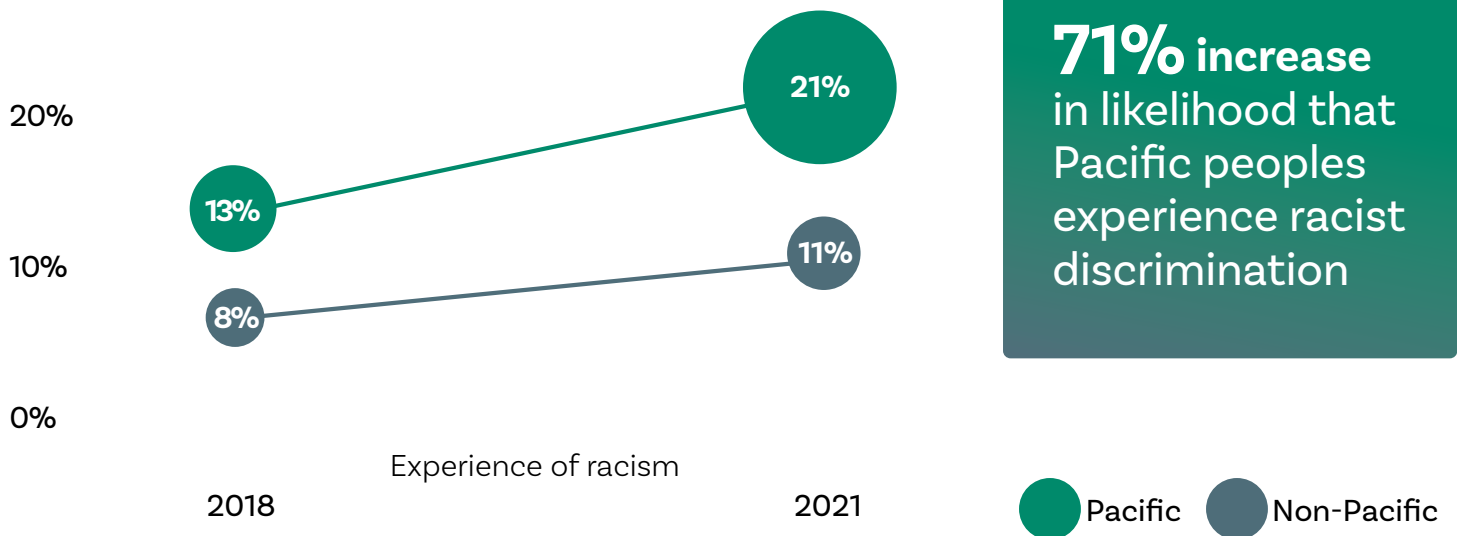


Te Hiringa Mahara | Mental Health and Wellbeing Commission is legislated to assess and report publicly on the status of mental health and wellbeing for the people of Aotearoa, New Zealand. As an entity we also have a strategic priority to address inequities in mental health and wellbeing outcomes for those in need. This infographic illustrates key findings from our quantitative assessment of Pacific peoples mental health and wellbeing using our He Ara Oranga Wellbeing Outcomes Framework.

This information provides a recent snapshot of the factors that contribute to mental health and wellbeing of Pacific peoples as a population in comparison to the rest of Aotearoa. The intent is to inform policy decisions and system responses to address inequities in mental health and wellbeing faced by Pacific peoples in Aotearoa.

Many Pacific peoples are finding Aotearoa **less welcoming and less understanding** impacting on their capacity for mental health and wellbeing.



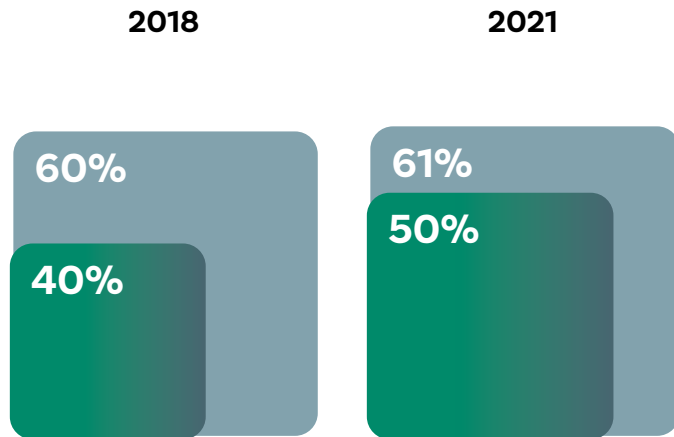
Pacific peoples are finding it **harder to be themselves** in Aotearoa in comparison to everyone else.



Proportion of people who feel it is easy to be themselves

More Pacific peoples feel that their **quality of life is affected by worrying about crime** than non-Pacific. However, this is becoming less of an issue over time.

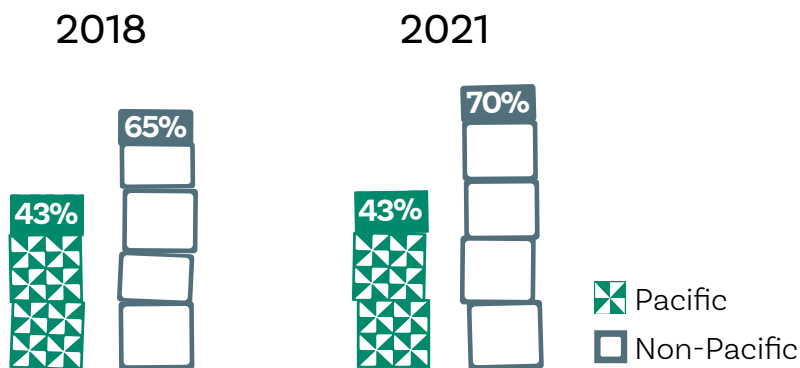
Non-Pacific
Pacific



The proportion of people who feel their quality of life is not affected by worrying about crime

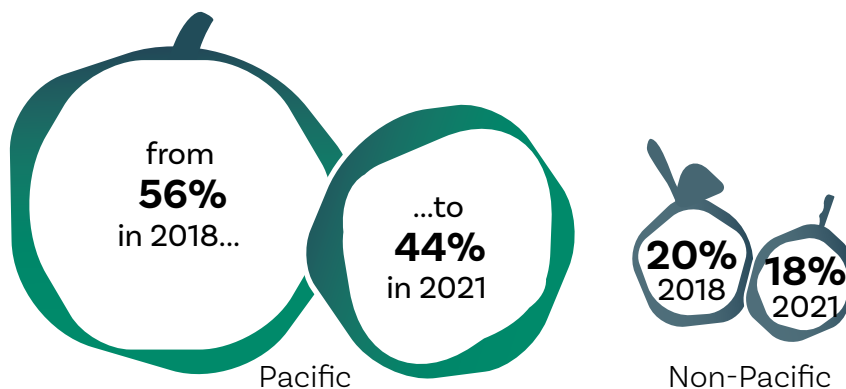
Pacific peoples have less access to the things they need to live well, including things needed for an improved future for them and their families.

Pacific peoples are consistently **much less likely** to feel like their household have an **income that meets everyday needs** than non-Pacific peoples.



The proportion of households that feel their income is enough or more than enough to meet their everyday needs

On average, 1/2 of **Pacific families are going without fresh fruit and vegetables** due to cost. This is in contrast to 1 in 5 for non-Pacific families.



The proportion of people who have gone without fresh fruit and vegetables a little or a lot in last year to keep costs down

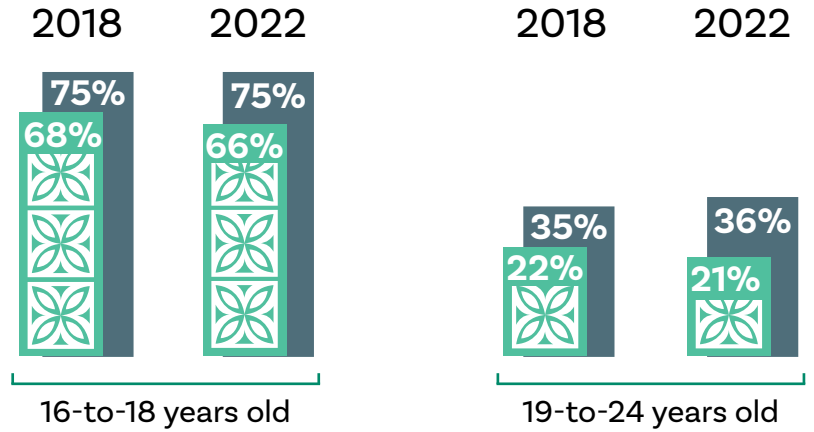
Young Pacific peoples are **at least 1.4 times less likely** than non-Pacific young peoples to be enrolled in any formal or informal study.



Pacific



Non-Pacific



The proportion of 16-to-24 year-olds who are enrolled in any study, whether formal or informal.

In 2018 Pacific young peoples were more likely to experience a **higher sense of belonging at school**.



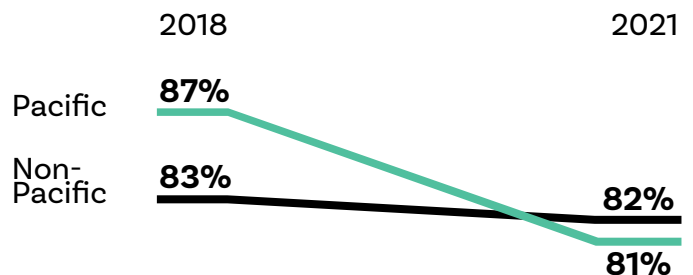
But this dropped over subsequent years and more recently in 2021 young **Pacific peoples experienced a lower sense of school belonging**.



A sense of belonging at school

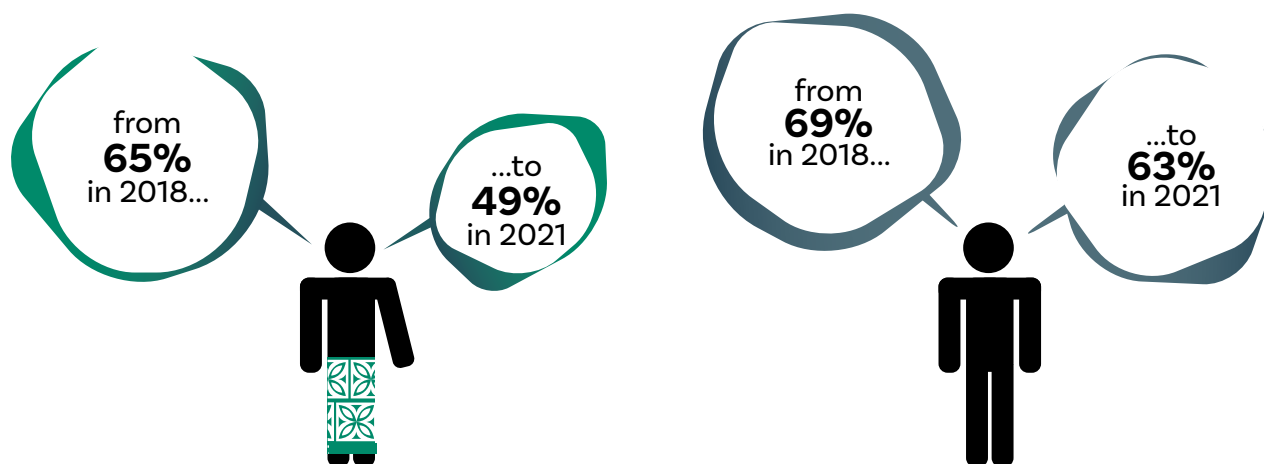
Pacific peoples are finding it **harder to connect with people** in meaningful ways especially during times of need.

Pacific and non-Pacific peoples are both experiencing similar levels of loneliness more recently, however, over the past few years, **Pacific peoples are feeling lonelier**.



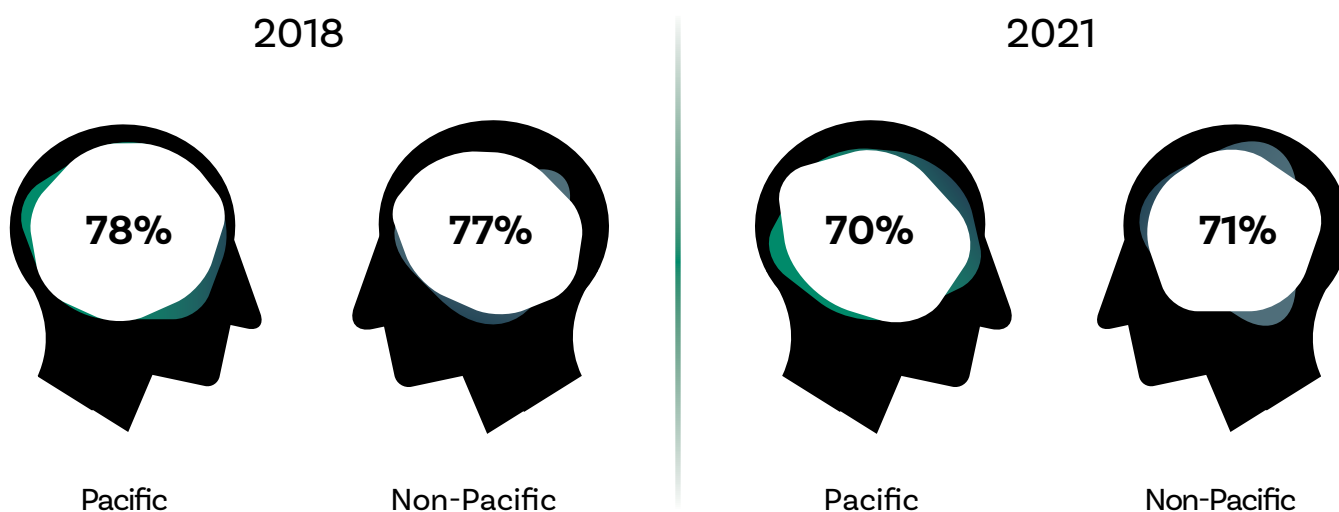
The proportion of people who report feeling lonely a little or none of the time in the last four weeks

When feeling down or depressed, **Pacific peoples are finding that it is getting harder to talk to someone.** Over a three-year period this has been notably worse within Pacific peoples, as well as in comparison to their non-Pacific counterparts.



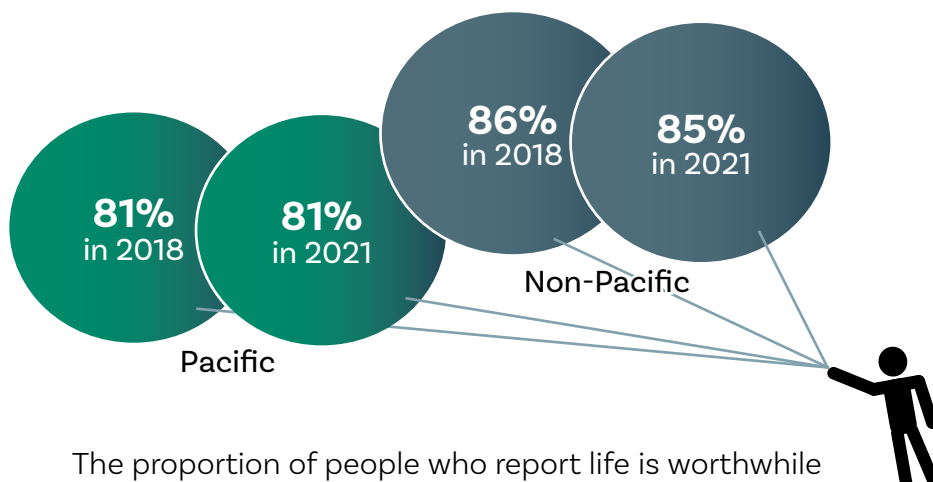
The proportion of people who say it would be easy or very easy to talk to someone if they felt down or a bit depressed

The number of people in Aotearoa who have high positive mental wellbeing has dropped overall, but it has **dropped more for Pacific peoples** in the last three years.

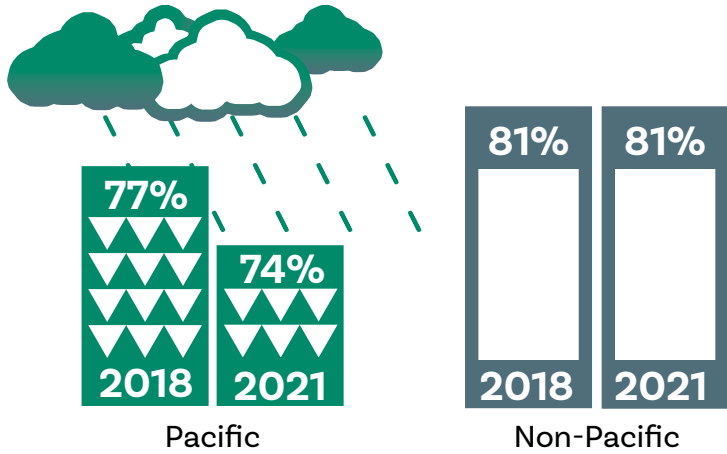


The proportion of people who report positive mental wellbeing

Pacific peoples are **less likely** than non-Pacific peoples to think that life is worthwhile, and this has not changed over the last few years.



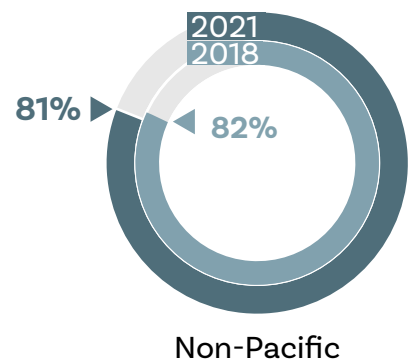
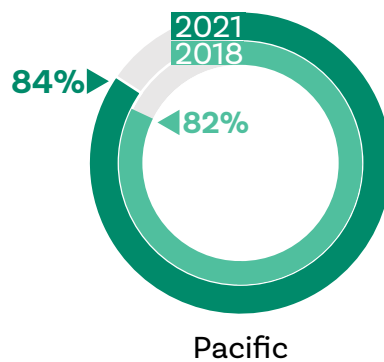
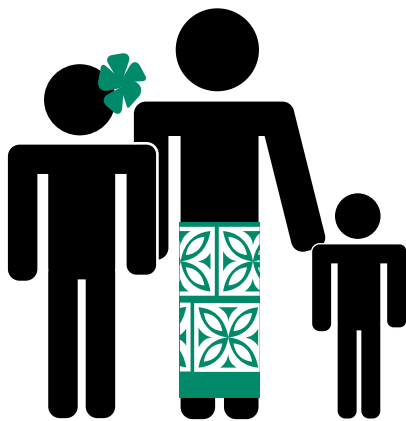
The proportion of people who report life is worthwhile



In comparison to non-Pacific peoples, **Pacific peoples are less satisfied with their life**, and in the last few years Pacific peoples experienced **worsening life satisfaction**.

The proportion of people who report having high life satisfaction

Despite significant inequities in mental health and wellbeing outcomes for Pacific peoples over time and compared to non-Pacific peoples, **Pacific peoples rate their family wellbeing higher** than non-Pacific peoples, and this has increased slightly in the face of all the challenges presented here.



The proportion of people who rate their family wellbeing

Although family is a source of wellbeing for many Pacific families there is a lot more work for agencies to do to address the ongoing inequities and challenges reported above. Our analysis and engagement presented in the accompanying report [Achieving equity of Pacific mental health and wellbeing outcomes](#) further explores Pacific peoples experience of wellbeing. We highlight work already underway across Pacific communities that are working for Pacific people and supporting better mental health and wellbeing outcomes.

Our He Ara Oranga Framework

Our He Ara Oranga wellbeing outcomes framework is comprised of a set of long-term mental health and wellbeing outcomes at a population level from both a **'shared'** and **'te ao Māori' perspective**.

We use this framework to **guide measurement of mental health and wellbeing** status for people in Aotearoa, as part of our role to monitor and report on these. There are six domains and associated indicators from the **'shared perspective'** that were used to assess Pacific peoples wellbeing including:

Outcome Domain	Indicator
Being safe and nurtured	<ul style="list-style-type: none"> ▷ The proportion of people who feel their quality of life is not affected by worrying about crime ▷ The proportion of people who report feeling lonely a little or none of the time in the last four weeks ▷ A sense of belonging at school
Having what is needed	<ul style="list-style-type: none"> ▷ The proportion enrolled in any study, whether formal or informal (Years are 2018 to 2022) ▷ The proportion of households that feel their income is enough or more than enough to meet their everyday needs ▷ The proportion of people who have gone without fresh fruit and vegetables a little or a lot in last year to keep costs down
Having one's rights and dignity fully realised	<ul style="list-style-type: none"> ▷ The proportion of people who report experience of racism in the last year
Healing, growth and being resilient	<ul style="list-style-type: none"> ▷ The proportion of people with positive self-reported wellbeing ▷ The proportion of people who say it would be easy or very easy to talk to someone if they felt down or a bit depressed ▷ The proportion of people who rate their family wellbeing highly
Being connected and valued	<ul style="list-style-type: none"> ▷ The proportion of people who think it is easy to be themselves in Aotearoa
Having hope and purpose	<ul style="list-style-type: none"> ▷ The proportion of people who report life is worthwhile ▷ The proportion of people who report having high life satisfaction

Indicators and data

The findings reported here are drawn from survey and administrative data, with analysis largely carried out in Stats NZ's Integrated Data Infrastructure. We applied our existing monitoring indicators from He Ara Oranga Wellbeing Outcomes Framework to measuring wellbeing for Pacific peoples. Indicator selection was made from the 'shared' perspective outcome domains. Thirty one indicators were considered relevant to Pacific peoples and were selected for analyses. Of those, 22 indicators have updated data available (full results provided in the accompanying report Achieving Equity of Mental Health and Wellbeing outcomes for Pacific peoples which can be found on our website.) Thirteen headline indicators are presented in this infographic.

About us

Te Hiringa Mahara | Mental Health and Wellbeing Commission was established following the 2019 He Ara Oranga: Report of the Government Inquiry into Mental Health and Addiction. We are an independent Crown entity, with a legislated role to assess, report, and make recommendations on the mental health and wellbeing of people in New Zealand, and the factors and approaches that affect them.

We have a legislated role to advocate for the collective interests of people who experience mental distress or addiction (or both), and the persons (including family and whānau) who support them. We also have a legislated responsibility, when carrying out these functions, to have particular regard to the experience of the groups with a greater risk of experiencing poor mental health and wellbeing, including Pacific peoples.



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