

A Porirua City Community Outcome snapshot

some of the issues presented in *Porirua City Wellbeing – Community Outcomes Monitoring Report 2007*

Outcome two Health and housing

People are healthy and live in good quality housing

Key indicators in achieving progress:

- Health services that are accessible and affordable for people of all ages
- A reduction in diseases related to poverty
- Participation by people in activities that contribute to good mental and physical wellbeing
- Access to affordable housing
- Freedom from overcrowded or unhealthy housing



Heartening results

Porirua City has good levels of physical activity and participation in sports, recreation and leisure activities

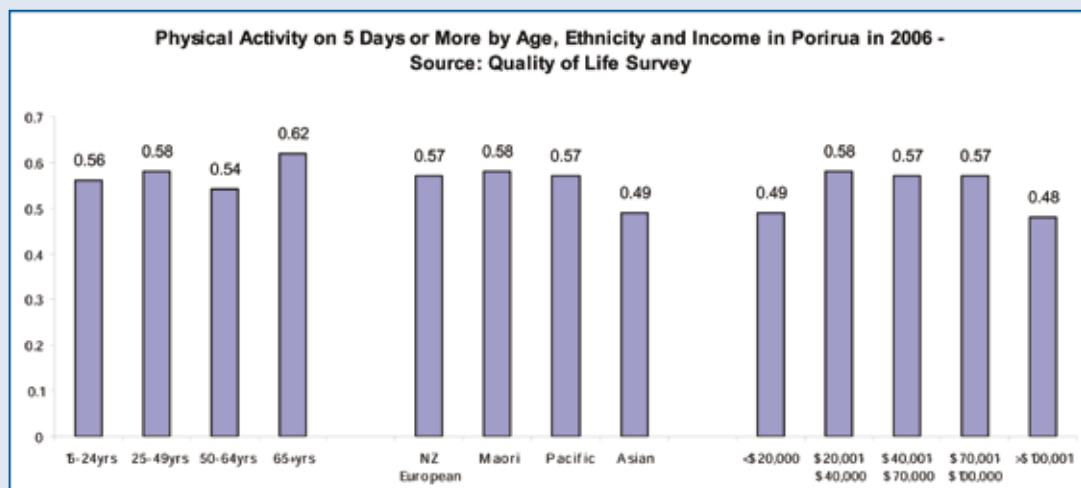
Troublesome results

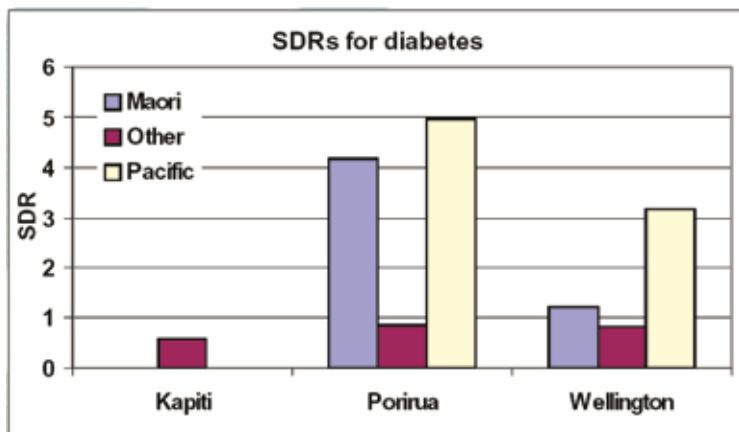
Health inequalities continue to be evident in Porirua City across several groups including Māori, Pacific people and people with low income

Low levels of home ownership by Māori and Pacific people

Physical activity – over half are active

A recent survey of Porirua City residents reported that 57% exercised on five or more days/week. Most active were aged over 65 years





Diabetes morbidity – Standardised (Hospital) discharge rates by Territorial Local Authority, 2002-2003. Source: National Minimum Dataset, Ministry of Health

Health inequalities – prevalent across the City

Most causes of ill-health have the potential to affect everyone, but in Porirua City there tend to be higher numbers of Māori, Pacific people and people on low incomes represented. The result is that certain conditions in the Capital & Coast health district affect relatively more people in Porirua City than neighbouring local authorities and at an earlier age, such as diabetes.

Home ownership

Māori and Pacific Island people's home ownership is lower than other ethnic groups.

Percentage of population owning own home by ethnicity 2001

Source: Statistics New Zealand

NZ European	Māori	Pacific Islands	Asian	Other
60.1%	29.4%	25.1%	44.4%	38.9%

Local story: The power of waka ama

Rangataua Mauriora is a drug and alcohol service that uses waka as a therapeutic intervention. The service has set up a club, Toa Waka Ama, where young people can improve their health and well-being in a way that also allows them to connect with their Māori identity.



“What we have seen as a result of this strategy is leadership being developed in young people. We have seen them become conscious and careful relative to their diets and exercise regimes. The kaupapa is alcohol and drug-free. Generally there has been a commitment that they are not doing any of those things when they are training for an event.”

Jeanette Katene, Manager, Rangataua Mauriora Alcohol and Drug Services

Where to from here?

Council will be talking to a wide range of Government and City groups about how we can respond to these issues as a City. If you would like more information or want to be part of this work, please contact:

Social, Economic & Planning Team,
Strategy & Planning Group
Porirua City Council, PO Box 50-218, PORIRUA CITY
Tel: 237 5089, Fax: 237 1445
Email: enquiries@pcc.govt.nz Web: www.pcc.govt.nz

Further information

This is just a small snap shot of the more detailed set of indicators and measures used to address progress toward this Outcome and other Community Outcomes that can be found in the Porirua City Wellbeing Report 2007 available from www.pcc.govt.nz or at the Council Offices, Cobham Court or at the central and local libraries.