He Tohu Ora: Self-rated health

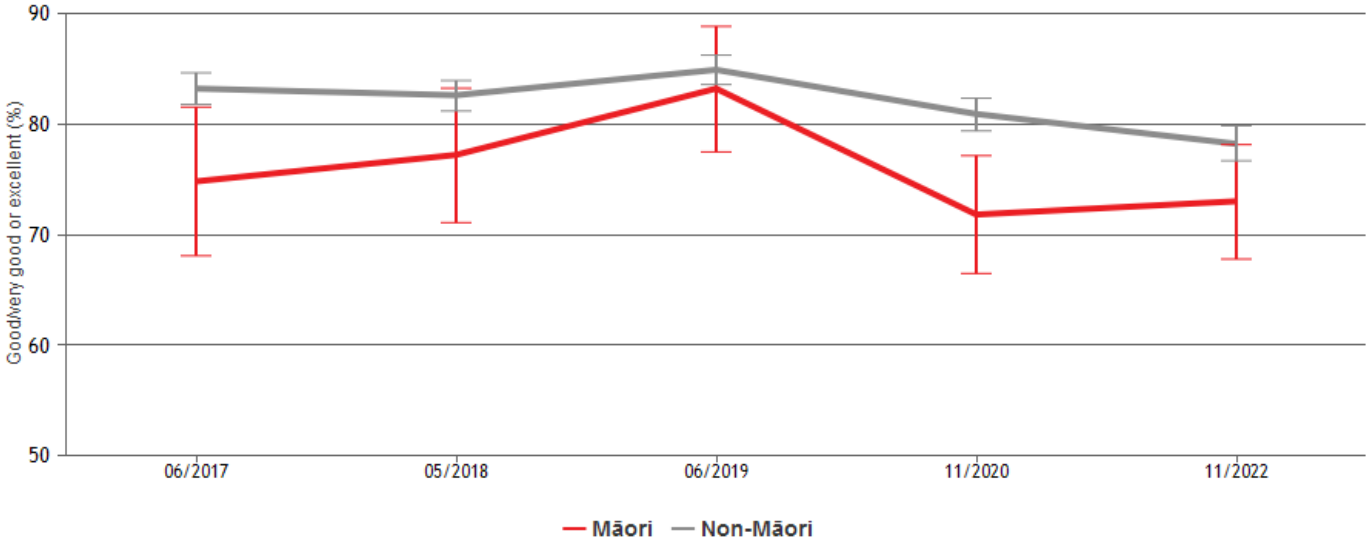
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Self-rated health allows respondents to weigh together the different aspects of health that they consider most important [17]. A person's self-rated health is therefore shaped by their cultural perspective. For example, from a Māori worldview taha wairua (spiritual health) is an essential component of good health. As the aspects of wellbeing are connected, they cannot be compartmentalised, therefore to experience good health all aspects of wellbeing need to flourish [4].

The Canterbury Wellbeing Survey includes the question 'In general, how would you rate your health?' [10]. The question has five response options, ranging from poor to excellent.

This indicator presents the proportion of Māori and non-Māori survey respondents reporting good/very good/excellent self-rated health in the Canterbury Wellbeing Survey. Note that this question was first included in 2017.

Figure 6: Proportion of Māori and non-Māori aged 18 years and over rating their health as good/very good/excellent, in greater Christchurch, 2017-2022



This figure shows that a statistically significantly higher proportion of non-Māori respondents reported their health as good, very good or excellent than Māori respondents in 2017 and 2020 (non-Māori 80.9% and Māori 71.8% in 2020). Between 2019 and 2022 self-rated health decreased among both groups, and in 2022 self-rated health of Māori respondents (73%) was lower (but not statistically significantly lower) than for non-Māori respondents (78.2%).

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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