



Population Health Profile – 2015

Waitemata DHB serves the North Shore, Rodney and West Auckland areas. It has the largest population amongst the 20 DHBs in NZ.



Demographics

- **Population:** 582,765 in 2015/16
- **65+ population:** will increase from 13% in 2014 to 20% in 2034, doubling in number
- **Ethnicities:** 9.7% Māori, 7.3% Pacific, 20% Asian
- **Migrants:** 37% born overseas, compared with 25% nationally; 3.5% of total population do not speak English well

Deprivation

- 8% live in poorest two deciles (20% nationally)
- Third least-deprived DHB in NZ

Income, Education, Employment

- **Income:** fourth highest amongst DHBs
- **Education:** 84% leave school with a qualification, compared with 79% nationally
- **Employment:** 6.9% unemployed, 7.1% nationally

Housing

- **Over-crowding:** 9.6% live in a household with a deficit of one or more bedrooms, compared with 10.1% nationally
- **Affordability:** Auckland region is the least affordable for house purchase in NZ

Modifiable Risk Factors

- **Smoking:** 12% are regular smokers, down from 17% in 2006, lower than national average of 15%. Higher rates amongst Māori (27% - down from 49%) and Pacific (20% - down from 33%)
- **Obesity:** 23% of adults are obese and a further 32% are overweight. In children, 7.6% are obese and 18% overweight
- **Diet:** 55% eat enough vegetables, 57% eat enough fruit, better than national average but declining.
- **Physical activity:** 45% meet guidelines for physical activity, fewer than in 2006
- **Alcohol:** 16% overall drink in a hazardous manner, but 25% of men.

Health Status

- **Life expectancy:** 85.1 years overall (highest in the country), 2.4 years higher than the NZ average.
- **Mortality:** leading causes of mortality: Cancer, cardiovascular disease, respiratory diseases
- **Cancer:** leading cause of death, however lowest rates in the country; mortality is decreasing slowly. One-year survival rate is 82%, highest in NZ
- **CVD:** second highest cause of death, however lowest rates in the country; mortality is decreasing; 58% with IHD are on triple therapy; Māori and Pacific have higher rates of mortality
- **Diabetes:** 31,000 people (5.5%) have diabetes; Māori, Pacific, Indian ethnicities are particularly affected; 34% well-managed (HbA1c level <64)
- **Mental health:** 53 suicides per year; 12% of the population have a common mental disorder, lower than the national average of 16%

Community and Hospital Services

- **GPs:** 62 per 100,000 population, lower than the national average of 74; 76% of population have visited a GP in the past year; 22% report unmet need for GP services; 14% report cost as barrier
- **Hospitals:** acute demand is rising; access to elective surgery is similar to the national average; lowest hospital mortality rate in country; high performance across health targets and quality and safety metrics

	Section	Indicator	Waitemata Total	Maori	Pacific	Asian	European /Other	NZ
POPULATION	Our Population	Population 2015	576,740	57,140 (10%)	40,770 (7%)	114,980 (20%)	363,850 (63%)	4,608,398
		Annual growth %	2.3%					1.4%
		75+ years	32,330	750	760	2,370	28,450	
		Projected population in 2033	754,400	71,900	54,800	211,400	416,400	
		Projected 65+ population in 2033	148,980	6,930	5,270	28,540	107,780	
HEALTH DRIVERS	Deprivation	% living in NZDep13 Quintile 5 (most deprived) areas	8%	14%	22%	9%	6%	20%
		Income, education, employment	% leaving school with qualification	84%	73%	72%	90%	85%
	Unemployment rate		6.9%	13%	14%	9%	5%	7.1%
	% of adults with income < \$20,000		36%	39%	44%	49%	32%	36%
	Housing	House over-crowding (% people needing 1+ bedrooms)	9.6%	25%	45%	19%	6%	10.1%
		Social factors	% of children living in single parent households	16%	30%	19%	9%	14%
	Violent offences per 1,000 people		9					13
	Internet access		84%					77%
	Modifiable risk factors	Smoking - % of adults	12%	27%	20%	8%	11%	15%
		Obesity - % of adults	23%	43%	65%	14%	22%	29%
		Obesity - % of children	7.6%	11%	23%	5%	5%	11%
		Overweight - % of children	18%	24%	27%	22%	16%	21%
		Healthy diet: eating recommended servings fruit/veges	56%					62%
		Physical activity: % active 30 minutes per day	45%	53%	42%	31%	48%	54%
		Breast feeding (Exclusive at 3 months) - %	60%	47%	49%	60%	63%	56%
HEALTH STATUS	Overall health	Hazardous drinking - % of adults	16%	29%	17%	4%	18%	17%
		Life Expectancy Total population 2013	85.1	76.3	78.3		85.9	82.1
		LE Male	83.7	74.3	75.6		84.5	80.2
	Leading Causes of Death	LE Female	86.4	77.7	80.3		87.2	83.9
		Self-reported health good, v. good, excellent	93%	86%	92%	88%	94%	90%
		CVD mortality ASR per 100,000	79	143	192	54	75	106
	Cardiovascular disease	Cancer mortality rate ASR per 100,000	109	167	188	65	110	126
		Stroke mortality ASR per 100,000	24.8					29.5
		% of pop'n with IHD on triple therapy	58%					58%
	Diabetes	% of adults medicated for high cholesterol	8.0%	14.4%	8.1%	9.3%	7.1%	8%
		% of adults medicated for high blood pressure	10.5%	15.5%	12.2%	10.8%	9.4%	11.7%
	Cancer	% of population with diabetes	6%	4%	10%	Indian: 11%	5%	5.5%
		Breast screening uptake (% of eligible women)	68%	64%	78%		68%	
		Cervical screening uptake (% of eligible women)	76%	55%	78%	68%	84%	77%
	Respiratory	Colorectal screening uptake (% of eligible people)	60%					N/A
% of adults on asthma medication		10%	15%	10%	4%	11%	11%	
Mental Health	Suicide ASR per 100,000	9.3					10.6	
	Diagnosed w mental health conditions (NZ Health Survey)	12%	13%	8%	2%	15%	16%	
Infants, children and young people	Births 2012	7,953						
	Infant mortality rate per 1,000 live births	2.3					5.2	
	Teenage pregnancy rate (births per 1,000 women aged 15-19)	15	63	30	2	6	25	
	Rheumatic fever incidence per 100,000	2.3					4.1	
Health Services	Hospital Quality and Safety	% fully immunised at 8 months Q4 2014/15	94%	90%	95%	96%	90%	92.4%
		Hospital Standardised Mortality Ratio	0.7					1
	Markers (Q3 2014)	Hand Hygiene (Goal 70%)	80%					75%
Older Patients assess for risk of falling (Goal 90%)		95%					89%	
		ICU central line insertions with good practice (Goal 90%)	95%				95%	

Planning and Health Intelligence

Health Needs Assessment 2015

Key

Better than NZ	
Worse than NZ	
Similar to NZ	