



The Hauraki Opportunity

**Tukua tō reo kia rere
Let your voice fly**

Technical Report

May 2025

Led by



**Waikato
wellbeing
project** | Hinonga
toiora o
Waikato
Research · Knowledge · Storytelling

Prepared by



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Introduction

This technical report accompanies the report ***The Hauraki Opportunity: Tukua tō reo kia rere / Let your voice fly***, which presents the findings of the 2024-2025 community wellbeing baseline measurement for the people of Hauraki.

The purpose of this technical report is to support transparency and is intended for readers seeking a deeper understanding of the data that informed the results presented in the main report. While the main report outlines the community co-design process, measurement approach, and presents the high-level findings, this technical report offers a more detailed breakdown of the wellbeing data and factor scores by measurement group.

It outlines community strengths, opportunities, and scores across five key outcome areas aligning with the Te Whare Tapa Whā model, and presents the predictors of wellbeing for each measurement group including adults aged 25–54, older adults (55+), Māori, and people with disabilities or other mobility challenges. It also includes additional demographic information regarding Māori iwi representation.

Glossary

Term	Definition
Wellbeing	A person achieves wellbeing when they are in the best position to fulfil their potential and live a life they value. Huber Social uses wellbeing as a lighthouse measure to understand how a person is doing overall, using a globally recognised satisfaction with life scale. ¹
Outcome	Outcomes are a necessary condition to achieve wellbeing and include both capabilities and opportunities. A person's capabilities and access to opportunities influence their overall wellbeing.
Factor	Underlying elements that make up each outcome. Each factor corresponds to one or more survey questions.
Predictor of Wellbeing	A factor that has a significant, predictive relationship with people's overall wellbeing (identified through statistical analysis). A positive change in a predictor of wellbeing is more likely to lead to an increase in overall wellbeing.
Priority Need	A factor that is both a predictor of wellbeing and lowest-scoring. Focusing on it will more likely improve wellbeing among the community.
Strength	A factor that scored highest on average from respondents, indicating feelings of confidence in these areas.
Statistical significance	Refers to how sure we can be that a shift or relationship is not due to chance. Findings throughout this report were found to be statistically significant ($p < 0.05$), meaning we are confident that 95% or more of the time the observed correlation between the two factors is statistically significant, rather than produced due to sampling error or chance.

¹ Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction With Life Scale. *Journal of Personality Assessment*, 49(1), 71–75.

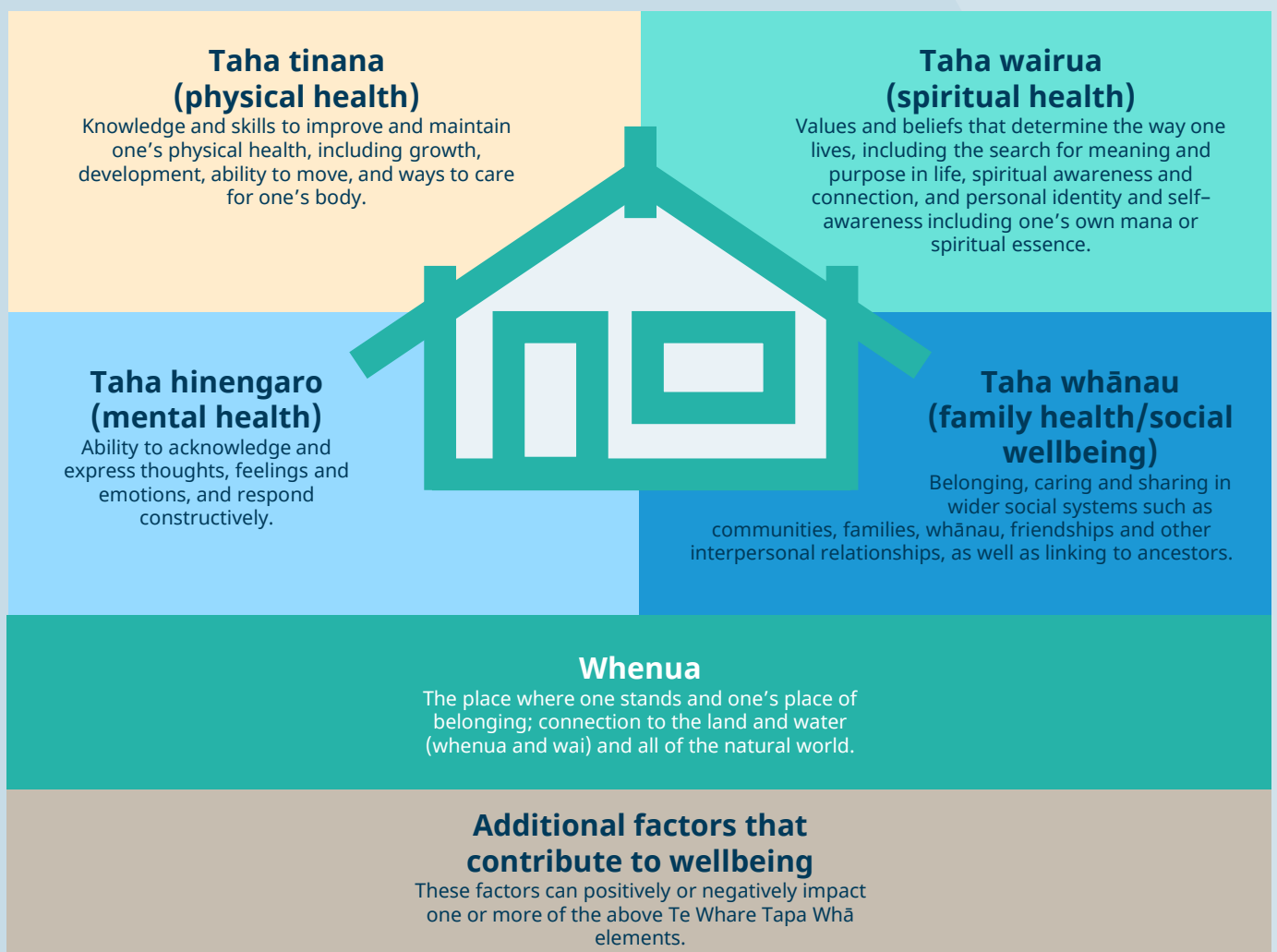


Te Whare Tapa Whā

Te Whare Tapa Whā, developed in 1984 by leading Māori health advocate Sir Mason Durie, is a framework for health and wellbeing among Māori in Aotearoa.² The model describes health and wellbeing as a wharenuī/meeting house with four walls. These walls represent taha wairua/spiritual wellbeing, taha hinengaro/mental and emotional wellbeing, taha tinana/physical wellbeing and taha whānau/family and social wellbeing. Our connection with the whenua/land forms the foundation.

“When all these things are in balance, we thrive. When one or more of these is out of balance our wellbeing is impacted.”²

The Hauraki Opportunity survey questions were designed and classified by overlaying Huber Social’s Social Impact Measurement Framework with the Te Whare Tapa Whā model. Aligning with the inter-relational nature of the model, factors can fit into multiple dimensions, but for the purpose of this report have been loosely categorised into one area.



² Mental Health Foundation. (n.d). *Te Whare Tapa Whā*. Retrieved from <https://mentalhealth.org.nz/te-whare-tapa-wha>



Community Strengths and Opportunities: Adults aged 25–54

This page outlines the highest scoring factors (strengths) as well as the lowest scoring factors with a relationship to wellbeing (priority needs) for adults (n=390).

Strengths help us understand where adults are feeling the most confident in their lives, while priority needs represent the biggest potential for improvement, as an increase in one of these factors is more likely to lead to an increase in overall wellbeing.

Community Strengths

Rank	Factor	Indicator	Score (1–7)	Outcome
1	Health Management Knowledge	I understand how my lifestyle, including sleep, hygiene, diet and exercise, affects my health.	5.77	Taha tinana (physical health)
2	Connection To Place	I feel a connection to a place in nature/outdoors that is important to me.	5.65	Whenua
3	Safe Homes	I feel safe at home.	5.53	Additional factors that contribute to wellbeing
4	Interests	I have things I am passionate about.	5.48	Taha wairua (spiritual health)
5	Access To Technology – Internet	I have access to good internet.	5.44	Additional factors that contribute to wellbeing

Opportunities to Improve What Matters Most

Rank	Factor	Indicator	Score (1–7)	Outcome
1	Cultural Identity – Attitudes from Political System	My cultural identity is recognised and protected by the political system.	4.24	Taha wairua (spiritual health)
2	Sleep	On most days I get enough sleep and feel well rested.	4.51	Taha tinana (physical health)
3	Access to Culture	I have the opportunity to connect with my culture and heritage.	4.67	Taha wairua (spiritual health)
4	Physical Health	In general, my physical health is good.	4.70	Taha tinana (physical health)
5	Emotional Intelligence - Communication	I find it easy to share my thoughts and feelings with others.	4.74	Taha hinengaro (mental health)



Community Strengths and Opportunities: Older Adults aged 55+

This page outlines the highest scoring factors (strengths) as well as the lowest scoring factors with a relationship to wellbeing (priority needs) for older adults (n=455).

Note priority needs for this group are higher-scoring than the other measurement groups, but have been included here for transparency.

Community Strengths

Rank	Factor	Indicator	Score (1-7)	Outcome
1	Health Management Knowledge	I understand how my lifestyle, including sleep, hygiene, diet and exercise, affects my health.	6.54	Taha tinana (physical health)
2	Housing Quality	Where I live is comfortable.	6.25	Additional factors that contribute to wellbeing
3	Financial Literacy	I can understand and manage my financial situation.	6.20	Additional factors that contribute to wellbeing
4	Health Management Access	I know where to get reliable information about physical and mental health issues.	6.14	Taha tinana (physical health)
5	Safe Homes	I feel safe at home.	6.13	Additional factors that contribute to wellbeing

Opportunities to Improve What Matters Most

Rank	Factor	Indicator	Score (1-7)	Outcome
1	Access to Financial Support	If needed, I know how to access financial support services that work for me.	5.11	Additional factors that contribute to wellbeing
2	Physical Health	In general, my physical health is good.	5.19	Taha tinana (physical health)
3	Sleep	On most days I get enough sleep and feel well rested.	5.20	Taha tinana (physical health)
4	Access to Environments That Promote Respect	My opinions are heard and respected by others.	5.27	Taha whānau (family health/social wellbeing)
5	Autonomy	I feel that I have control over my future.	5.28	Taha wairua (spiritual health)



Community Strengths and Opportunities: Māori

This page outlines the highest scoring factors (strengths) as well as the lowest scoring factors with a relationship to wellbeing (priority needs) for Māori (n=149).

Community Strengths

Rank	Factor	Indicator	Score (1-7)	Outcome
1	Attitudes Held Towards Māori Culture	I am proud of my cultural identity.	6.11	Taha wairua (spiritual health)
2	Connection To Place	I feel a connection to a place in nature/outdoors that is important to me.	5.97	Whenua
3	Safe Homes	I feel safe at home.	5.95	Additional factors that contribute to wellbeing
4	Health Management Knowledge	I understand how my lifestyle, including sleep, hygiene, diet and exercise, affects my health.	5.89	Taha tinana (physical health)
5	Interests	I have things I am passionate about.	5.75	Taha wairua (spiritual health)

Opportunities to Improve What Matters Most

Rank	Factor	Indicator	Score (1-7)	Outcome
1	Job Opportunities	There are enough job opportunities in my community that are right for me.	4.07	Additional factors that contribute to wellbeing
2	Sleep	On most days I get enough sleep and feel well rested.	4.59	Taha tinana (physical health)
3	Physical Health	In general, my physical health is good.	4.68	Taha tinana (physical health)
4	Access to Financial Support	If needed, I know how to access financial support services that work for me.	4.78	Additional factors that contribute to wellbeing
5	Health Activities	I participate in activities that are good for my physical and mental health.	4.91	Taha tinana (physical health)



Community Strengths and Opportunities: Disability & Mobility

This page outlines the highest scoring factors (strengths) as well as the lowest scoring factors with a relationship to wellbeing (priority needs) for those who answered 'yes' to the question 'Do you live with a mental, cognitive, or physical disability or other mobility challenges?' (n=159).

Community Strengths

Rank	Factor	Indicator	Score (1-7)	Outcome
1	Health Management Knowledge	I understand how my lifestyle, including sleep, hygiene, diet and exercise, affects my health.	5.97	Taha tinana (physical health)
2	Interests	I have things I am passionate about.	5.70	Taha wairua (spiritual health)
3	Connection To Place	I feel a connection to a place in nature/outdoors that is important to me.	5.57	Whenua
4	Access To Positive Role Models	There is someone in my life who supports me to navigate life, not just as a one-off, but along my journey.	5.50	Taha whānau (family health/social wellbeing)
5	Health Management Improvement	I am motivated to take actions to improve my wellness (this includes physical, emotional, mental and spiritual wellness).	5.47	Taha tinana (physical health)

Opportunities to Improve What Matters Most

Rank	Factor	Indicator	Score (1-7)	Outcome
1	Housing Availability	If I needed to move, there are enough housing options in my community that work for me, meaning they are the right price and in the right place.	3.56	Additional factors that contribute to wellbeing
2	Job Opportunities	There are enough job opportunities in my community that are right for me.	3.71	Additional factors that contribute to wellbeing
3	Housing Services	If needed, there is somewhere I can go to help me find accommodation.	3.84	Additional factors that contribute to wellbeing
4	Access to Health Services - Dental	If needed, I have easy and affordable access to dental care services	3.88	Taha tinana (physical health)
5	Employment Support Services	If needed, I have easy access to employment support services.	3.94	Additional factors that contribute to wellbeing



Data Table of Scores:

Taha tinana (physical health)

Factor	Indicator	Adults (25-54)	Older Adults (55+)	Māori	Disability & Mobility
Physical Health	In general, my physical health is good.	4.70	5.19	4.68	3.99
Health Activities	I participate in activities that are good for my physical and mental health.	4.78	5.50	4.91	4.57
Sleep	On most days I get enough sleep and feel well rested.	4.51	5.20	4.59	4.29
Nutrition	I can easily access affordable healthy food.	4.78	5.67	4.99	4.54
Substance Use – Alcohol – Frequency	Alcohol:In the past month, how often have you used:	3.24	3.82	2.61	3.49
Substance Use – Drugs – Frequency	Illicit drugs? For example, marijuana.:In the past month, how often have you used:	2.02	1.32	1.74	2.35
Substance Use – Vaping or Tobacco – Frequency	Vapes:In the past month, how often have you used:	2.40	1.41	2.41	2.62
Substance Use – Vaping or Tobacco – Frequency	Tobacco:In the past month, how often have you used:	2.42	1.38	2.61	2.40
Substance Use	I have a healthy relationship with substances (e.g. alcohol, drugs, vape or tobacco).	5.19	5.87	5.09	5.36
Substance Use – Support Services	Support for managing use of drugs, alcohol, vapes or tobacco.:If needed, I have easy and affordable access to...	4.36	4.83	4.45	4.32
Access To Health Services	Medical or healthcare services if my family or I need it.:If needed, I have easy and affordable access to...	4.45	5.12	4.44	4.36
Access To Health Services – Dental	Dental care services.:If needed, I have easy and affordable access to...	4.00	4.92	3.79	3.88
Access To Health Services –Care	Childcare:I have easy access to services that let me take a break from my caring duties.	4.18	4.30	4.34	2.79
Access To Health Services –Care	Elderly care:I have easy access to services that let me take a break from my caring duties.	3.94	3.62	4.54	2.75
Access To Health Services –Care	Respite care:I have easy access to services that let me take a break from my caring duties.	3.85	3.85	4.52	2.90
Access To Health Services –Care	Other care:I have easy access to services that let me take a break from my caring duties.	3.92	4.11	4.11	3.18
Health Management Knowledge	I understand how my lifestyle, including sleep, hygiene, diet and exercise, affects my health.	5.77	6.54	5.89	5.97
Health Management Access	I know where to get reliable information about physical and mental health issues.	5.29	6.14	5.64	5.38
Health Management Improvement	I am motivated to take actions to improve my wellness (this includes physical, emotional, mental and spiritual wellness).	5.28	6.07	5.45	5.47

The above table shows average scores for each measurement group. Scores on a scale of 1 (lowest) – 7 (highest).



Data Table of Scores: Taha wairua (spiritual health)

Factor	Indicator	Adults (25–54)	Older Adults (55+)	Māori	Disability & Mobility
Sense Of Purpose	My life has purpose.	5.43	5.83	5.72	5.35
Connection With Something Bigger Than Self	I feel a meaningful connection with something bigger than myself.	4.88	5.00	5.43	5.03
Self-Acceptance of Identity	I like who I am.	5.21	5.78	5.65	5.20
Autonomy	I feel that I have control over my future.	4.77	5.28	5.13	4.51
Interests	I have things I am passionate about.	5.48	6.06	5.75	5.70
Access To Education	I have easy access to education I am interested in.	4.97	5.50	5.26	4.77
Help-Seeking Behaviour	I ask for help when I need it.	4.80	5.33	4.99	4.82
Access To Culture	I have the opportunity to connect with my culture and heritage.	4.67	5.14	5.35	4.42
Spiritual / Cultural Connection	I feel connected and healthy from a spiritual (Wairua and Mauri) perspective.	5.27	5.27	5.21	5.30
Tīpuna Connection	I feel connected to my Tīpuna (Ancestral heritage).	5.19	5.18	5.12	5.21
Access To Relationships with Māori People and Communities	I have good relationships within my iwi, hapū and whānau.	4.99	4.89	4.88	4.68
Skills To Build One's Cultural Identity	I have the knowledge and skills to understand and shape my own cultural identity.	4.88	5.57	5.34	5.01
Attitudes Held Towards Māori Culture	I am proud of my cultural identity.	5.14	5.79	6.11	5.36

The above table shows average scores for each measurement group. Scores on a scale of 1 (lowest) – 7 (highest).



Data Table of Scores: Taha hinengaro (mental health)

Factor	Indicator	Adults (25–54)	Older Adults (55+)	Māori	Disability & Mobility
Feelings Of Happiness	Happy:In the past month, I have felt:	5.32	5.83	5.44	5.29
Feelings Of Loneliness / Isolation	Lonely and/or isolated:In the past month, I have felt:	3.45	3.23	3.41	4.04
Feelings Of Stress /Overwhelm	Stressed and/or overwhelmed:In the past month, I have felt:	4.35	3.64	4.13	4.37
Feelings Of Anger	Angry:In the past month, I have felt:	3.52	3.25	3.23	3.63
Problem Solving	When I am confronted with a problem, I can usually find a good solution.	5.32	5.90	5.57	5.38
Adaptability	I can adapt when unexpected events happen.	5.26	5.92	5.67	5.34
Cultural Identity – Attitudes from Political System	My cultural identity is recognised and protected by the political system.	4.24	4.46	3.50	4.02
Cultural Identity – Attitudes from Community	Recently, I have personally experienced prejudice or intolerance, or been treated unfairly or excluded.	3.72	3.28	4.23	4.09
Access To Health Services – Cultural Identity	I have access to services that are respectful and inclusive of my cultural identity.	4.78	4.92	5.17	4.56
Emotional Intelligence – Managing Emotions	I have strategies and skills that help me manage my emotions.	5.10	5.77	5.35	5.32
Emotional Intelligence – Communication	I find it easy to share my thoughts and feelings with others.	4.74	5.23	5.05	5.03
Emotional Intelligence – Judgement	I stop and think before I judge a situation or person.	5.21	5.65	5.51	5.41

The above table shows average scores for each measurement group. Scores on a scale of 1 (lowest) – 7 (highest).



Data Table of Scores: Taha whānau (family health/social wellbeing)

Factor	Indicator	Adults (25–54)	Older Adults (55+)	Māori	Disability & Mobility
Access To Environments That Promote Respect	My opinions are heard and respected by others.	5.01	5.27	5.14	4.79
Opportunity For Self-Expression	I feel free to be myself around others.	5.07	5.72	5.26	5.03
Access To Positive Role Models	There is someone in my life who supports me to navigate life, not just as a one-off, but along my journey.	0.00	0.00	4.80	5.50
Access To a Supportive Community	I have a strong community of family and friends around me.	5.14	5.61	5.64	4.98
Community Connection	I feel part of a community.	5.00	5.53	5.37	4.89
Safe Schools	I feel safe at school.	5.13	6.00	5.00	5.94
Safe Communities	I feel safe in my community.	5.15	5.70	5.68	5.03
Communities – Kids and Youth	Our community is a welcoming space for children/tamariki and young people/rangatahi.	4.89	5.24	5.22	4.79
Access To Safe Spaces	There are places outside my home where I can be myself and feel safe.	5.30	5.98	5.74	5.27
Access To Support for Family Violence	I know where to go in the community for help dealing with an unhealthy or abusive relationship if I need it.	5.08	5.51	5.51	5.05

The above table shows average scores for each measurement group. Scores on a scale of 1 (lowest) – 7 (highest).



Data Table of Scores: Whenua (land and the natural world)

Factor	Indicator	Adults (25–54)	Older Adults (55+)	Māori	Disability & Mobility
Connection To Place	I feel a connection to a place in nature/outdoors that is important to me.	5.65	6.06	5.97	5.57
Natural Weather Events Emergency Support Services	If my family, whānau or I am negatively impacted by an emergency event, we know what organisations to reach out to for support.	4.93	5.58	5.30	4.84
Natural Weather Events – Rebuild and Recovery	After an emergency, I feel I have the skills and support from people and community around me to manage my rebuild and recovery process.	5.06	5.41	5.30	4.87
Climate Change Empathy	I worry about the impact of natural weather events or climate change on people, animals, plants and land.	4.83	5.14	5.34	5.01
Climate Change Risk	Where I currently live, I feel safe from extreme weather and climate events.	4.51	4.83	4.67	4.50
Climate Change Preparation	I have taken actions to protect myself and my family/whānau from extreme weather and climate events.	4.71	5.00	4.99	4.76

The above table shows average scores for each measurement group. Scores on a scale of 1 (lowest) – 7 (highest).



Data Table of Scores:

Additional factors

Factor	Indicator	Adults (25–54)	Older Adults (55+)	Māori	Disability & Mobility
Financial Literacy	I can understand and manage my financial situation.	5.33	6.20	5.51	5.34
Access To Income	I have enough income to cover the costs of everyday needs.	4.81	5.78	5.09	4.83
Access To Financial Support	If needed, I know how to access financial support services that work for me.	4.58	5.11	4.78	4.32
Job Opportunities	There are enough job opportunities in my community that are right for me.	4.01	4.02	4.07	3.71
Employment Support Services	If needed, I have easy access to employment support services.	4.43	4.17	4.47	3.94
Employment – Skills	I have the skills to find, apply for and secure meaningful employment.	5.38	5.16	5.43	4.77
Time for Oneself	I have time left for myself after attending to my work, family and personal commitments.	4.48	5.33	4.62	4.53
Housing Quality	Where I live is comfortable.	5.39	6.25	5.64	5.29
Housing Availability	If I needed to move, there are enough housing options in my community that work for me, meaning they are the right price and in the right place.	3.76	4.31	3.43	3.56
Housing Services	If needed, there is somewhere I can go to help me find accommodation.	4.10	4.41	4.27	3.84
Represented in Local Council	My local council makes decisions that are in my and my community's best interests.	4.10	4.05	4.09	3.58
Accessibility	My community has the accessibility options I need to get around easily.	4.54	4.68	4.60	4.30
Access To Transport	I have easy access to transport that gets me where I need to go. Examples: buses, personal cars, taxis, community shuttles, bikes, scooters.	4.54	5.04	4.83	4.41
Access To Support for Navigating Systems	I have people that I trust, who help me get what I need.	5.14	5.77	5.46	5.02
Access To Technology – Internet	I have access to good internet.	5.44	6.08	5.72	5.41

The above table shows average scores for each measurement group. Scores on a scale of 1 (lowest) – 7 (highest).



Predictors of Wellbeing: Adults (25–54)

Factor	Indicator	Score	Pearson's R	P-value	Strength
Sense Of Purpose	My life has purpose.	5.43	0.721	< .001	Strong Positive
Self-Acceptance of Identity	I like who I am.	5.21	0.684	< .001	Moderate Positive
Whānau Wellbeing	My whānau are doing well.	4.93	0.671	< .001	Moderate Positive
Autonomy	I feel that I have control over my future.	4.77	0.667	< .001	Moderate Positive
Feelings Of Happiness	Happy:In the past month, I have felt:	5.32	0.655	< .001	Moderate Positive
Opportunity For Self-Expression	I feel free to be myself around others.	5.07	0.655	< .001	Moderate Positive
Access To Health Services – Care	Elderly care:I have easy access to services that let me take a break from my caring duties.	3.94	0.647	< .001	Moderate Positive
Access To Health Services – Care	Respite care:I have easy access to services that let me take a break from my caring duties.	3.85	0.638	< .001	Moderate Positive
Nutrition	I can easily access affordable healthy food.	4.78	0.628	< .001	Moderate Positive
Physical Health	In general, my physical health is good.	4.70	0.627	< .001	Moderate Positive
Access To a Supportive Community	I have a strong community of family and friends around me.	5.14	0.623	< .001	Moderate Positive
Access To Environments That Promote Respect	My opinions are heard and respected by others.	5.01	0.618	< .001	Moderate Positive
Access To Health Services – Care	Childcare:I have easy access to services that let me take a break from my caring duties.	4.18	0.617	< .001	Moderate Positive
Health Activities	I participate in activities that are good for my physical and mental health.	4.78	0.615	< .001	Moderate Positive
Problem Solving	When I am confronted with a problem, I can usually find a good solution.	5.32	0.607	< .001	Moderate Positive
Interests	I have things I am passionate about.	5.48	0.606	< .001	Moderate Positive
Access To Safe Spaces	There are places outside my home where I can be myself and feel safe.	5.30	0.6	< .001	Moderate Positive
Access To Health Services – Care	Other care:I have easy access to services that let me take a break from my caring duties.	3.92	0.597	< .001	Moderate Positive
Access To Education	I have easy access to education I am interested in.	4.97	0.585	< .001	Moderate Positive
Safe Homes	I feel safe at home.	5.53	0.583	< .001	Moderate Positive
Health Management Access	I know where to get reliable information about physical and mental health issues.	5.29	0.576	< .001	Moderate Positive

The above table shows which factors had a statistically significant relationship to wellbeing for this measurement group.



Predictors of Wellbeing: Adults (25–54) continued

Factor	Indicator	Score	Pearson's R	P-value	Strength
Community Connection	I feel part of a community.	5.00	0.573	< .001	Moderate Positive
Adaptability	I can adapt when unexpected events happen.	5.26	0.568	< .001	Moderate Positive
Whānau Wellbeing	Compared to 12 months ago, things are better for my whānau.	4.61	0.565	< .001	Moderate Positive
Sleep	On most days I get enough sleep and feel well rested.	4.51	0.562	< .001	Moderate Positive
Health Management Improvement	I am motivated to take actions to improve my wellness (physical, emotional, mental and spiritual wellness).	5.28	0.561	< .001	Moderate Positive
Skills To Build One's Cultural Identity	I have the knowledge and skills to understand and shape my own cultural identity.	4.88	0.559	< .001	Moderate Positive
Safe Communities	I feel safe in my community.	5.15	0.553	< .001	Moderate Positive
Health Management Knowledge	I understand how my lifestyle, including sleep, hygiene, diet and exercise, affects my health.	5.77	0.545	< .001	Moderate Positive
Help-Seeking Behaviour	I ask for help when I need it.	4.80	0.544	< .001	Moderate Positive
Emotional Intelligence – Managing Emotions	I have strategies and skills that help me manage my emotions.	5.10	0.535	< .001	Moderate Positive
Communities – Kids and Youth	Our community is a welcoming space for children/tamariki and young people/rangatahi.	4.89	0.533	< .001	Moderate Positive
Access To Culture	I have the opportunity to connect with my culture and heritage.	4.67	0.532	< .001	Moderate Positive
Emotional Intelligence – Communication	I find it easy to share my thoughts and feelings with others.	4.74	0.525	< .001	Moderate Positive
Connection With Something Bigger Than Self	I feel a meaningful connection with something bigger than myself.	4.88	0.519	< .001	Moderate Positive
Attitudes Held Towards Māori Culture	I am proud of my cultural identity.	5.14	0.482	< .001	Moderate Positive
Substance Use	I have a healthy relationship with substances (e.g. alcohol, drugs, vape or tobacco).	5.19	0.476	< .001	Moderate Positive
Access To Health Services – Cultural Identity	I have access to services that are respectful and inclusive of my cultural identity.	4.78	0.474	< .001	Moderate Positive
Emotional Intelligence – Judgement	I stop and think before I judge a situation or person.	5.21	0.468	< .001	Moderate Positive
Cultural Identity – Attitudes from Political System	My cultural identity is recognised and protected by the political system.	4.24	0.421	< .001	Moderate Positive
Substance Use – Vaping or Tobacco – Frequency	Tobacco:In the past month, how often have you used:	2.42	-0.414	< .001	Moderate Negative
Substance Use – Drugs – Frequency	Illicit drugs? For example, marijuana.:In the past month, how often have you used:	2.02	-0.555	< .001	Moderate Negative

The above table shows which factors had a statistically significant relationship to wellbeing for this measurement group.



Predictors of Wellbeing: Older Adults (55+)

Factor	Indicator	Score	Pearson's R	P-value	Strength
Whānau Wellbeing	My whānau are doing well.	5.32	0.596	< .001	Moderate Positive
Autonomy	I feel that I have control over my future.	5.28	0.596	< .001	Moderate Positive
Feelings Of Happiness	Happy: In the past month, I have felt:	5.83	0.571	< .001	Moderate Positive
Nutrition	I can easily access affordable healthy food.	5.67	0.566	< .001	Moderate Positive
Self-Acceptance of Identity	I like who I am.	5.78	0.545	< .001	Moderate Positive
Health Activities	I participate in activities that are good for my physical and mental health.	5.50	0.521	< .001	Moderate Positive
Access To a Supportive Community	I have a strong community of family and friends around me.	5.61	0.52	< .001	Moderate Positive
Access To Income	I have enough income to cover the costs of everyday needs.	5.78	0.512	< .001	Moderate Positive
Sleep	On most days I get enough sleep and feel well rested.	5.20	0.504	< .001	Moderate Positive
Access To Safe Spaces	There are places outside my home where I can be myself and feel safe.	5.98	0.496	< .001	Moderate Positive
Physical Health	In general, my physical health is good.	5.19	0.49	< .001	Moderate Positive
Sense Of Purpose	My life has purpose.	5.83	0.488	< .001	Moderate Positive
Problem Solving	When I am confronted with a problem, I can usually find a good solution.	5.90	0.482	< .001	Moderate Positive
Opportunity For Self-Expression	I feel free to be myself around others.	5.72	0.482	< .001	Moderate Positive
Whānau Wellbeing	Compared to 12 months ago, things are better for my whānau.	4.52	0.455	< .001	Moderate Positive
Community Connection	I feel part of a community.	5.53	0.453	< .001	Moderate Positive
Housing Quality	Where I live is comfortable.	6.25	0.452	< .001	Moderate Positive
Access To Health Services - Dental	Dental care services.: If needed, I have easy and affordable access to...	4.92	0.441	< .001	Moderate Positive
Access To Environments That Promote Respect	My opinions are heard and respected by others.	5.27	0.441	< .001	Moderate Positive
Time for Oneself	I have time left for myself after attending to my work, family and personal commitments.	5.33	0.441	< .001	Moderate Positive
Natural Weather Events - Rebuild and Recovery	After an emergency, I feel I have the skills and support from people and community around me to manage my rebuild and recovery process.	5.41	0.426	< .001	Moderate Positive
Access To Financial Support	If needed, I know how to access financial support services that work for me.	5.11	0.421	< .001	Moderate Positive
Access To Education	I have easy access to education I am interested in.	5.50	0.42	< .001	Moderate Positive
Safe Communities	I feel safe in my community.	5.70	0.418	< .001	Moderate Positive
Safe Homes	I feel safe at home.	6.13	0.411	< .001	Moderate Positive
Access To Support for Navigating Systems	I have people that I trust, who help me get what I need.	5.77	0.406	< .001	Moderate Positive

The above table shows which factors had a statistically significant relationship to wellbeing for this measurement group.



Predictors of Wellbeing: Māori

Factor	Indicator	Score	Pearson's R	P-value	Strength
Sense Of Purpose	My life has purpose.	5.72	0.602	< .001	Moderate Positive
Self-Acceptance of Identity	I like who I am.	5.65	0.574	< .001	Moderate Positive
Autonomy	I feel that I have control over my future.	5.13	0.573	< .001	Moderate Positive
Feelings Of Happiness	Happy: In the past month, I have felt:	5.44	0.538	< .001	Moderate Positive
Financial Literacy	I can understand and manage my financial situation.	5.51	0.534	< .001	Moderate Positive
Sleep	On most days I get enough sleep and feel well rested.	4.59	0.527	< .001	Moderate Positive
Physical Health	In general, my physical health is good.	4.68	0.516	< .001	Moderate Positive
Opportunity For Self-Expression	I feel free to be myself around others.	5.26	0.495	< .001	Moderate Positive
Adaptability	I can adapt when unexpected events happen.	5.67	0.481	< .001	Moderate Positive
Health Activities	I participate in activities that are good for my physical and mental health.	4.91	0.475	< .001	Moderate Positive
Nutrition	I can easily access affordable healthy food.	4.99	0.47	< .001	Moderate Positive
Problem Solving	When I am confronted with a problem, I can usually find a good solution.	5.57	0.456	< .001	Moderate Positive
Communities – Kids and Youth	Our community is a welcoming space for children/tamariki and young people/rangatahi.	5.22	0.448	< .001	Moderate Positive
Housing Quality	Where I live is comfortable.	5.64	0.448	< .001	Moderate Positive
Access To Environments That Promote Respect	My opinions are heard and respected by others.	5.14	0.446	< .001	Moderate Positive
Safe Communities	I feel safe in my community.	5.68	0.446	< .001	Moderate Positive
Access To Safe Spaces	There are places outside my home where I can be myself and feel safe.	5.74	0.437	< .001	Moderate Positive
Connection With Something Bigger Than Self	I feel a meaningful connection with something bigger than myself.	5.43	0.42	< .001	Moderate Positive
Access To Support for Navigating Systems	I have people that I trust, who help me get what I need.	5.46	0.413	< .001	Moderate Positive
Emotional Intelligence – Managing Emotions	I have strategies and skills that help me manage my emotions.	5.35	0.412	< .001	Moderate Positive
Access To Financial Support	If needed, I know how to access financial support services that work for me.	4.78	0.409	< .001	Moderate Positive
Job Opportunities	There are enough job opportunities in my community that are right for me.	4.07	0.406	< .001	Moderate Positive
Community Connection	I feel part of a community.	5.37	0.404	< .001	Moderate Positive

The above table shows which factors had a statistically significant relationship to wellbeing for this measurement group.



Predictors of Wellbeing: Disability & Mobility

Factor	Indicator	Score	Pearson's R	P-value	Strength
Sense Of Purpose	My life has purpose.	5.35	0.704	< .001	Strong Positive
Feelings Of Happiness	Happy: In the past month, I have felt:	5.29	0.701	< .001	Strong Positive
Problem Solving	When I am confronted with a problem, I can usually find a good solution.	5.38	0.665	< .001	Moderate Positive
Access To Income	I have enough income to cover the costs of everyday needs.	4.83	0.627	< .001	Moderate Positive
Self-Acceptance of Identity	I like who I am.	5.20	0.621	< .001	Moderate Positive
Nutrition	I can easily access affordable healthy food.	4.54	0.607	< .001	Moderate Positive
Access To a Supportive Community	I have a strong community of family and friends around me.	4.98	0.606	< .001	Moderate Positive
Whānau Wellbeing	My whānau are doing well.	4.63	0.597	< .001	Moderate Positive
Community Connection	I feel part of a community.	4.89	0.584	< .001	Moderate Positive
Adaptability	I can adapt when unexpected events happen.	5.34	0.563	< .001	Moderate Positive
Housing Quality	Where I live is comfortable.	5.29	0.558	< .001	Moderate Positive
Access To Financial Support	If needed, I know how to access financial support services that work for me.	4.32	0.552	< .001	Moderate Positive
Autonomy	I feel that I have control over my future.	4.51	0.549	< .001	Moderate Positive
Health Management Improvement	I am motivated to take actions to improve my wellness (this includes physical, emotional, mental and spiritual wellness).	5.47	0.543	< .001	Moderate Positive
Opportunity For Self-Expression	I feel free to be myself around others.	5.03	0.541	< .001	Moderate Positive
Whānau Wellbeing	Compared to 12 months ago, things are better for my whānau.	4.31	0.539	< .001	Moderate Positive
Skills To Build One's Cultural Identity	I have the knowledge and skills to understand and shape my own cultural identity.	5.01	0.535	< .001	Moderate Positive
Emotional Intelligence - Managing Emotions	I have strategies and skills that help me manage my emotions.	5.32	0.521	< .001	Moderate Positive
Access To Support for Navigating Systems	I have people that I trust, who help me get what I need.	5.02	0.521	< .001	Moderate Positive
Interests	I have things I am passionate about.	5.70	0.518	< .001	Moderate Positive
Connection With Something Bigger Than Self	I feel a meaningful connection with something bigger than myself.	5.03	0.513	< .001	Moderate Positive
Access To Safe Spaces	There are places outside my home where I can be myself and feel safe.	5.27	0.51	< .001	Moderate Positive
Health Management Access	I know where to get reliable information about physical and mental health issues.	5.38	0.506	< .001	Moderate Positive
Housing Availability	If I needed to move, there are enough housing options in my community that work for me, meaning they are the right price and in the right place.	3.56	0.506	< .001	Moderate Positive

The above table shows which factors had a statistically significant relationship to wellbeing for this measurement group.



Predictors of Wellbeing: Disability & Mobility continued

Factor	Indicator	Score	Pearson's R	P-value	Strength
Safe Homes	I feel safe at home.	5.38	0.499	< .001	Moderate Positive
Health Activities	I participate in activities that are good for my physical and mental health.	4.57	0.498	< .001	Moderate Positive
Housing Services	If needed, there is somewhere I can go to help me find accommodation.	3.84	0.498	< .001	Moderate Positive
Physical Health	In general, my physical health is good.	3.99	0.497	< .001	Moderate Positive
Financial Literacy	I can understand and manage my financial situation.	5.34	0.496	< .001	Moderate Positive
Sleep	On most days I get enough sleep and feel well rested.	4.29	0.493	< .001	Moderate Positive
Safe Communities	I feel safe in my community.	5.03	0.471	< .001	Moderate Positive
Job Opportunities	There are enough job opportunities in my community that are right for me.	3.71	0.47	< .001	Moderate Positive
Employment – Skills	I have the skills to find, apply for and secure meaningful employment.	4.77	0.469	< .001	Moderate Positive
Emotional Intelligence – Communication	I find it easy to share my thoughts and feelings with others.	5.03	0.465	< .001	Moderate Positive
Access To Environments That Promote Respect	My opinions are heard and respected by others.	4.79	0.461	< .001	Moderate Positive
Employment Support Services	If needed, I have easy access to employment support services.	3.94	0.459	< .001	Moderate Positive
Communities – Kids and Youth	Our community is a welcoming space for children/tamariki and young people/rangatahi.	4.79	0.458	< .001	Moderate Positive
Access To Support for Family Violence	I know where to go in the community for help dealing with an unhealthy or abusive relationship if I need it.	5.05	0.453	< .001	Moderate Positive
Access To Education	I have easy access to education I am interested in.	4.77	0.451	< .001	Moderate Positive
Time for Oneself	I have time left for myself after attending to my work, family and personal commitments.	4.53	0.447	< .001	Moderate Positive
Attitudes Held Towards Māori Culture	I am proud of my cultural identity.	5.36	0.446	< .001	Moderate Positive
Health Management Knowledge	I understand how my lifestyle, including sleep, hygiene, diet and exercise, affects my health.	5.97	0.425	< .001	Moderate Positive
Access To Culture	I have the opportunity to connect with my culture and heritage.	4.423 8411	0.424	< .001	Moderate Positive
Accessibility	My community has the accessibility options I need to get around easily.	4.299 2701	0.423	< .001	Moderate Positive
Access To Technology – Internet	I have access to good internet.	5.414 8148	0.42	< .001	Moderate Positive
Access To Health Services – Dental	Dental care services.:If needed, I have easy and affordable access to...	3.881 1189	0.416	< .001	Moderate Positive
Natural Weather Events – Rebuild and Recovery	After an emergency, I feel I have the skills and support from people and community around me to manage my rebuild and recovery process.	4.868 4211	0.416	< .001	Moderate Positive
Access To Health Services	Medical or healthcare services if my family or I need it.:If needed, I have easy and affordable access to...	4.355 7047	0.412	< .001	Moderate Positive

The above table shows which factors had a statistically significant relationship to wellbeing for this measurement group.



The Waikato Wellbeing Project

Mō te WWP | What is the WWP?

The Waikato Wellbeing Project (WWP) is a research, knowledge and storytelling project focused on environmental and social equity in the Waikato. For us, it's all about listening to whānau voice and amplifying insights for impact. We are researchers and enablers - using innovative tools to facilitate dialogue, data and insight generation and storytelling that all help to enact positive change.

We bring diverse groups together to create connections and synergies, highlight what resources are already available to support groups or organisations undertaking the work, facilitate conversations across organisational areas. We uncover the wisdom and knowledge that is already present in our whānau and communities, augmented with the additional insights we contribute. We work alongside community, philanthropic funding and for purpose organisations so they can create positive wellbeing impacts.

VISION

Our mokopuna are thriving.

MISSION

To hear our people and transcend their lives through positive impact.

Mō a mātou mahi | What do we do?

Our work illuminates the deeper stories of our regional wellbeing challenges, to awhi (support) the real-life initiatives, people and projects imagining, creating and leading positive alternatives to the status quo. The WWP is a suite of integrated focus areas and projects across the region, with the common theme of listening deeply and facilitating impact, through:

- Research on the region's pressing social and environmental wellbeing challenges, their upstream causes and innovative ways ahead.
- Wellbeing knowledge which brings together existing and new data and information at a range of scales and locations.
- Storytelling - shining a light to support the invisible labour which leads to tangible grassroots change in our communities.
- Advocacy and communications - sharing the knowledge and insights we have gained and to encourage positive change.

Mō a mātou hoa mahi | Who do we work with?

We go where there is mana, mandate and tika. We seek out those with energy for change and an invitation for us to join the kōrero. We listen to understand the challenge or the opportunity, and partner to work alongside and support local leaders. We work with wellbeing leaders, groups and organisations to connect, access relevant data, develop vision and support leaders to work more collectively.



**Waikato
wellbeing
project**

Research . Knowledge . Storytelling

Hinonga
toiora o
Waikato



About Huber Social

Working across the private and social sector globally, Huber Social holds 'Wellbeing' as the measure of success for humanity and works with organisations to measure and create social impact.

Huber Social has extensive experience measuring the wellbeing of people, having successfully applied the system across the public, private and social sectors and across more than 10 countries.

Huber Social is committed to scientific, cultural and ethical integrity. We recognise measurement as a scientific pursuit, designing projects to grow collective knowledge, and we are transparent about the power and limitations of findings. To ensure measurement accurately reflects the needs and values of those impacted, we practice cultural safety, working to actively manage our own perspectives and biases and to enable all voices to be heard. To ensure measurement projects 'do no harm', all projects are subject to independent review by the Huber Social Ethical Review Board, which is the first and only nationally registered Human Research Ethics Committee (HREC) focused on assessing social impact evaluation projects.

As part of this commitment to the integrity of measurement, Huber Social led the drafting of the 'Handbook for Measuring and Valuing Social Impact', for Standards Australia, along with our partners Oxford University Blavatnik School of Government and contributors from across Australia, Aotearoa New Zealand, and Singapore. Huber Social is also a member of the UN SDG Impact Assurance Advisory Committee and the UN Private Sector Mechanism of the UN Food and Agricultural Organisation for Sustainable Development.



Our Services

Impact Measurement

To evaluate initiatives Huber Social establishes a measurement system to measure shifts in wellbeing (Impact), as well as shifts in the capability and opportunity needs of people (Outcomes). Data is collected from the people directly impacted and statistical analysis is employed to identify shifts in wellbeing and the relative needs of people to maximise their wellbeing. The process involves a co-design approach and ensures accurate and ethical data collection.

Wellbeing Assessment

To understand the unique influences on wellbeing for a community or population (geographic or otherwise) Huber Social establishes a Wellbeing Assessment System in co-construction with both community and its stakeholders. The process delivers a repeatable measurement system, and actionable insights for directing resources for maximum positive impact.

Education and Accreditation

Build internal measurement capability for your organisation. Please visit www.hubersocialacademy.com for current offers and events.



Get in Touch



**Waikato
wellbeing
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Waikato
Research . Knowledge . Storytelling

Waikato Wellbeing Project

The Waikato Wellbeing Project is a regional initiative focused on advancing social and environmental equity across the Waikato. Through research, knowledge-sharing, storytelling, and advocacy, WWP seeks to uncover the deeper narratives that shape wellbeing and to support the people and projects driving positive change at the grassroots level.

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**HUBER
SOCIAL**

Huber Social

Huber Social is an independent third party and expert in social impact and wellbeing measurement. With our roots in Australia Huber Social work globally and have team across Aotearoa New Zealand, Australia and Malaysia. Recognising the goal of all social impact is the wellbeing of people, Huber Social was the lead drafter of the Standards Australia Handbook: Measuring and Valuing Social Impact - Guidance on Approach and Methodologies.

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