

# Setting the scene for Asian health in New Zealand



**Samantha Bennett**  
Manager - Asian, migrant & refugee health gain



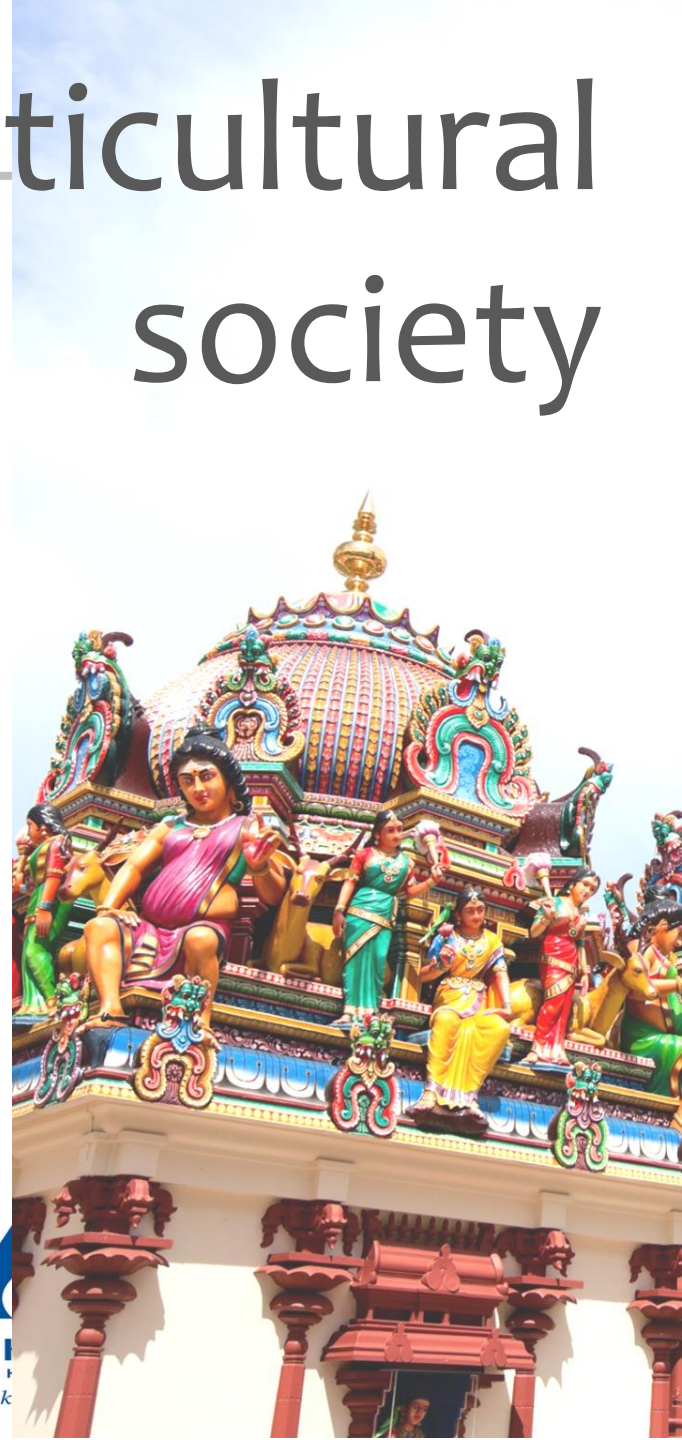
# Outline

---

- What are we aiming for?
- What do we know?
- Who are we working with?

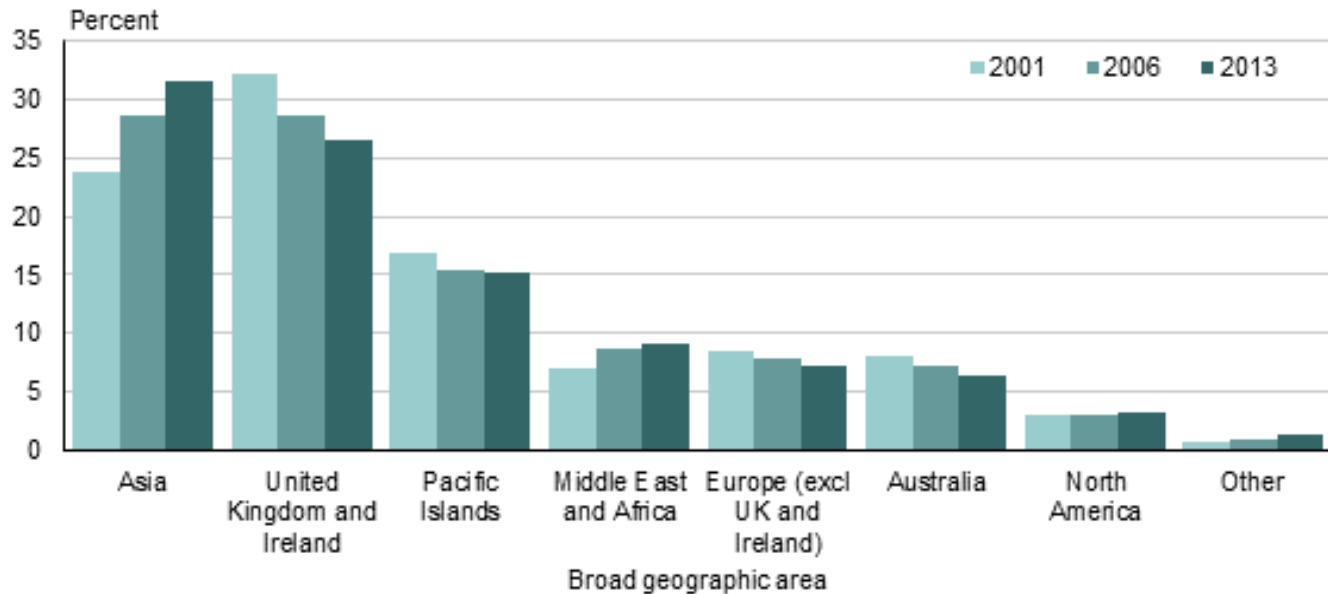


# Multicultural society

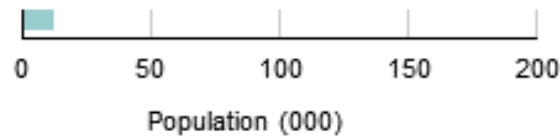


# What do we know - nationally?

**Birthplace for the overseas born usually resident population**  
2001, 2006, and 2013 Censuses

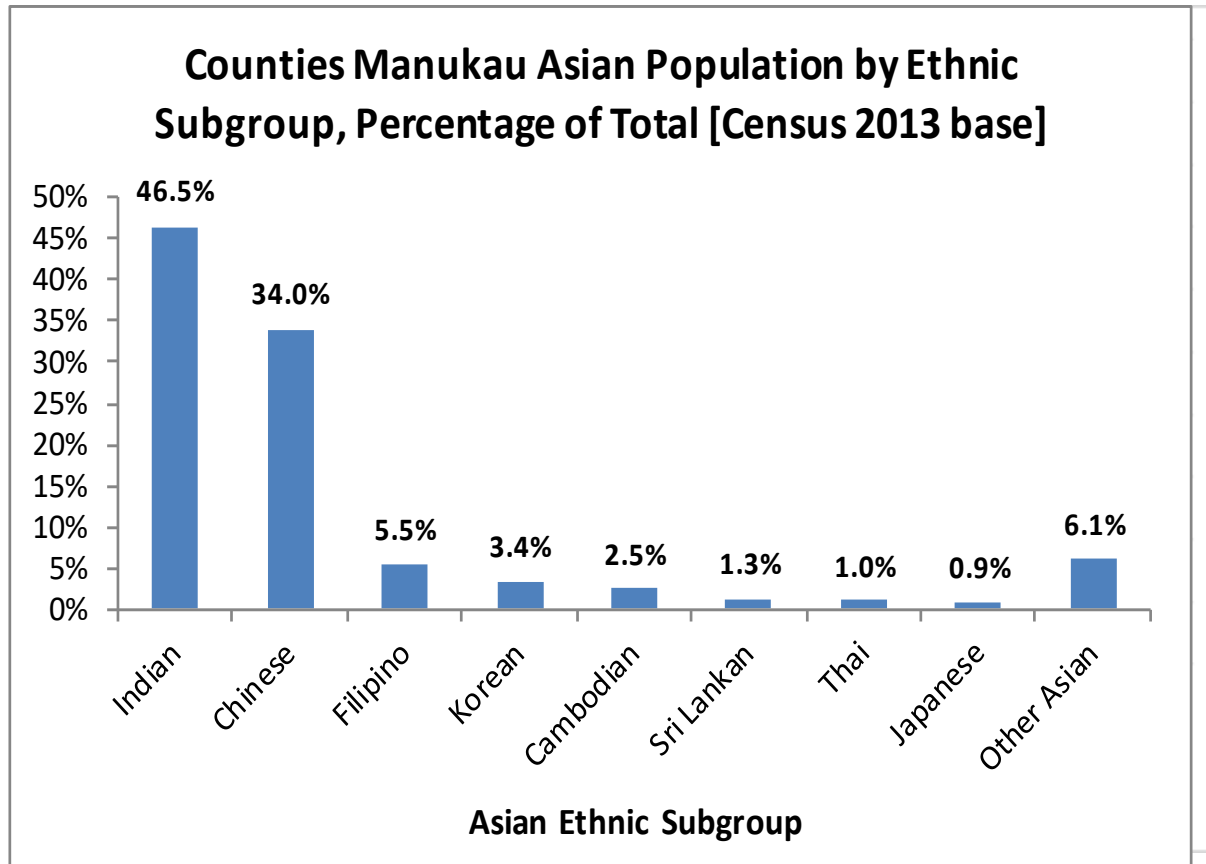


Source: Statistics New Zealand



Source: Statistics New Zealand

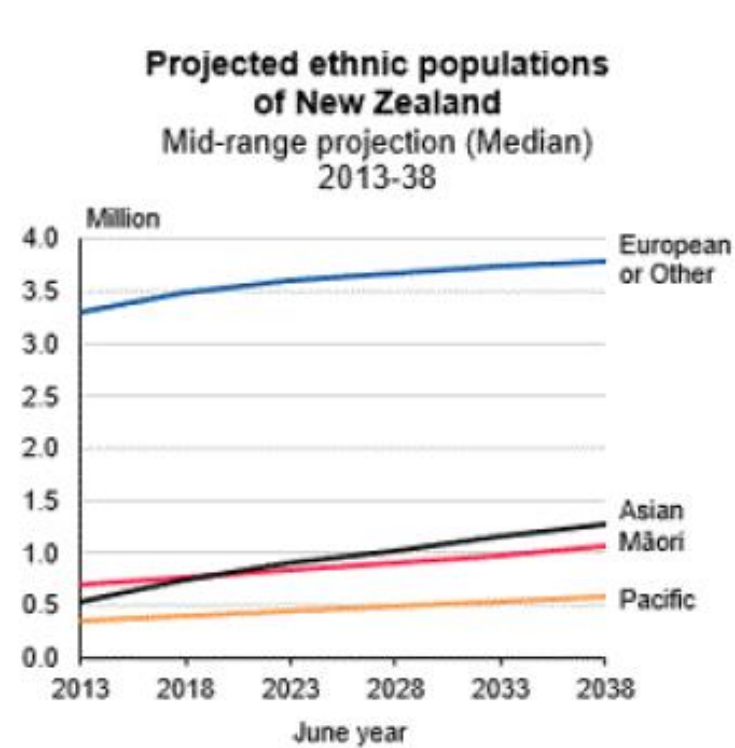
# What do we know - locally?



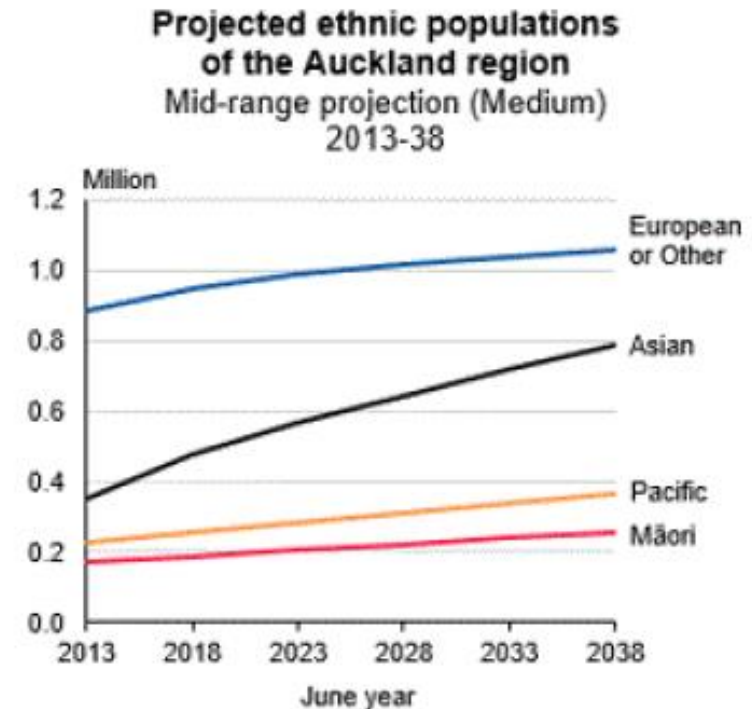
Source: NZ Census 2013



# Population projections



Source: Stats NZ



Source: Stats NZ

Asian will rise from 540,000 in 2013 to **1.2–1.4 million** in 2038 - nationally

# What are we aiming for?



## HEALTH STATUS

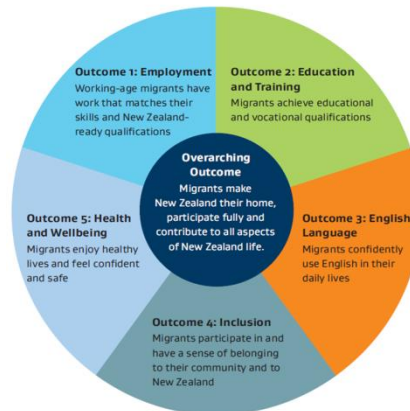
- EXCELLENT
- AVERAGE
- POOR



# National strategies



## The New Zealand Migrant Settlement and Integration Strategy



## REFUGEE SETTLEMENT

New Zealand Resettlement Strategy





# Cont...



Economic wellbeing

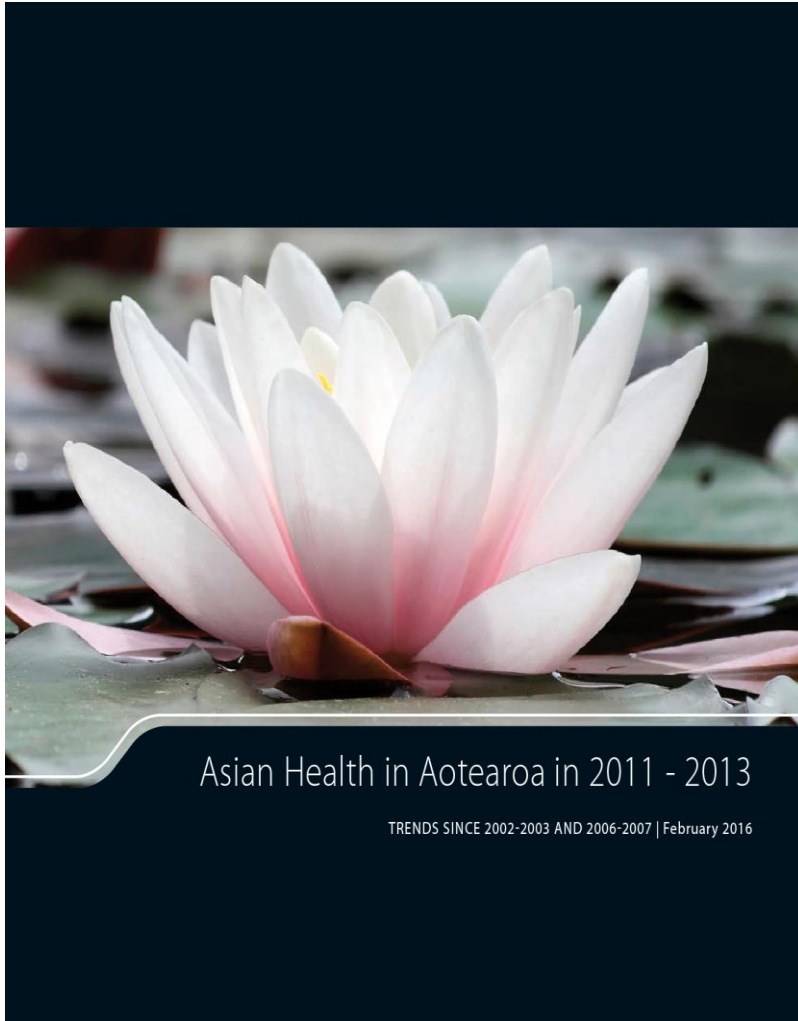
Quality Education

Health and Wellbeing

Inclusion

- International students access and receive effective healthcare that is **culturally appropriate**

# National reports



- Low levels of fruit, vegetable intake and physical activity
- South Asian people were less likely to have been given a “Green Prescription” from their primary health care provider than European and Other groups (a South Asian target - 9% Waitemata; 18% Auckland ) .
- Lower access to health services:
  - GP health services (69% Auckland; 85% Waitemata, 87% Counties Manukau, target 95%)
- Access to health services is particularly low among Asian adults who have been in New Zealand for less than 5 years
- Improve knowledge and understanding of the New Zealand health system.



# Benchmarking health status

## International Benchmarking of Asian Health Outcomes for Waitemata and Auckland DHBs

July, 2016

*Dr Lifeng Zhou, Samantha Bennett*

*Planning, Funding and Outcomes Unit, Waitemata and Auckland DHBs*



# What do we know - Asian migrants

## LEADERS

Highest life expectancy at birth (90yrs WDHB; 89yrs ADHB), Chinese female life expectancy 92.9yrs, WDHB

Lowest rate of infant mortality

Lowest rate of cardiovascular disease (CVD) years of life lost (YLLs)

Lowest rate of (YLLs) from cancers

Migrants experience the most equitable entitlements in NZ



# Cont...

- Greater risk of South Asian **CVD**
- Higher Chinese risk of diabetes
- Chinese men's **smoking** rates
- Lower oral health outcomes for Chinese and Filipino children aged 5 years – **caries free, DMFT**
- Youth mental health including **suicide rates**
- **Cervical** screening rates
- Immunisations (4 years **MMR**)
- **GP** enrolment
- **Obesity**/childhood obesity (lower than NZ average but higher than comparative countries).



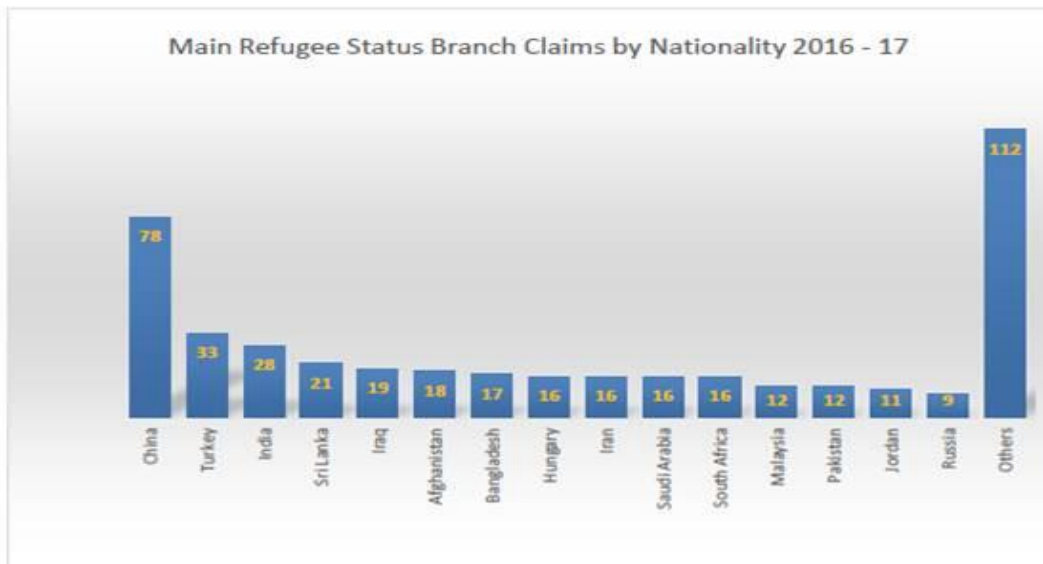
# Former refugees

- 1,000 quota refugees annually, Family Support Category, Convention Refugees
- Bangladesh, Bhutan, Cambodia, China, India, Laos, Nepal, Pakistan, Sri Lanka and Vietnam
- **Myanmarese/Burmese** (Rakhine, Chin, Kachin, Burmese, Karen, Mon, Karenni, Shan, **Rohingya**)
- **Health conditions:**
  - Musculoskeletal and pain issues
  - Poor oral health
  - Longstanding undiagnosed chronic conditions
  - Infectious diseases
  - Neglected injuries
  - Mental health problems including post-traumatic stress disorder (PTSD); depression; and anxiety.



# Asylum seekers

- Over 400-450 claims annually, around half are approved for residency, of those approved 25% additionally are family members
- Top five countries are: 1. [China](#), 2. [Turkey](#), 3. [India](#), 4. [Sri Lanka](#), and 5. [Iraq](#)

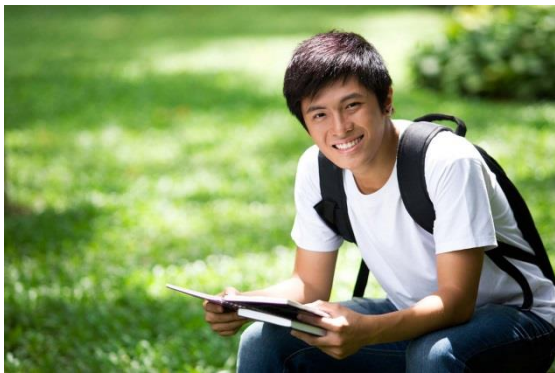


- Health needs some similar to former refugees with focus on **mental health conditions.**

# International students



- 121,735 fee paying students (2016)
- 63% live in the Auckland region (2016)
- Chinese and Indian
- **Health concerns:**
  - Basic health education
  - Lack of GP engagement
  - Mental health
  - Sexual and reproductive health e.g. STIs, Unwanted pregnancy.







# THANK YOU



Do not regret  
growing older.  
It is a privilege  
denied to many.

- Author unknown

Samantha Bennett  
[Samantha.Bennett@waitematadhb.govt.nz](mailto:Samantha.Bennett@waitematadhb.govt.nz)  
021 790 802



# Overview of NZ Health System

---

- English - <https://vimeo.com/158429915>
- Mandarin - <https://vimeo.com/176388363>

