He Tohu Ora: Whānau support

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Having whānau support in times of need allows people to have material and emotional support, both of which influence health and wellbeing [11]. From a te ao Māori perspective, manaakitanga (showing respect, generosity and care for others) is an important aspect to achieve individual and whānau wellbeing [1]. Not only is it important to receive care from whānau but also to reciprocate that care, particularly towards those who may have greater need, such as younger and older members of whānau [1].

Te Kupenga asked respondents how easy or hard it would be for them to find someone to help them in times of need (e.g., when they have serious illness) [12]. There were five response options ranging from very easy to very hard. In 2013, responses from South Island respondents were grouped into two categories – Canterbury and Rest of South Island, whereas in 2018, responses from South Island respondents were grouped into three categories – Canterbury, Marlborough/Nelson/Tasman/West Coast, and Otago/Southland.

This indicator presents the proportion of survey respondents who reported it being easy or very easy to get whānau support in times of need, from whānau living in another household.

Figure 2: Proportion of Māori aged 15 years and over who reported it being easy or very easy to get whānau support in times of need (from whānau living in another household), in Canterbury, Rest of South Island, and New Zealand, 2013 and in Canterbury, Marlborough/Nelson/Tasman/West Coast, Otago/Southland and New Zealand, 2018



The majority of respondents for Canterbury (80.0% in 2013 and 79.5% in 2018), the rest of the South Island (76.6% in 2013) and New Zealand (81.2% in 2013 and 76.1% in 2018) reported it was easy or very easy to get whānau support in times of need (from whānau living in another household). The proportion reporting it was very easy to get whānau support in Canterbury was similar in 2013 (50.7%) and 2018 (49.3%). In 2018, Canterbury (49.3%) had the highest proportion reporting it was very easy to get whānau support followed by Otago/Southland (46.0%), Marlborough/Nelson/Tasman/West Coast combined (40.6%), and New Zealand overall (40.3%).

Data Sources

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Source: Statistics New Zealand.
Survey/data set: Te Kupenga 2013 and 2018. Access publicly available data from the Statistics New Zealand website www.stats.govt.nz/information-releases/te-kupenga-2018-final-english
Source data frequency: Survey conducted every 10 years - following the national census.

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

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