

Te Oranga Hinengaro – Māori Mental Wellbeing

Results from the New Zealand Mental Health Monitor & Health and Lifestyles Survey



Te Oranga Hinengaro – Māori Mental Wellbeing report provides insight into three aspects of wellbeing considered important for Māori:



Whanaungatanga and belonging



Cultural connectedness and reconnection



Strength of cultural identity



Overall, Māori felt positive about their lives, but sometimes life is tough

Compared to non-Māori, after adjusting for age, Māori were...

1.30 times more likely to report anxiety¹

1.26 times more likely to report symptoms of depression²

1.09 times more likely to report symptoms of psychological distress³

Notes:

1. RR 1.30, 95% CI 1.11 – 1.54
2. RR 1.26, 95% CI 1.04 – 1.52
3. RR 1.09, 95% CI 1.03 – 1.16

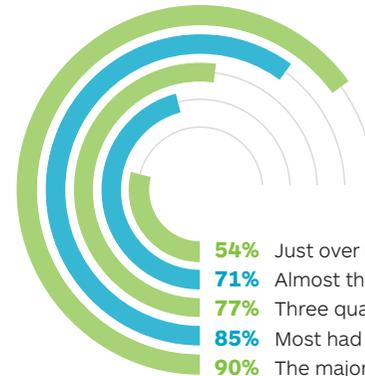
Te Oranga Hinengaro reports on analyses of mental health data from 1,515 Māori respondents. The data was drawn from 6,777 adults in three nationwide, face-to-face surveys: the 2015 and 2016 New Zealand Mental Health Monitors, and the 2016 Health and Lifestyles Survey.

For the Māori respondents:

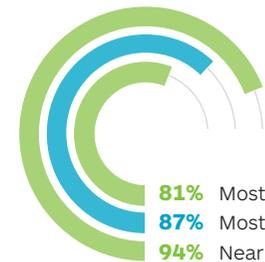
- Most felt positive about their lives
- There is a positive relationship between individual and whānau wellbeing
- Keeping in contact with whānau and friends is important
- Māori have good access to social support
- Having good social support helps Māori feel better about life in general
- Having strong familial relationships, good social support and being able to manaaki others may help protect Māori from social isolation
- Māori culture is important to them
- Despite the positivity, many Māori also experience significant difficulties
- Rangatahi experiencing more difficult times also find it harder to cope
- Being socially isolated is not uncommon

Te Oranga Hinengaro Report Summary

Culture



Connectedness



Wellbeing

