

Pacific Health and Wellbeing (including Northland)

LIFE EXPECTANCY

The Pacific population has a lower life expectancy than the average person in New Zealand.



42%

Pacific deaths in 2021 were below the age of 65.



19%

New Zealand deaths in 2021 were below the age of 65.

HEALTH SENTIMENT

Pacific peoples have a worse opinion of their personal health on average.



of Pacific adults rate their health as 'poor or fair', 2023.



of New Zealand adults rate their health as 'poor or fair', 2023.

OBESITY AND BMI

Pacific peoples have the highest rate of Obesity in the country.



68%

Pacific adults classed as obese based on their body mass index (BMI), 2023.



40%

New Zealanders classed as obese based on their body mass index (BMI), 2023.

7 out of 10

Pacific adults are considered obese in 2023, with an average BMI of 34. A BMI greater than 30 is considered obese.

DIABETES

Pacific people have the highest rate of diabetes in New Zealand.



% of adults diagnosed with diabetes, 2023.

LONELINESS

Pacific Women are more likely to feel lonely, while Pacific Men are less likely to feel lonely than their average New Zealand counterparts.



1% of Pacific men, compared to **8%** of NZ men.



11% of Pacific women, compared to **7%** of NZ women.

GP CONFIDENCE

Pacific peoples have slightly less confidence in their GP than the average New Zealander.



% of people who have definite confidence and trust in their GP, 2021.

1 out of 4

Pacific people do not have definite confidence and trust in their GP.