

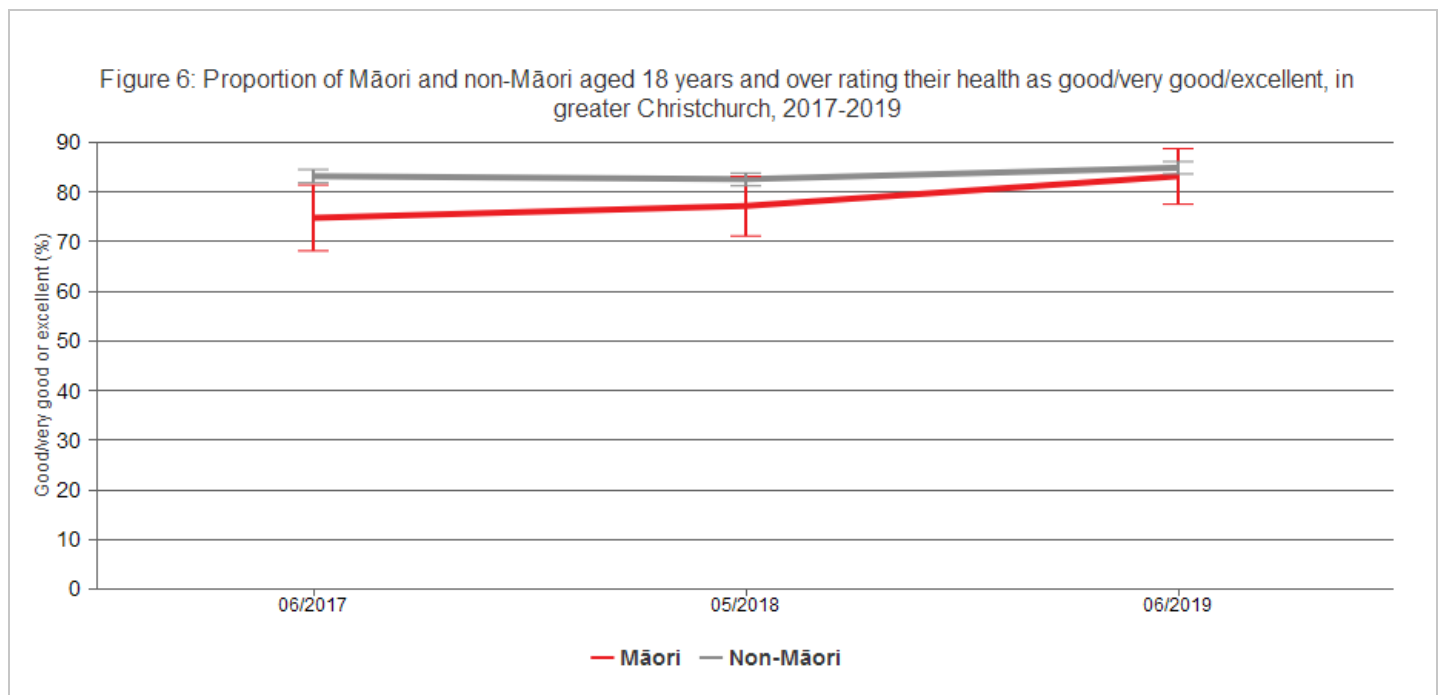
He Tohu Ora: Self-rated health

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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.



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 (non-Māori 83.2% and Māori 74.8%). Since 2017, the proportion of Māori respondents rating their health as good, very good or excellent has increased steadily towards the non-Māori proportion. There is no statistically significant difference between the groups in 2018 and 2019 (non-Māori 84.9% and Māori 83.2%, 2019).

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/

Source data frequency: Annually.

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

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