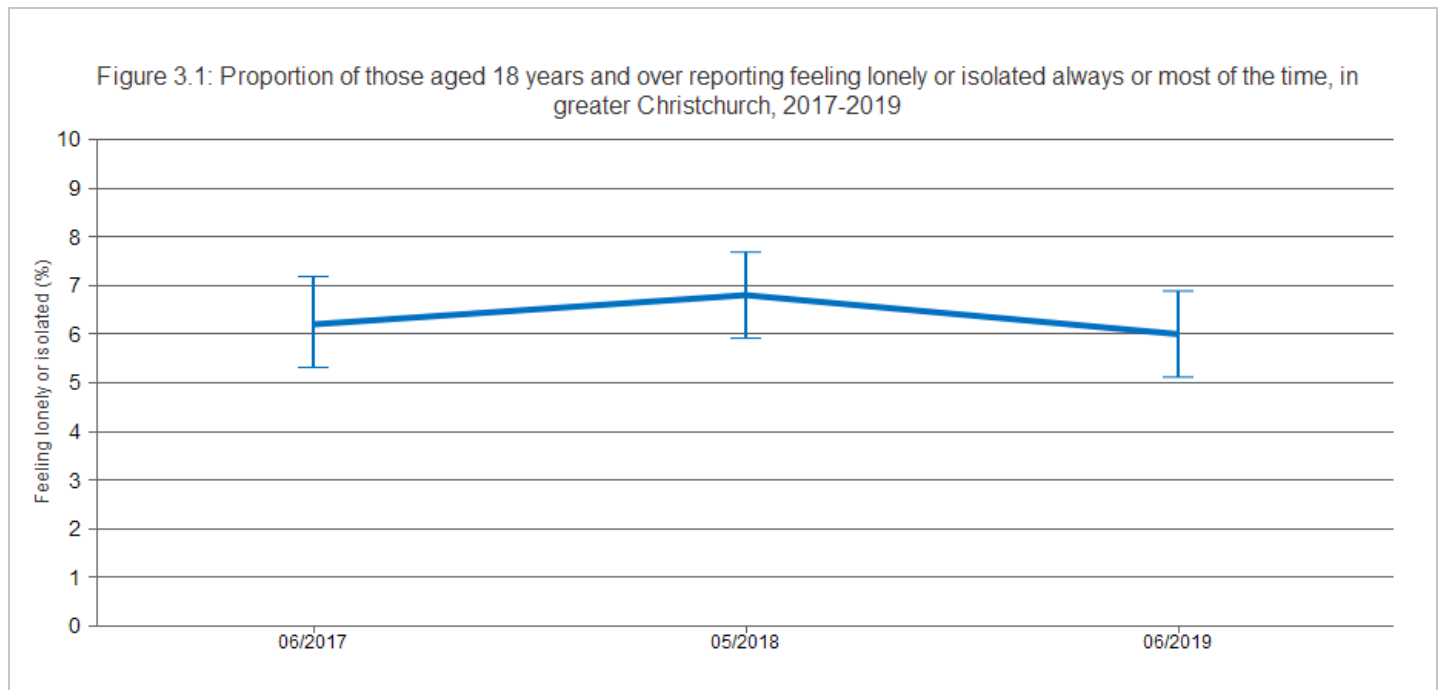


## Social Capital: Loneliness and isolation

Downloaded from <https://www.canterburywellbeing.org.nz/our-wellbeing/social-capital/loneliness-and-isolation/> on 01/04/2020 2:40 AM

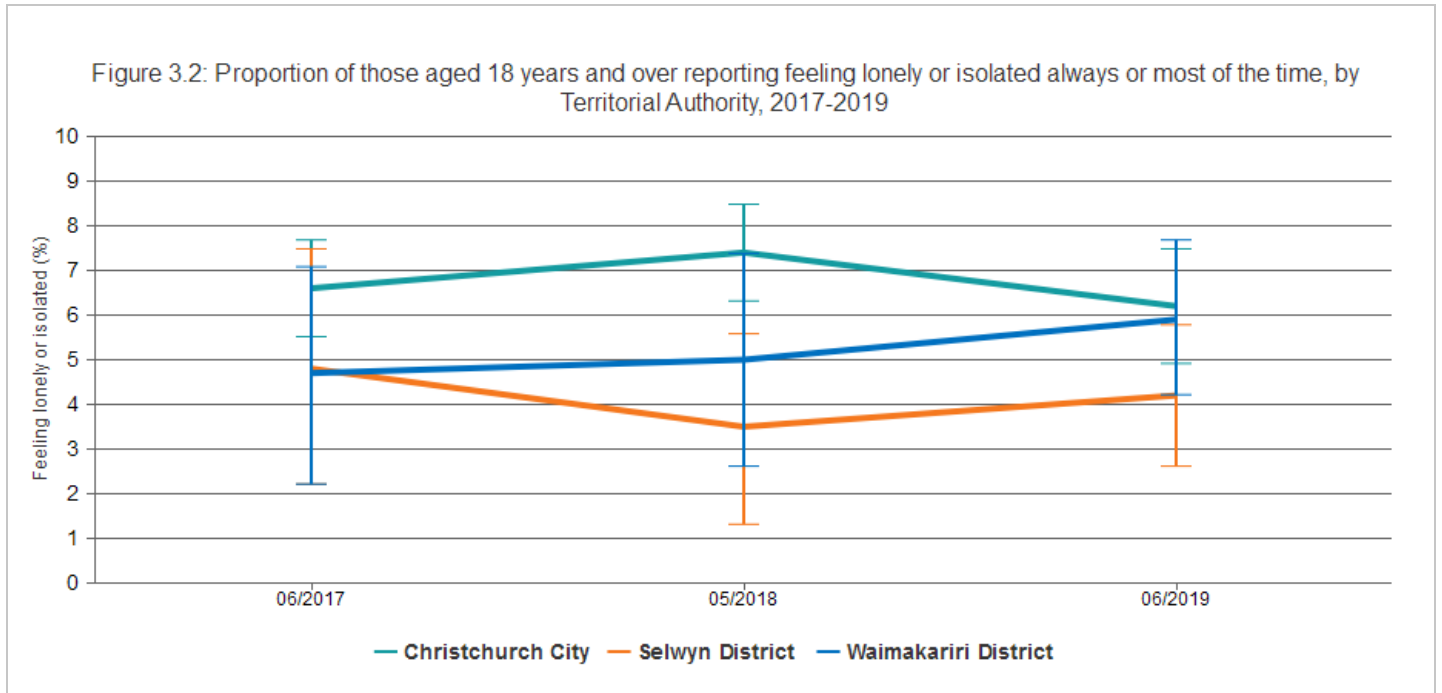
Social connections are positively associated with individual and community health [2-5], while social isolation is associated with poor health [5]. Therefore, reducing social isolation is an important part of maintaining or building social capital.

This indicator presents the proportion of those aged 18 years and over reporting feeling lonely or isolated always or most of the time, as reported in the Canterbury Wellbeing Survey.



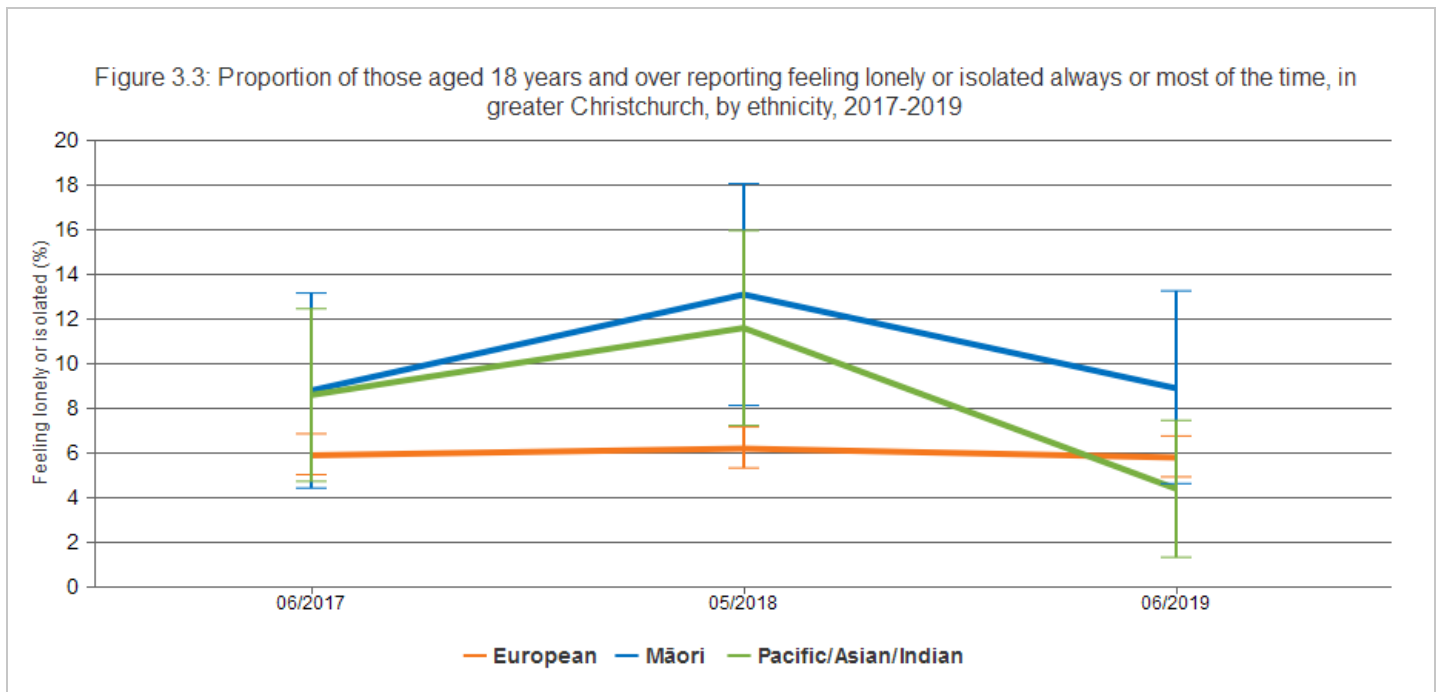
The figure shows that between six and seven percent of respondents reported feeling lonely or isolated, always or most of the time, in greater Christchurch, over the time period from 2017 to 2019.

## Breakdown by Territorial Authority



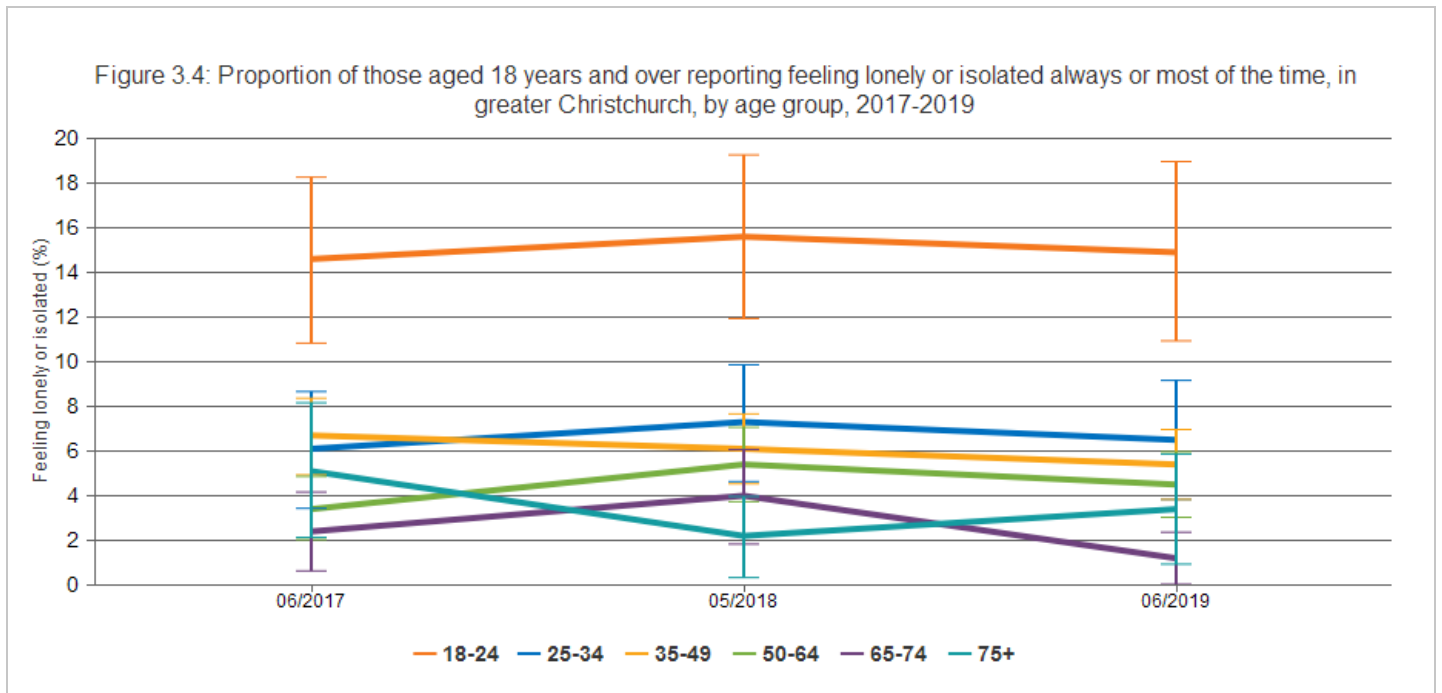
The figure shows the proportion of respondents aged 18 years and over who reported feeling lonely or isolated, always or most of the time, over the time period from 2017 to 2019, for Christchurch City, Selwyn District, and Waimakariri District (6.2%, 4.2%, and 5.9%, respectively, in 2019). A higher proportion of Christchurch City respondents reported being socially isolated in 2017, 2018, and 2019 (statistically significantly higher than Selwyn District in 2018, only).

## Breakdown by ethnicity



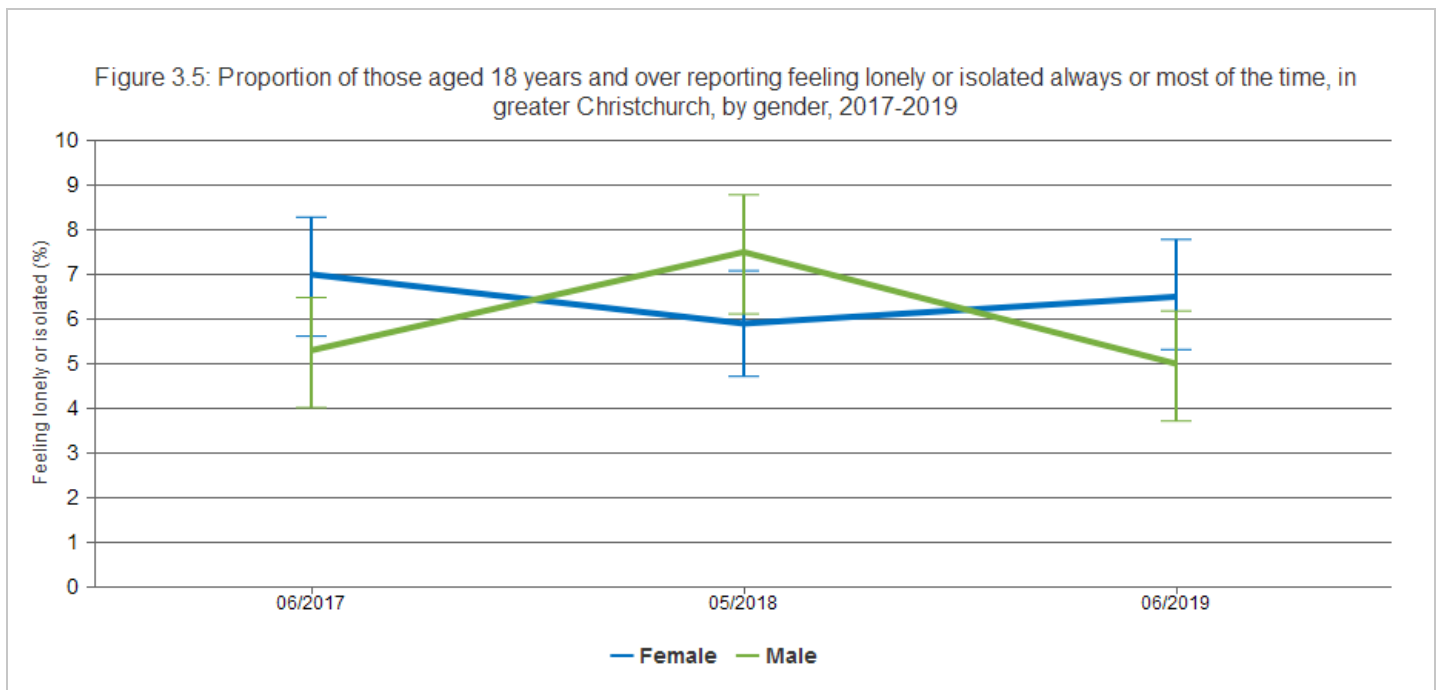
The figure shows the proportion of respondents who reported feeling lonely or isolated, always or most of the time, 2017 to 2019, for European respondents, Māori respondents, and for Pacific/Asian/Indian respondents (5.8%, 8.9%, and 4.4%, respectively, in 2019). A statistically significantly lower proportion of European respondents reported being socially isolated compared with Māori and Pacific/Asian/Indian respondents in 2018. Note that these comparisons do not take into account possible confounders such as income or age.

## Breakdown by age



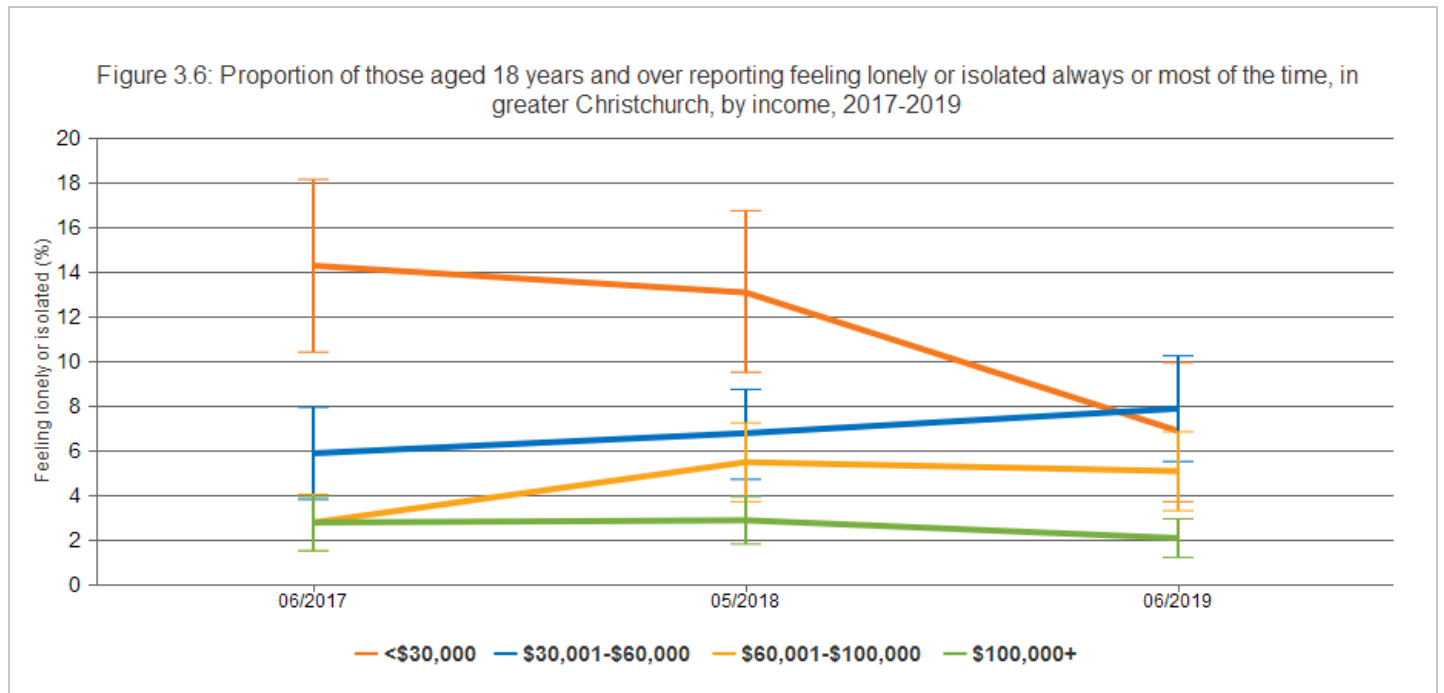
The figure shows the proportion of respondents reporting feeling lonely or isolated, always or most of the time, by age group, from 2017 to 2019. The figure shows a clear pattern of higher levels of social isolation for young people. For respondents in the 18 to 24 years group, in particular, the self-reported level of social isolation has averaged approximately 8 percentage points above the other age groups (the difference between the youngest age group and all other age groups is statistically significant at all three time-points).

## Breakdown by gender



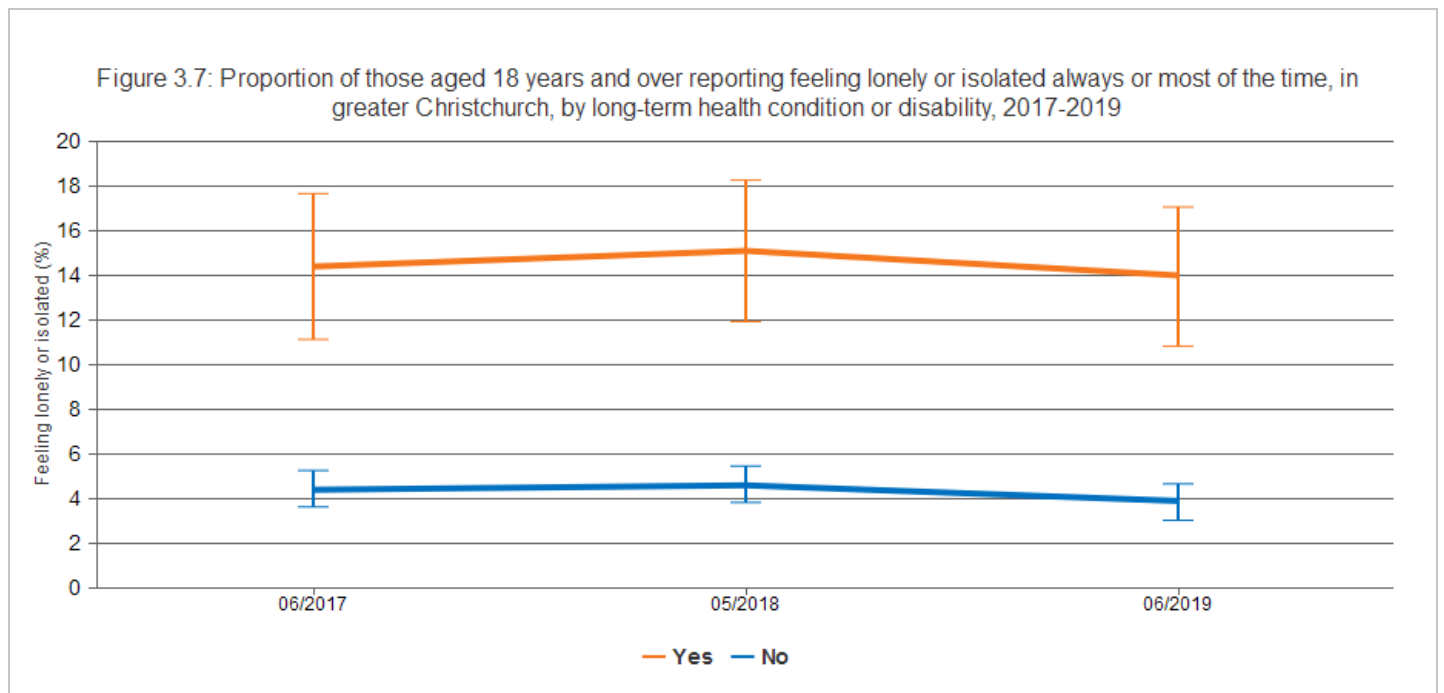
The figure shows a pattern of generally similar levels of social isolation (proportion of respondents reporting feeling lonely or isolated, always or most of the time) for female and male respondents in greater Christchurch, from 2017 to 2019 (no statistically significant differences by gender or over time).

## Breakdown by income



The figure shows the proportion of respondents reporting feeling lonely or isolated, always or most of the time, by annual household income, 2017 to 2019. The figure shows a pattern of higher levels of social isolation for those in the lowest income groups. For respondents in the <\$30,000 group, in particular, the levels of self-reported social isolation averaged approximately 7 percentage points above the other income groups in 2017 and 2018. The difference between the lowest income group and all other income groups was statistically significant in 2017 and 2018. However, the differences at the 2019 time-point are not statistically different (with the exception of the \$60,001-\$100,000 group compared with the \$100,000+ group).

## Breakdown by disability



The figure shows statistically significantly higher levels of social isolation (the proportion of those respondents reporting feeling lonely or isolated, always or most of the time) for those with a long-term health condition or disability, compared with those without, in greater Christchurch, 2017 to 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/](http://www.cph.co.nz/your-health/wellbeing-survey/)

**Source data frequency:** Annually.

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

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