

# Local Health Profile

## Waitemata

The Waitemata local board area stretches from Westmere in the west to Parnell in the east and includes the Auckland Central Business District.

Other suburbs include Western Springs, Grey Lynn, Arch Hill, Newton, Herne Bay, Ponsonby, St Marys Bay, Freemans Bay, Eden Terrace, Grafton, and Newmarket. The area is diverse and includes the CBD, Newmarket and other commercial areas, both suburban and high density inner city residential areas, the Ports of Auckland, Auckland City and Starship Hospitals, the University of Auckland, AUT University, The Auckland War Memorial Museum and many other facilities.

Open spaces include the Domain, Western Springs, Coxs Bay Park, and Albert Park. There are swimming pools and leisure centres in Herne Bay, Newmarket, CBD, and Parnell.

This area is home to 83 Early Childhood Education Centres and 24 schools.

Waitemata local board area is a significant area for Māori with four marae located in the central Auckland area: Waipapa Marae, Tatai Hono Marae, Kahurangi Ki Maungawhau Marae, and AUT Ngā Wai O Horotiu Marae.

## The People

Waitemata is home to approximately 94,500 people. About 9,000 (9%) are children aged less than 15 years and 6,400 (7%) are people aged 65 years or more. The population is expected to reach about 130,000 by 2033.

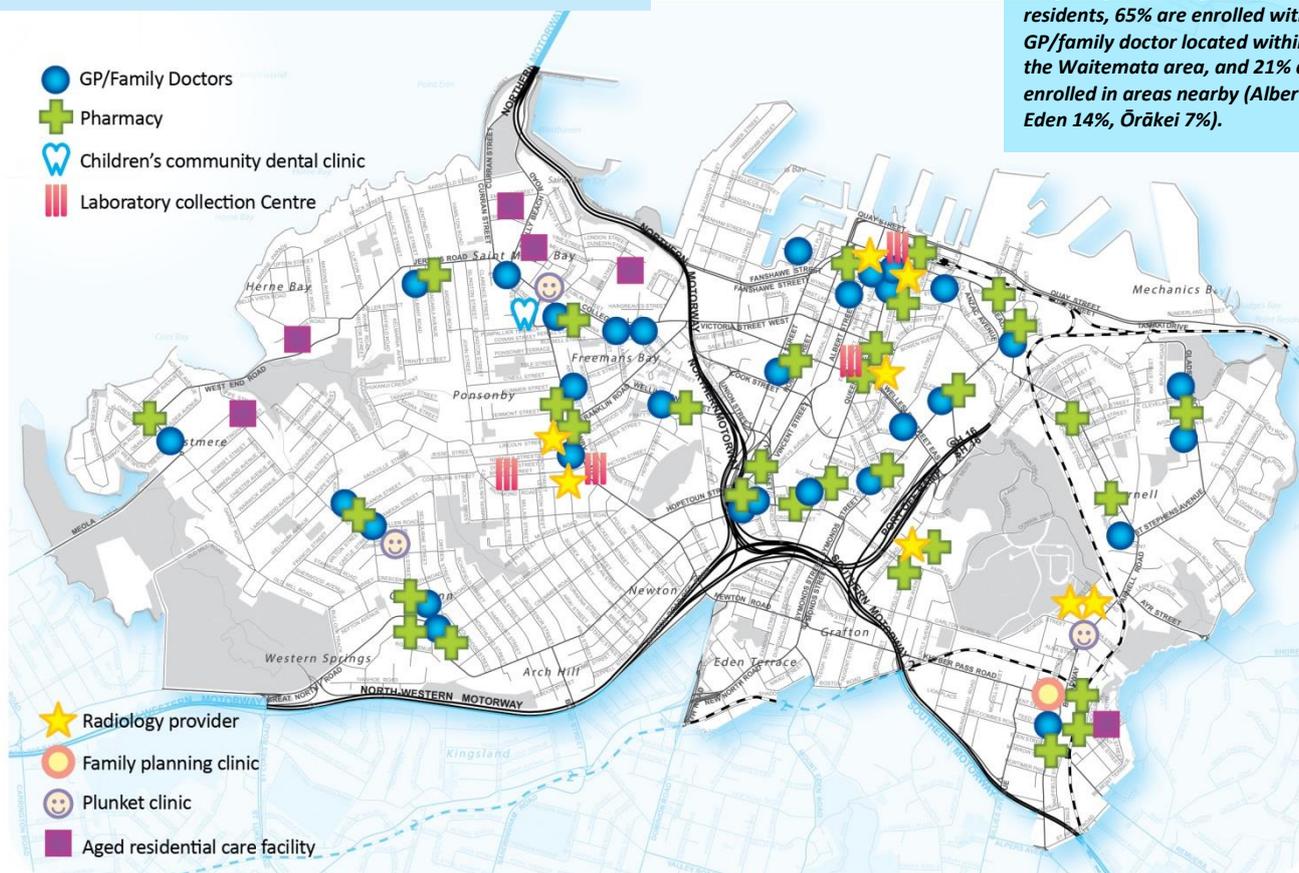
Waitemata residents identify with a wide range of ethnic groups. In 2013, 6% identified as Māori, 4% as Pacific peoples, 28% as Asian people, and 62% as Europeans or other ethnic groups.

### In the 2013 Census:

- 53% of residents aged 15 years or more had a degree or diploma qualification. 6% had no qualification.
- 67% of residents aged 15 years or more were employed. 3,700 residents were unemployed, which was 8% of the labour force.
- 55% of households had income greater than \$70,000 per year and 21% of households had income of \$30,000 or below per year.
- 5% of households were receiving income from sickness or invalids benefits.
- 3% of households were single parent families with dependent children.
- 39% of households owned their own house.

In 2013, the NZ Disability Survey estimated 19% of people live with a disability.

## Primary care providers



*77% of the people living in Waitemata are enrolled with a GP/family doctor. Of all enrolled residents, 65% are enrolled with a GP/family doctor located within the Waitemata area, and 21% are enrolled in areas nearby (Albert-Eden 14%, Ōrākei 7%).*

For more information about GP/family doctors, such as opening hours and contact details, go to [www.healthpoint.co.nz](http://www.healthpoint.co.nz).

For information about after-hour services in the area, go to <http://afterhoursnetwork.co.nz>.

## Health and wellbeing

Many factors contribute to good health and well-being in communities. Examples include:

- Education and employment opportunities.
- High quality physical environment.
- Good quality housing that is not crowded.
- Good urban design and healthy transport options e.g. walkways & cycle pathways, access to public transport.
- Support for people to be smokefree.
- Less alcohol outlets and gambling venues.
- Good access to healthy food.
- People feeling connected in their communities.

In 2012, people living in Waitemata said the most important health issues facing their communities were: cost of health services, obesity, alcohol, smoking, diet, mental health problems, sexual health, and stress.

23% of Waitemata residents live in Quintile 5 areas (the most deprived neighbourhoods, 2013 estimation). Across local boards in Auckland the range is 0% to 82% (median is 18%). Quintile 5 means a neighbourhood is among the most deprived 20% of neighbourhoods in New Zealand (according to the New Zealand Deprivation score 2013). Deprivation statistics for Waitemata are likely to be influenced by the large number of students living in the Auckland CBD.

A range of factors related to health and ill-health are listed below. It is important to note that there is limited health information available at the local board level.

## Auckland DHB Community Health Survey (2012)

### Self-rated health

In the 2012 Auckland DHB community health survey, this is how Waitemata residents rated their health.

- 45% of residents rated their health as high, 46% rated their health as moderate, and 9% rated their health as low (on a 7 point scale).
- Residents reported that the most positive impacts on health were:
  - Exercise/fitness.
  - Diet and nutrition.
  - Access to good healthcare services
  - Support from family/friends/community.
  - Sleep/rest.
  - Medication.
  - Spirituality.

### Quality of health care

- In the 2012 survey, 64% of residents rated the quality of their health care as high, 30% rated quality as moderate, and 6% rated quality as low (on a 7 point scale).
- For those who rated their quality of health care as low, the main issues were problems with cost of healthcare, services being rushed or busy, and poor client/interpersonal relationships. Many of the lower ratings were by youth and university students.
- A lack of awareness about, and access to, mental health services were identified as issues in this community.

Source: Auckland DHB Community Health Survey, 2012, available online at: <https://www.healthvoice.org.nz/show-reports/community-health-wellbeing-survey-update.aspx>.

Indicator	Waitemata	Worst	Range for local boards in the Auckland Region	Best
1 Male Life Expectancy at birth (years)	82	75		83
2 Female Life Expectancy at birth (years)	86	80		87
3 Population in overcrowded households	15%	43%		4%
4 People aged 15 years or more who are regular smokers	11%	22%		7%
5 Adults commuting by:				
- walking, jogging or riding a bike	28%	2%		28%
6 - taking public train or bus	13%	0%		13%
7 Dwellings with more than 1 alcohol off-license within 800m	84%	84%		5%
8 Hospital discharge rate ASR per 1,000	129	209		108
9 Emergency Department Visits ASR per 1,000 population	217	297		116
10 Out patient First Specialist Assessment ASR per 1,000 population	109	226		109
11 Cancer Mortality ASR per 1,000	93	193		64
12 Cardiovascular Mortality ASR per 1,000	77	196		44

\*Data sources: 1-2: Statistics NZ, with further analysis by Auckland DHB, 2010-2012 data; 3-5: 2013 Census, data in 5-6 applies to people aged 15 years or more who were employed in the week prior to the Census; 7: Auckland Regional Public Health Service, 2012 data; 8: Ministry of Health National Minimum Dataset with further analysis by Auckland DHB, 2014 data; 9-10 Ministry of Health National Non-Admitted patient collection with further analysis by Auckland DHB, 2014 data; 11-12 Ministry of Health Mortality collection with further analysis by Auckland DHB, 2010-12

For more population-level health information for local board areas, see the Locality Atlas at [www.adhb.govt.nz/planningandfunding](http://www.adhb.govt.nz/planningandfunding).

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