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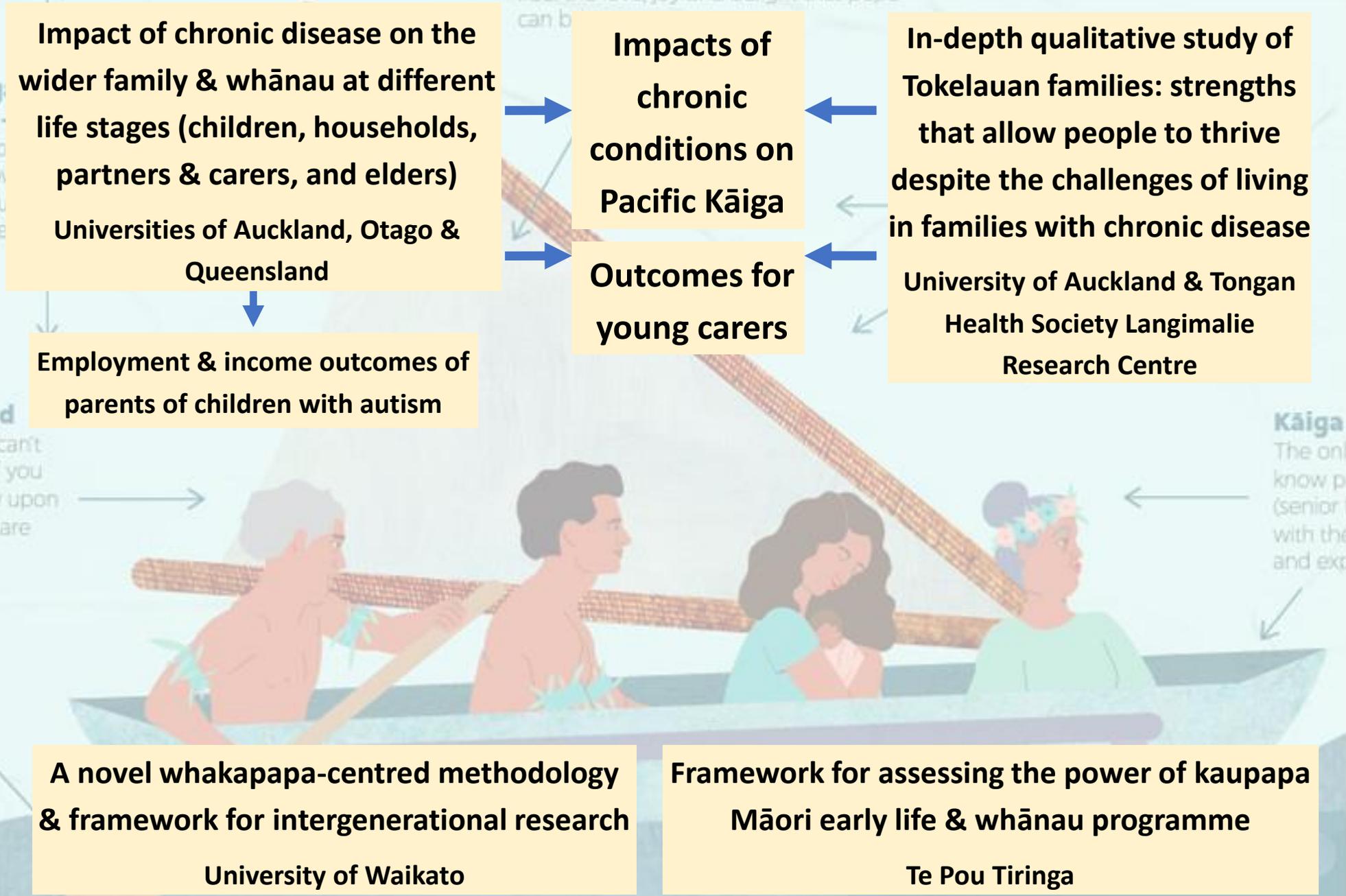
### **Impact of illness & disability on Pacific Peoples in Aotearoa**

### **Intergenerational, integrative & intellectual Pacific properties & pathways for Life (IP4Life)**

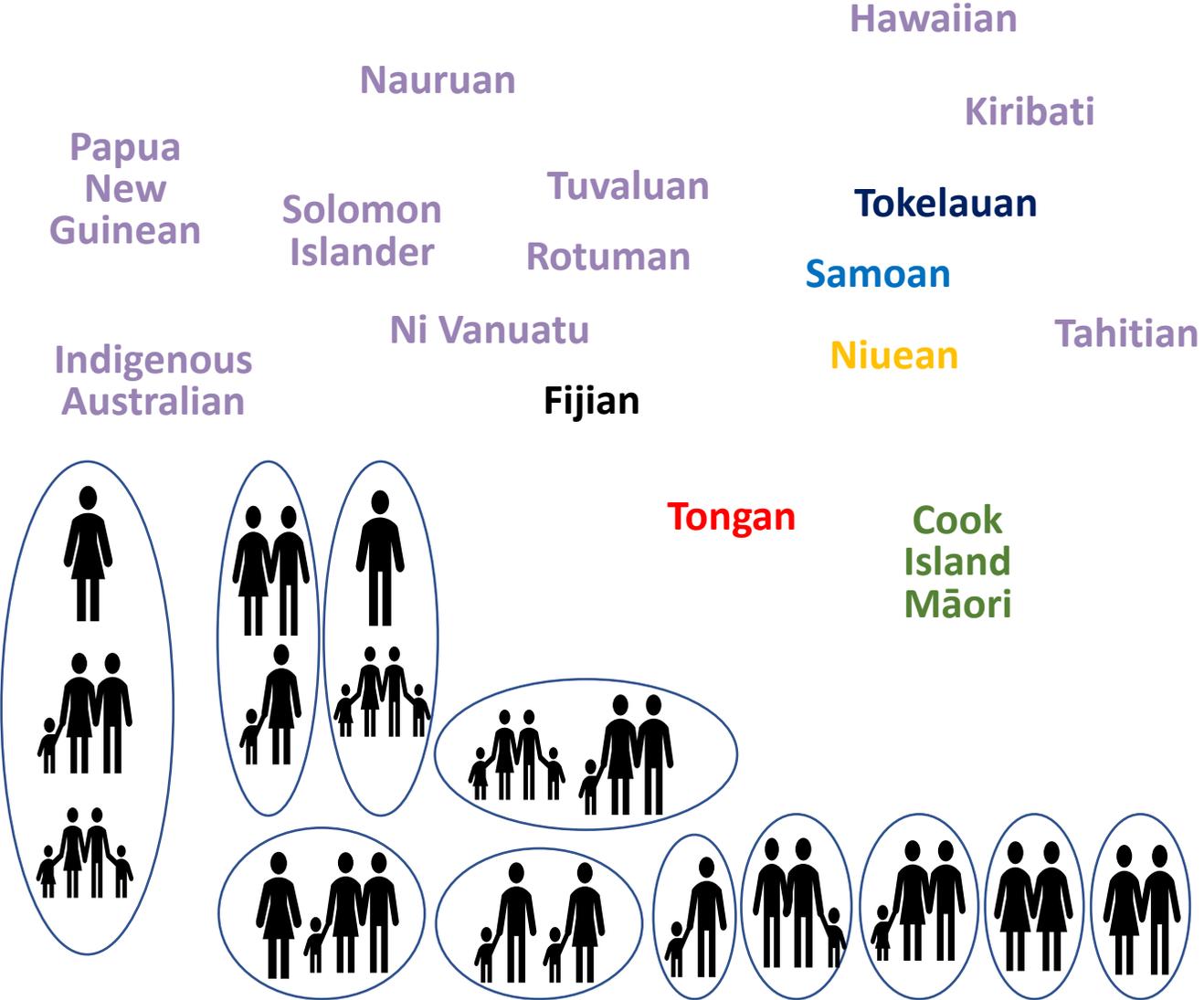
# Impact of chronic health conditions: a family and whānau perspective

[www.healthierlives.co.nz/research/lifecourse/](http://www.healthierlives.co.nz/research/lifecourse/)

Aotearoa  
NZ-wide  
Lifecourse  
research



# Pacific families in Aotearoa NZ



# Research questions

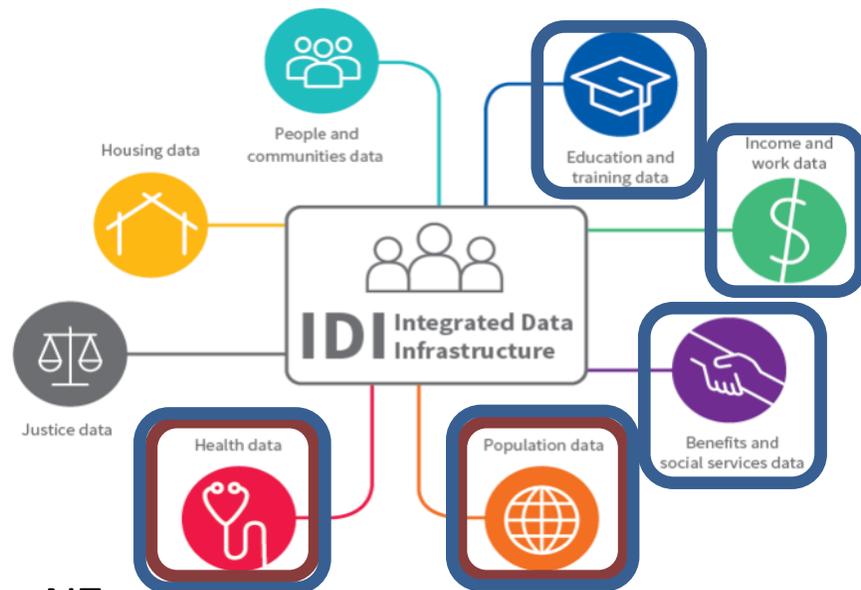
- How many Pacific families in NZ are affected by long-term health conditions (LTHCs)?
- How many Pacific Peoples in NZ have a family member with a LTHC?
- What are the outcomes for Pacific children in NZ who have a family member with a LTHC?

# Data sources

## Population & demographics

### Census 2013

- Family membership, family type/composition
- Ethnicity, Age, Gender & Socioeconomics
- Unpaid caring activities



Stats NZ

## LTHCs: 2008 to 2013

Cancer register

Chronic conditions

Outpatient services (NNPAC)

Hospitalisations (Private & Public)

Mental health services (PRIMHD)

Disability assessments (SOCRATES)

Pharmaceutical prescriptions

Laboratory tests

Cancer  
Traumatic Brain Injury  
Dementia  
Stroke  
Diabetes  
Chronic Obstructive Pulmonary Disease (COPD)  
Heart Disease  
Gout

# Pacific Peoples in the 2013 NZ Census

**259, 000** Pacific Peoples living in a family

**115, 500** children (aged under 18)



Equates to **79, 500** families

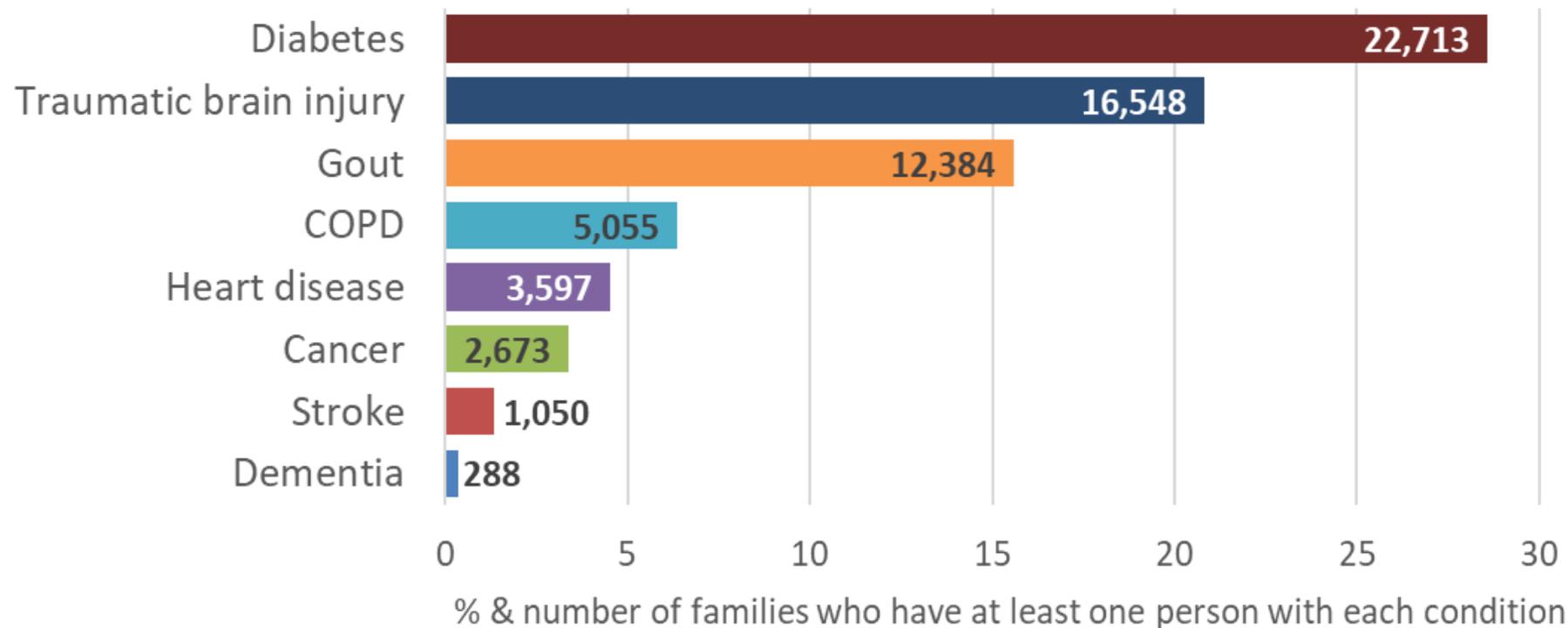
- 29% were multi-generational families
- 75% included at least one young person aged under 18
- Family size ranged from two to over 19 people
- Up to five related family nuclei living together

# LTHCs in the NZ Pacific community

**50,000** families affected by LTHCs = **2 in 3** (64%) families

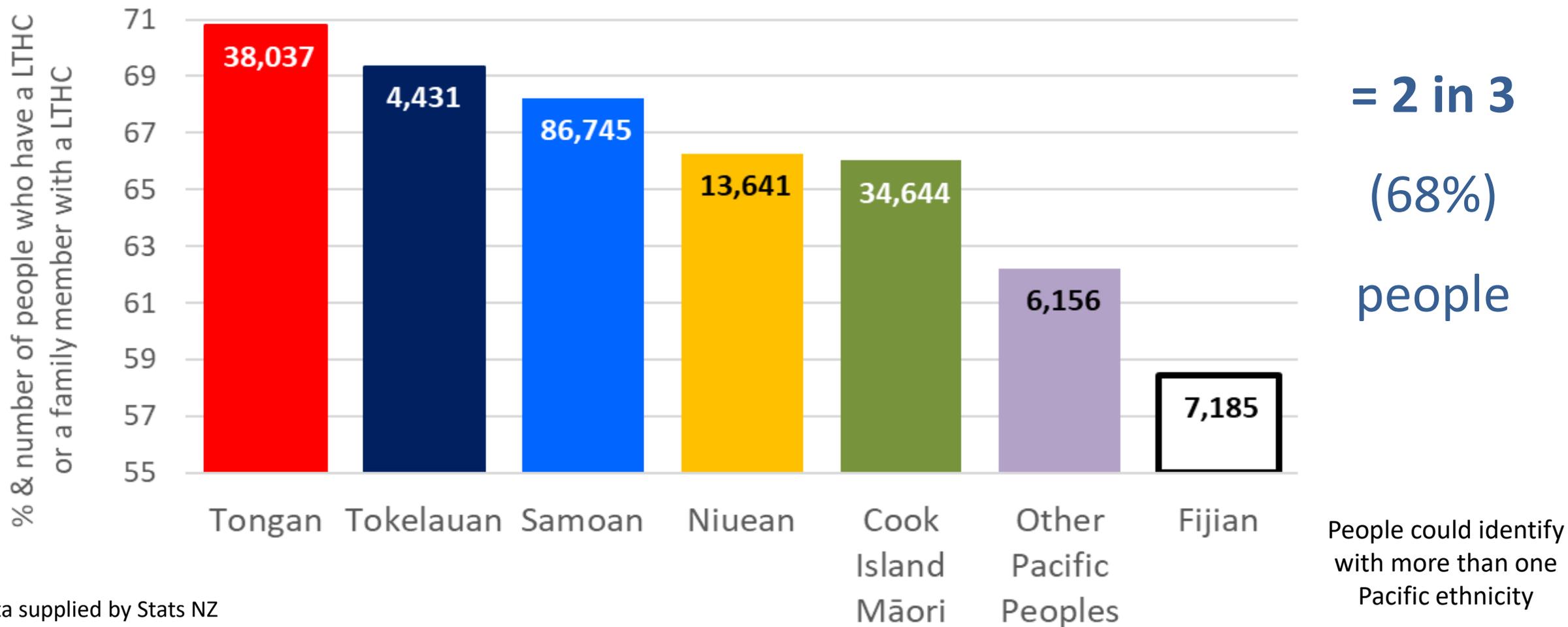
**1 in 4** families (26%) included more than one person with a LTHC

**77%** of multi-generational families affected by LTHCs



# LTHCs in the NZ Pacific community

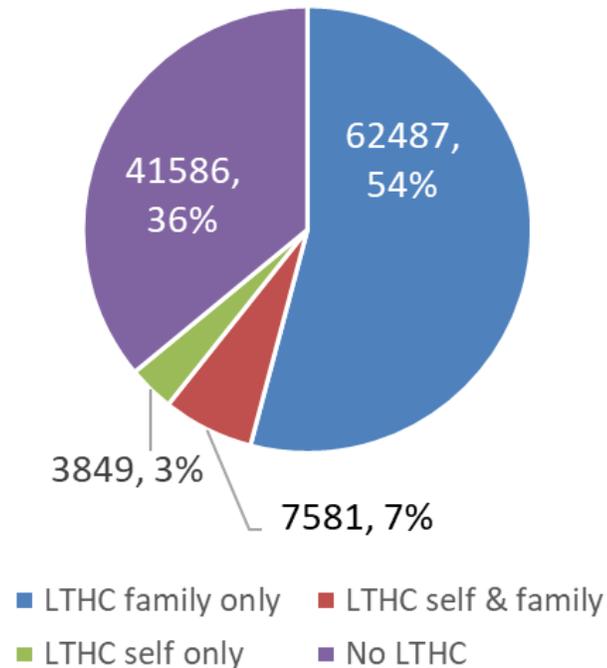
**174,000** Pacific Peoples had a LTHC or lived with a family member who has a LTHC



# Children affected by LTHCs in the NZ Pacific community

- **11, 430** had a LTHC
- **70, 000** had a family member with a LTHC
- **7, 500** had a LTHC AND had a family member with a LTHC

% of under 18s who had a LTHC themselves and/or had a family member with a LTHC



Number of children who had a LTHC or family member with a LTHC

<b>Tokelauan</b>	<b>2058</b>
<b>Fijian</b>	<b>2622</b>
<b>Other Pacific Peoples</b>	<b>2763</b>
<b>Niuean</b>	<b>6219</b>
<b>Cook Island Māori</b>	<b>16182</b>
<b>Tongan</b>	<b>17883</b>
<b>Samoan</b>	<b>37275</b>

Data supplied by Stats NZ

# Children affected by LTHCs in the NZ Pacific community

**19, 000** young Pacific Peoples from 2013 data were over 18 in 2018

and had education & employment data (% of those with 2013 data)

- Small differences in education & employment for those who had family member with a LTHC
- Having a LTHC themselves had the biggest impact on young people
- Young people with a LTHC:
  - More likely to have no secondary school qualifications (24% vs. 13%)
  - Less likely to have achieved Level 3 or 4 certificate (34% vs. 49%)

# Young carers research questions

- How many young Pacific carers were there in NZ in 2013?
- What other unpaid activities were they doing?
- What were their health & mental health outcomes up to 2020?
- What communities are NZ young carers living in?

## Data sources

### NZ Census 2013

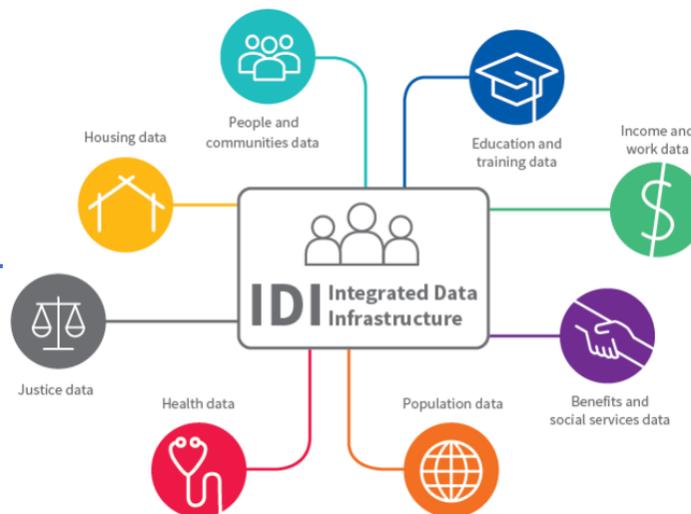
Age, Ethnicity, Unpaid activities

### NZ Ministry of Health data (2013 to 2020)

Public hospital discharges

National mental health and addiction information collection (PRIMHD)

Pharmaceutical dispensing



Mark as many spaces as you need to answer this question. In the last 4 weeks, which of these have you done, **without pay**?

- household work, cooking, repairs, gardening, etc, for my own household
- looked after a child who is a member of my household
- looked after a member of my household who is ill or has a disability
- looked after a child (who does NOT live in my household)
- helped someone who is ill or has a disability (who does NOT live in my household)
- other help or voluntary work for or through any organisation, group or marae
- none of these

## Young Pacific carers

**58, 300 Pacific Peoples aged 15-24 took part in Census 2013**

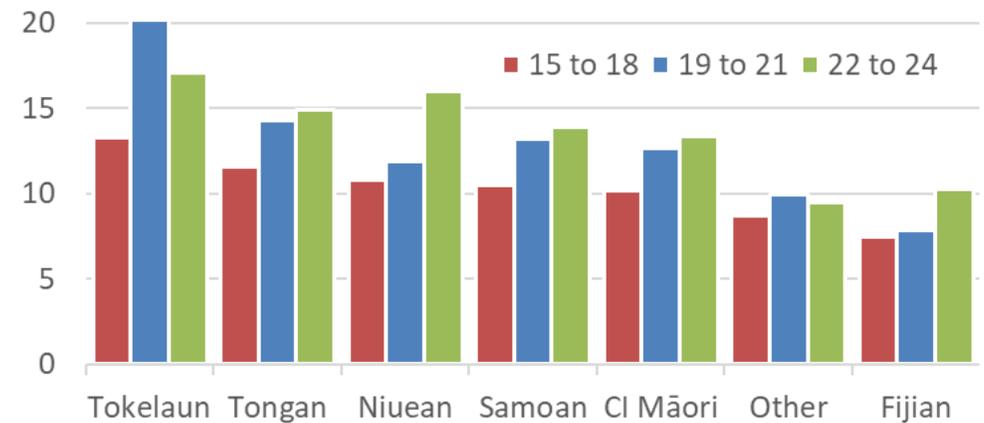
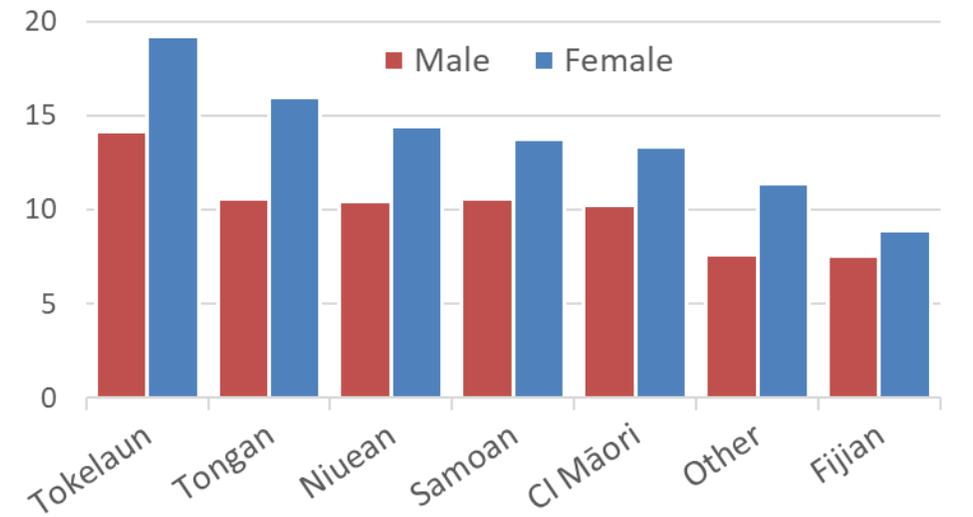
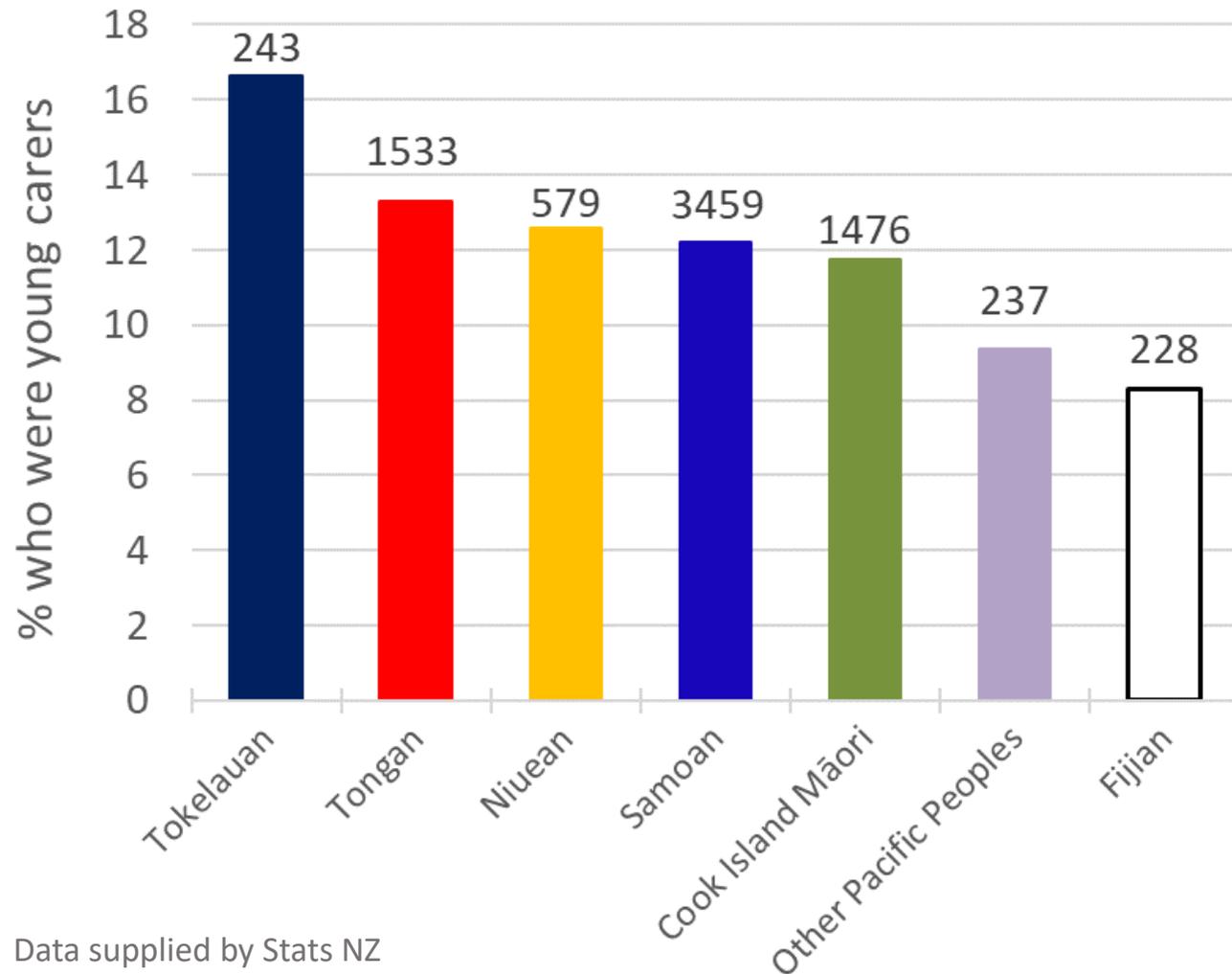
**6, 951** were looking after someone in their household or helping someone outside of their household who was ill or had a disability

**1 in 8** young Pacific People (12%) were providing unpaid care for someone with a disability or illness

**2, 256** (4% of young Pacific People) were the only unpaid carer in their household

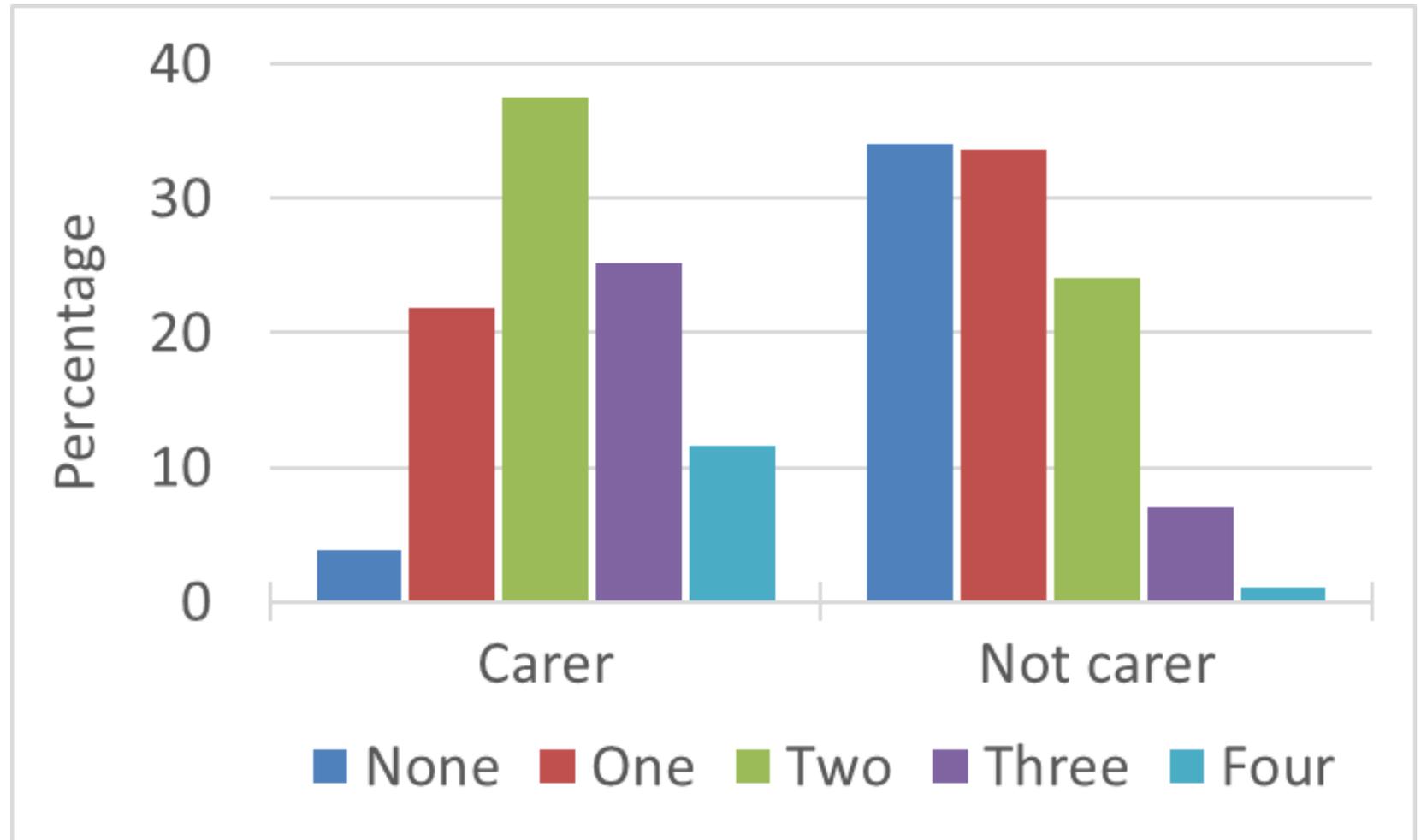
# Who are young Pacific carers in NZ?

78% of Pacific young carers were born in NZ (71% for non-carers)



## Other unpaid activities (housework, looking after children x 2, voluntary/community work)

**1 in 3** young Pacific carers are doing three or four other unpaid activities in addition to providing care



# Health outcomes – hospitalisations over 7.5 years (Mar 13 to Dec 20)

17% of young carers spent 4 or more days in hospital (12% for non-carers)

16% had 4 or more admissions to hospital (14% for non-carers)

Cook Island Māori had longest total days in hospital: 18.5% (15% for non carers)

Cook Island Māori & Niueans had highest levels of admissions:

17% with 4 or more admissions (13% for non carers)

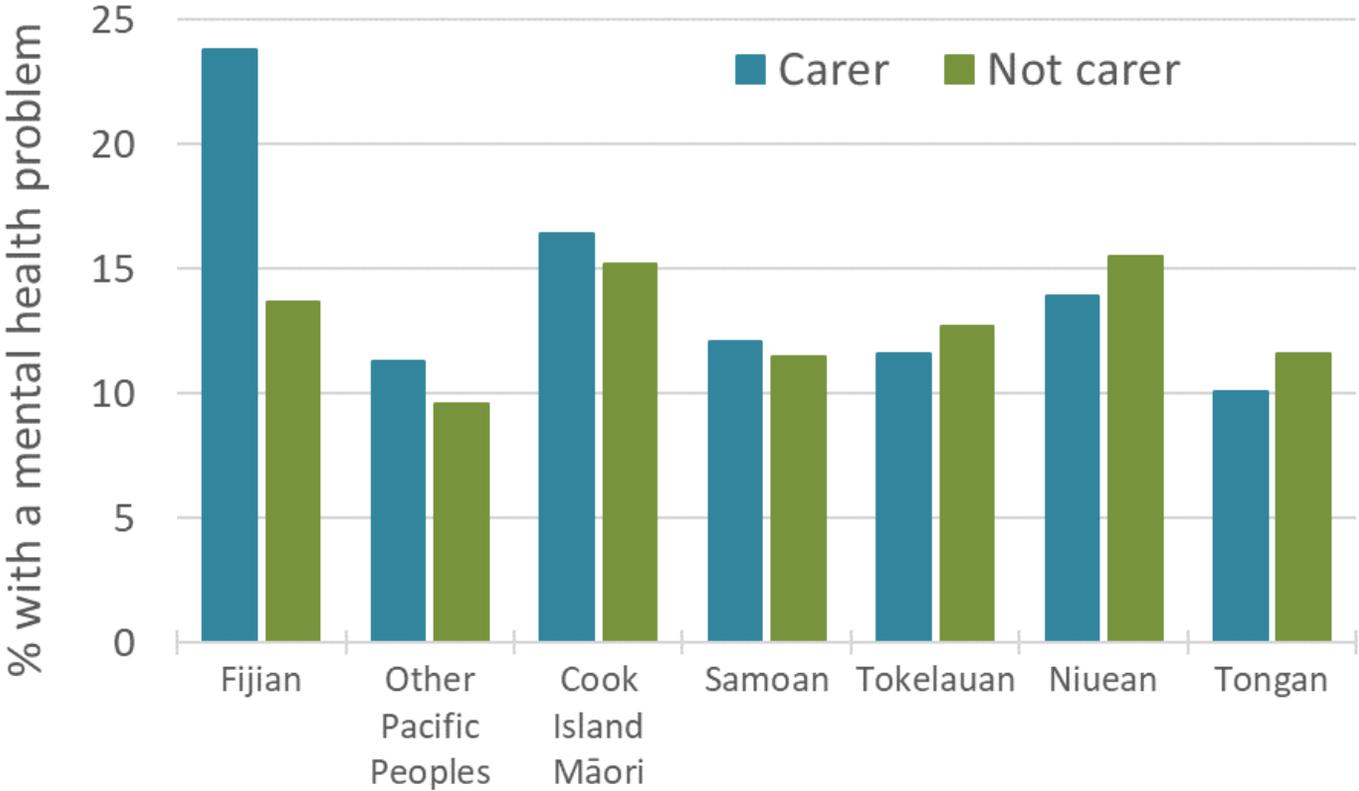
Fijians & Other Pacific Peoples had biggest differences between carers & non-carers:

15% and 15.5% with 4 or more days in hospital vs. 9% for non-carers

16% and 15.5% with 4 or more admissions vs. 11% for non-carers

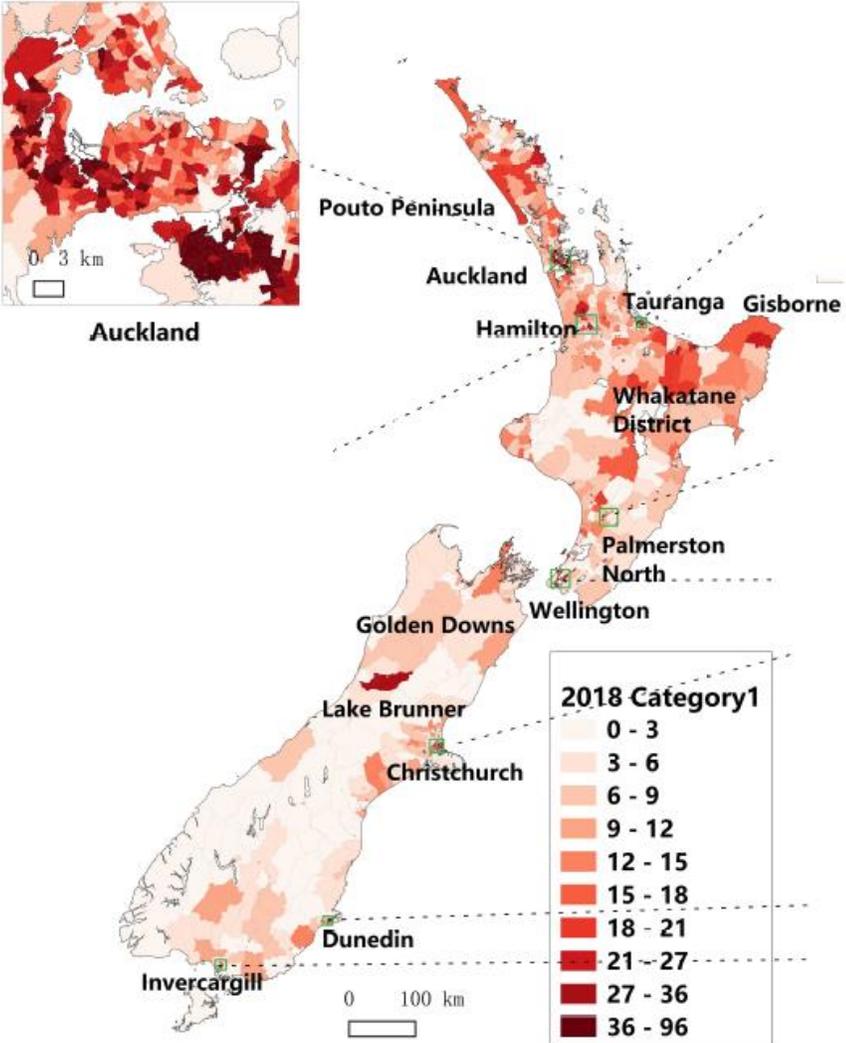
# Mental health outcomes

**880** young Pacific carers (13%) received mental health services and/or medication (12% for non-carers)



Data supplied by Stats NZ

Number of young people in each area looking after someone in household who was ill or had disability



## Next steps...

- Results for today's research questions for other ethnicities.
- How does having a family member with a LTHC affect families over time?
- Health & mental health outcomes for children affected by LTHC in family.
- Education & employment outcomes for young carers.

## Find out more...

[www.auckland.ac.nz/en/arts/our-research/research-institutes-centres-groups/compass.html](http://www.auckland.ac.nz/en/arts/our-research/research-institutes-centres-groups/compass.html)

[www.healthierlives.co.nz/research/lifecourse/](http://www.healthierlives.co.nz/research/lifecourse/)

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# Opportunities

- Culturally-responsive wraparound services to families affected by illness & disability.
- Understand the role of young carers' & the contributions they make within families & communities.
- Enable services to recognise the needs of young people affected by LTIC & direct support to them
  - Schools & employers
  - Providers of health & mental health services
    - For young people
    - For people who need care at home

## Using our data to support young people



**localcouncils.govt.nz**

ngā kaunihera-a-rohe

Local Government in New Zealand - Local Councils

**Mahi Aroha**

Carers' Strategy Action Plan 2019–2023