



# Youth Wellbeing Profile

*Waikato DHB*

# 2019



# Acknowledgements

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**Public Health would like to extend our thanks to all who contributed to the development of this Youth Wellbeing Profile. Special thanks to Family Planning, Heart Foundation, WaQuY, Waikato Sexual Health, Raukura Hauora, Youth INTact and the Te Kiri Whānau for your views and support in researching key health data, information and document design and review. The time and effort you gave to the Youth Wellbeing Profile is acknowledged and much appreciated. We would also like to acknowledge the Youth 2012 survey team from the Faculty of Medical and Health Sciences, University of Auckland, for their guidance and use of data from the survey.**

Finally we acknowledge the youth of Waikato who have inspired us to develop this Wellbeing Profile and allow us to join other key stakeholders in our region and nationally to work towards improved health outcomes and reduce inequities for the youth of Waikato.

*“Mehemea ka moemoeā ahau  
Ko au anake  
Mehemea ka moemoeā e tātou, Ka taea e tātou”*

*“If I am to dream  
I dream alone  
If we all dream together  
Then we will achieve”*

**- Te Puea Herangi**

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# Introduction

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***Ko ngā rangatahi, ngā rangatira mo apōpō***  
**Our youth today are our leaders of tomorrow**

The youth of today are finding their feet in a world of diverse realities. The primary goal of Public Health is: ***to promote, improve and protect health with a focus on achieving health equity for people living in the Waikato DHB area.*** This aligns to all the strategic imperatives of the Waikato DHB, and in particular to ***Manaaki*** – People centred services aimed at improving health services and information to our diverse population with a view to increasing health literacy. ***Pae Taumata - A centre of excellence in learning, training, research and innovation*** is the imperative for building close and enduring relationships with education providers.

The Youth Wellbeing Profile has been developed to inform and further enhance the work of Public Health in education settings. It will be used to guide the understanding of health and wellbeing among young people aged **13-24 years** in the Waikato DHB region.

## **The specific objectives of this Youth Wellbeing Profile are to:**

- identify the strengths of Waikato based youth
- acknowledge potential areas of focus where additional support is needed
- explore the overlapping domains of health and education
- support a whole school approach to health and wellbeing in education settings.

***“For one to succeed in education, one must follow meaningful pathways of learning to achieve personal goals”***

**(Raahui Papa, Maangai o te Kingitanga).**

## Data

Where possible, local or regional data sources are used to inform the statistics provided in this profile. National data and information is provided when local or regional data is not available. National data sources are identified throughout the profile when this is the case. Detailed information about data sources, tables, and references are provided at the end of the document.

The Index of Deprivation (NZ Dep) uses Census data to classify neighbourhoods by socio-economic factors such as household income, educational achievement, or access to a car. In this report we use NZDep13 data from 2013 Census. The NZ Dep provides a rating between 1 and 10, with 1 being the wealthiest and 10 being the poorest neighbourhoods. The NZ Dep rating scale is the direct opposite of the school decile rating system, where 1 is the poorest and 10 the wealthiest.

# Layout of the Profile

## Te Pae Mahutonga

*The Southern Cross Star Constellation  
brings together elements of modern  
health promotion.*



Te Pae Mahutonga (Southern Cross Star constellation) connects and incorporates the elements of modern health promotion and looks at creating a whole setting approach to health and wellbeing. Te Pae Mahutonga is used as a framework to guide both the development and organisation of this profile. Youth wellbeing is explored through the elements of Mauri ora, Waiora, Te Oranga and Toi ora. When Te Pae Mahutonga is applied the overlapping benefits of the elements can create a sustainable environment that supports and promotes health and wellbeing.



**Ngā Manukura** and **Te Mana Whakahaere** are the two pointers of the Te Pae Mahutonga model. Although the two pointers are not used specifically to align the Youth Wellbeing Profile, they are apparent actions that will ensure that the four elements are used effectively in education settings.

In order to have authentic buy in to a health promotion approach, community Ngā Manukura and Te Mana Whakahaere must be fostered and supported to identify areas of health and wellbeing under the four key elements of the framework; Maurioa, Waiora, Toiora and Te Oranga.

## The wellbeing profile is organized into the four key elements of the Te Pae Mahutonga model:



### **Mauriora** – Identity and belonging

Identity formation is a key developmental stage experienced by young people. Strong relationships and a sense of belonging are essential elements that support cultural identity. When an education setting enables the acceptance of diverse cultural understandings, it is more likely that young people will feel like they belong to their school community and thrive in that environment.



### **Waiora** – Physical environment

Where young people live, learn, work and play influences their health and wellbeing, and also their engagement with educational opportunities. Environments that provide, for example, warm dry homes, nutritious food, and easy access to quality and culturally appropriate education will support young people to become future leaders.



### **Te Oranga** – Participation in society

Actively participating in communities and in decision making processes, such as voting in elections, gives voice to the aspirations of young people and helps to build connections that will contribute to a healthy society. Employment and study are key factors that support opportunities for community connection and wellbeing. However, we also recognise that during this transition period into adulthood, young people may also experience periods of emotional turmoil, distress and difficulty.



### **Toiora** – Living your best life

Healthy behaviours and environments are critical factors in assisting young people to navigate the challenges and obstacles they face as they learn to establish healthy living patterns. A focus on the physical, spiritual, mental and social elements of health will support young people to live in ways that are mindful of their own health and wellbeing.





# **Mauriora**

## **Identity and belonging**

**Identity formation is a key developmental stage experienced by young people. Strong relationships and a sense of belonging are essential elements that support cultural identity. When an education setting enables the acceptance of diverse cultural understandings, it is more likely that young people will feel like they belong to their school community and thrive in that environment.**

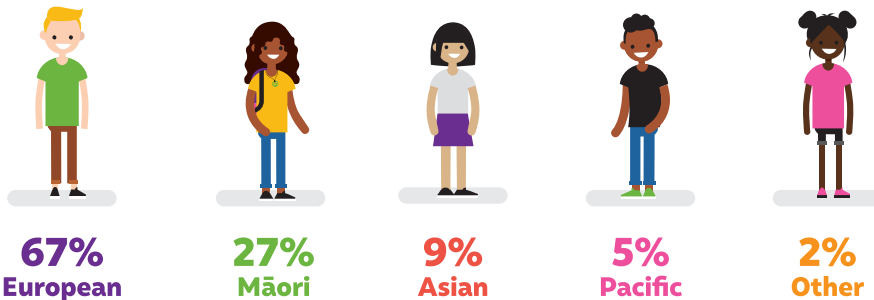


**Mauriora: Identity and belonging**

*Hapaitia te ara tika  
Pumau ai te rangatiratanga  
Mo nga uri whakatipu*

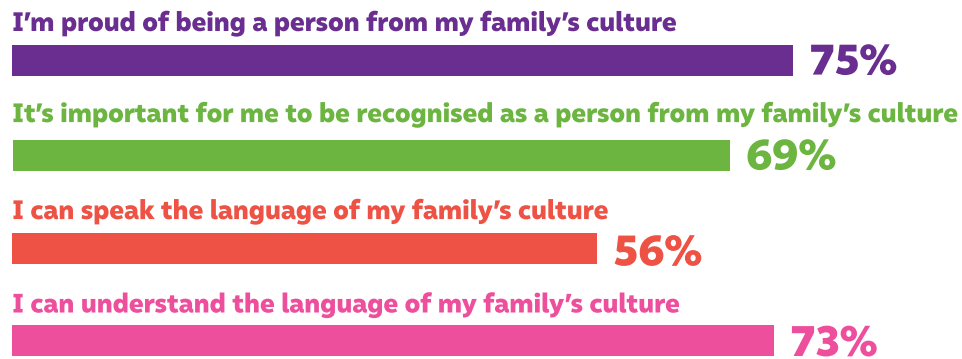
*Foster the pathway of knowledge  
To strengthen independence and growth for future generations*

**Waikato rangatahi (15-24 years) are ethnically diverse - and many identify with more than one ethnic group.\***



\*The total adds up to more than 100 percent

**Whakapapa/heritage is important to most rangatahi (2012):**



(National data)



**2 in 5 (42%) secondary school students report that they belong to more than one ethnic group (2012).**

(National data)



**Most Māori rangatahi aged 15-24 years affiliate with at least one Iwi (79%, 2013).**

(National data)



**72% of Māori secondary school students are very proud of being Māori**

and 58% reported that it is "important" or "very important" to be recognised as Māori (2012).

(National data)

**Mauriora: Language and spirituality**



**1 in 6 (17%) rangatahi aged 15-24 years speaks two or more languages (2013).**

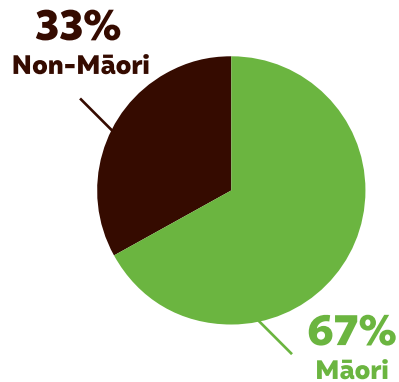


**1 in 10 (10%) secondary school students are enrolled in Māori language learning (2017)\***

**and 1 in 20 (5%) learns Taha Māori such as simple words, greetings or songs in Māori.**

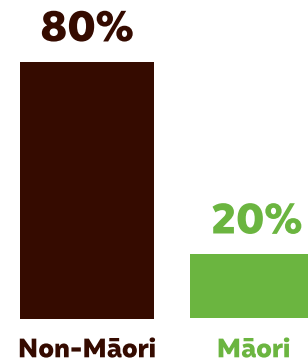
\*(Immersion level 1-5 ranging from being taught the curriculum in Māori language for at least 51 percent of the time to less than 3 hours per week).

(National data)



**67% of secondary school students enrolled in Māori language learning are Māori and 33% are non-Māori (2017).**

(National data)



**For students learning Taha Māori the distribution by ethnicity group is 20% Māori and 80% non-Māori (2017).**

(National data)



**Spirituality is important to rangatahi and nearly 1 in 3 secondary school students belongs to a church, temple or mosque**

**and go there weekly or more often (2012).**

(National data)



## **Waiora**

# **Physical environment**

**Where young people live, learn, work and play influences their health and wellbeing, and also their engagement with educational opportunities. Environments that provide, for example, warm dry homes, nutritious food, and easy access to quality and culturally appropriate education will support young people to become future leaders.**



**Waiora: Healthy living and education**

*He aha te mea nui o te ao?  
He Tāngata, he tāngata, he tāngata*

*What is most important in this world?  
It is people, it is people, it is people.*



**Most secondary school students like the neighbourhood in which they live (88%),**

and the majority feel safe there (54%). However living conditions vary across the Waikato (2012).

(National data)



**1 in 4 rangatahi (28%) aged 15-24 years in the Waikato live in an area of high deprivation (2013).**

(NZ Deprivation Index 9-10)

(National data)

**Ethnicity of people living in areas of high deprivation (2013).**

(NZ Deprivation Index 9-10)

**1 in 2 (43%) Māori**

**1 in 2 (46%) Pacific**

**1 in 4 (25%) Asian**

**1 in 4 (28%) Other**

**1 in 5 (22%) European**

(National data)



The proportion (%) of **European 15-24 year olds living in areas of high deprivation is half the rate of Māori and Pacific rangatahi (2013).**

(National data)



**1 in 5 (22%) secondary school students from high deprivation areas live in households where living rooms are used as bedrooms (2012).**

Garages are used as bedrooms in 10% of households. There are more than two people per bedroom in 1 in 8 households (12%).

(National data)



## **Te Oranga**

# **Participation in society**

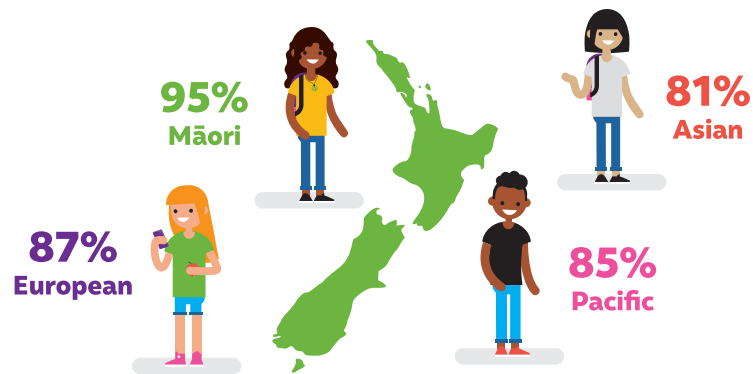
**Actively participating in communities and in decision making processes, such as voting in elections, gives voice to the aspirations of young people and helps to build connections that will contribute to a healthy society. Employment and study are key factors that support opportunities for community connection and wellbeing. However, we also recognise that during this transition period into adulthood, young people may also experience periods of emotional turmoil, distress and difficulty.**



**Te Oranga: Participation in society**

*"The youth of today are the leaders of tomorrow"* - Nelson Mandela

**Rangatahi (15-29 years) report a strong sense of belonging to New Zealand (2012).**



(National data)

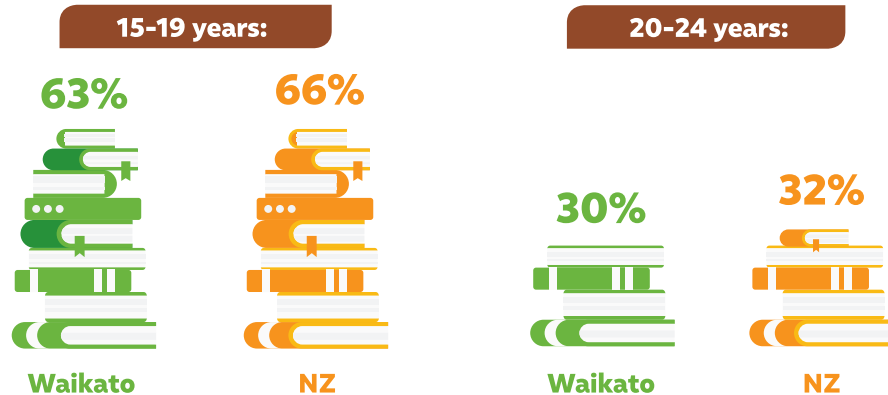


**1 in 8 (12%) rangatahi aged 15-24 years in the Waikato does voluntary work,**

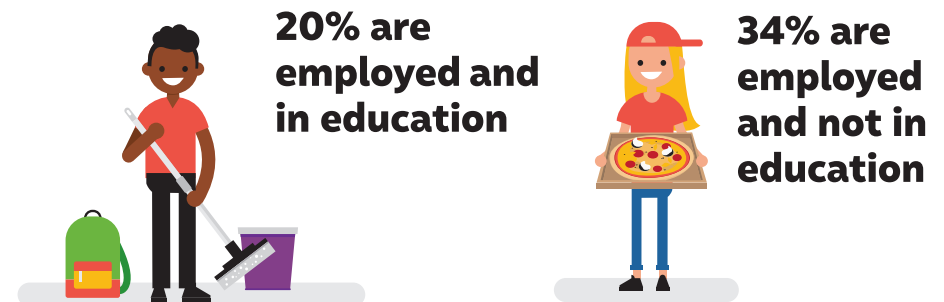
through, for instance, an organisation or a marae (2013).

**Te Oranga: Study participation and work**

**Rangatahi undertaking full or part time study (2013).**

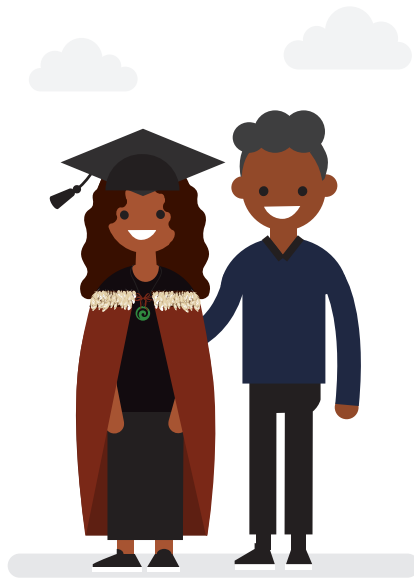


**Rangatahi 15-24 years (2016).**



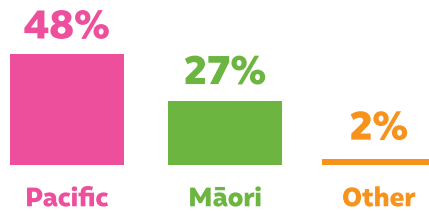
(National data)

**Te Oranga: Study participation and work**



**Tertiary education enrolments among youth increased between 2008 and 2016 - with especially high increases among Pacific and Māori.**

Percentage change:

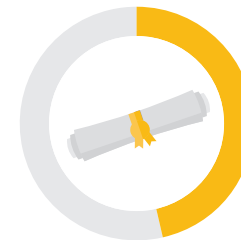


(National data)



**Proportion of school leavers with NCEA level 2 or above (2015/16):**

**79%** ↑ 1.7 percentage points from previous year



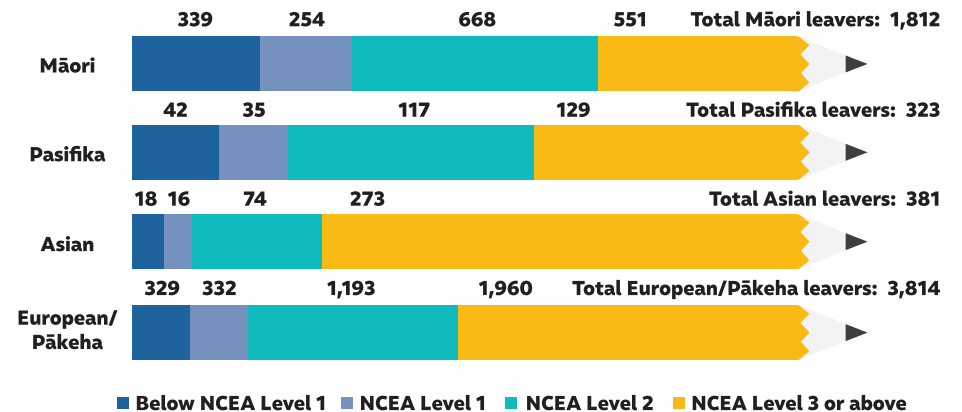
**Proportion of school leavers with NCEA level 3 or above (2015/16):**

**47%** ↑ 1.4 percentage points from previous year

**The proportion of youth in employment, education or training has increased over the last ten years in the Waikato.**

Youth in employment, education or training	15-19 years		20-24 years	
	2009	2018	2009	2018
Waikato	89%	90%	80%	86%
NZ	91%	92%	84%	85%

**School leavers aged 13-18 years by highest qualification (2015/16).**



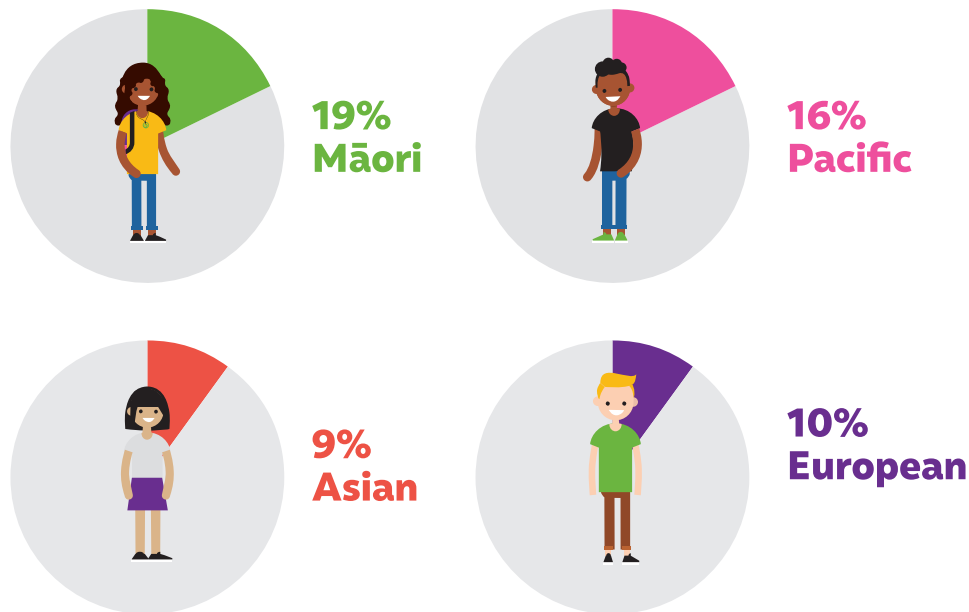


**Te Oranga: Study participation**

Most rangatahi in the Waikato region are engaged in either the education system or labour force. Some rangatahi however, are not engaged and are often referred to as NEET (Not in Employment, Education or Training).

**By ethnicity, nationally there are large differences, with NEET rates for Māori and Pacific rangatahi much higher**

compared to Asian and European youth (2018).



(National data)

**An estimated 10% of 15-19 year olds and 14% of 20-24 year olds are currently not in employment, education or training overall in the Waikato (2018).**



**In 2018, rangatahi aged 15-24 years estimated to be not in employment, education or training in the Waikato.**

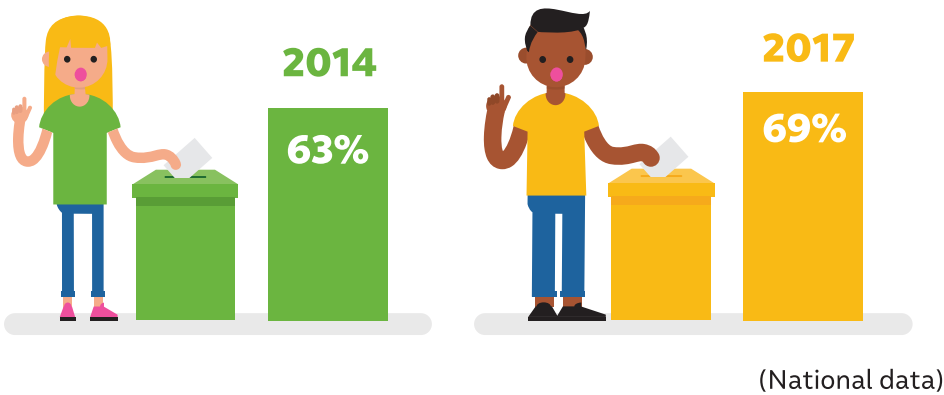
<b>Māori</b>	<b>2,650</b>
<b>Pacific</b>	<b>400</b>
<b>Asian</b>	<b>400</b>
<b>European</b>	<b>3,450</b>

**Te Oranga: Participation in decision making - voting**

*A small group of determined and like-minded people can change the course of history - Gandhi*

**More rangatahi voted in the 2017 general election compared to the previous election in 2014.**

Rangatahi vote 18- 24 years

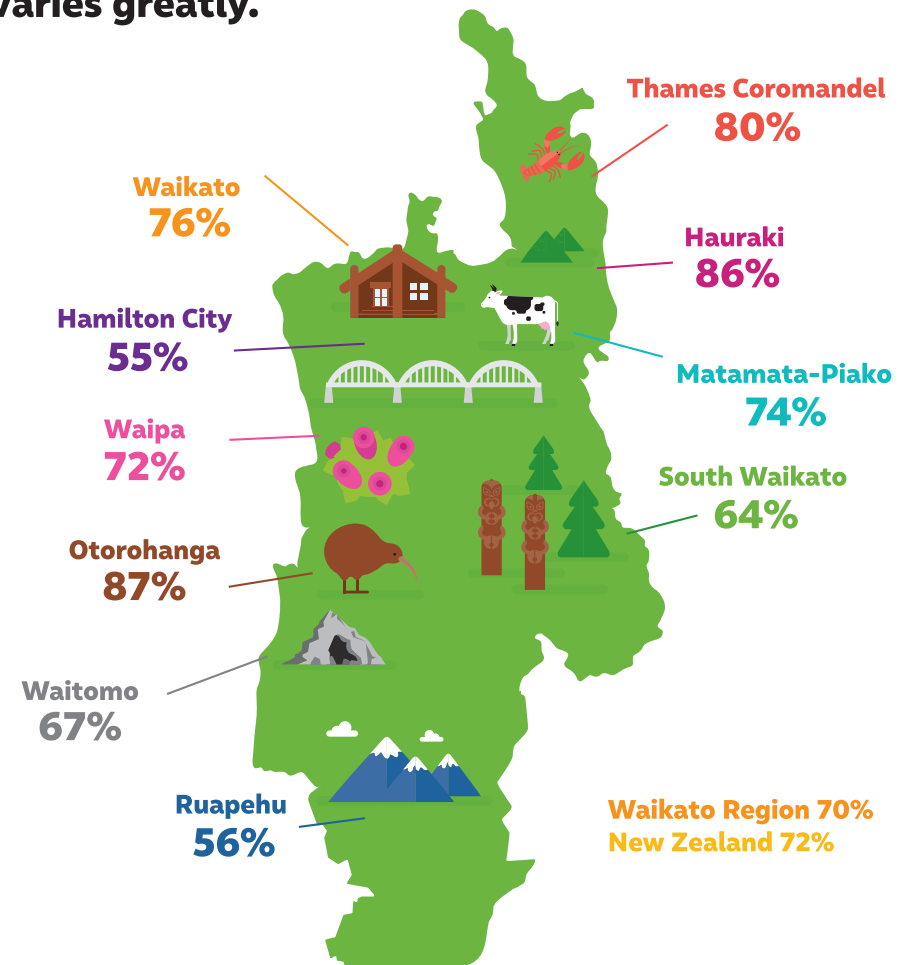


**Proportion of rangatahi who voted in 2014 and 2017 general election**

	2014	2017
Māori descent	55%	62%
Non-Māori descent	65%	72%

(National data)

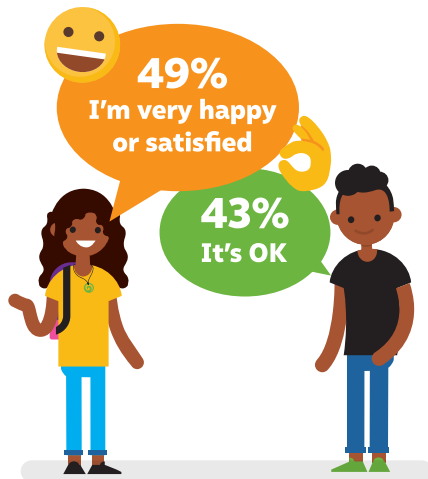
**Across the Waikato region, the rangatahi (18-24 years) electoral enrolment rate for 2018 varies greatly.**



**Te Oranga: Mind wellbeing**

*Take care of our children. Take care of what they hear. Take care of what they see, take care of what they feel. For how the children grow, so will be the shape of Aotearoa* - Dame Whina Cooper

**Mind wellbeing is a term we use to describe mental wellbeing. When young people feel safe to express their emotions and feelings it creates opportunities for discussions that can lead to the development of effective communication skills. This process of discussion may also contribute to building resiliency and a growing understanding of self.**



**The majority of secondary school students are happy or satisfied with life (2012).**

(National data)

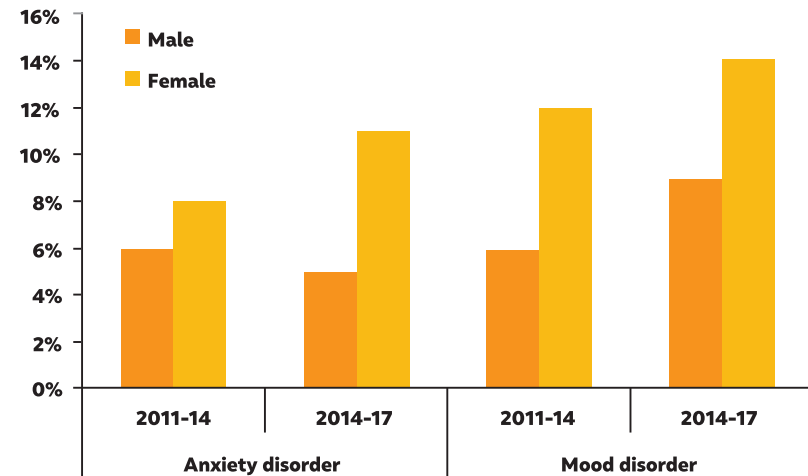


When feeling emotionally distressed, many young people seek help to try to feel better:

**22% of female and 14% of male secondary school students have seen a health professional for emotional worries in the last year (2012).**

(National data)

**An increasing proportion of rangatahi are diagnosed with anxiety\* or mood disorder.\*\***



\* Anxiety disorder includes panic attacks, phobia, post-traumatic stress disorder, and obsessive compulsive disorder.

\*\* Mood disorder includes depression or bipolar disorder (sometimes referred to as manic depression).

(National data)

**Te Oranga: Mind wellbeing**

*He waka eke noa*

*We are all in this together*

**Experience of traumatic events such as physical or mental abuse influences the wellbeing of rangatahi. Among secondary school students in the past it is estimated (2012):**



**21%**  
Have received nasty or threatening messages on their mobile phone or on the internet



**14%**  
Have been physically harmed on purpose by an adult in their home



**9%**  
Have been afraid someone at school would hurt or bother them



**7%**  
Have seen adults hitting or physically hurting other adults



**6%**  
Have been bullied at school

(National data)



**New Zealand has a high youth rate of suicide (2018)**

compared to other similar countries.

(National data)



**Every week during 2015 in New Zealand 2 rangatahi aged 15-24 years took their lives.**

(National data)



Between 2011 and 2015 every year

**10 rangatahi aged 15-24 years took their lives in the Waikato region.**

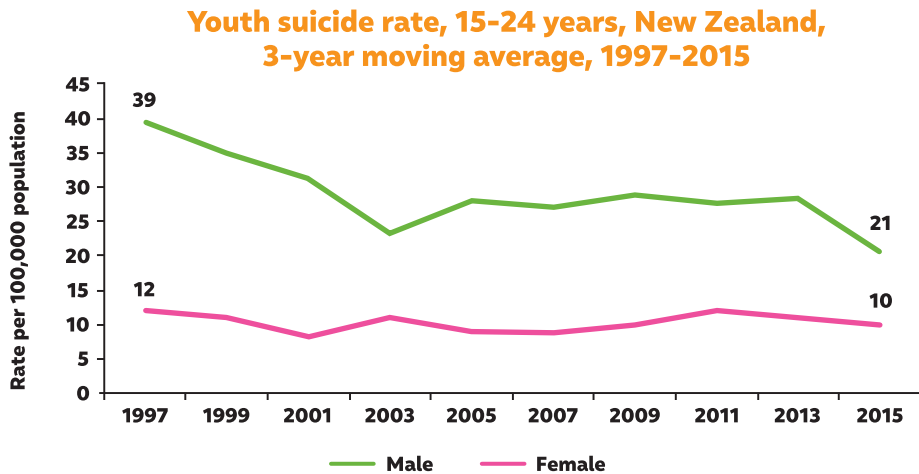
*People from all backgrounds can feel suicidal.  
Lots of people go through this.*

**Te Oranga: Mind wellbeing**

*Children need love, especially when they do not deserve it - Harold Hulbert*

**Females carry out more suicide attempts than males; however males are more than twice as likely to die from suicide attempts they make.**

The male and female youth suicide rates have remained constant from 2004.



(National data)

*Most people who attempt suicide don't want to die - they just want their pain to end or can't see another way out of their situation.*

**Rangatahi suicides are more common in more deprived neighbourhoods (2015)**

compared to less deprived neighbourhoods.



Low deprivation (NZ Dep 1-2)



High deprivation (NZ Dep 9-10)



(National data)

**NEED TO TALK?**



**free call or text any time**

**For support with grief, anxiety, distress or mental wellbeing, you can call or text 1737 - free any time.**

**Te Oranga: Mind wellbeing**

*Neither comprehension nor learning can take place in an atmosphere of anxiety - Rose Kennedy*

**For more information and advice on suicide, please visit:**

[www.healthed.govt.nz/resource/are-you-worried-someone-thinking-suicide](http://www.healthed.govt.nz/resource/are-you-worried-someone-thinking-suicide)

**The Mental Health Foundation recommends five ways for improved wellbeing:**

- **Me Whakawhanaunga, Connect**
- **Me aro tonu, Take Notice**
- **Tukua, Give**
- **Me ako tonu, Keep Learning**
- **Me kori tonu, Be active**

[www.mentalhealth.org.nz/home/ways-to-wellbeing/](http://www.mentalhealth.org.nz/home/ways-to-wellbeing/)



ME KŌREKO, ME WHAKARONGO,  
ME WHAKAWĀTEA I A KOE, ME RONGO I TE  
WHANAUNGATANGA



ME ARO TONU KI NGĀ  
MEĀ MĀMĀ NOĀ, I  
NGĀKAU HARIKŌA AI KOE



TE WĀ KI A KOE, Ō  
KUPU, KO KOE TONU



AWHITIA TE WHEAKO HOU,  
KIMIHIĀ NGĀ ARA HOU, ME  
OHORERE KOE I A KOE ANŌ



WHĀĪA TE MEĀ KA  
TAEA E KOE, KIA  
PĀREKAREKA TĀU I  
WHAI AI, KIA PAI AKE  
Ō PIROPIRO



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



Your time,  
your words,  
your presence



EMBRACE NEW  
EXPERIENCES.  
SEE OPPORTUNITIES.  
SURPRISE YOURSELF



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



# **Toiora**

## **Living your best life**

**Healthy behaviours and environments are critical factors in assisting young people to navigate the challenges and obstacles they face as they learn to establish healthy living patterns. A focus on the physical, spiritual, mental and social elements of health will support young people to live in ways that are mindful of their own health and wellbeing.**



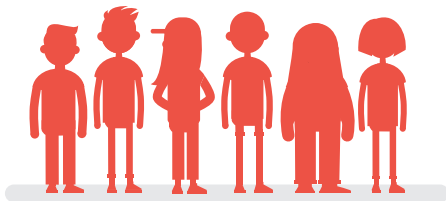
**Toiora: Physical activity and nutrition**

*Ahakoā he iti, he pounamu*



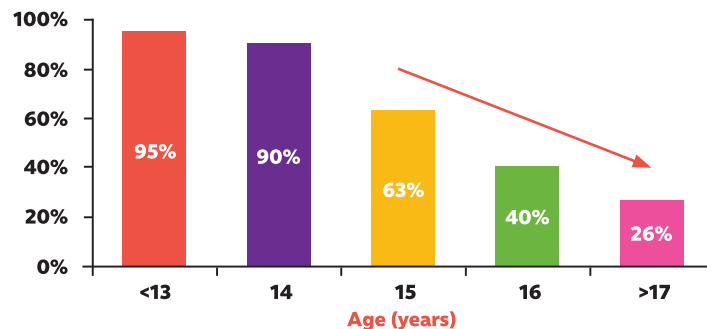
**4 in 10 (43%) rangatahi aged 15-24 years old in the Waikato are doing at least 2.5 hours of physical activity**

spread out over the week (2014/17).



**Physical education (PE) class attendance is high during the first few years of secondary school, and decreases markedly in older age groups when PE classes are no longer compulsory (2012).**

**Proportion of students who attended PE class in the last 7 days**



(National data)

*Although small, it is still precious*



**1 in 3 (33%) secondary school students walk, bike or ride to school (2012).**

(National data)

**Secondary school students report many different reasons for not participating in sports (2012).**

	<b>Males</b>	<b>Females</b>
I'm not interested	<b>41%</b>	<b>38%</b>
I have other responsibilities	<b>16%</b>	<b>28%</b>
I'm not good enough at sport	<b>14%</b>	<b>26%</b>



(National data)



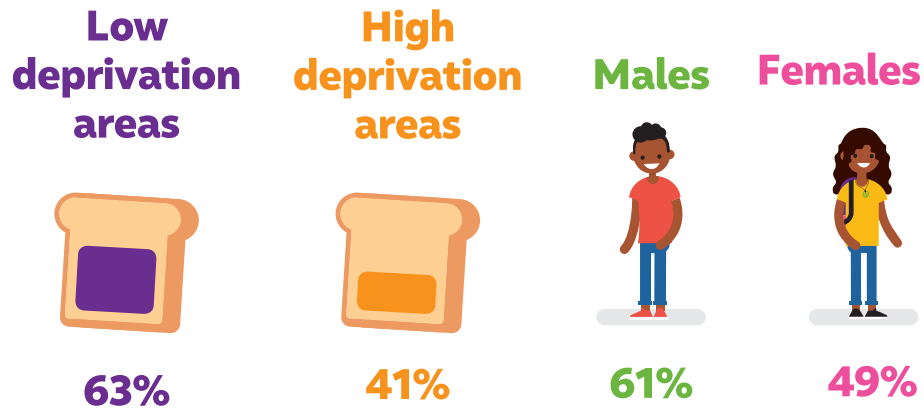
**Toiora: Physical activity and nutrition**

**Nearly half (45%) of rangatahi aged 15-24 years eat three or more servings of vegetables a day and nearly half eat two or more servings of fruit each day as recommended in vegetable and fruit intake guidelines (2016/17).**

However only a quarter (28%) eat both recommended servings.



**Secondary school students who eat breakfast (2012).**



(National data)

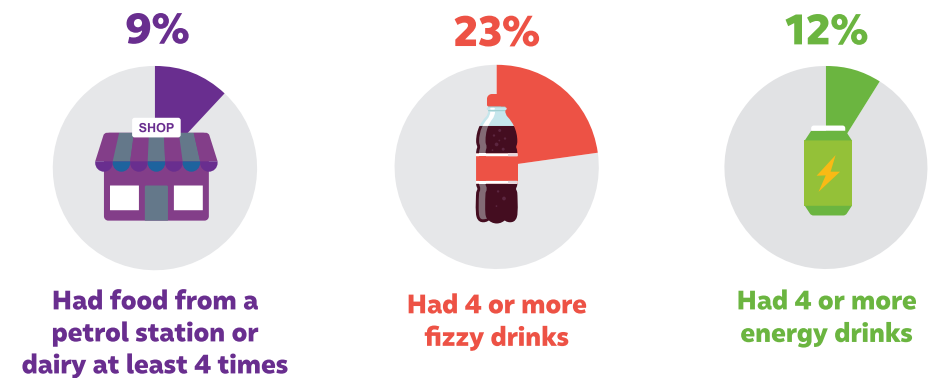


**1 in 8 (12%) secondary school students report that their family worries about not having enough money for food (2012).**

This is an increase from 8% in 2001.

(National data)

**Secondary school students reported that in a given week (2012):**



(National data)

**Toiora: Physical activity and nutrition**

*Maa mua ka kite a muri  
Maa muri ka kite a mua*

*Those who lead give sight to those who follow  
Those who follow give life to those who lead.*

**Secondary school students usually get their lunch from\* (2012):**



\* Students could choose more than one response.

(National data)



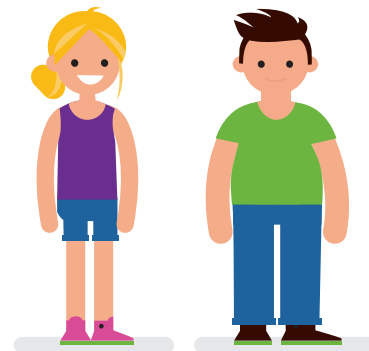
**Tooth decay is decreasing among rangatahi and 12% of 15-24 year olds have had one or more teeth removed due to decay, an abscess, infection or gum disease in the Waikato in 2016/17 compared to 20% in 2011/14.**

**Toiora: Body size and body image**



**Nationally the proportion of rangatahi aged 15-24 years that have a healthy weight**

(Body Mass Index of 18-24) has decreased from 59% in 2006/07 to 52% in 2016/17.



**In the Waikato, 50% of 15-24 year olds have a healthy weight (2014/17).**

**Toiora: Body size and body image**

*The number of kids affected by obesity has tripled since 1980, and this can be traced in large part to lack of exercise and a healthy diet - Virginia Foxx*



**In secondary school, overweight and obesity rates are similar between males and females.**

(National data)



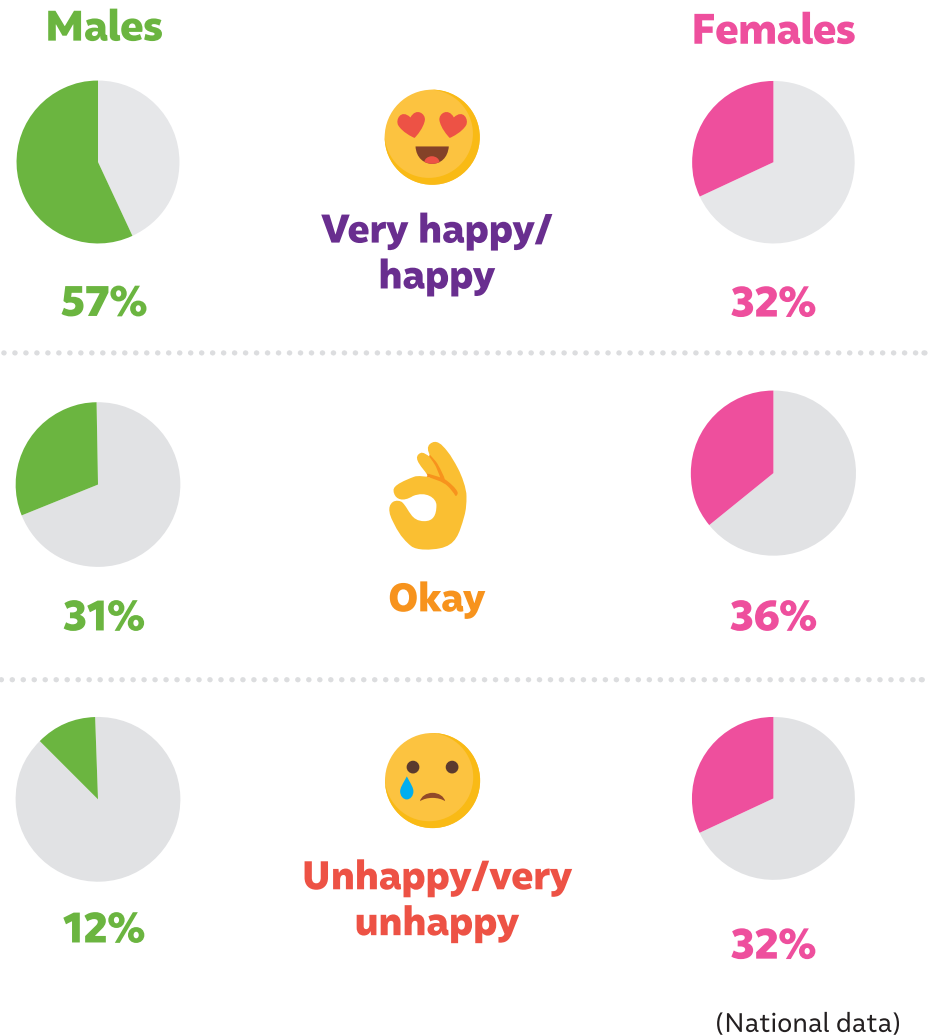
**Despite this, males are significantly happier with their weight compared to females.**

(National data)

*Ehara taku toa, I te toa takitahi, engari he toa takimano*  
*Success is not the work of one, but the collective work of many*

Unknown - whakatauki

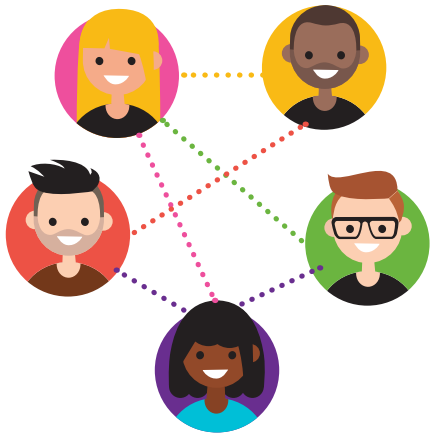
**Happiness with their weight (2012)**



**Toiora: Sexual health and wellbeing**

*It is time for parents to teach young people early on that in diversity there is beauty and there is strength - Maya Angelou*

Teenage years are often described as a time of discovering sexual attraction and gender identity formation. The physical and psychological changes (puberty and exploring sexuality) can be exciting and challenging experiences during this period.

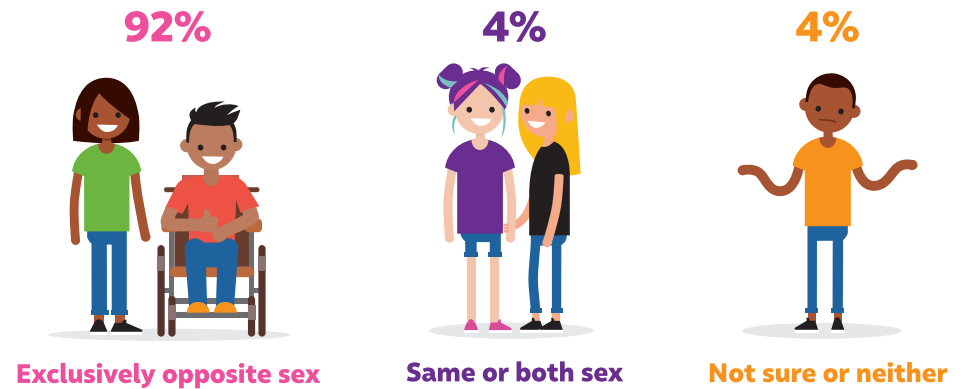


**Most secondary school students report that they are attracted exclusively to the opposite sex (2012).**

Although, for every 100 students, four are attracted to the same sex or both sexes and four are not sure, or attracted to neither.

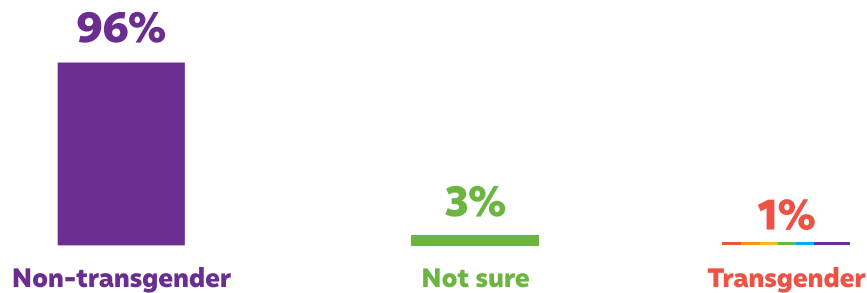
(National data)

**Sexual attraction (2012)**



(National data)

**Gender identity (2012)**



(National data)



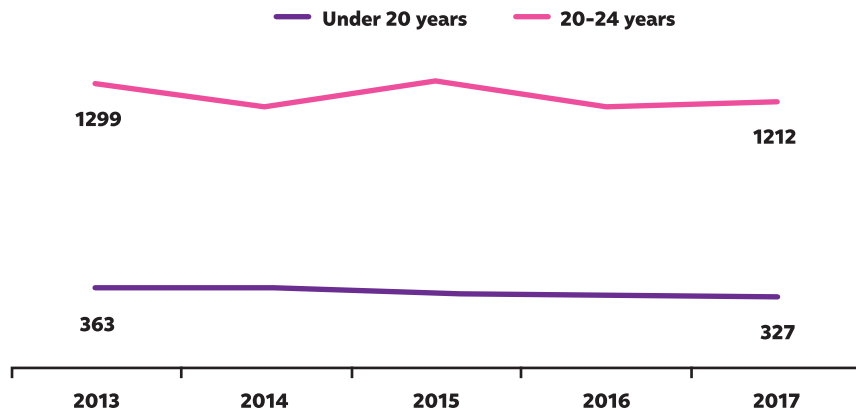
**1 in 5 (19%) secondary school students is sexually active (2012),** and the majority use contraception to prevent pregnancy (58%).

(National data)

**Toiora: Sexual health and wellbeing**

**Across the Waikato, the number of births among young women is declining.**

**Number of births among young women, Waikato DHB, 2013-2017**



Chlamydia is the most common sexually transmitted infection in New Zealand. This bacterial infection is spread mainly through unprotected (no condom) sex and if left untreated, can lead to infertility. Most people who are infected by chlamydia do not have symptoms and it is therefore important to get tested regularly.

Chlamydia is more common in females than in males - and is decreasing for both males and females.

**Chlamydia infection rate (2018/19)**

	NZ	Waikato DHB
<b>15-19 years</b>	26 per 1000	25 per 1000
<b>20-24 years</b>	31 per 1000	30 per 1000

**Sexually transmitted infections are more common in females than males because:**



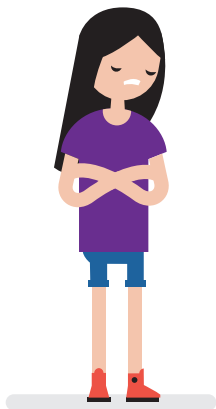
The female anatomy makes them more prone to catch infections



Females are less likely to have symptoms



Females are more likely to confuse symptoms for something else



**Among secondary school students, 1 in 5 females (20%) and 1 in 10 males (9%) has unwillingly been touched in a sexual way or been made to do unwanted sexual things (2012) - and the majority told no-one about it (57%).**

(National data)

**Toiora: Sexual health and wellbeing**

**“Sexting” among young people aged 14-17 years in the past 12 months (2017).**



**24%**

**4%**

**20%**



**14%**

**4%**

**17%**

Have been asked for nude or nearly nude images of themselves

Have sent nude or nearly nude content of themselves

Have received nude or nearly nude content they did not ask for

(National data)

**Where are teenagers getting their sexual education (2016)?**

**Internet**



**61%**

(29% stated their education was coming from pornography)

**Mum**



**29%**

**Dad**



**21%**

(National data)

**Many rangatahi are accessing pornography with a range of effects on how they perceive sex (2017).**



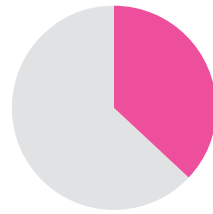
**82%**

of NZ 16-18 year olds have seen pornography



**31%**

of NZ boys are watching porn several times a week



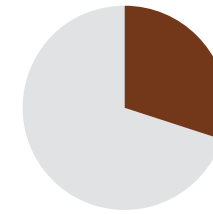
**37%**

young people say pornography has shaped expectation



**38%**

girls have sent a sexual image of themselves



**30%**

of NZ girls think sexting is expected (it's normal and expected for someone their age)

(National data)

**Toiora: Smokefree and tobacco**

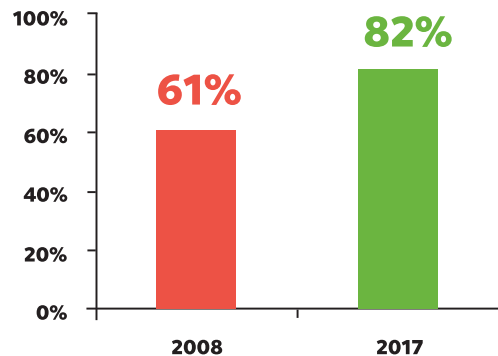
There are many substances available across Aotearoa that provide a critical challenge to young people. Substance use and abuse may cause substantial personal, social and economic harm and is noted as a significant problem that affects a minority of young people within the education system and wider society.



In the Waikato, the proportion of rangatahi that are smokefree has increased for both male and females.

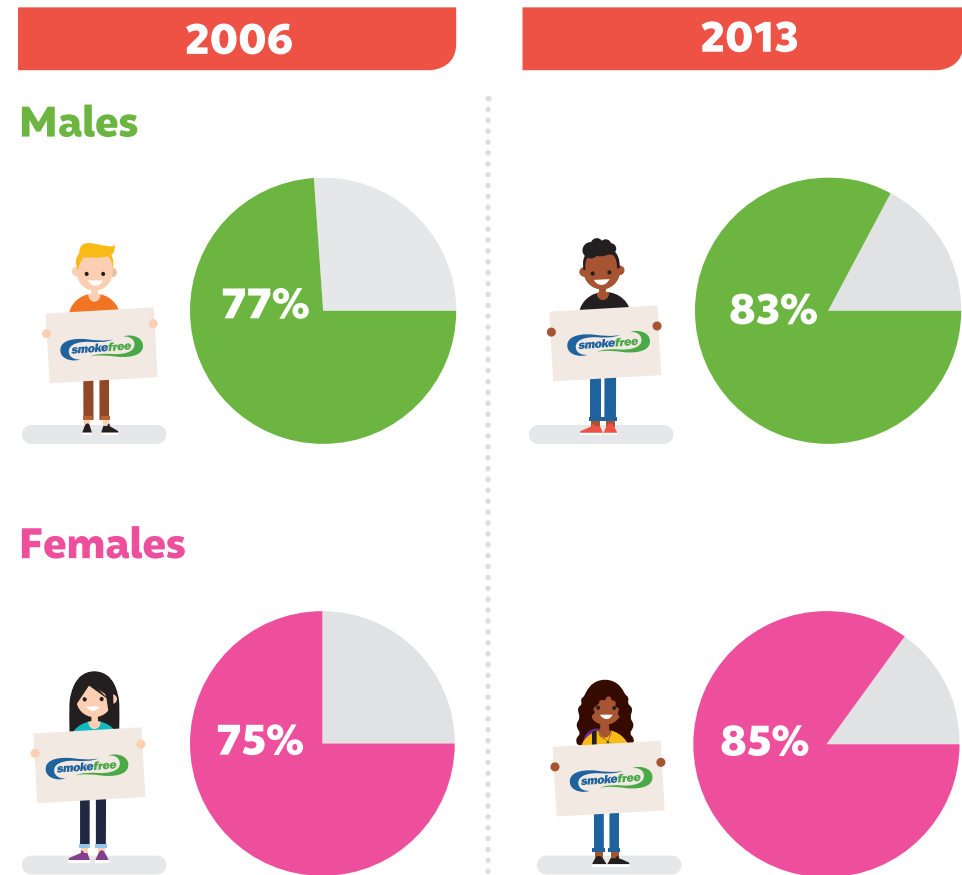
This is reflected in more recent national data for Year 10 students, showing a large increase over the last ten years (2018).

Proportion of Year 10 students who report being smokefree



(National data)

The proportion of young males and females (15-24 years) who are smokefree has increased by 6% and 10% between censuses (2006 and 2013).

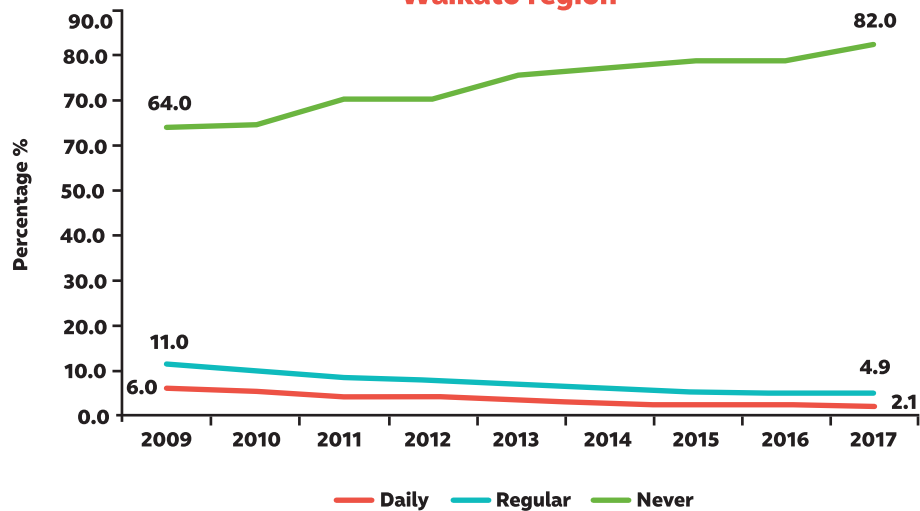


**Toiora: Smokefree and tobacco**



**Smokefree figures continue to rise. Daily & regular smoking continues to fall for Year 10 students.**

**Smoking status for year 10 students in Waikato region**



Daily tobacco smoking consists of participants who report smoking at least once a day. Regular smoking consists of participants who report smoking daily, weekly, or monthly.



**82%**  
of Year 10 students  
in NZ report being  
smokefree



**5%**  
of Year 10 students  
in NZ report regular  
smoking



**2%**  
of Year 10 students  
in NZ report daily  
smoking

(National data, 2017)



**Need help to quit?  
Call 0800 778 788  
Text 4006 or visit  
[quit.org.nz](http://quit.org.nz)**

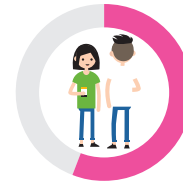


**Toiora: Smokefree, tobacco and vaping**

The number of rangatahi who are regular smokers has decreased dramatically both nationally and in the Waikato, across all ethnicities.



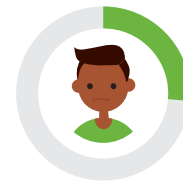
**Source of cigarettes among Year 10 students (2015).**



**56%**  
Given to them by friends or peers



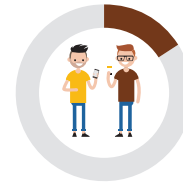
**32%**  
Buying them from friends or peers



**28%**  
Taking them from caregiver without asking



**17%**  
Buying them from a shop



**16%**  
From older brother or sister



**13%**  
Given them by parent or caregiver

\*The purchase age of cigarettes is 18+

(National data)

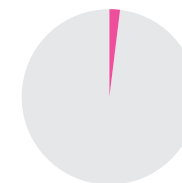
Proportion of rangatahi aged 15-24 who report being regular smokers.

	Total	European	Māori	Pacific People	Asian	Other
2006	24%	24%	39%	27%	11%	18%
2013	16%	15%	29%	19%	7%	11%

**E-cigarette use**



Fewer than 1% of Year 10 students who never smoked reported using e-cigarettes daily



Fewer than 2% Year 10 students reported using e-cigarettes daily



A third (29%) of Year 10 students reported having tried an e-cigarette (even a single puff or vape)

(National data)

**Toiora: Alcohol**



**Binge drinking\* is the most common form of problem substance use among rangatahi.**

While most young people report they do not binge drink, this form of risky drinking is prevalent in a minority of rangatahi.

\* Binge drinking is a term used often to describe risky drinking behaviour, which is defined as 5 or more drinks for 15-17 year olds and 7 or more drinks for 18-24 year-olds on a single occasion.

(National data)

**Binge drinking (2015/16).**

**15-17 years**



**17%**

**18-24 years**



**34%**

(National data)



**A greater proportion (61%) of males aged 18-24 years who drank alcohol reported risky drinking behaviour in the last four weeks**

compared with females (45%) aged 18 to 24 years (2015/16).

(National data)



**Half of rangatahi aged 15-24 years that consumed alcohol in the last four weeks, reported risky drinking behaviour (2015/16).**

(National data)

**Toiora: Alcohol**



**Risky drinking behaviour was reported by three-quarters (77%) of Māori aged 15 to 17 years who had consumed alcohol. A lower proportion (68%) was reported for Māori 18-24 years (2015/16).**

For European/Other rangatahi the proportions were 42% and 52%.

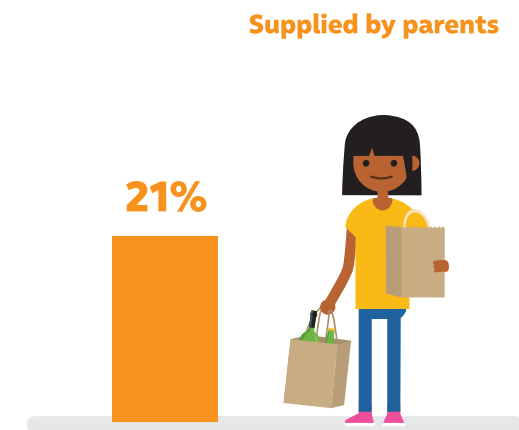
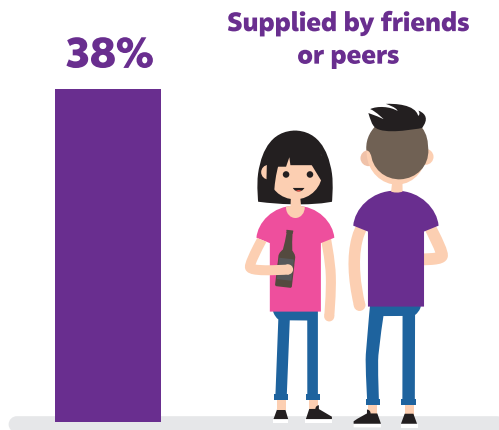
(National data)



**Smaller proportions of Asian rangatahi, 37% (15-17 years) and 32% (18-24 years), who consumed alcohol reported risky drinking behaviour (2015/16).**

(National data)

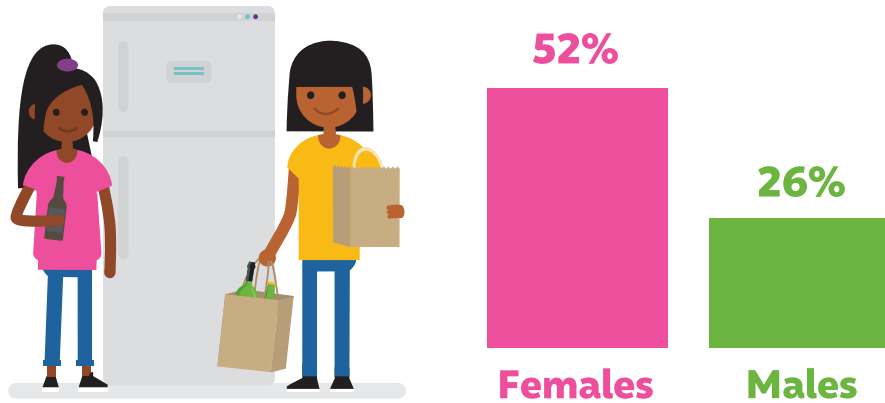
**Sources of alcohol for rangatahi 15-17 years (2015/16).**



(National data)

**Toiora: Alcohol**

**More females than males aged 15-17 years report being bought alcohol by their parents (2015/16).**



(National data)

**1 in 9 (11%) secondary school students buy their own alcohol\* (2012).**



\* The purchase age for alcohol is 18+

(National data)

**Toiora: Other substance use**



**After alcohol and tobacco, cannabis is the most common substance use reported by rangatahi.**

(National data)

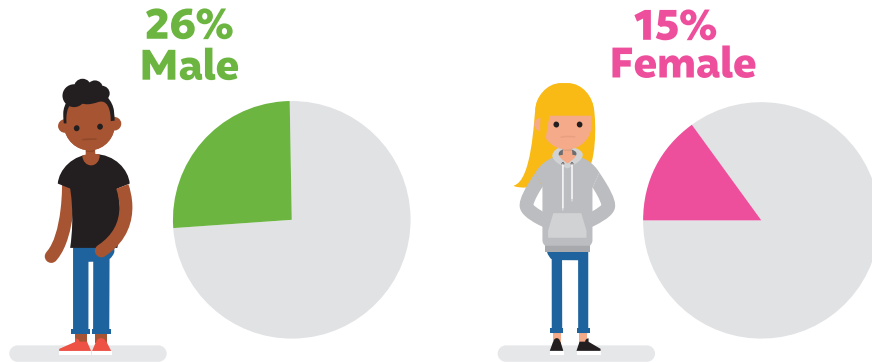


**1 in 5 (21%) rangatahi aged 15-24 years in the Waikato report using cannabis in the past 12 months (2014/17), compared to 23% nationally.**

(National data)

**Toiora: Other substance use**

**Cannabis use in last 12 months by Waikato rangatahi (2014/17).**



**The most common age for rangatahi to first try cannabis is 14-15 years (2012).**

(National data)

**21% of cannabis users in secondary school say they use it before or during school (2012).**



(National data)

**Young cannabis users aged 15-24 years (2012/13).**



**Cannabis is used to treat pain by 37% of rangatahi.**



**9% report harmful effects on work, studies or employment opportunities.**

(National data)

Toiora: Other substance use



Among young cannabis users who drive, many report driving at least once in the year while feeling under the influence of cannabis.



Males  
41%



Females  
19%

(National data)

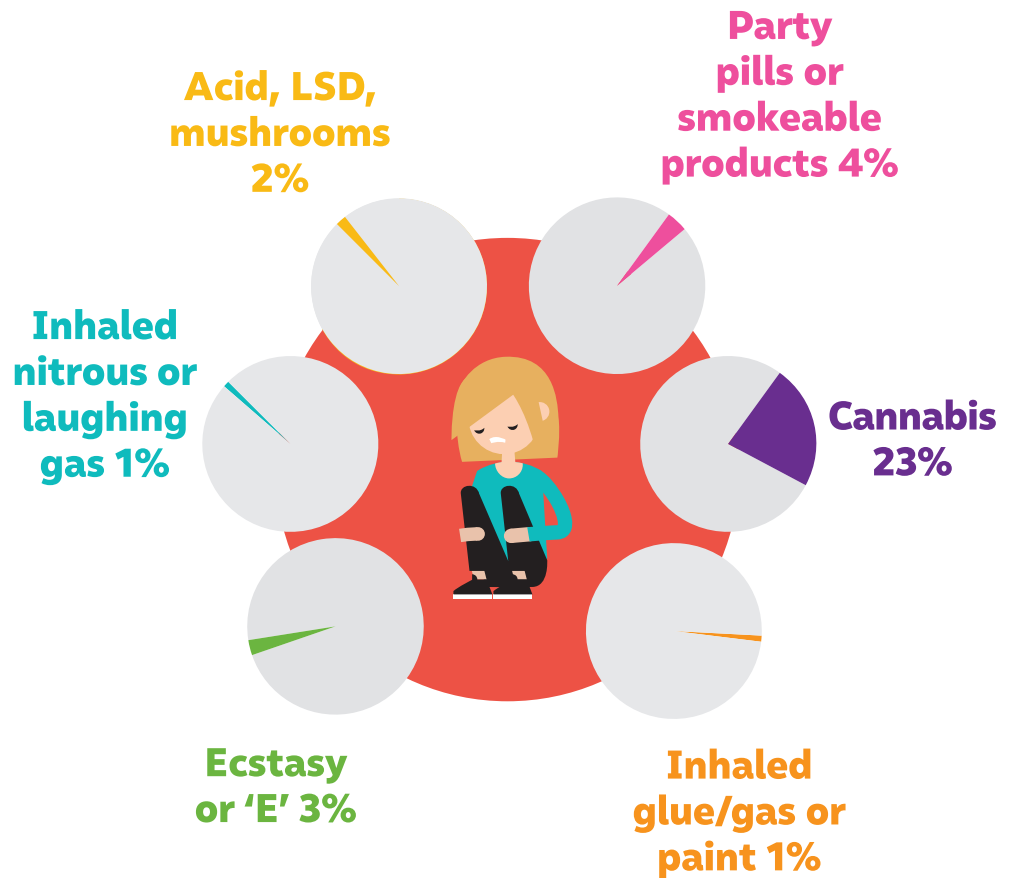


Half a percent of 15-24 years olds report having used amphetamines\*

at least once in the last 12 months.

\* Synthetic stimulant drugs such as methamphetamine (also known as 'P', 'meth', 'speed', 'ice' or 'crystal meth').

Substances secondary school students have tried (2012).



(National data)

*“Te ohonga i taku moemoea, ko te puawaitanga o te whakaaro*

*Turning dreams into reality.”*

**Te Puea Herangi - Waikato**



## **Tables and references**





## Mauriora: Identity and belonging

Population and identity statistics for rangatahi in Waikato region

Population (15-24 years)	Past		Recent		Trend
	No.	%	No.	%	
Pacific peoples, 2006, 2013 <sup>1</sup>	2,040	4%	2,616	5%	↑
Māori, 2006, 2013 <sup>1</sup>	12,816	26%	13,839	27%	↑
Asian, 2006, 2013 <sup>1</sup>	4,305	9%	4,413	9%	=
European, 2006, 2013 <sup>1</sup>	31,383	63%	34,422	67%	↑
Other ethnicity, including Middle Eastern/Latin American/African (MELAA), 2006, 2013 <sup>1,2</sup>	4,083	8%	1,266	2%	↓
Secondary school student identifying with more than one ethnic group, 2007, 2012 <sup>3</sup>	9,600	39%	10,400	42%	↑
Rangatahi who speak two or more languages, 2006, 2013 <sup>4</sup>	8,757	18%	8,298	16%	↓

Notes: <sup>1</sup>Statistics New Zealand, Data hub, 2013 Census, Culture and identity, Ethnic group (grouped total responses) by age and sex, for the census usually resident population count, 2001, 2006 and 2013 (RC, TA, AU).

<sup>2</sup>The large difference between the population of 'Other' ethnicity in 2006 and 2013 is due to there being a campaign in 2006 for people to identify as 'New Zealander' (grouped under 'Other') rather than 'European'. In 2013, there was no such campaign and people went back to selecting 'European' and there is a corresponding change for the 'European' ethnicity.

<sup>3</sup>The number is a national estimate applied to the Waikato population. The national source is the Health and Wellbeing of New Zealand Secondary School Students in 2012 Survey: Rangatahi '12 Prevalence Tables, 13-19 years old.

<sup>4</sup>Statistics New Zealand, Data hub, 2013 Census, Culture and identity, Iwi (total responses) and iwi groupings by age group and sex, for the Maori descent census usually resident population count, 2001, 2006, and 2013 Censuses (RC, TA).

## Mauriora: Identity and belonging

### Identity and belonging

<b>Whakapapa and language</b>	<b>No.</b>	<b>%</b>
I am proud being a person from my family culture, 13 - 18 years, 2012 <sup>1</sup>	18,600	75%
Secondary school students: It's important for me to be recognised as a person from my family's culture, 13 - 18 years, 2012 <sup>1</sup>	17,100	69%
Secondary school students: I can speak the language of my family's culture, 13 - 18 years, 2012 <sup>1</sup>	13,900	56%
Secondary school students: I can understand the language of my family's culture, 13 - 18 years, 2012 <sup>1</sup>	18,100	73%
Māori that affiliate with at least one iwi, 15-24 years, 2013 <sup>2</sup>	16,413	79%
Māori secondary student being very proud of being Māori, 13 - 18 years, 2012 <sup>1,3</sup>	-	72%
Māori secondary student report that it is "important" or "very important" to be recognised as Māori, 13 - 18 years, 2012 <sup>1,3</sup>	-	58%
Secondary school students enrolled in Māori language learning, 13 - 18 years, 2017 <sup>4</sup>	2,500	10%
Secondary school students learning Taha Māori: Māori songs, greetings, and simple words only, 13 - 18 years, 2017 <sup>4</sup>	1,300	5%
Secondary school students enrolled in Māori language learning are Māori, 13 - 18 years, 2017 <sup>4</sup>	17,000	67%
Secondary school students enrolled in Māori language learning are non-Māori, 13 - 18 years, 2017 <sup>4</sup>	8,400	33%
Secondary school students learning Taha Māori are Māori, 13 - 18 years, 2017 <sup>4</sup>	4,900	20%
Secondary school students learning Taha Māori are non-Māori, 13 - 18 years, 2017 <sup>4</sup>	20,300	80%
Secondary school students belongs to a church, temple or mosque, 13 - 18 years, 2012 <sup>1</sup>	7,700	31%

Notes: <sup>1</sup>The number is a national estimate applied to the Waikato population. The national source is the Health and Wellbeing of New Zealand Secondary School Students in 2012 Survey: Rangatahi '12 Prevalence Tables.

<sup>2</sup>Statistics New Zealand, Data hub, 2013 Census, Culture and identity, Iwi (total responses) and iwi groupings by age group and sex, for the Maori descent census usually resident population count, 2001, 2006, and 2013 Censuses (RC, TA).

<sup>3</sup>The national percentage cannot be applied to the Waikato region because population data is not available by ethnicity and age group.

<sup>4</sup>Education Counts, Maori Education, Maori in Schooling, Maori Language in Education

## Waiora: Healthy living and education

Neighbourhood safety and socio-economic deprivation in Waikato region

<b>Neighbourhood safety and socio-economic deprivation</b>	<b>No.</b>	<b>%</b>
Secondary school students (13 - 18 years) like the neighbourhood in which they live, 2012 <sup>1</sup>	24,800	88%
Secondary school students (13 - 18 years) feel safe in their neighbourhood all of the time, 2012 <sup>1</sup>	15,200	54%
Rangatahi (15-24 years) living in an area of high deprivation (NZ Deprivation Index 9-10), 2013 <sup>2</sup>	14,300	28%
Māori Rangatahi (15-24 years) living in an area of high deprivation (NZ Deprivation Index 9 -10), 2013 <sup>2</sup>	6,000	43%
Pacific Rangatahi (15-24 years) living in an area of high deprivation (NZ Deprivation Index 9 -10), 2013 <sup>2</sup>	1,200	46%
Asian Rangatahi (15-24 years) living in an area of high deprivation (NZ Deprivation Index 9 -10), 2013 <sup>2</sup>	1,100	25%
European Rangatahi (15-24 years) living in an area of high deprivation (NZ Deprivation Index 9 -10), 2013 <sup>2</sup>	7,600	22%
Other Rangatahi (15-24 years) living in an area of high deprivation (NZ Deprivation Index 9-10), 2013 <sup>2/3</sup>	350	28%
Secondary school students (13 - 18 years) from high deprivation areas live in households where more than two people per bedroom, 2012 <sup>1</sup>	750	12%
Secondary school students (13 - 18 years) from high deprivation areas live in households where living rooms are used as bedrooms, 2012 <sup>1</sup>	1,400	22%
Secondary school students (13 - 18 years) from high deprivation areas live in households where garages are used as bedrooms, 2012 <sup>1</sup>	600	10%

Notes: <sup>1</sup>The number is a national estimate applied to the Waikato population. The national source is the Health and Wellbeing of New Zealand Secondary School Students in 2012: Youth' 12 Prevalence Tables. The population to which the national rates are applied is the secondary school students who are aged 13 - 18 years and are living in Waikato region.

<sup>2</sup>The number is a national estimate applied to the Waikato population. The national source is Statistics New Zealand, 2013 Census, Ethnic group (grouped total responses) by age group and sex, for the census usually resident population count, 2001, 2006, and 2013 (RC, TA, AU), matched with census area unit NZDep score from the University of Otago. Ethnicities are reported as total responses, therefore the sum of all ethnicities is larger than the total. Some people may have identified themselves with more than one ethnicity.

<sup>3</sup>This category includes Middle East/Latin American/African (MELAA).

## Te Oranga: Participation in society

Feeling of belonging to New Zealand, voluntary work, employment and education in Waikato region

Belonging, voluntary work, employment and education	Past		Recent		Trend
	No.	%	No.	%	
Strength of feeling of belonging to New Zealand among (15 - 29 years) Maori, 2008, 2012 <sup>1</sup>	12,200	95%	10,100	95%	=
Strength of feeling of belonging to New Zealand among (15 - 29 years) Pacific, 2008, 2012 <sup>1</sup>	1,800	90%	1,600	85%	↓
Strength of feeling of belonging to New Zealand among (15 - 29 years) Asian, 2008, 2012 <sup>1</sup>	2,400	69%	2,800	81%	↑
Strength of feeling of belonging to New Zealand among (15 - 29 years) European, 2008, 2012 <sup>1</sup>	27,400	87%	32,500	87%	=
Rangatahi (15-24 years) doing voluntary work, 2006, 2013 <sup>2</sup>	4,623	11%	5,322	12%	↑
Rangatahi who participated in study (full and part-time) 15-19 years, 2013 <sup>3</sup>	-	-	16,359	63%	-
Rangatahi who participated in study (full and part-time) 20-24 years, 2013 <sup>3</sup>	-	-	7,302	30%	-
Rangatahi (15-24 years) that are employed and in education, 2008, 2016 <sup>4</sup>	14,500	21%	13,500	20%	↓
Rangatahi (15-24 years) that are employed and not in education, 2008, 2016 <sup>4</sup>	19,000	29%	22,400	34%	↑
Proportional increase of tertiary education enrolees that are Māori, 2008, 2016 <sup>5</sup>	-	-	-	27%	↑
Proportional increase of tertiary education enrolees that are Pasifika, 2008, 2016 <sup>5</sup>	-	-	-	48%	↑
Proportional increase of tertiary education enrolees that are of Other ethnicity, 2008, 2016 <sup>5</sup>	-	-	-	2%	↑

Notes: <sup>1</sup>The number is a national estimate applied to the Waikato population. The national source is Statistics New Zealand, The New Zealand General Social Survey (NZGSS), 2012. Available at Statistics NZ: Dataset: Civic participation by ethnicity, age, and strength of feeling of belonging to New Zealand, 2012.

<sup>2</sup>Statistics New Zealand, 2013 Census, Work and unpaid activities, Unpaid activities (total responses) by age group and sex, for the census usually resident population count aged 15 years and over, 2006 and 2013 Census (RC, TA, AU)

<sup>3</sup>Statistics New Zealand, 2013 Census, Education and training, Study participation by age and sex, 2013. Nationally, 66% of rangatahi (15-19 years) and 32% of rangatahi (20-24 years) participated in study in 2013.

<sup>4</sup>The number is a national estimate applied to the Waikato population. The national source is Statistics NZ, Household Labour Force Survey - HLF, Youth Labour Force and Education Status by Total Resp Ethnic Group by Age Group (Annual-Dec)

<sup>5</sup>The number is a national estimate applied to the Waikato population. The national source is Education Counts, Statistics, Tertiary Education, Participation.

## Te Oranga: Study participation

## School leavers National Certificate of Educational Achievement (NCEA)

NCEA level <sup>1</sup>	Past		Recent		Trend
	No.	%	No.	%	
School leavers with NCEA level 2 or above, 2014, 2016	4,167	76%	4,626	79%	↑
School leavers with NCEA level 3 or above, 2014, 2016	2,417	44%	2,761	47%	↑
Māori school leavers with NCEA below level 1, 2014, 2016	425	26%	339	19%	↓
Pacific school leavers with NCEA below level 1, 2014, 2016	61	25%	42	13%	↓
Asian school leavers with NCEA below level 1, 2014, 2016	22	6%	18	5%	↓
European school leavers with below NCEA level 1, 2014, 2016	342	10%	329	9%	↓
Māori school leavers with NCEA level 1, 2014, 2016	236	15%	254	14%	↓
Pacific school leavers with NCEA level 1, 2014, 2016	28	11%	35	11%	=
Asian school leavers with NCEA level 1, 2014, 2016	13	4%	16	4%	=
European school leavers with NCEA level 1, 2014, 2016	321	9%	332	9%	=
Māori school leavers with NCEA level 2, 2014, 2016	542	33%	668	37%	↑
Pacific school leavers with NCEA level 2, 2014, 2016	83	34%	117	36%	↑
Asian school leavers with NCEA level 2, 2014, 2016	78	22%	74	19%	↓
European school leavers with NCEA level 2, 2014, 2016	1,159	32%	1,193	31%	↓
Māori school leavers with NCEA level 3 or above, 2014, 2016	421	26%	551	30%	↑
Pacific school leavers with NCEA level 3 or above, 2014, 2016	75	30%	129	40%	↑
Asian school leavers with NCEA level 3 or above, 2014, 2016	240	68%	273	72%	↑
European school leavers with NCEA level 3 or above, 2014, 2016	1,745	49%	1,960	51%	↑

Notes: <sup>1</sup>Education Counts, Waikato Region NCEA Level school Qualifications, 2014-2016.

## Te Oranga: Study participation and work

### Employment, education and training

Employment, education and training <sup>1</sup>	Past		Recent		Trend
	No.	%	No.	%	
Rangatahi in employment, education or training 15-19 years, 2009, 2018	26,800	89%	26,400	90%	↑
Rangatahi in employment, education or training 20-24 years, 2009, 2018	21,100	80%	31,300	86%	↑
Rangatahi not in employment, education or training 15-19 years, 2009, 2018	3,200	11%	2,800	10%	↓
Rangatahi not in employment, education or training 20-24 years, 2009, 2018	5,400	20%	5,000	14%	↓
Māori Rangatahi not in employment, education or training 15-24 years, 2009, 2018	3,100	24%	2,650	19%	↓
Pasifika Rangatahi not in employment, education or training 15-24 years, 2009, 2018	400	20%	400	16%	↓
Asian Rangatahi not in employment, education or training 15-24 years, 2009, 2018	400	9%	400	9%	=
European Rangatahi not in employment, education or training 15-24 years, 2009, 2018	3,750	12%	3,450	10%	↓

Notes: <sup>1</sup>The number is a regional estimate applied to the Waikato population. The national source is Statistics NZ, Household Labour Force Survey - HLF, Youth NEET by Regional Council by Age (Annual-Dec).

### Te Oranga: Participation in decision making - voting

Rangatahi (18-24 years) vote and rate of enrolment to be eligible for voting

Proportion of rangatahi (18-24 years) that voted in last 2 elections <sup>1</sup>	2014	2017	Trend
	%	%	
Māori descent	55%	62%	↑
Non-Māori descent	65%	72%	↑
Total	63%	69%	↑

Rangatahi (18-24 years) enrolment rate for 2018 election <sup>2</sup>	%
Otorohanga	87%
Hauraki	86%
Thames-Coromandel	80%
Waikato District	76%
Matamata-Piako	74%
Waipa	72%
Waitomo	67%
South Waikato	64%
Ruapehu	56%
Hamilton City	55%
Waikato Region	70%
New Zealand	72%

Notes: <sup>1</sup>Elections Electoral Commission/Te Kaitiaki Kōwhiri, 2014 and 2017 General Election Voter Turnout Statistics.

<sup>2</sup>Elections – Electoral Commission/Te Kaitiaki Kōwhiri, Enrolment Statistics by Council.

## Te Oranga: Mind wellbeing

Mind wellbeing statistics of secondary school students and rangatahi

Mind wellbeing indicators for secondary school	No.	%
Secondary school students (13 - 18 years) very happy or satisfied with life, 2012 <sup>1</sup>	13,300	49%
Secondary school students (13 - 18 years) OK with life, 2012 <sup>1</sup>	11,700	43%
Female of secondary school students (13 - 18 years) have seen a health professional for emotional worries in the last year, 2012 <sup>1</sup>	3,000	22%
Male of secondary school students (13 - 18 years) have seen a health professional for emotional worries in the last year, 2012 <sup>1</sup>	1,900	14%
Have received nasty or threatening messages on their mobile phone or on the internet (13 - 18 years), 2012 <sup>1</sup>	5,700	21%
Have been physically harmed on purpose by an adult at home (13 - 18 years), 2012 <sup>1</sup>	3,800	14%
Have been afraid someone at school would hurt or bother them (13 - 18 years), 2012 <sup>1</sup>	2,400	9%
Have seen adults hitting or physically hurting other adults (13 - 18 years), 2012 <sup>1</sup>	1,900	7%
Have been bullied at school weekly or more often (13 - 18 years), 2012 <sup>1</sup>	1,600	6%
Rate of rangatahi (15 - 24 years) who took their own lives per week in New Zealand, 2015 <sup>2</sup>	2 per week	-
Number of rangatahi (15 - 24 years) every year who took their own lives in the Waikato Region, between 2009 and 2013 <sup>2</sup>	10	-
Proportion of rangatahi (15 - 24 years) suicides in most deprived neighbourhoods, 2013 <sup>2</sup>	-	35%
Proportion of rangatahi (15 - 24 years) suicides in least deprived neighbourhoods, 2013 <sup>2</sup>	-	9%

Notes: <sup>1</sup>The number is a national estimate applied to the Waikato population. The national source is the Health and Wellbeing of New Zealand Secondary School Students in 2012: Youth' 12 Prevalence Tables.

<sup>2</sup>Ministry of Health, Suicide Facts: Data tables 1996 - 2015.



## Te Oranga: Mind wellbeing

## Anxiety and mood disorder and suicide in Waikato region

Rangatahi (15-24 years) diagnosed with anxiety or mood disorder in Waikato region <sup>1</sup>	Male				Female			
	Past		Recent		Past		Recent	
	No.	%	No.	%	No.	%	No.	%
Anxiety disorder, 2011/14, 2014/17	1,000	6%	1,000	5%	2,000	8%	3,000	11%
Mood disorder, 2011/14, 2014/17	1,000	6%	2,000	9%	3,000	12%	4,000	14%

Rangatahi (15 - 24 years) suicide rate per 100,000 <sup>2</sup> 3-year moving average	Male	Female
Year	Rate	Rate
1997	39	12
1999	35	11
2001	31	8
2003	23	11
2005	28	9
2007	27	9
2009	29	10
2011	28	12
2013	28	11
2015	21	10

Notes: <sup>1</sup>The number is a regional estimate which has been applied to the Waikato population. The national source is the Ministry of health, New Zealand Health Survey, Regional data explorer.

<sup>2</sup>Ministry of Health, Suicide Facts: Data tables 1996 - 2015.

## Toiora: Physical activity and nutrition

### Physical activity among secondary school students

<b>Physical activity among rangatahi</b>	<b>No.</b>	<b>%</b>
Physically active (2.5 hours per week) (15 - 24 years), 2014/17 <sup>1</sup>	21,900	43%
Secondary school students (13 - 18 years) Walk, bike, or skate to school 6 or more times in the last 7 days, 2012 <sup>2</sup>	9,000	33%
<b>Physical education class attendance among secondary school students, 2012<sup>2</sup></b>		
13 years or less	5,900	95%
14 years	5,400	90%
15 years	3,700	63%
16 years	2,100	40%
17 years or older	1,100	26%
<b>Secondary school students (13 - 18 years) reasons for not participating in sports team or clubs outside school, 2012<sup>2</sup></b>		
I am not interested, male	11,000	41%
I am not interested, female	10,300	38%
I have other responsibilities, male	4,400	16%
I have other responsibilities, female	7,600	28%
I am not good enough at sport, male	3,800	14%
I am not good enough at sport, female	7,100	26%

Notes: <sup>1</sup>The number is a regional estimate applied to the Waikato population. The national source is the Ministry of Health, New Zealand Health Survey Regional Data Explorer - Results 2014/17.

<sup>2</sup>The number is a national estimate applied to the Waikato population. The national source is the Health and Wellbeing of New Zealand Secondary School Students in 2012: Youth' 12 Prevalence Tables.

### Toiora: Physical activity, nutrition, body size and image

Nutrition and body image among secondary school students and rangatahi

<b>Diet and source of food for rangatahi and secondary school students</b>	<b>%</b>
Rangatahi (15 - 24 years) who eat 3 or more servings of vegetables, 2014/17 <sup>1</sup>	45%
Rangatahi (15 - 24 years) who eat 2 or more servings of fruit , 2014/17 <sup>1</sup>	45%
Rangatahi (15 - 24 years) who eat both vegetables (3 servings) and fruit (2 servings), 2014/17 <sup>1</sup>	28%
Family worrying about not having enough money for food (13 - 18 years), 2012 <sup>2</sup>	12%
Students (13 - 18 years) always eat breakfast in low deprivation areas, 2012 <sup>2</sup>	63%
Students (13 - 18 years) always eat breakfast in high deprivation areas, 2012 <sup>2</sup>	41%
Male students (13 - 18 years) always eat breakfast, 2012 <sup>2</sup>	61%
Female students (13 - 18 years) always eat breakfast, 2012 <sup>2</sup>	49%
Secondary school students (13 - 18 years) had food from a petrol station or dairy at least 4 times, 2012 <sup>2</sup>	9%
Secondary school students (13 - 18 years) had 4 or more fizzy drinks, 2012 <sup>2</sup>	23%
Secondary school students (13 - 18 years) had 4 or more energy drinks, 2012 <sup>2</sup>	12%
Secondary school students (13 - 18 years) get lunch from home, 2012 <sup>2</sup>	92%
Secondary school students (13 - 18 years) get lunch from school, 2012 <sup>2</sup>	52%
Secondary school students (13 - 18 years) get lunch from shop or takeaways, 2012 <sup>2</sup>	36%
Secondary school students (13 - 18 years) don't have lunch, 2012 <sup>2</sup>	3%
Teeth removed due to decay in lifetime (15 - 24 years), 2014/17 <sup>1,3</sup>	12%
Rangatahi (15 - 24 years) with a healthy weight, 2014/17 <sup>1,4</sup>	50%

<b>Secondary student who are happy with their weight</b>	<b>Male</b>	<b>Female</b>
Secondary students (13 - 18 years) who are happy or very happy with their weight, 2012 <sup>2</sup>	57%	32%
Secondary students (13 - 18 years) who are OK with their weight, 2012 <sup>2</sup>	31%	36%
Secondary students (13 - 18 years) who are unhappy or very unhappy with their weight, 2012 <sup>2</sup>	12%	32%

Notes: <sup>1</sup>Ministry of Health, New Zealand Health Survey Regional Data Explorer - Results 2014/17.

<sup>2</sup>The Health and Wellbeing of New Zealand Secondary School Students in 2012: Youth' 12 Prevalence Tables.

<sup>3</sup> Compared to a 2011/14 prevalence of 20%.

<sup>4</sup>Nationally, the proportion of rangatahi aged 15-24 years that have healthy weight (BMI of 18-24) has decreased from 59% in 2006/07 to 52% in 2016/17.

### Toiora: Sexual health and wellbeing

#### Sexual health and wellbeing among Rangatahi

	No.	%
<b>Sexual attraction of secondary students (13 - 18 years), 2012<sup>1</sup></b>		
Exclusively opposite sex	25,900	92%
Same or both sex attracted	1,100	4%
Not sure or neither	1,100	4%
<b>Gender identity of secondary students (13 - 18 years), 2012<sup>1</sup></b>		
Non-transgender	27,000	96%
Not sure	800	3%
Transgender	280	1%

<b>Number of births among young women, Waikato DHB, 2013-2017<sup>2</sup></b>	<b>2013</b>	<b>2014</b>	<b>2015</b>	<b>2016</b>	<b>2017</b>
<b>Under 20 years</b>	363	372	345	336	327
<b>20 - 24 years</b>	1,299	1,194	1,311	1,194	1,212

Notes: <sup>1</sup>The number is a national estimate applied to the Waikato population. The national source is the Health and Wellbeing of New Zealand Secondary School Students in 2012 Survey: Youth' 12 Prevalence Tables.

<sup>2</sup>Statistics New Zealand, data was provided by customized request.

## Toiora: Sexual health and wellbeing

### Sexual health and wellbeing

<b>Sexual education and pornography</b>	<b>%</b>
Teenagers get their sexual education from the internet, 2016 <sup>1</sup>	61%
Teenagers get their sexual education from pornography on the internet, 2016 <sup>1</sup>	29%
Teenagers get their sexual education from mum, 2016 <sup>1</sup>	29%
Teenagers get their sexual education from dad, 2016 <sup>1</sup>	21%
16-18 year-olds that have seen pornography, 2017 <sup>1</sup>	82%
Boys watching porn several time a week, 2017 <sup>1</sup>	31%
Rangatahi say pornography has shaped expectation, 2017 <sup>1</sup>	37%
Girls that have sent a sexual image of themselves, 2017 <sup>1</sup>	38%
Girls think sexting is expected (it's normal and expected for someone their age), 2017 <sup>1</sup>	30%

Notes: <sup>1</sup>The number is a national estimate applied to the Waikato population. The national source is retrieved from Safer Surfer: Nigel Latta with 'The hard stuff' -- screenagers, 2016.

### Toiora: Sexual health and wellbeing

#### Sexual health and wellbeing

<b>STIs and nude content</b>	<b>No.</b>	<b>%</b>
Currently sexually active (13 - 18 years) <sup>1</sup>	5,300	19%
Of those sexually active, use contraception (13 - 18 years) <sup>1</sup>	16,300	58%
Chlamydia infection per 1000 (15 -19 years), 2018/19 <sup>2</sup>	-	25 per 1,000
Chlamydia infection per 1000 (20 -24 years), 2018/19 <sup>2</sup>	-	30 per 1,000
Female unwillingly been touched in a sexual way or been made to do unwanted sexual things (13 - 18 years), 2012 <sup>1</sup>	5,600	20%
Male unwillingly been touched in a sexual way or been made to do unwanted sexual things (13 - 18 years), 2012 <sup>1</sup>	2,500	9%
Proportion of those touched or been made to do unwanted sexual things having told no-one (13 - 18 years), 2012 <sup>1</sup>	16,000	57%
Female have been asked for nude or nearly nude images of themselves (14 -17) years, 2017 <sup>3</sup>	5,100	24%
Male have been asked for nude or nearly nude images of themselves (14 -17 years), 2017 <sup>3</sup>	3,000	14%
Female have sent nude or nearly nude content of themselves (14 -17 years), 2017 <sup>3</sup>	850	4%
Male have sent nude or nearly nude content of themselves (14 -17 years), 2017 <sup>3</sup>	850	4%
Female have received nude or nearly nude content they did not ask for (14 -17 years), 2017 <sup>3</sup>	4,200	20%
Male have received nude or nearly nude content they did not ask for (14 -17 years), 2017 <sup>3</sup>	3,600	17%

Notes: <sup>1</sup>The number is a national estimate applied to the Waikato population. The national source is the Health and Wellbeing of New Zealand Secondary School Students in 2012 Survey: Youth' 12 Prevalence Tables.

<sup>2</sup>Institute of Environmental Science and Research - ESR (2019). Chlamydia rates in DHB for 12 months to end of 2019 Q1. Sexually Transmitted Infection (STI) Surveillance.

<sup>3</sup>The number is a national estimate applied to the Waikato population. The national source is 19. Netsafe. (2017). Teens and "sexting" in New Zealand: Prevalence and attitudes. Wellington, NZ: Netsafe.

## Toiora: Smokefree and tobacco

Smokefree statistics among rangatahi and Year 10 students

Prevalence of being smokefree and smoking	Past		Present		Trend
	No.	%	No.	%	
Proportion of young males (15-24 years) smokefree, 2006, 2013 <sup>1</sup>	14,910	77%	17,049	83%	↑
Proportion of young females (15-24 years) smokefree, 2006, 2013 <sup>1</sup>	14,064	75%	16,887	85%	↑
Year 10 students that report being smokefree, 2008, 2017 <sup>2</sup>	3,600	61%	4,900	82%	↑
Year 10 students that report being a regular smoker, 2008, 2017 <sup>2</sup>	700	12%	300	5%	↓
Year 10 students that report daily smoking, 2008, 2017 <sup>2</sup>	400	7%	100	2%	↓
Māori rangatahi (15-24 years) smoking prevalence, 2006, 2013 <sup>1</sup>	4,803	39%	3,972	29%	↓
Pacific People rangatahi (15-24 years) smoking prevalence, 2006, 2013 <sup>1</sup>	552	27%	498	19%	↓
Asian rangatahi (15-24 years) smoking prevalence, 2006, 2013 <sup>1</sup>	450	11%	288	7%	↓
European rangatahi (15-24 years) smoking prevalence, 2006, 2013 <sup>1</sup>	7,332	24%	5,148	15%	↓
Other rangatahi (15-24 years) smoking prevalence, 2006, 2013 <sup>1</sup>	669	18%	528	11%	↓

Source of cigarette for year 10 students <sup>3</sup>	%
Given by friends or peers, 2014	56%
Buying from friends or peers, 2014	32%
Taking from a parent or caregiver, 2014	28%
Buying from a shop, 2014	17%
Getting from an older brother or sister, 2014	16%
Given by a parent or caregiver, 2014	13%

Notes: <sup>1</sup>Statistics New Zealand, 2013 Census, Cigarette smoking behavior and ethnic group (detailed total responses) by age group and sex, for the census usually resident population count aged 15 years and over, 2006 and 2013 censuses.

<sup>2</sup>The number is a national estimate applied to the Waikato population. The national source is Action for smokefree 2025, ASH year 10 smoking survey. In New Zealand year 10 students are predominantly aged 14 to 15 years old.

<sup>3</sup>White, J. (2015). Young smokers' usual source of cigarettes - 2014 [In Fact]. Wellington: Health Promotion Agency Research Evaluation Unit. In New Zealand year 10 students are predominantly aged 14 to 15 years old.

### Toiora: Smokefree, tobacco and vaping

Smoking status for year 10 students in Waikato region

Year <sup>1</sup>	Daily		Regular		Never smoked	
	No.	%	No.	%	No.	%
2009	350	6	600	11	3,500	64
2010	300	5.5	550	10	3,500	64.4
2011	200	4.1	450	8.2	3,700	70.4
2012	200	4.1	400	7.7	3,800	70.1
2013	200	3.2	350	6.8	4,000	75.1
2014	150	2.8	300	6.1	4,100	76.9
2015	150	2.5	300	5.4	4,200	78.7
2016	100	2.2	250	4.7	4,100	79
2017	100	2.1	250	4.9	4,400	82
Trend	↓		↓		↑	
Change between 2009 - 2017	-64%		-57%		22%	

Prevalence of e-cigarette use or vaping <sup>2</sup>	No.	%
Year 10 students who never smoked report daily e-cigarette use	25	0.4%
Year 10 students reported using e-cigarettes daily	100	1.8%
Year 10 students reported having tried an e-cigarette	1,600	29.1%

Notes: <sup>1</sup>The number is a national estimate applied to the Waikato population. The national source is Action for smokefree 2025, ASH Year 10 smoking survey, 2017.

<sup>2</sup> As above but for 2018.



## Toiora: Alcohol

## Alcohol consumption and sources of alcohol for rangatahi

Alcohol consumption among rangatahi	% of total
Proportion of rangatahi aged 15-17 years who reported binge drinking in last 4 weeks, 2015/16 <sup>1</sup>	17%
Proportion of rangatahi aged 18-24 years who reported binge drinking in last 4 weeks, 2015/16 <sup>1</sup>	34%
Proportion of drinkers aged 15-17 years who reported binge drinking in last 4 weeks, 2015/16 <sup>1</sup>	51%
Proportion of drinkers aged 18-24 years who reported binge drinking in last 4 weeks, 2015/16 <sup>1</sup>	54%
Proportion of male drinkers aged 18-24 years reported risky drinking behaviour in the last four weeks, 2015/16 <sup>1</sup>	61%
Proportion of female drinkers aged 18-24 years reported risky drinking behaviour in the last four weeks, 2015/16 <sup>1</sup>	45%
Proportion of Māori drinkers aged 15-17 years who reported risky drinking behaviour in last 4 weeks, 2015/16 <sup>1</sup>	77%
Proportion of Māori drinkers aged 18-24 years who reported risky drinking behaviour in last 4 weeks, 2015/16 <sup>1</sup>	68%
Proportion of Asian drinkers aged 15-17 years who reported risky drinking behaviour in last 4 weeks, 2015/16 <sup>1</sup>	37%
Proportion of Asian drinkers aged 18-24 years who reported risky drinking behaviour in last 4 weeks, 2015/16 <sup>1</sup>	32%
Proportion of European/Other drinkers aged 15-17 years who reported risky drinking behaviour in last 4 weeks, 2015/16 <sup>1</sup>	42%
Proportion of European/Other drinkers aged 18-24 years who reported risky drinking behaviour in last 4 weeks, 2015/16 <sup>1</sup>	52%
Bought to them by friends or peers (15-17 years), 2015/16 <sup>2</sup>	38%
From friends 18 years and over (15-17 years), 2015/16 <sup>2</sup>	26%
Parents gives it to me (15-17 years), 2015/16 <sup>2</sup>	21%
Female bought alcohol by their parents (15-17 years), 2015/16 <sup>2</sup>	52%
Male bought alcohol by their parents (15-17 years), 2015/16 <sup>2</sup>	26%
Secondary school students buy their own alcohol (13 - 18 years), 2015/16 <sup>3</sup>	11%
Secondary school students buy it from a bottle or liquor store (13 - 18 years), 2015/16 <sup>3</sup>	69%
Secondary school students buy it from supermaket (13 - 18 years), 2015/16 <sup>3</sup>	15%

Notes: <sup>1</sup>Health Promotion Agency (2017), Key Results: Young people aged 15 to 24 years. Attitudes and Behaviour towards Alcohol Survey 2013/14 to 2015/16.

<sup>2</sup>Health Promotion Agency (2017), Supply of Alcohol to Young People Aged Under 18 Years.

<sup>3</sup>The health and wellbeing of New Zealand secondary school students in 2012: Youth' 12 Prevalence tables.

### Toiora: Other substance use

Other substance use by rangatahi in Waikato region

<b>Cannabis use and other substances</b>	<b>No.</b>	<b>%</b>
Prevalence of cannabis use (15-24 years), 2014/17 <sup>1</sup>	10,700	21%
Male prevalence of cannabis use (15-24 years), 2014/17 <sup>1</sup>	6,700	26%
Female prevalence of cannabis use (15-24 years), 2014/17 <sup>1</sup>	3,800	15%
Cannabis users in secondary school who say they use it before or during school (13 - 18 years), 2012 <sup>2</sup>	5,500	21%
Rangatahi stated they used cannabis to treat pain or another medical condition (15 - 24 years), 2012/13 <sup>3</sup>	18,900	37%
Rangatahi users of cannabis report harmful effects on work, studies or employment (15 - 24 years), 2012/13 <sup>3</sup>	4,600	9%
Females who report driving at least once in the year while feeling under the influence of cannabis (15 - 24 years), 2012/13 <sup>3</sup>	4,800	19%
Males who report driving at least once in the year while feeling under the influence of cannabis (15 - 24 years), 2012/13 <sup>3</sup>	10,600	41%
Prevalence of amphetamine use at least once in last 12 months (15-24 years), 2014/17 <sup>1</sup>	500	0.5%
Secondary school students have tried acid, LSD, mushrooms (13 - 18 years), 2012 <sup>2</sup>	500	2%
Secondary school students have tried party pills or smokable products (13 - 18 years), 2012 <sup>2</sup>	1,000	4%
Secondary school students have tried cannabis (13 - 18 years), 2012 <sup>2</sup>	6,000	23%
Secondary school students have inhaled glue/gas or paint (13 - 18 years), 2012 <sup>2</sup>	500	1%
Secondary school students have tried ecstasy or 'E' (13 - 18 years), 2012 <sup>2</sup>	800	3%
Secondary school students have inhaled nitrous or laughing gas (13 - 18 years), 2012 <sup>2</sup>	500	1%

Notes: <sup>1</sup>The number is a regional estimate which has been applied to the Waikato population. The source is Regional data explorer - Results 2014/17. Ministry of Health: New Zealand Health Survey 2016-17. The national rate is 23%, 27%, 18% and 1% respectively.

<sup>2</sup>The number is a national estimate applied to the Waikato population. The national source is the Health and Wellbeing of New Zealand Secondary School Students in 2012 Survey: Youth' 12 Prevalence Tables.

<sup>3</sup>The number is a national estimate applied to the Waikato population. The national source is Ministry of Health. 2015. Cannabis Use 2012/13: New Zealand Health Survey. Wellington: Ministry of Health.

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