# He Tohu Ora: Whānau wellbeing

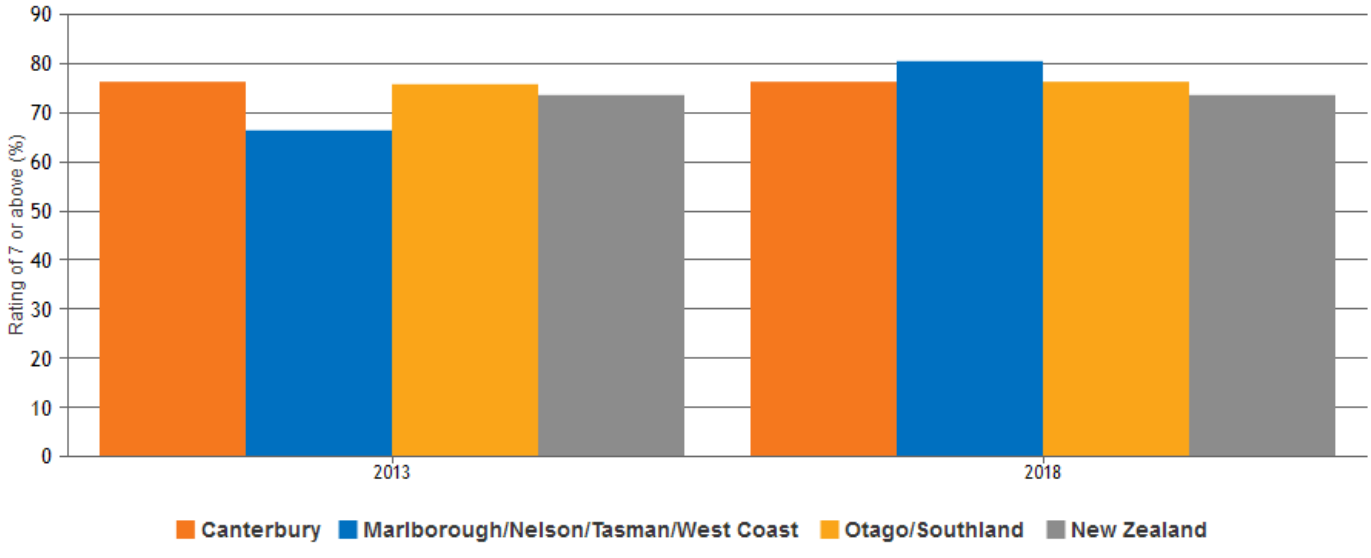
Downloaded from https://www.canterburywellbeing.org.nz/he-tohu-ora/#link-whānau-wellbeing on 30/03/2024 3:36 AM

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

© Crown copyright 2024 

## REFERENCES

This is the full reference list for **He Tohu Ora**.


1 Durie M (2006) Measuring Māori Wellbeing. New Zealand Treasury guest lecture series. Wellington.

2 Durie M (1999) Te Pae Māhutonga: A model for Māori health promotion. *Health Promotion Forum of New Zealand Newsletter* 49: 5.

3 Kingi TK, Durie M, Elder H, Tapsell R, Lawrence M, et al. (2018) *Maea te Toi Ora: Māori Health Transformations*. Wellington: Huia Publishers.

4 Durie M (1998) *Whaiora: Māori health development*. Auckland: Oxford University Press.

5 Durie M (2001) *Mauri Ora: The Dynamics of Māori Health*. Auckland: Oxford University Press.

6 Te Puni Kōkiri (2018) *Whānau Ora Annual Summary Report: 1 July 2016 - 30 June 2017*.

7 Pevalin D, Rose D (2004) *Investigating the links between social capital and health using the British Household Panel Survey*. Essex: Institute for Social and Economic Research, University of Essex.

8 Elliott J, Gale CR, Parsons S, Kuh D, HALCyon Study Team (2014) Neighbourhood cohesion and mental wellbeing among older adults: A mixed methods approach. *Social Science & Medicine* 107: 44-51.

9 Robinson D, Williams T (2001) Social capital and voluntary activity: Giving and sharing in Māori and non-Māori society. *Social Policy Journal of New Zealand/Te Puna Whakaaro* 52.

10 Te Whatu Ora Waitaha (2022) *Canterbury Wellbeing Survey: Report prepared by Nielsen for Te Whatu Ora Waitaha and partnering agencies*. Christchurch: Te Whatu Ora Waitaha.

11 Social Policy Evaluation and Research Unit (2017) *Subjective whānau wellbeing in Te Kupenga*. Wellington: Superu.

12 Statistics New Zealand (2013) *Te Kupenga 2013: A survey of Māori well-being questionnaire*. Wellington: Statistics New Zealand.

13 Statistics New Zealand (2015) *Ngā tohu o te ora: The determinants of life satisfaction for Māori 2013*. Wellington: Statistics New Zealand.

14 Statistics New Zealand (2018) *New Zealand Census of Population and Dwellings: individual form*. Wellington: Statistics New Zealand.

15 Social Policy Evaluation and Research Unit (2017) *Families and whānau status report*. Wellington: Superu.

16 Kingi TK, Durie M, Durie M, Cunningham C, Borman B, et al. (2014) *Te Puawaitanga o Ngā Whānau: Six Markers of Flourishing Whānau*. Palmerston North: Massey University.

17 Fayers P, Hays R (2005) *Assessing quality of life in clinical trials: methods and practice (2nd edition)*. New York: Oxford University Press.

18 Reid J, Varona, G, Fisher, M, & Smith, C. (2016) Understanding Māori 'lived'culture to determine cultural connectedness and wellbeing. *Journal of Population Research* 33: 31-49s.

19 Muriwai E, Houkamau CA, Sibley CG (2015) Culture as cure? The protective function of Māori cultural efficacy on psychological distress. *New Zealand Journal of Psychology* 44: 14.

20 Ministry of Social Development (2016) *The social report 2016: Te pūrongo oranga tangata*. Wellington: Ministry of Social Development.

21 Māori party (2016) $34.6m to support Te Reo Māori revival. Accessed 15 November 2018 from www.maoriparty.org

22 Chrisp S (2005) Māori Intergenerational Language Transmission. *International Journal of the Sociology of Language* 2005: 149-181.

23 Te Ahukaramū Charles Royal (2007) Story: Papatūānuku - the land. Te Ara: the Encyclopedia of New Zealand

24 National Advisory Committee on Health and Disability (1998) The social, cultural, and economic determinants of health in New Zealand: action to improve health. Wellington: National Health Committee.

25 Te Kotahi Research Institute: Waikato University (2014) Ngā Hua a Tāne Rore: the Benefits of Kapa Haka Manatū Taonga - Ministry for Culture and Heritage & Te Matatini.

26 Kennedy V, Cram F, Paipa K, Pipi K, Baker M (2015) Wairua and cultural values in evaluation. *Evaluation Matters-He take tō te aromatawai* 1: 83-111.

27 Howden-Chapman P, Matheson A, Crane J, Viggers H, Cunningham M, et al. (2007) Effect of insulating existing houses on health inequality: cluster randomised study in the community. *Bristish Medical Journal* 334: 460-464.


© Crown copyright 2024 Printed on: 30/03/2024 

28 Baker M, Zhang J, Keall M, Howden-Chapman P (2011) *Health Impacts of the Healthy Housing Programme on Housing New Zealand Tenants: 2004-2008*. Wellington: He Kainga Oranga, University of Otago.

29 Raerino K, Macmillan AK, Jones RG (2013) Indigenous Māori perspectives on urban transport patterns linked to health and wellbeing. *Health and Place* 23: 54-62.

30 Waitangi Tribunal (2011) *Ko Aotearoa tēnei : a report into claims concerning New Zealand law and policy affecting Māori culture and identity. Te taumata tuatahi. (Waitangi Tribunal report)*. Wellington: Legislation Direct.

31 Ministry of Health (2014) *The guide to He Korowai Oranga: Māori Health Strategy*. Wellington: Ministry of Health.

© Crown copyright 2024 Printed on: 30/03/2024 