# He Tohu Ora: Whānau wellbeing

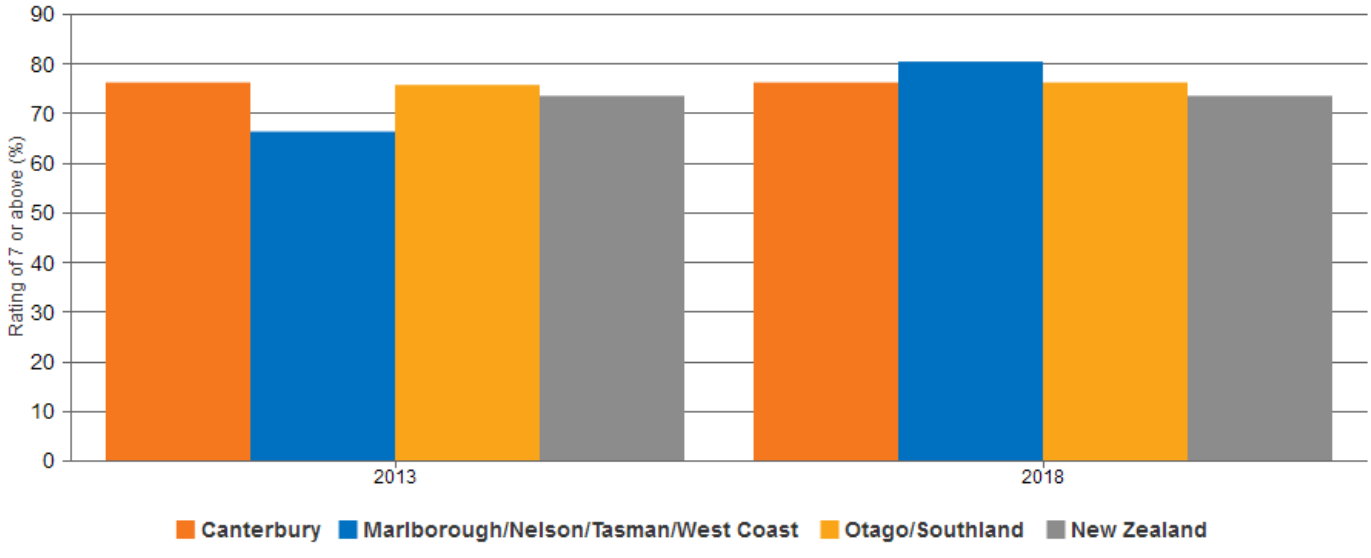
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Whānau wellbeing is a measure of how well an individual thinks their whānau is doing. There is an interdependence between whānau wellbeing and individual wellbeing [15]; for whānau to flourish collectively, each individual member must be well and thriving. Māori who report very high levels of life satisfaction are more likely to report very high whānau wellbeing, than those with overall low life satisfaction [15]. Other contributors to whānau wellbeing include whānau: heritage, wealth, capability, cohesion, connectedness and resilience [3, 16]. The significance of whānau wellbeing has been recognised in evidence, policy and programmes, such as Whānau Ora, a nationwide initiative that provides a whānau-focused and strengths-based approach to supporting families and whānau.

Te Kupenga asked respondents to think in general how their whānau was doing, and rating their whānau wellbeing on a scale of zero (extremely badly) to ten (extremely well) [12]. This indicator presents the proportion of respondents who rated their whānau wellbeing at 7 or above (on a scale from 0–10).

This indicator presents the proportion of respondents who rated their whānau as doing well or extremely well.

Figure 5: Proportion of Māori aged 15 years and over rating their whānau wellbeing at 7 or above on a scale from 0 to 10, in Canterbury, Marlborough/Nelson/Tasman/West Coast, Otago/Southland, and New Zealand, 2013 and 2018




The figure shows that in 2013 and 2018 a majority of respondents in the South Island and New Zealand rated their whānau wellbeing at 7 or above (on a scale from 0–10). There was little or no change between 2013 and 2018 in Canterbury (76.3% in both 2013 2018), Otago/Southland (75.8% in 2013 and 76.3% and 2018) and New Zealand (73.6% in both 2013 and 2018). In Marlborough/Nelson/Tasman/West Coast the proportion of respondents who rated their whānau wellbeing at 7 or above (on a scale from 0–10) increased from 66.4 percent in 2013 to 80.5% in 2018.

**Data Sources**

**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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