



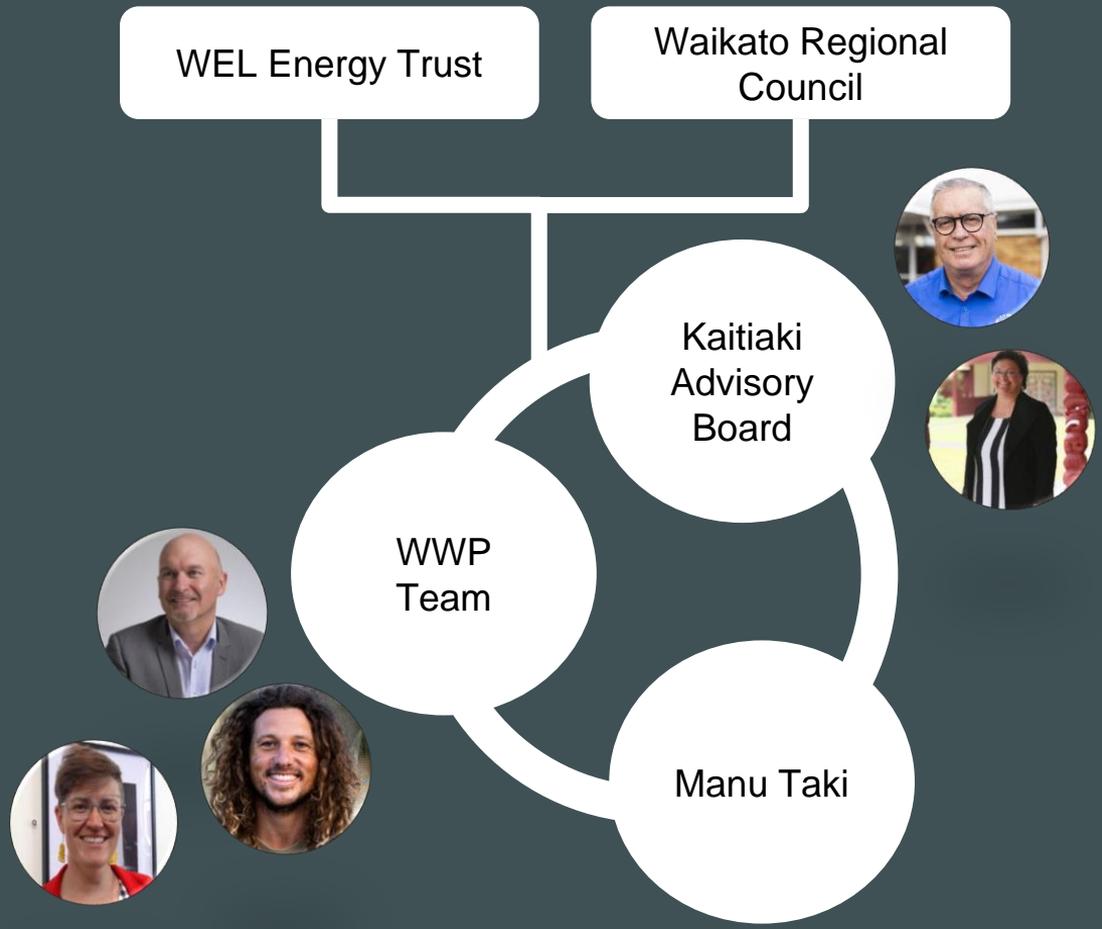
**Waikato
wellbeing
project**

Hinonga
toiora o
Waikato

Waikato Wellbeing Project

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**Waikato
wellbeing
project** | Hinonga
toiora o
Waikato

Moemoeā: Our Vision

Our mokopuna are thriving

Whanonga Pono: Our Values

Kaitiakitanga - Guardianship
Kotahitanga - Unity, Collective,
Togetherness
Manaakitanga - Hospitality,
Kindness, Generosity and Support

Haerenga: Our Mission

To hear our people and
transcend their future through
positive impact





Our Kaupapa

United Nations Sustainable Development Goals (SDGs) and Te Ao Māori





Our 10 collective Waikato wellbeing targets for achieving a more environmentally sustainable, prosperous and inclusive Waikato by 2030

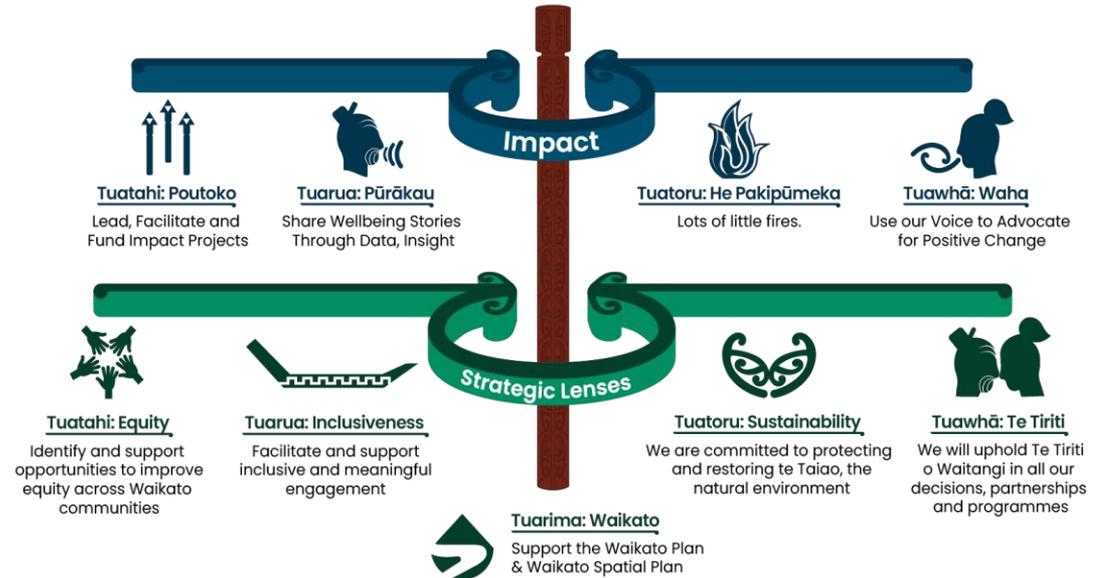
 1 POVERTY 2 FOOD SECURITY	 3 HEALTH AND WELL-BEING	 4 QUALITY OF EDUCATION 8 ECONOMIC PROSPERITY AND ECONOMIC GROWTH 10 INEQUALITY	 6 CLEAN WATER AND SANITATION	 7 AFFORDABLE AND CLEAN ENERGY
About one in six children live below the poverty line, by 2030 less than 1% will	By 2030, reduce rates of non-communicable diseases and mental illness and improve associated health equity outcomes for target groups	Reduce the number of young people (aged 15-24) in the Waikato who are not in employment, education or training (NEET) from 12.6% in 2019 to less than 5% by 2030	Increase the number of swimmable rivers and lakes in the Waikato from 30% (rivers) and 73% (lakes) in 2019 to both waterbody types achieving more than 80% by 2030	Reduce the number of people experiencing energy hardship in the Waikato from 18,000 in 2019 to zero by 2030
 11 SUSTAINABLE CITIES AND COMMUNITIES	 12 RESPONSIBLE CONSUMPTION AND PRODUCTION	 13 CLIMATE ACTION	 14 LIFE BELOW WATER	 15 LIFE ON LAND
Reduce the housing shortfall in the region from approximately 7,500 homes in November 2019 to a point where all our people are well housed by 2030	Increase the number of households, schools, businesses and farms who reduce their waste leading to a 50% reduction of waste to landfill by 2030	Reduce carbon emissions by a minimum of 25% by 2030 (from 13.8 mega tonnes CO2e to 10.3 mega tonnes CO2e), on the path to net carbon zero by 2050	Maintain or enhance the mauri of our coastal and marine waters to ensure healthy ecosystems so that we can also enjoy mahinga kai and swimming	To prevent loss of existing indigenous vegetation and increase indigenous habitat in biodiversity depleted environments to a minimum of 10% land cover by 2030





Whakaarotau: Our Priorities

The way we will work to facilitate insight and breakthrough, contributing to our Vision and Mission

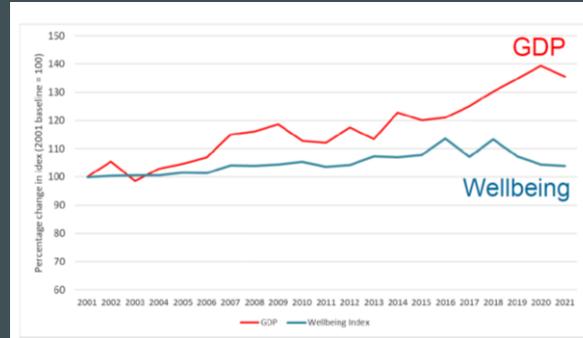


Waikato Wellbeing Knowledge Centre | Te Ara Poutama



Tuarua: Pūrākau –
Share Wellbeing
Stories through
Data and Insights

- An **easily accessed** digital ‘one stop shop’ for wellbeing data in the Waikato region, with an overall dashboard of key indicators that people can then drill into for more detail
- A **trusted** source of knowledge on our wellbeing journey - used by organisations and stakeholders right across the region – we all sing from the same song sheet
- A **relevant** resource where the data is as ‘live’/up to date as possible, measuring progress over time to guide our actions across the region





Sustainable Development Goals

WFP TARGET: About one in 6 children live below the poverty line, by 2030 less than 1% will be.

ACHIEVING OUR TARGET MEANS THAT: Our children can thrive because none are hungry at school or cold at home. They can afford to participate in social, artistic, cultural and sporting activity, and none of our children are hungry.

GLOBAL

The impact of the COVID-19 pandemic reversed the steady progress of poverty reduction over the past 25 years. This unprecedented reversal is being further exacerbated by rising inflation and the impacts of the war in Ukraine.



GLOBAL POVERTY RATE 2019 - 2020
First increase since 1998



GLOBAL WORKERS BELOW POVERTY LINE 2019 - 2020

More than **8M** more workers pushed into poverty

↑ PEOPLE GOING HUNGRY AND SUFFERING FOOD INSECURITY 2014 - 2019



720-811m
People worldwide suffering from hunger

161m
MORE PEOPLE THAN 2019

AOTEAROA NZ PICTURE

Te Tai Waiora Wellbeing in Aotearoa | New Zealand 2022 reports that the proportion of people in material hardship has been declining since 2012, as measured by the Material Wellbeing Index (MWI).

INCOME POVERTY, CHILD POVERTY AND MATERIAL HARDSHIP RATES

20 - 12.5%

2019 - 2021

Children lived in households where food runs out sometimes or often



20.2%

Material hardship rates for Māori, Pacific and disabled children, compared to 11% overall

10.3%

Rate of severe material hardship for disabled children

4.2%

for non-disabled children

WAIKATO PICTURE

Specific regional data for hunger and poverty is limited; however the information available shows persistent deprivation, poverty and hunger are significant issues in parts of the region. COVID-19 and inflation has particularly affected poverty and lack of access to good food.

12,000+

Approximate food parcels and meals provided in the Hamilton area each week

33,000+

Approximate number of regional households where food choices are limited to products of low quality and nutritional content

↓ DEPRIVATION 1991-2018

Better in Waipa, Waikato, Thames-Coromandel and Taupo

Worse in Matamata-Piako, Hamilton, Otorohanga, Hauraki and South Waikato

74%

Residents in South Waikato are experiencing severe socioeconomic hardship (2021)

Manu Taki Reflections

Our Manu Taki for SDG 1/2 are:

Anna Casey Cox - Hamilton City Councillor
Ioana Manu - Community Advisor, Hamilton City Council
Cilla Abbott - Ministry of Social Development
Norm Hill - Te Hira Consultants
Jo Wrigley - GoEco

Right now the Waikato River is deeply affected by the food system we have been using for the last 150+ years - to remediate the river we need to change the food system.

What would a democratic food system look like, as opposed to rearranging the current pieces in the system?

"Food security" is an interim measure towards "food sovereignty" - which is more about systemic change.

We don't talk enough about inequality in New Zealand - questions about distribution go unanswered.

We've reached a new level of despair - with poverty hidden in Motels - it's a vicious cycle which people can't get out of.

We need to treat our land as an ancestor, not a commodity.

The current system doesn't support human dignity.

Food is a fundamental human right, but our approach is based on who we think "deserves" food.

In terms of our SDG targets - we are not making progress towards these. There are bigger things affecting this - poverty, lower incomes, cost of living etc.

We have prioritised export food for the rest of the world, but we need to take an abundance approach which prioritises feeding our own people first.

The current food system delivers huge profits, while people go hungry - its not right!

Low incomes directly affect peoples' ability to access nutritious quality food.

What is missing from our food conversation is the indigenous perspective, questions about land, access to land and Te Tiriti o Waitangi. We need to take a Rongomātāne approach.

There is a lot of disconnection between our food systems, our environment and our world as people.



DATA SOURCES

Global Data: United Nations Sustainable Development Goals
New Zealand Data:
- Te Tai Waiora Wellbeing in Aotearoa Aotearoa | New Zealand 2022
- Department of Prime Minister and Cabinet
- Ministry of Health
Regional Data:
St Vincent de Paul, Ngati Haua, Waikato Plan

FOR MORE INFORMATION:





3 GOOD HEALTH AND WELLBEING



Sustainable Development Goals

WWP TARGET: By 2030, reduce rates of non-communicable disease and mental illness and improve associated health equity outcomes for target groups e.g. Māori.

ACHIEVING OUR TARGET MEANS THAT: Our people are healthy and well. We live in an environment that is conducive to good health, and we keep active with a range of sporting, cultural, creative and artistic activities which is a gateway to emotional happiness.

GLOBAL

Long term rates of mortality, especially in infants has been reducing, although non-communicable diseases are still significant. While long term suicide rates are reducing, COVID-19 has caused a large increase in anxiety and depression.



500M
6.2M

GLOBAL INFECTIONS and DEATHS due to COVID-19 by April 2022

74% of all deaths caused by non-communicable diseases, esp cardiovascular disease, cancer, diabetes, chronic respiratory disease

-14%

REDUCTION IN 5 YRS MORTALITY RATE FROM 43 DEATHS PER 1000 LIVE BIRTHS IN 2015 TO 37 IN 2022



-29% SUICIDE DEATH rate 2000-2019

+25% increase in ANXIETY and DEPRESSION in 2020

AOTEAROA NZ PICTURE

Physical health in NZ has steadily improved, although smoking contributes to more deaths and disabilities than any other factor. There has been an increase in reported psychological distress over the last decade, particularly among women and younger people.



88.4%, 98% of adults and children are in **GOOD HEALTH**

62.6% of disabled adults report being in **GOOD HEALTH**

83.6%

of adults rate their **LIFE SATISFACTION HIGHLY**. Rates lower for disabled and deprived adults, 15-24 year olds.

23.6%

15-24 years experiencing **PSYCHOLOGICAL DISTRESS** in 2021/22, up from 5.1% in 2017/12

51.9% of adults meet physical activity guidelines

43.5% of children use active transport to get to and from school



WAIKATO PICTURE

Between 2020 and 2022 fewer Waikato people rated their mental health positively, mainly due to the impacts of COVID-19. Waikato residents with a high level of engagement with arts, culture and creativity have higher wellbeing. About 70% of Waikato people want to do more physical activity, with rates often affected by socio-economic deprivation.

77%

of Waikato Māori have had their cardiovascular risk assessed 2021/22 (target = 90%)

80%

OF PEOPLE IN THE WAIKATO RATE THEIR OVERALL HEALTH **POSITIVELY** IN 2022. 90% in 2006

70%

OF PEOPLE IN THE WAIKATO RATE THEIR MENTAL HEALTH **POSITIVELY** IN 2022. 75% in 2020

58% Of young people and adults do enough physical exercise to positively impact their wellbeing in 2022

59%

Manu Taki Reflections

Our Manu Taki for SDG 3 are:

Jeremy Mayall – Creative Waikato
Amy Marfell – Sport Waikato
Karen Covell – Progress to Health
Greg Morton – Te Whātu Ora

Mental wellbeing is an area of obvious need in our communities - not only mental illness and distress but also anxiety and loneliness.

People need time to be active - our busy culture makes that hard sometimes.

We need to encourage more strength-based conversations to support people to reach their potential.

There has been a shadow pandemic to COVID-19. The effects of this could be profound and lasting.

Volunteers are burnt out and stressed, leading to people leaving the sector and facilities closing.

Post pandemic - people are now accessing anxiety and depression services who had never needed them before.

We're seeing increased levels of physical activity among young women, Māori, the disabled and in deprived communities which is awesome.

Workforce pressures can see wait times for primary health care appointments increase, which impacts on people's access to healthcare.

Led by mana whenua, localities should help drive collective local action on health, wellbeing and equity across the Waikato.

It is important that we provide time and resources to encourage playful activity as a way to connect with each other and to be creative, active and thriving.

Our entire health workforce showed great leadership during COVID-19 but it took a huge toll. We need to value their wellbeing too.

We've broadened our collective understanding of being active - it's not just playing sport, it's about being active in ways that maintain wellness.

We would love to see more people embracing the great diversity of arts, culture and creative experiences available in local communities to support this activity and positively influence mental and physical wellbeing.



DATA SOURCES

Global Data: United Nations Sustainable Development Goals

New Zealand Data:

- Te Tai Waiora, Wellbeing in Aotearoa Aotearoa | New Zealand 2022
- The 2021/22 Aotearoa | New Zealand Health Survey
- Te Whātu Ora, Health New Zealand

Regional Data:

- Waikato Progress Indicators
- Sport Waikato
- Te Whātu Ora | Health New Zealand

FOR MORE INFORMATION:





Tuatoru: He Pakipūmeka

Lots of little fires





Tuawha: Waha
– Use our voice
to advocate for
positive change

Both about:

- Accountability
- Being clear on roles
- Agreed impacts and outcomes
- Shared leadership
- Collaboration and coordination
- Avoiding duplication
- Maximising impact from scarce resources



Tuarima:
Waikato –
Support the
Waikato Plan
and Waikato
Spatial Plan

A large, intricately carved wooden tiki sculpture stands in a lush forest. The sculpture is painted in shades of reddish-brown and black, featuring detailed carvings of a face with large eyes, a prominent nose, and a wide mouth. The body is also intricately carved with swirling patterns. The background shows dense green foliage and tree trunks.

Priorities for 2023

- WWP Progress Report
- SDG Summit 9/10 Feb 2023
- Maximise impact from 2022 insights
- Roll out operating model for hunger | kai
- Commission Wellbeing Knowledge Centre | Te Ara Poutama- link to Community Outcomes
- Launch Lots of Little Fires
- Work with regional leaders on major wellbeing changes- e.g. review of future of local government
- Opportunities for greater efficiency and effectiveness across regional wellbeing orgs
- Address funding sustainability



He waka eke noa.
We're all in this together.

WAIKATO WELLBEING PROJECT

Harvey Brookes – Executive Director
Harvey.brookes@waikatoregion.govt.nz
021 913 418

www.waikatowellbeingproject.co.nz