

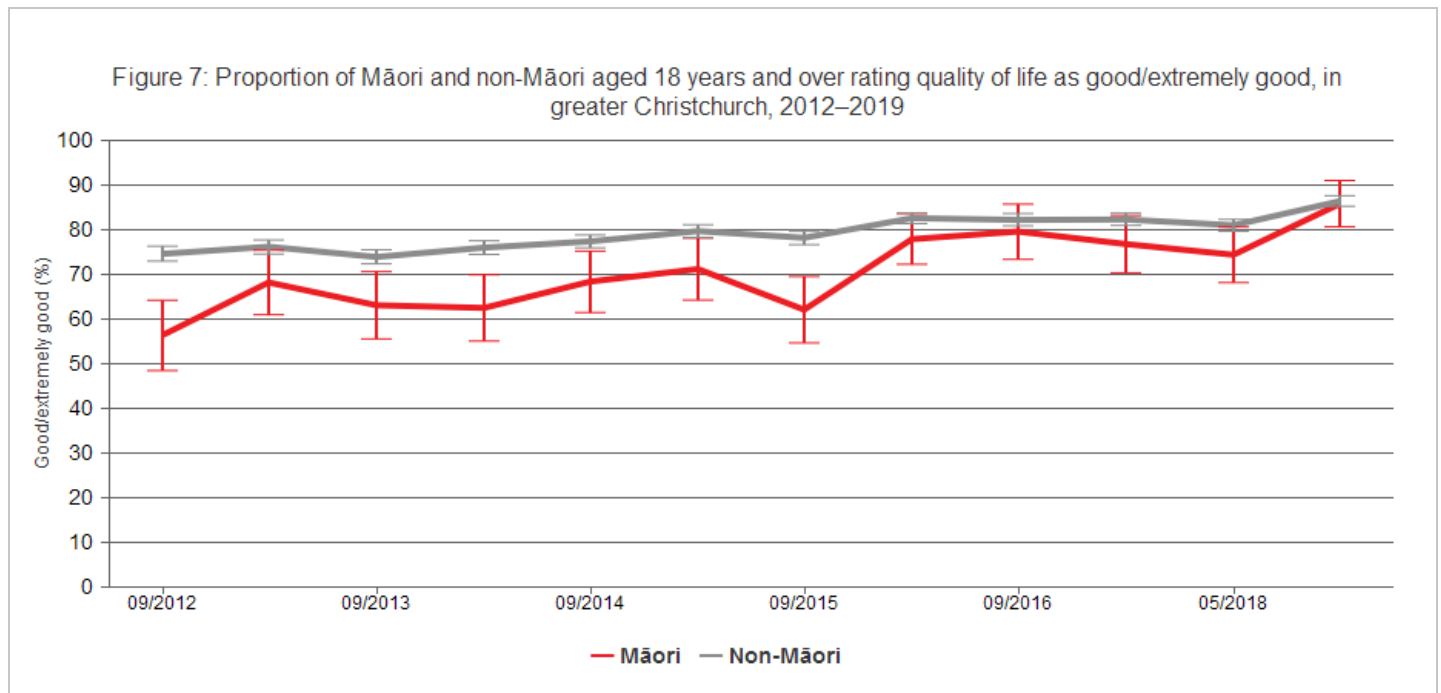
# He Tohu Ora: Quality of life

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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.



The figure shows that since 2012, both Māori and non-Māori respondents’ quality of life has increased overall. However, the proportion for Māori has remained consistently below the proportion for non-Māori (Māori 85.8% and non-Māori 86.4% in 2019). 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 survey time period, the proportion for Māori has shown more variation than the proportion for non-Māori, due to smaller absolute numbers. The difference between Māori and non-Māori has been statistically significant at several time points (September 2012, September 2013, April 2014, September 2014, and September 2015) but there have not been any significant differences since April 2016.

## Data Sources

**Source:** Canterbury District Health Board.

**Survey/data set:** Canterbury Wellbeing Survey to 2019. Access publicly available data from the Community and Public Health (Canterbury DHB) website [www.cph.co.nz/your-health/wellbeing-survey/](http://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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