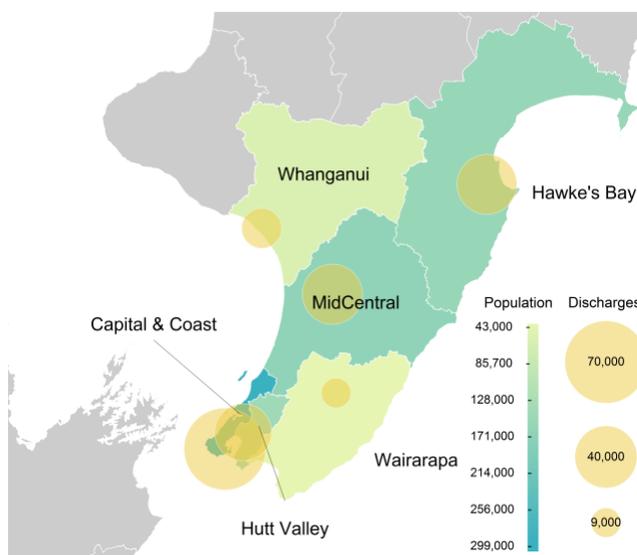


The Central Region’s population is forecast to grow by 7% in the next 20 years, with an 84% increase in the number of people aged over 70 years. Our health workforce is aging too, with a forecast decrease in health professionals aged 50-59 years.

Our communities are expected to become more diverse, with more Māori, Asian and Pacific people. The number who identify as Māori is forecast to increase by 36%, while the Asian population is expected to grow by 70% and the number of Pacific peoples by 22%.

The region has pockets of people who exhibit risky health behaviours, live in highly deprived areas and have limited access to transport and employment. Approximately 89,500 people, or 10% of the region’s population, live in our most deprived areas.

Figure 1: Central Region population distribution by district health board area (DHBs)



12% Of our population live in the two smallest DHB regions: Whanganui and Wairarapa.

54% Of our population live in our two largest DHB regions: MidCentral and Capital & Coast.

The Central Region’s population is **914,000** (19% of the New Zealand total).

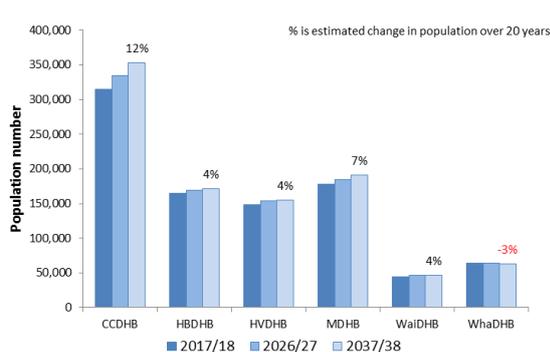
In the next 20 years the region’s population is expected to increase to **978,000**.

85,000 more people will be aged 70+.

1.2 Forecast population growth rates vary – with a decrease in one DHB area

The Central Region’s estimated population growth won’t be evenly distributed across the six DHB regions: Capital & Coast DHB is expected to see the greatest increase, while Whanganui DHB’s population is expected to decrease.

Figure 2: Central Region DHB population estimates and changes



DHB	% change in population
CCDHB	12% (12 human icons)
MDHB	7% (7 human icons)
HBDHB	4% (4 human icons)
HVDHB	4% (4 human icons)
WaiDHB	4% (4 human icons)
WhaDHB	-3% (3 red human icons)

1 human icon = 1%

1.3 Our population make-up is changing



Although the region's total population is expected to grow by 7%, growth in the older age groups is forecast to be much higher, and the younger age groups are expected to decrease in number. Life expectancy for non-Māori is forecast to be seven years longer than it is for Māori.

Figure 3: Central Region estimated population change in 20 years

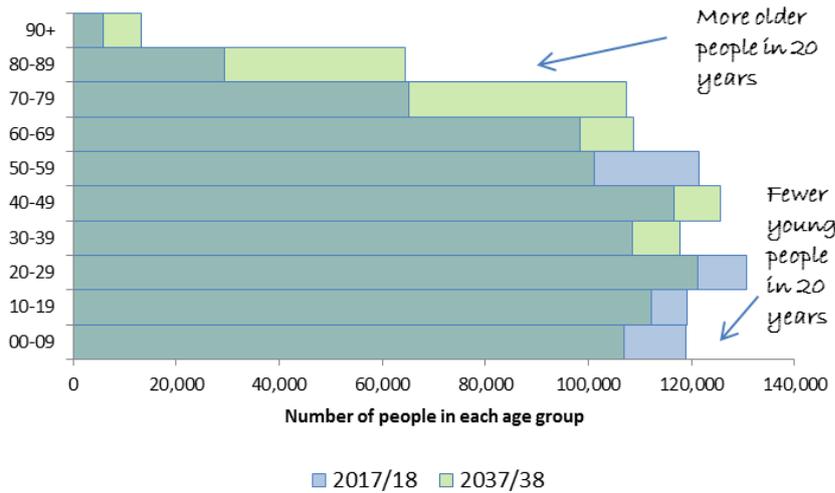
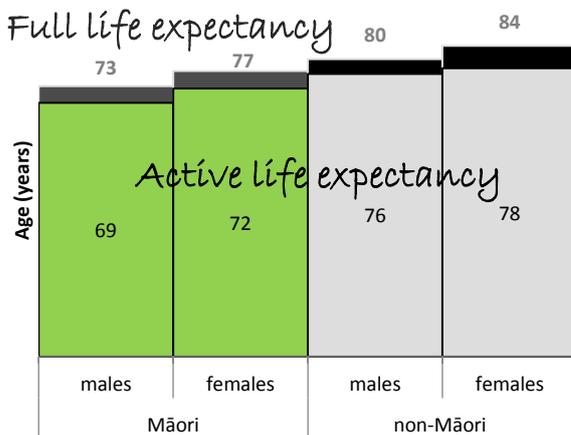


Table 1: Percentage change

Age groups	Population change	% change
90+	7,580	132%
80-89	35,015	119%
70-79	42,180	65%
60-69	10,375	11%
50-59	-20,285	-17%
40-49	8,920	8%
30-39	9,135	8%
20-29	-9,505	-7%
10-19	-7,040	-6%
00-09	-11,830	-10%
Total pop	64,545	7%

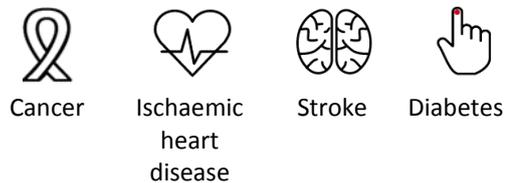
A large decrease in the 50-59 age group in 20 years could affect workforce capacity.

Figure 4: Central Region life expectancy at birth, Māori and non-Māori



The forecast life expectancy gap is widest between Māori males and non-Māori females (11 years). Mortality rates are higher for Māori than non-Māori (649 compared to 363 per 100,000 population).¹

Main causes of death



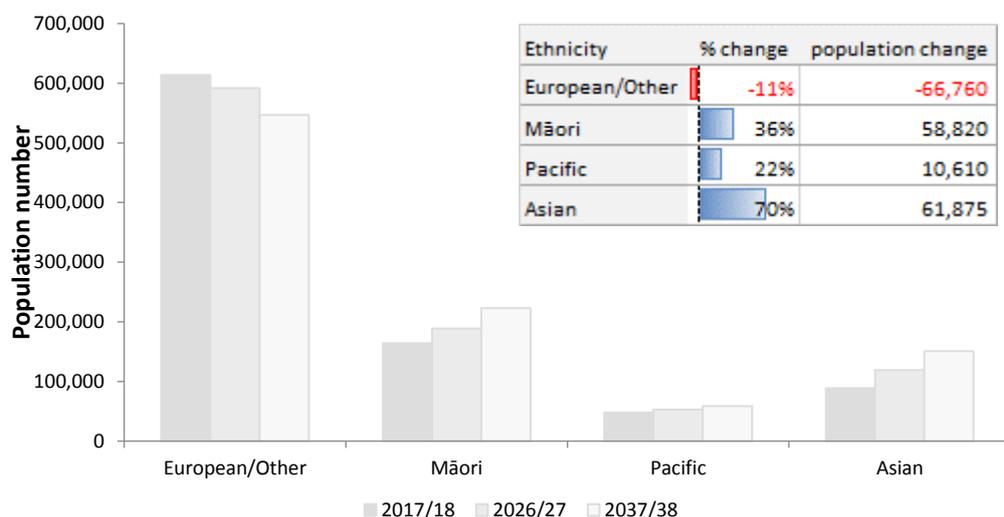
Source: Independent Life Expectancy in New Zealand 2013, Ministry of Health, July 2015.

¹ Age-standardised mortality rate (World Health Organization World Standard Population). Mortality collection 2012. Ministry of Health, December 2015.

1.4 Our population is becoming more ethnically diverse

The Central Region is expected to be more ethnically diverse in 20 years' time, with decreases in European/Other populations and increases in Māori, Asian and, to a lesser extent, Pacific populations. People from Asia are forecast to make up the greatest proportion of population growth in Capital & Coast and Hutt Valley DHBs, and Māori the greatest proportion in all other DHBs.

Figure 5: Central Region estimated population change in 20 years, by ethnicity



Source: New Zealand 2013 Census projected.

1.5 The proportions of Māori and Pacific communities differ by DHB region

Hawke's Bay, Capital & Coast and MidCentral DHBs have the largest populations of Māori in the region. Māori make up one in four people in Hawke's Bay and Whanganui.

Māori in the Central Region have a greater proportion of children and young people, and fewer older people, than the European/Other population. The same is true for males and females.

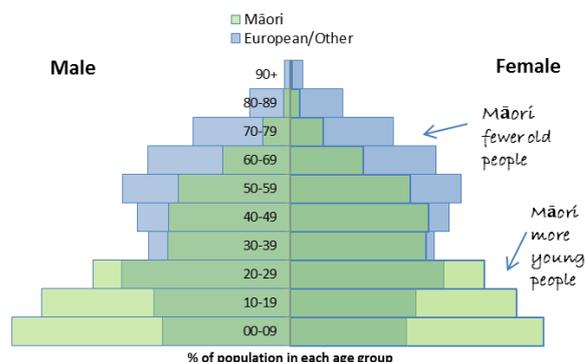
Table 2: Māori and Pacific populations by Central Region DHB

DHB	Māori	Pacific	Total	% Māori	% Pacific
CCDHB	35,720	22,120	314,660	11%	7%
HBDHB	42,470	6,300	164,610	26%	4%
HVDHB	25,670	11,680	148,570	17%	8%
MDHB	35,320	5,330	177,400	20%	3%
WaiDHB	7,720	905	44,630	17%	2%
WhaDHB	17,040	1,655	64,305	26%	3%
Region	163,940	47,990	914,175	18%	5%

Source: New Zealand 2013 Census projected to 2017/18.

Capital & Coast DHB has the largest Pacific population, and Capital & Coast and Hutt Valley DHBs have a larger proportion of Pacific peoples than other DHBs in the region (7% and 8% respectively).

Figure 6: Central Region age profiles for Māori and European/Other, by gender



Source: New Zealand 2013 Census projected to 2017/18.

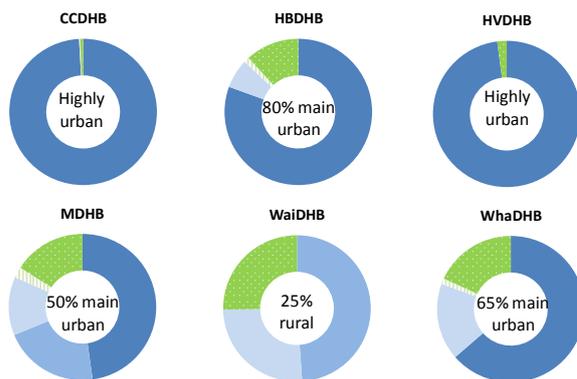
Pacific populations have a similar demographic profile to Māori, with a younger age profile than European/Other.

1.6 We have a mix of geographic characteristics, and varying access to services



The Central Region DHBs have different mixes of urban and rural populations. People in rural DHB areas can find it challenging to access services close to home. Travel times are part of this challenge.

Figure 7: Central Region populations by urban/rural categories, per DHB



Source: New Zealand 2013 Census.

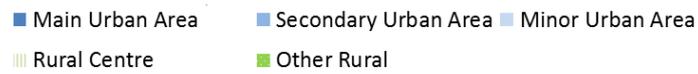


Figure 8: Central Region populations by urban/rural categories



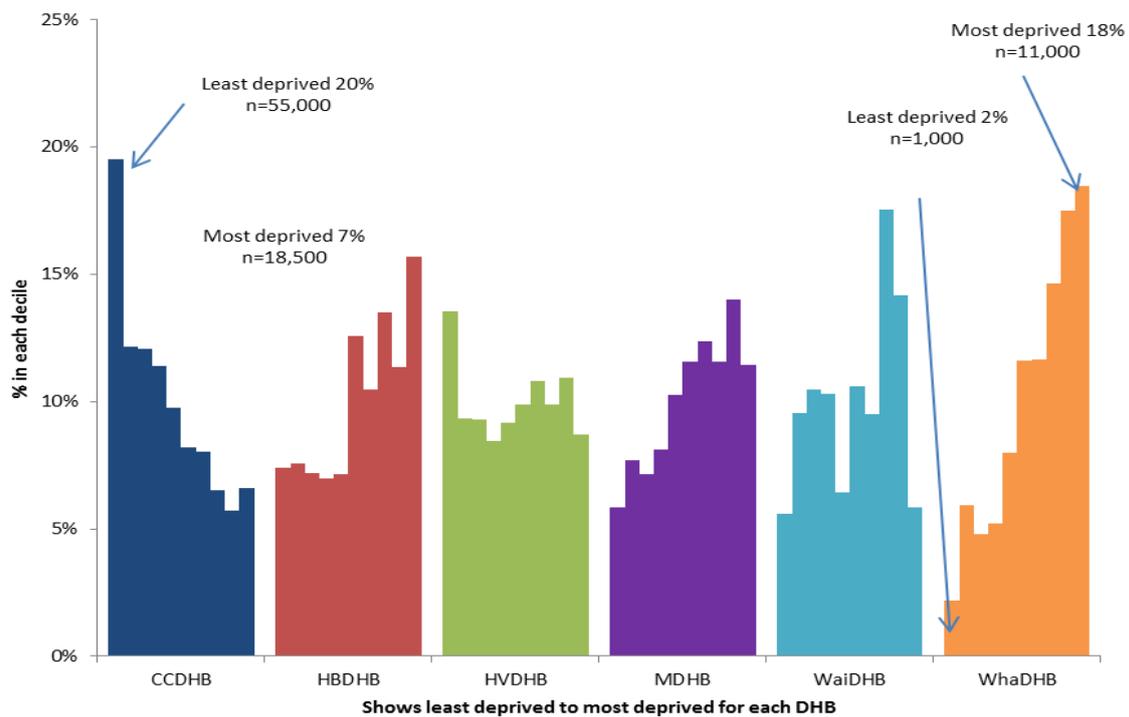
Source: New Zealand 2013 Census.

2. Economic and social deprivation in the Central Region

It is well known that socio-economic factors influence people's health status and life expectancy.

A 'deprivation index' produced from the 2013 Census shows varying degrees of deprivation throughout the Central Region. For example, Capital & Coast DHB has a more affluent population profile than Whanganui DHB: 20% of its population is in decile one (least deprived) compared with 2% in Whanganui. However, there are significant pockets of deprivation in Capital & Coast DHB's local population: 7% (18,500 people) are in decile 10 (most deprived) compared with Whanganui DHB's 18% (11,000 people).

Figure 9: Central Region deprivation profile, by DHB



Source: Socioeconomic deprivation indexes NZDep2013, derived from the New Zealand 2013 Census.

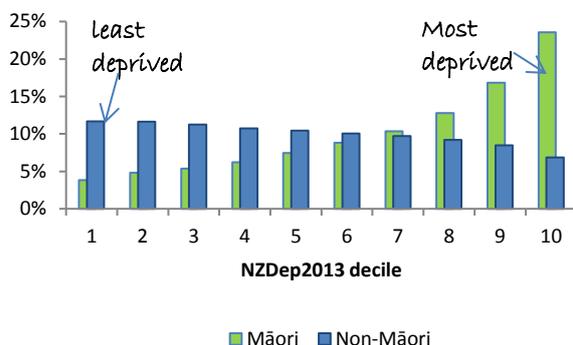
2.1 Economic and social deprivation in our Māori and Pacific communities



Deprivation in the Central Region can be seen in a number of ways, including obesity, household crowding and tobacco smoking.

Māori are more likely to live in the most deprived areas in New Zealand. The greater the socio-economic deprivation, that more that people's health is affected, such as in higher rates of chronic disease, higher mortality rates and lower life expectancies.

Figure 10: Central Region deprivation levels, Māori and non-Māori



Source: New Zealand 2013 Census.

Household crowding is linked to a number of poor health outcomes, including infectious diseases and rheumatic fever.

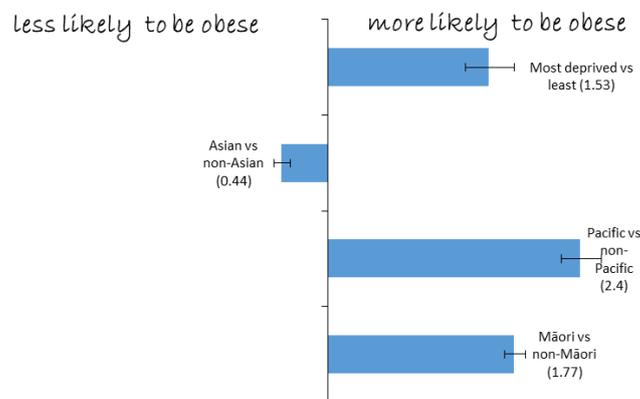
Crowding affects Pacific communities and Māori more than other groups. Children are more likely to live in crowded households than young people and adults.

Table 3: Household crowding by ethnicity

Ethnicity	Percent crowded
European/Other	4%
Māori	20%
Pacific	40%
Asian	18%

Source: Ministry of Health 2014. Analysis of Household Crowding (New Zealand 2013 Census).

Figure 11: Adjusted rate ratios of adult obesity, by ethnicity



Source: New Zealand Health Survey 2016/17. National figures. Age, sex adjusted.

Obesity is a risk to health that is more prevalent in Pacific Peoples and Māori than the European or Asian population

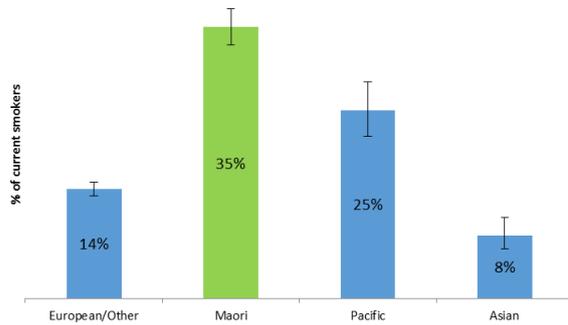
Household crowding as a percentage of the local population has decreased in the Central Region since 2006.

Table 4: Central Region household crowding, by DHB

DHB	Crowded in 2013		Change from 2006
	Number	Percent	
Capital & Coast	22,623	9%	-4%
Hawke's Bay	13,521	10%	-8%
Hutt Valley	12,696	10%	-8%
MidCentral	9,741	7%	-2%
Wairarapa	1,881	5%	-8%
Whanganui	4,077	7%	-5%
NZ	398,100	10%	-3%

Source: Ministry of Health 2014. Analysis of Household Crowding (New Zealand 2013 Census).

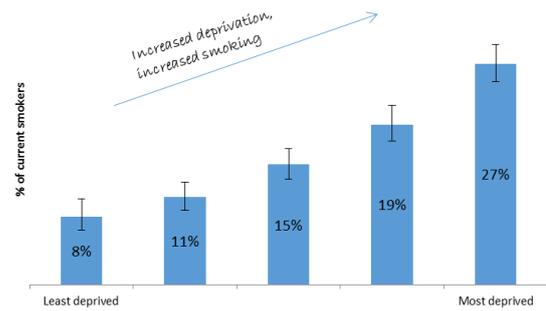
Figure 12: Māori are more likely to be smokers than non-Māori



Source: New Zealand Health Survey 2016/17. National figures.

The smoking rate for Māori is significantly higher than it is among other population groups. Smoking has a well known link to poor health, including higher incidences of cancer and cardiovascular and respiratory diseases.

Figure 13: Smoking rates increase with deprivation



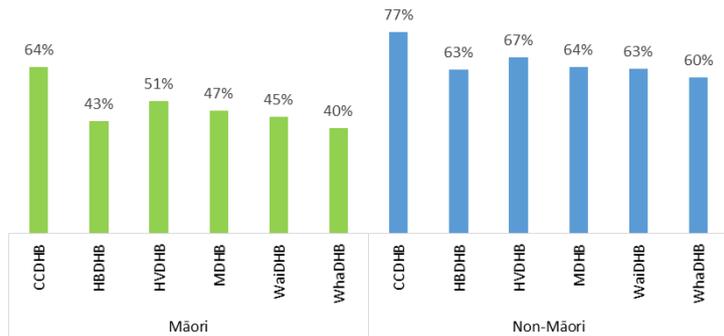
Source: New Zealand Health Survey 2016/17. National figures.

Smoking is also correlated with neighbourhood deprivation, and Māori are overrepresented in the most deprived neighbourhoods.

3. Educational achievement and employment in the Central Region

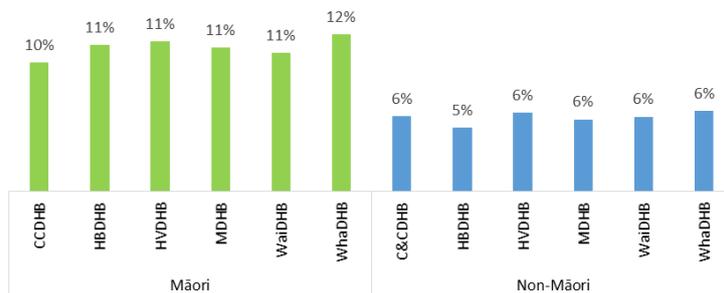
As is the case elsewhere in New Zealand, Māori in the Central Region have lower educational achievement levels than non-Māori. Māori also have a higher unemployment rate than non-Māori.

Figure 14: Adults in the Central Region aged 18 years+ with NCEA Level 2 qualifications or higher, New Zealand 2013 Census



Capital & Coast DHB has the highest number of adult residents with NCEA Level 2 or above qualifications (both Māori and non-Māori).

Figure 15: Labour force status unemployed, adults 15 years and over



The differences in education levels and unemployment rates between Māori and non-Māori in the Central Region are statistically significant.

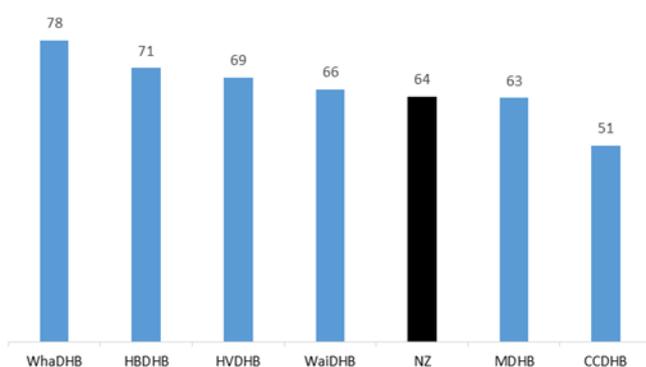
Source: Māori Health Profiles 2015, University of Otago for the Ministry of Health. Rates are age standardised.

4. Child health

As is to be expected, the Central Region DHBs with the largest populations have the highest number of births. However, the birth rates per 1,000 females of reproductive age are highest in Whanganui DHB and lowest in Capital & Coast DHB. The birth rates for Māori and Pacific women are higher than those of European/Other women, and for Māori women are highest in Whanganui and Hawke's Bay DHBs.

High-deprivation areas have similar birth rate patterns. Whanganui DHB has the highest teenage and youth birth rate in the Central Region, and among the highest nationwide. The rates are lowest in Capital & Coast DHB and are much lower than the national rate.

Figure 16: Central Region birth rate per 1,000 females, per DHB



Source: Report on Maternity 2015, Ministry of Health 2017.

Table 5: Central Region number of births

DHB	European/			
	Total	Other	Māori	Pacific
CCDHB	3,533	2,685	498	350
HBDHB	2,001	957	949	95
HVDHB	1,965	1,291	475	199
MDHB	2,110	1,246	739	125
WaiDHB	462	300	141	21
WhaDHB	816	411	370	35
Region	10,887	6,890	3,172	825
	100%	63%	29%	8%

Source: Report on Maternity 2015, Ministry of Health 2017.

4.1 Health-related risk factors

There are a number of known health-related risk factors (factors that increase the likelihood of difficulties and poor wellbeing) for babies and children in the Central Region. They include:

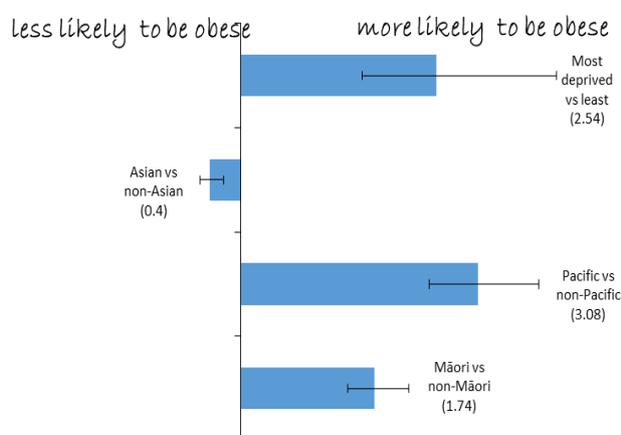
- low birth weight and premature birth: the rate of low birth weight is higher among Māori than among non-Māori in the Central Region and nationwide
- smoking: compared with the general population, Māori women have a much higher rate of continuing or recommencing smoking at two weeks after birth
- obesity: obesity rates are higher among Pacific and Māori children (age 2-14) than among other children.

Table 6: Māori women continuing to smoke after birth, Central Region, 2015

DHB	European/Other	Māori	Pacific
CCDHB	2.4%	27.3%	12.8%
HBDHB	8.0%	34.2%	4.5%
HVDHB	5.6%	28.0%	7.9%
MDHB	11.0%	32.6%	9.7%
WaiDHB	8.1%	23.7%	0.0%
WhaDHB	13.7%	34.7%	9.1%
NZ	5.3%	32.0%	7.7%

Source: New Zealand Maternity Clinical Indicators 2015, Ministry of Health 2016.

Figure 17: Adjusted rate ratios of child obesity



Source: New Zealand Health Survey 2016/17. National figures. Age, sex adjusted.

4.2 *Health-related protective factors*

In relation to health-related protective factors (factors that enhance life opportunities and promote good wellbeing) for babies and children in the Central Region:

- women's enrolments with lead maternity carers in the first trimester of pregnancy tend to be lower among Māori and Pacific women than among European/Other in the Central Region and nationally. However, most enrolment rates in the Central Region are better than the national rates
- Māori and Pacific women, and those living in high-deprivation areas, are less likely to breastfeed than the total population
- DHBs in the Central Region are close to or meeting the target 95% immunisation rate for eight-month-old babies.