# He Tohu Ora: Quality of life

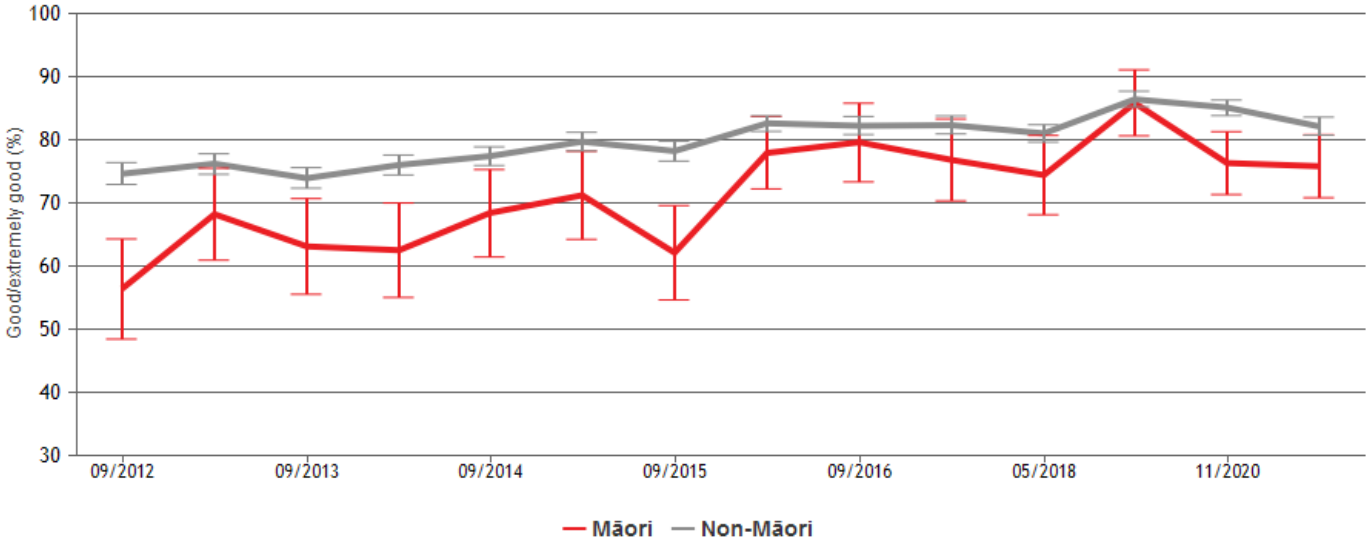
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Overall quality of life is a broad concept that refers to a person's subjective evaluation of their own circumstances and experience of life, which is embedded in a cultural, social and environmental context. Although this concept is not specific to Māori, it aligns with the te ao Māori perspective of holistic wellbeing, which includes physical, mental/emotional, spiritual, and whānau wellbeing [1]. For Māori, connection to whenua (land) is an important contributor to quality of life [18].

The Canterbury Wellbeing Survey includes the question 'Would you say that your overall quality of life is…' with five response options, ranging from extremely poor to extremely good.

This figure shows the proportion of Māori and non-Māori survey respondents who rated their quality of life as good/extremely good.

Figure 7: Proportion of Māori and non-Māori aged 18 years and over rating quality of life as good/extremely good, in greater Christchurch, 2012–2022




The figure shows that since 2012, both Māori and non-Māori respondents' quality of life has increased statistically significantly overall. However, the proportion of Māori respondents rating their quality of life as good or extremely good has remained consistently below the proportion for non-Māori (Māori 75.8% and non-Māori 82.3% in 2022). The largest differences between the two groups were noted in September 2012 (Māori 56.4%; non-Māori 74.6%) and September 2015 (Māori 62.1%; non-Māori 78.2%). Throughout the time series, the proportion for Māori has shown more variation than the proportion for non-Māori, due to smaller absolute numbers. Since April 2016 there have not been any significant differences between Māori and non-Māori respondents' quality of life, except for 2020 where the proportion of Māori respondents rating their quality of life as good/extremely good (76.3%) was statistically significantly lower than the proportion for non-Māori respondents (85.1%).

**Data Sources**

**Source:** Te Whatu Ora Waitaha Canterbury.
**Survey/data set:** Canterbury Wellbeing Survey to 2022. Access publicly available data from Te Mana Ora | Community and Public Health website

www.cph.co.nz/your-health/wellbeing-survey/
**Source data frequency:** Annually.

Metadata for this indicator is available at https://www.canterburywellbeing.org.nz/index-data

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